**FITNESSGRAM PHYSICAL FITNESS TEST**

BLOCK LAST NAME FIRST NAME TEACHER LAST NAME

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| --- | --- |
| **PRE-TEST** | **POST-TEST** |
| **DATE** | **DATE** |
|  |  |
| HEIGHT (FEET) HEIGHT (INCHES) | HEIGHT (FEET) HEIGHT (INCHES) |
| WEIGHT (POUNDS) | WEIGHT (POUNDS) |
| PACER (20 METER) | PACER (20 METER) |
| BODY FAT (PERCENT) | BODY FAT (PERCENT) |
| CURL-UPS | CURL-UPS |
| TRUNK LIFT (INCHES) | TRUNK LIFT (INCHES) |
| PUSH-UPS | PUSH-UPS |
| **SIT AND REACH LEFT (INCH.) SIT AND REACH RIGHT (INCH.)** | **SIT AND REACH LEFT (INCH.) SIT AND REACH RIGHT (INCH.)** |

\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **CARIORESPIRATORY ENDURANCE/MUSCULAR STRENGTH/MUSCULAR ENDURANCE/FLEXIBILITY/BODY COMPOSITION**