

Personal Fitness Record

Mile: (Cardiovascular)

Standard: _____ Long Term Goal: _____

Date	Goal	Time	Comment / Emoji
T1. _____	_____	_____	_____
T1. _____	_____	_____	_____
T2. _____	_____	_____	_____
T2. _____	_____	_____	_____
T3. _____	_____	_____	_____
T3. _____	_____	_____	_____

Bobcat Run (Cardiovascular)

Date	Goal	Time	Comment / Emoji
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Triple Bobcat Run (Cardiovascular)

Date	Goal	Time	Comment / Emoji
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Pacers (Cardiovascular)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
Ist. _____	_____	_____	_____
T1. _____	_____	_____	_____
T2. _____	_____	_____	_____
T3. _____	_____	_____	_____



Name: _____

Period: _____ Grade: _____

Grade: T1: _____ T2: _____ T3: _____

Girl Physical Fitness Standards

Girls	6 th grade	7 th grade	8 th grade
Pacer	15 - 41	23 - 51	23 - 51
Mile Run	9:00 - 12:00	9:00 - 11:30	8:30 - 11:00
Curl Ups	18 - 32	18 - 32	18 - 32
Push Ups	7 - 15	7 - 15	7 - 15
Sit & Reach	10 in.	10 in.	10 in.

Boys Physical Fitness Standards

Boys	6 th grade	7 th grade	8 th grade
Pacer	32 - 62	41 - 73	41 - 73
Mile Run	8:00 - 10:30	7:30 - 10:00	7:00 - 9:30
Curl Ups	18 - 36	21 - 40	24 - 45
Push Ups	10 - 20	12 - 25	14 - 30
Sit & Reach	8 in.	8 in.	8 in.

Curl ups (Muscle endurance)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
1 st _____	_____	_____	_____
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Push Ups (Muscle strength)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
1 st _____	_____	_____	_____
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Sit & Reach (Hamstring flexibility)

Standard: _____ Long Term Goal: _____

Date	Goal	Left	Right	Comment	Emoji
1 st	_____	_____	_____	_____	_____
T1	_____	_____	_____	_____	_____
T2	_____	_____	_____	_____	_____
T3	_____	_____	_____	_____	_____

Pull Ups (Strength)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Shuttle Run (Agility)

Date	Goal	Time	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

40 yard dash (Speed)

Date	Goal	Time	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____



Standing Long Jump (Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Vertical Jump (Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Seated Medicine Ball Toss (Upper body Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Health Fitness Definitions

Muscular Strength- The amount of force your muscles can produce.

Muscular Endurance- The ability to use your muscles many times without tiring.

Flexibility- The ability to use your joints fully through a wide range of motion.

Cardiovascular Fitness- How well your heart, lungs & blood vessels use oxygen during your work-out

Body Composition- The percentage of fat, muscle, & bone in your body.

Skill Fitness Definitions

Power= Strength x Speed

Speed= Ability to move quickly

Agility= Ability to change directions while moving

Balance= Ability to stay in control of body movement

Coordination= Ability to move two or more body parts under control, smoothly, and efficiently.

Reaction Time= How quickly your body can respond to an outside stimulus (ex: whistle to start a race)

