Fitnessgram Score Sheet

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| Name | Push up | Curl- up | Pacer  |
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HEALTHY FITNESS ZONE

\*\*From the FITNESSGRAM/ACTIVITYGRAM Test Administration Manuel, Fourth Edition, by The Cooper Institute 2007\*\*

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| BOYS - age | PACER | PUSH-UP | CURL-UP |
| 7 | Completion Only | 4-10 | 4-14 |
| 8 | Completion Only | 5-13 | 6-20 |
| 9 | Completion Only | 6-15 | 9-24 |
| 10 | 23-61 | 7-10 | 12-24 |
| 11 | 23-72 | 8-20 | 15-28 |
| 12 | 42-72 | 10-20 | 18-36 |

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| GIRLS –age | PACER | PUSH-UPS | CURL-UPS |
| 7 | Completion Only | 4-10 | 4-14 |
| 8 | Completion Only | 5-13 | 6-20 |
| 9 | Completion Only | 6-15 | 9-22 |
| 10 | 7-41 | 7-15 | 12-26 |
| 11 | 15-41 | 7-15 | 15-29 |
| 12 | 15-41 | 7-15 | 18-32 |