Name	Period	la di

FITNESSGRAM

MYHEALTHY ZONE

Boys	FITNESSGRAM® Healthy Fitness Zones			Girls	Girls	FITNESSGRAM® Healthy Fitness Zones				
Age ()	Curl-Up (max of 75)	90° Push-Up (max of 75)	Back-Saver Sit & Reach (max of 12)	20 m	1 1	Age	Curl-Up (max of 75)	90" Push-Up (max of 75)	Back-Saver Sit & Reach (max of 12)	20 m PMCER
	# completed	# completed	ompleted F of inches	V02 max (laps)		I completed	d folioches	VO2 max (laps)		
10	≥ 12	27	8	2 40.2 (217 laps)		10	≥ 12	≥ 7	9	240.2 (217 laps)
11	≥15	28	8	2 40.2 (220 laps)		11	≥ 15	2.7	10	240.2 (220 laps)
12	2.18	≥ 10	8	≥ 40.3 (223 laps)		12	≥ 18	27	10	340:1 (x23 laps)
13	≥ 21	≥ 12	8	≥ 41.1 (x29 laps)	12	13	≥ 18	27	10	239.7 (225 laps)
14	≥ 24	≥ 14	8	2 42.5 (236 laps)		14	≥ 18	2.7	10	239.4 (227 laps)
15	≥ 24	≥16	8	2 43.6 (242 laps)		15	≥ 18	≥7	12	239 1 (230 laps)
16	≥ 24	≥ 18	8	≥ 44.1 (247 laps)		16	≥ 18	27	12	238.9 (232 laps)
17	≥ 24	≥ 18	8	≥ 44.2 (≥50 laps)		17	2 18	27	12	238.8 (235 laps)
17+	≥ 24	≥ 18	8	≥ 44.3 (254 laps		17+	≥ 18	2.7	12	238.6 (238 laps)

Date	Curl-Up	Date	90° Push-Up	Date	Sit & Reach	Date	PACER
	-						

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Table of Contents Fitnessgram Standards Sheet

- 1. Understanding the eBook Fitnessgram Standards Sheet
 - The Rise of Digital Reading Fitnessgram Standards Sheet
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Fitnessgram Standards Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Fitnessgram Standards Sheet
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Fitnessgram Standards Sheet
 - Personalized Recommendations
 - Fitnessgram Standards Sheet User Reviews and Ratings
 - Fitnessgram Standards Sheet and Bestseller Lists
- 5. Accessing Fitnessgram Standards Sheet Free and Paid eBooks
 - Fitnessgram Standards Sheet Public Domain eBooks
 - Fitnessgram Standards Sheet eBook Subscription Services
 - Fitnessgram Standards Sheet Budget-Friendly Options
- 6. Navigating Fitnessgram Standards Sheet eBook Formats
 - o ePub, PDF, MOBI, and More
 - Fitnessgram Standards Sheet Compatibility with Devices
 - Fitnessgram Standards Sheet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Fitnessgram Standards Sheet
 - o Highlighting and Note-Taking Fitnessgram Standards Sheet
 - Interactive Elements Fitnessgram Standards Sheet
- 8. Staying Engaged with Fitnessgram Standards Sheet

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Fitnessgram Standards Sheet
- 9. Balancing eBooks and Physical Books Fitnessgram Standards Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Fitnessgram Standards Sheet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Fitnessgram Standards Sheet
 - Setting Reading Goals Fitnessgram Standards Sheet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Fitnessgram Standards Sheet
 - Fact-Checking eBook Content of Fitnessgram Standards Sheet
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - o Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - $\circ \ \ Integration \ of \ Multimedia \ Elements$
 - Interactive and Gamified eBooks

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