

MY PERSONAL FITNESS RECORD

Name _____ Age _____ Teacher _____ Period _____

PACER					
Trial 1 Date _____		Trial 2 Date _____		Trial 3 Date _____	
Goal	Score	Goal	Score	Goal	Score

Curl-Ups					
Trial 1 Date _____		Trial 2 Date _____		Trial 3 Date _____	
Goal	Score	Goal	Score	Goal	Score

Push-Ups					
Trial 1 Date _____		Trial 2 Date _____		Trial 3 Date _____	
Goal	Score	Goal	Score	Goal	Score

Sit & Reach					
Trial 1 Date _____		Trial 2 Date _____		Trial 3 Date _____	
Goal	Score	Goal	Score	Goal	Score

Trunk Lift					
Trial 1 Date _____		Trial 2 Date _____		Trial 3 Date _____	
Goal	Score	Goal	Score	Goal	Score