**FITNESSGRAM PHYSICAL FITNESS TEST**

BLOCK LAST NAME FIRST NAME TEACHER LAST NAME

1ST JORDAN MICHAEL HONEYCUTT

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| **PRE-TEST** | **POST-TEST** |
| **DATE** | **DATE** |
| 8/24/18 | 5/20/19 |
| HEIGHT (FEET) HEIGHT (INCHES)  6 1­ | HEIGHT (FEET) HEIGHT (INCHES)  6 3 |
| WEIGHT (POUNDS)  185 | WEIGHT (POUNDS)  195 |
| PACER (20 METER)  75 | PACER (20 METER)  92 |
| BODY FAT (PERCENT)  12.4 | BODY FAT (PERCENT)  13.2 |
| CURL-UPS  75 | CURL-UPS  80 |
| TRUNK LIFT (INCHES)  11 | TRUNK LIFT (INCHES)  12 |
| PUSH-UPS  38 | PUSH-UPS  42 |
| **SIT AND REACH LEFT (INCH.) SIT AND REACH RIGHT (INCH.)** 10 11 | **SIT AND REACH LEFT (INCH.) SIT AND REACH RIGHT (INCH.)**  11 12 |

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