

Name Raza KhanClass **Personal Information**

Beginning of Course Evaluation	
Age	17
Height	5'9
Weight	165 LB
Resting Heart Rate	64 bpm
Target Heart Rate	100 bpm
Birth date Year	2007

End of Course Evaluation	
Age	
Height	
Weight	
Resting Heart Rate	
Target Heart Rate	
Birth date Year	

Your Health-Related Fitness Gram Evaluation

Fitness Test	Pre-Test	Mid-Test 1	Mid-Test 2	Post-Test
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Cardiorespiratory - Select 1 Test to Complete

Pacer Test				
Mile Run	X			
Walk Test				

Flexibility - Select 1 Test to Complete

Sit & Reach	X			
Shoulder Reach				
Trunk Lift				

Muscle Strength & Muscle Endurance - Must Complete Both Test

Curl - Ups	X			
Push - Ups				

Body Composition

BMI (Body Mass Index)	24.4			
Parent Signature:				

Work Hard and Show Improvement

Fitness Gram Testing Sheet

EW Minium

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the 'EW Minium' text.

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