**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 NO  L: YES NO | R: YES NO  L: YES NO | R: YES NO  L: YES NO |
| Curl-ups |  |  |  |
| Mile Run |  |  |  |