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| Fitnessgram Fitness Test | Score | Pass? (Yes or No) |
| Body Composition (BMI or percent fat) |  |  |
| Muscular Strength (push ups, mod. pull ups, or flex arm hang) |  |  |
| Muscular Endurance (curl ups) |  |  |
| Flexibility (shoulder stretch or sit and reach) |  |  |
| Trunk Lift |  |  |
| Aerobic Capacity (mile run, mile walk, or PACERS) |  |  |

Fitnessgram Score Sheet