

	Age	Curl-Ups	Sit & Reach	One-Mile	Flexed Arm	Pacer
				Run	Hang	Test
B		(# in one min)	(cm)	(min:sec)	(seconds)	(# laps)
3	10	45	30	7:57	31	55
2	10	35	25	9:48	12	30
3	11	47	31	7:32	31	60
2	11	37	25	9:20	11	32
3	12	50	31	7:11	30	64
2	12	40	26	8:40	12	36
3	13	53	33	6:50	33	68
2	13	42	26	8:06	14	41
3	14	56	36	6:26	47	72
2	14	45	28	7:44	20	44
3	15	57	37	6:20	58	76
2	15	45	30	7:30	28	51

	Age	Curl-Ups	Sit & Reach	One-Mile	Flexed Arm	Pacer
				Run	Hang	Test
G		(# in one min)	(cm)	(min:sec)	(seconds)	(# laps)
3	10	40	33	9:19	22	41
2	10	30	28	11:22	8	25
3	11	42	34	9:02	20	41
2	11	32	29	11:17	7	25
3	12	45	36	8:23	21	41
2	12	35	30	11:05	7	33
3	13	46	38	8:13	21	51
2	13	37	31	10:23	8	33
3	14	47	40	7:59	25	51
2	14	37	33	10:06	9	33
3	15	48	43	8:08	28	51
2	15	36	36	9:58	7	33

Name _____

Gender M F _____

Teacher _____

Birthdate / / _____

Grade _____

Class Color _____

Age _____

Age _____

Age _____

Age _____

Quarter 1

Quarter 2

Quarter 3

Quarter 4

Curl-Ups (# in 1 min)			Curl-Ups (# in 1 min)			Curl-Ups (# in 1 min)			Curl-Ups (# in 1 min)		
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Sit and Reach (seconds)			Sit and Reach (seconds)			Sit and Reach (seconds)			Sit and Reach (seconds)		
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PACER (# completed)			PACER (# completed)			PACER (# completed)			PACER (# completed)		
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One Mile Run (min:sec)			One Mile Run (min:sec)			One Mile Run (min:sec)			One Mile Run (min:sec)		
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Flexed Arm Hang (sec)			Flexed Arm Hang (sec)			Flexed Arm Hang (sec)			Flexed Arm Hang (sec)		
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Total Points		Total Points		Total Points		Total Points	
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