Name \_\_\_­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_

Fall Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spring Due Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FITNESSGRAM Fitness Test

Record your Fitnessgram fitness test scores. Set a realistic and attainable goal for the Spring. Use the Healthy Fitness Zone (HFZ) on the back to help make your spring goals. Copy the HFZ for your current age. Circle yes or no based on your results**. Parent signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
| **Fall Test** | **Fall Score AGE \_\_\_\_\_** | **Goal** | **Healthy Fitness Zone based on age.**  **Did you meet the HFZ?** |
| Mile |  |  | Yes No |
| Curl Up |  |  | Yes No |
| Trunk Lift |  |  | Yes No |
| Push Ups |  |  | Yes No |
| Sit and Reach | L R |  | Yes No |
| Height/Weight  BMI |  |  | Yes No |

Directions: Record your Fitnessgram fitness test scores. Copy the HFZ for your current age. Circle yes or no based on your results. **Parent signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
| **Spring Test** | **Spring Score AGE \_\_\_\_\_\_\_\_\_** | **Did you meet the HFZ?** |
| Mile |  | Yes No |
| Curl Up |  | Yes No |
| Trunk Lift |  | Yes No |
| Push Ups |  | Yes No |
| Sit and Reach | L R | Yes No |
| Height/Weight  BMI |  | Yes No |

**FITNESSGRAM Healthy Fitness Zones MALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Mile Run** | **Body Mass Index** | **Curl Up** | **Trunk Lift** | **Push Up** | **Sit & Reach** |
| 10 | ≥ 40.2 | 19.7 – 14.5 | ≥ 12 | 9 - 12 | ≥ 7 | 8 |
| 11 | ≥ 40.2 | 20.5 – 14.9 | ≥ 15 | 9 - 12 | ≥ 8 | 8 |
| 12 | ≥ 40.3 | 21.3 – 15.3 | ≥18 | 9 - 12 | ≥ 10 | 8 |
| 13 | ≥ 41.1 | 22.2 – 15.8 | ≥21 | 9 - 12 | ≥ 12 | 8 |
| 14 | ≥ 42.5 | 23.0 – 16.4 | ≥24 | 9 - 12 | ≥ 14 | 8 |

**FITNESSGRAM Healthy Fitness Zones FEMALE**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Mile Run** | **Body Mass Index** | **Curl Up** | **Trunk Lift** | **Push Up** | **Sit & Reach** |
| 10 | ≥ 40.2 | 20.3 – 14.3 | ≥ 12 | 9 - 12 | ≥ 7 | 9 |
| 11 | ≥ 40.2 | 21.2 – 14.7 | ≥ 15 | 9 - 12 | ≥ 7 | 10 |
| 12 | ≥ 40.1 | 22.1 – 15.2 | ≥18 | 9 - 12 | ≥ 7 | 10 |
| 13 | ≥ 39.7 | 22.9 – 15.7 | ≥18 | 9 - 12 | ≥ 7 | 10 |
| 14 | ≥ 39.4 | 23.6- 16.2 | ≥18 | 9 - 12 | ≥ 7 | 10 |

**Blue Certificate = passing 6/6 Fitnessgram tests**

**Red Certificate = passing 5/6 Fitnessgram tests**

Updated October 2015

California Department of Education