

Personal Fitness Scores and Goal Setting Form

Name _____ Date _____

Initial and Periodic Fitnessgram Test Scores and Personal Fitness Goals

Health-related fitness component and test item initial score	In Healthy Fitness Zone	Test 1 scores	Test 2 scores	Test 3 scores	Final test scores	Personal goals	Goal met or exceeded
Flexibility Back-saver sit-and-reach R_____ L_____		R_____ L_____	R_____ L_____	R_____ L_____	R_____ L_____	R_____ L_____	
Flexibility Shoulder stretch R_____ L_____		R_____ L_____	R_____ L_____	R_____ L_____	R_____ L_____	R_____ L_____	
Flexibility and strength Trunk extensor _____		_____	_____	_____	_____	_____	
Muscular strength and endurance Curl-up _____		_____	_____	_____	_____	_____	
Muscular strength and endurance Upper-body curl-up _____		_____	_____	_____	_____	_____	
Muscular strength and endurance Modified or regular pull-up _____		_____	_____	_____	_____	_____	
Muscular strength and endurance Abdominal curl _____		_____	_____	_____	_____	_____	
Cardiorespiratory endurance PACER test, 1-mile (1.6-km) run-or-walk test _____		_____	_____	_____	_____	_____	
Body composition Percent body fat Triceps _____ Calf _____ Body mass index _____		_____	_____	_____	_____	_____	

From J. Lund and M. Kirk, 2010, *Performance-Based Assessment for Middle and High School Physical Education, Second Edition* (Champaign, IL: Human Kinetics).

Additional Fitness or Physical Activity Goals:

From J. Lund and M. Kirk, 2010, *Performance-Based Assessment for Middle and High School Physical Education, Second Edition* (Champaign, IL: Human Kinetics).