**FITNESSGRAM PHYSICAL FITNESS TEST**

BLOCK LAST NAME FIRST NAME TEACHER LAST NAME

 1ST JORDAN MICHAEL HONEYCUTT

|  |  |
| --- | --- |
| **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-UPS75 | CURL-UPS80 |
| TRUNK LIFT (INCHES)11 | TRUNK LIFT (INCHES)12 |
| PUSH-UPS38 | PUSH-UPS42 |
| **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**