# COHS FITNESS GRAM PRE/FINAL TEST SCORES GOALS & REFLECTION WORKSHEET

NAME:			TERM:	PER	IOD:	TEACHER	
	How old	will you be o	n May 20, 2	2015:	Dat	e of Birth:	4
		ss gram Pre T	at the	at the begin		term & yo	ur Final Test Scores
riculary		Pacer20m		Curl Up	TrunkLift	Push Up	Shoulder/SitReach
irls 14 5 & 16				18 18	9	7 7	Touch fingertips/10" /12"
oys 14				24 24 24	9 9	14 16 18	Touch fingertips/8"
		VESS GRAM		h 500 01			
							t: BMI
FINAL	FITNES	S GRAM SC	ORES:				
Mile:	Pac	er: H	eightfi	tin. V	Veight	_lbs %Boo	dyFat:BMI
Curl Up.		Trunk Lift	Pusl	h Up:	Shoulder	Flex Right	: Left

1. Identify which fitness gram tests that you were most successful. Explain why?

Fitness Gram Pre Test Questions

2. Identify which fitness gram tests that you were least successful. Explain why?

# **Fittness Gram Testing Sheet**

Alan C. Lacy

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