

FITNESSGRAM GOAL SHEET

NAME		CLASS PERIOD	
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TEST	PRE	GOAL	POST
PACER			
CURL UPS			
PUSH UPS			
SIT AND REACH- R			
SIT AND REACH- L			
MILE RUN			

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Fitness Gram Testing Sheet

Puja Mehta

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Puja Mehta.

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