



Fitnessgram Goal Sheet

TEST	PRE-TEST- AUGUST	FINAL SCORE
Push up		
Cur up		
Sit and Reach		
Pacer		
Trunk Lift		
Height		

GOALS!

My goal for the fitnessgram test is to increase my _____ from _____ to _____. I will accomplish this by

Fitnessgram Collection Sheet

J Ma



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