

Personal Fitness Progress Report 2018-2019

3rd – 8th Grade

Assignment Due May 3rd, 2019

Lesson Date	Muscular Strength		Muscular Endurance		Flexibility	Flexibility	Cardiovascular Endurance		Body Composition
	Push Ups		Curl Ups		10s Sit-Reach (R)	10s Sit-Reach (L)	Running Number of Laps		Measure Growth
Your ambition	Goal	Completed	Goal	Completed	Completed	Completed	Goal	Completed	By Month
Example – 1/9	7	9	21	25	Yes	Yes	36	40	January
20 –									Height: _____
21 –									Weight: _____
24 –									
25 –									
26 –									February
27 –									Height: _____
28 –									Weight: _____
29 –									
29 –									
30 –									March
31 –									Height: _____
32 –									Weight: _____
33 –									
34 –									
35 –									April
36 –									Height: _____
37 –									Weight: _____
38 –									
39 –									
40 –									May
TESTING									Height: _____
									Weight: _____

_____ /120 points