Fitness Test Results Reflection 

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_ Graduation Year \_\_\_\_\_\_\_\_**

***After receiving your Fitnessgram scores, answer the following questions.***

***Fitnessgram Healthy Fitness Zone chart***

[***http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp***](http://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp)

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***FITNESS GRAM RESULTS:***

***1. You completed five fitness tests. List which component of health related physical fitness each test assesses and if your results were in the healthy fitness zone for your age/gender.***

The Five Components of Health Related Physical Fitness: Cardio-respiratory endurance, Muscular strength, Muscular endurance, Body composition, Flexibility.

|  |  |  |
| --- | --- | --- |
| **Test** | **Component of Health Related Physical Fitness** | **Were you in the Healthy Fitness Zone?** |
| Pacer |  |  |
| Sit and Reach |  |  |
| Body Fat Percentage |  |  |
| Curl-ups |  |  |
| Push-ups |  |  |

***2. Were any of these numbers a surprise to you? ***

***3. What are your biggest strengths?***

***4. What are your biggest weaknesses?***

***5. What activities do you currently participate in that can help you improve/maintain your fitness results? If none, what activities can you do to help improve your results and reach your fitness goals?***

***SMART Goal:***

***Set one fitnessgram goal you wish to accomplish by the end of the semester!* A SMART goal is one that is:**

* **Specific:** Your goal should be well-defined and focused.
	+ *Choose one Fitnessgram test to improve. Example: Increasing your curl-ups*
* **Measurable:** Put concrete numbers on your goals to know if you are on track.
	+ *How many, not just to improve but an actual concrete number.*
* **Achievable:** Make sure that your goals are realistic and reachable, but not too easy.
	+ *If you got 10 push-ups it is not realistic to get 50 by the end of the semester. At the same time, a goal of 11 would be too easy.*
* **Relevant:** Believe that the goal you are setting is important.
* **Time-Based:** All goals must have a deadline to encourage your commitment.
	+ *By the end of the semester…*

***6. Goal:***

***7. What are you going to do to accomplish this goal??* *Write down 2-4 action steps that you are going to do in order to accomplish this goal.***