

FITNESSGRAM
PHYSICAL BEST TEST - GIRLS
 HFZ = Health Fitness Zone

NAME _____

PERIOD _____ Roll Call# _____

Birthday _____

MILE JOG

bronze silver gold

AGE	HFZ	50%	85%
11	12:00	11:17	9:02
12	12:00	11:05	8:23
13	11:30	10:23	8:13
14	11:00	10:06	7:54
15	10:30	9:58	8:08

YOUR SCORES:

FALL _____

GOAL

SPRING _____

PUSH UPS

bronze silver gold

AGE	HFZ	50%	85%
11	7	11	19
12	8	10	20
13	7	11	21
14	7	10	20
15	7	15	20

YOUR SCORES :

FALL _____

GOAL

SPRING _____

SHUTTLE RUN

bronze silver gold

AGE	HFZ	50%	85%
11	13.1	12.1	10.5
12	12.5	11.5	10.4
13	12.3	11.3	10.2
14	12.1	11.1	10.1
15	12.2	11.2	10.0

YOUR SCORES :

FALL _____

GOAL

SPRING _____

SIT AND REACH

bronze silver gold

AGE	HFZ	50%	85%
11	25	29	34
12	25	30	36
13	25	31	38
14	25	33	40
15	25	36	43

YOUR SCORES :

FALL _____

GOAL

SPRING _____

CURL UPS

bronze silver gold

AGE	HFZ	50%	85%
11	15	24	32
12	18	24	32
13	18	24	32
14	18	24	32
15	18	22	35

YOUR SCORES :

FALL _____

GOAL

SPRING _____

PERCENT FAT

AGE	Healthy Range	
11	17%	32%
12	17%	32%
13	17%	32%
14	17%	32%
15	17%	32%

YOUR SCORES :

FALL _____

GOAL

SPRING _____

	AGE	HEIGHT	WEIGHT
FALL	_____	_____	_____
SPRING	_____	_____	_____

TRUNK LIFT

SHOULDER STRETCH	
L	R
_____	_____
_____	_____