

FITNESSGRAM PHYSICAL BEST TEST - BOYS

HFZ = Health Fitness Zone

Name _____

Period _____ Roll call # _____

Birthday _____ - _____

MILE JOG

bronze silver gold

AGE	HFZ	50%	85%
11	11:00	9:20	7:32
12	10:30	8:40	7:11
13	10:00	8:06	6:50
14	9:30	7:44	6:26
15	9:00	7:30	6:20

YOUR SCORES:

FALL _____

GOAL

SPRING _____

PUSH UPS

bronze silver gold

AGE	HFZ	50%	85%
11	8	11	27
12	9	12	31
13	10	14	39
14	12	20	40
15	14	30	42

YOUR SCORES:

FALL _____

GOAL

SPRING _____
CURL UPS

SHUTTLE RUN

bronze silver gold

AGE	HFZ	50%	85%
11	12.1	11.1	10.0
12	11.6	10.6	9.8
13	11.2	10.2	9.5
14	10.9	9.9	9.1
15	10.7	9.7	9.0

YOUR SCORES:

FALL _____

GOAL

SPRING _____

SIT AND REACH

bronze silver gold

AGE	HFZ	50%	85%
11	25	25	31
12	25	26	31
13	25	26	33
14	25	28	36
15	25	30	37

YOUR SCORES:

FALL _____

GOAL

SPRING _____

bronze silver gold

AGE	HFZ	50%	85%
11	15	21	28
12	18	25	36
13	21	30	40
14	24	34	45
15	24	35	47

YOUR SCORES:

FALL _____

GOAL

SPRING _____

PERCENT FAT

AGE	Healthy Range	
11	10	25
12	10	25
13	10	25
14	10	25
15	10	25

YOUR SCORES:

FALL _____

GOAL

SPRING _____

AGE HEIGHT WEIGHT

FALL _____

SPRING _____

TRUNKLIFT

SHOULDER STRETCH

L

R
