

Name \_\_\_\_\_

Period \_\_\_\_\_

### Healthy Fitness Zone and Goals Worksheet

<b>Assessment</b>	<b>1<sup>st</sup> Score</b>	<b>Healthy Fit Zone</b>	<b>GOAL</b>	<b>2<sup>nd</sup> Score</b>	<b>Comments</b>
<b>Grade</b>					
<b>Birth Date / Age</b>					
<b>Height</b>					
<b>Weight</b>					
<b>Body Mass Index (BMI)</b>					
<b>Sit &amp; Reach</b>					
<b>Push-Ups</b>					
<b>PACER – Progressive Aerobic Capacity Endurance Run</b>					
<b>Curl-Ups</b>					
<b>Mile</b>					
<b>Chin-Ups</b>					
<b>Flexed Arm Hang</b>					