**LaMuth Middle School**

**2012-13 school year**

**“FitnessGram” Fitness Scores**

 **Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class period: \_\_\_\_ Grade: \_\_\_\_\_\_\_\_**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Date / / Pre-Test | Date / /Midway point | Date / /Post-Test |
| Pacer |  |  |  |
| Push-ups |  |  |  |
| Pull-up or Flexed Arm Hang |  |  |  |
| Sit and Reach | R:L: | R:L: | R:L: |
| Shoulder Stretch | R: YES NOL: YES NO | R: YES NOL: YES NO | R: YES NOL: YES NO |
| Curl-ups |  |  |  |
| Mile Run  |  |  |  |