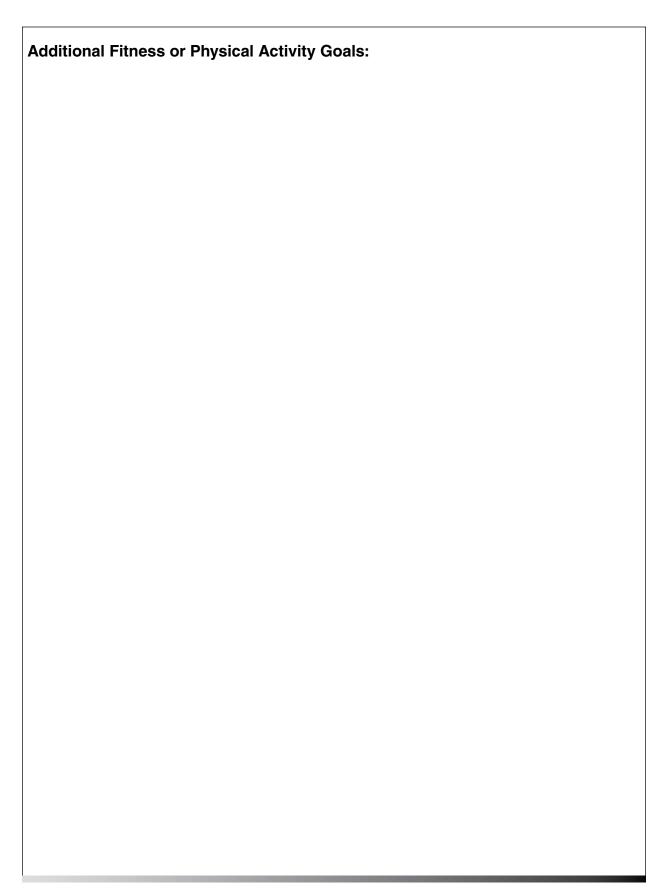
Personal Fitness Scores and Goal Setting Form Name						
Initial and Periodic Fitnessgram Test Scores and Personal Fitness Goals						
In Healthy Fitness Zone	Test 1 scores	Test 2 scores	Test 3 scores	Final test scores	Personal goals	Goal met or exceeded
	R L	R L	R L	R L	R L	
	R L	R L	R L	R L	R L	
	In Healthy Fitness	In Healthy Fitness Zone Test 1 scores R R	In Healthy Fitness Zone R_	In Healthy Fitness Zone Test 1 Test 2 Test 3 scores Scores R	In Healthy Fitness Zone Test 1 Test 2 Test 3 Scores Scores Scores Scores Scores R	In Healthy Test 1 Test 2 Test 3 Final test Personal goals

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



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