

COHS FITNESS GRAM PRE/FINAL TEST SCORES

GOALS & REFLECTION WORKSHEET

NAME: _____ TERM: _____ PERIOD: _____ TEACHER: _____

How old will you be on May 20, 2015: _____ Date of Birth: _____

Fill in your Fitness gram Pre Test Scores at the beginning of the term & your Final Test Scores at the end of the term.

Healthy Fitness Zone Standards:

	Mile	Pacer20m	BMI	Curl Up	TrunkLift	Push Up	Shoulder/SitReach
Girls 14				18	9	7	Touch fingertips/10" /12"
15 & 16				18	9	7	
Boys 14				24	9	14	Touch fingertips/8"
15				24	9	16	
16				24	9	18	

PRE-TEST FITNESS GRAM SCORES:

Mile: _____ Pacer: _____ Height _____ft. _____in. Weight _____ lbs %BodyFat: _____ BMI _____
 Curl Up _____ Trunk Lift _____ Push Up: _____ Shoulder Flex Right: _____ Left _____

FINAL FITNESS GRAM SCORES:

Mile: _____ Pacer: _____ Height _____ft. _____in. Weight _____ lbs %BodyFat: _____ BMI _____
 Curl Up _____ Trunk Lift _____ Push Up: _____ Shoulder Flex Right: _____ Left _____

Fitness Gram Pre Test Questions

1. Identify which fitness gram tests that you were most successful. Explain why?

2. Identify which fitness gram tests that you were least successful. Explain why?

3. Based on your pre test scores, in which area do you need to improve?
4. Are you satisfied with your current body weight? And current fitness level?
5. Set 3 specific goals identifying how you will improve your fitness gram scores and your own personal fitness level over the next 8-9 weeks.

FITNESS GRAM TESTING REFLECTION

1. Which fitness gram categories did you improve in? Why?
2. Do you believe there is a correlation/connection between your current fitness level and the other aspects of your life (i.e. energy level, self esteem, body image, nutrition, etc...)? How can you improve this?
3. Were you successful in achieving the fitness goals you set for the term? If yes, which ones. If no, explain why not?
4. What is your plan for maintaining or continuing to improve your fitness level while you are not enrolled in a PE class?