

Wellness-Related Fitness Data 2007 State Summary

Grade	Abdominal				Aerobic				Upper Body Strength				Flexibility				Trunk Lift			
	Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls		Boys		Girls	
	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ	Tested	In HFZ
4	33946	28332	32372	27356	33450	22510	31649	24332	33851	25958	32250	23765	34164	26822	32116	27565	19756	16427	18918	16376
	In HFZ: 83.46%		In HFZ: 84.51%		In HFZ: 67.29%		In HFZ: 76.88%		In HFZ: 76.68%		In HFZ: 73.69%		In HFZ: 78.51%		In HFZ: 85.83%		In HFZ: 83.15%		In HFZ: 86.56%	
5	33601	28321	32066	27361	33468	24334	31946	25428	33496	25440	32006	23470	36729	26664	31966	26983	19517	16592	18574	16291
	In HFZ: 84.29%		In HFZ: 85.33%		In HFZ: 72.71%		In HFZ: 79.6%		In HFZ: 75.95%		In HFZ: 73.33%		In HFZ: 72.6%		In HFZ: 84.41%		In HFZ: 85.01%		In HFZ: 87.71%	
6	31269	26957	29257	25284	31506	21869	29440	22662	31401	23595	29302	21639	31270	24371	29227	24887	16112	13343	15243	13243
	In HFZ: 86.21%		In HFZ: 86.42%		In HFZ: 69.41%		In HFZ: 76.98%		In HFZ: 75.14%		In HFZ: 73.85%		In HFZ: 77.94%		In HFZ: 85.15%		In HFZ: 82.81%		In HFZ: 86.88%	
7	33331	28697	31406	27035	33339	22282	31184	22610	33265	25089	31176	23060	33033	25708	31529	26768	18135	14756	17103	14504
	In HFZ: 86.1%		In HFZ: 86.08%		In HFZ: 66.83%		In HFZ: 72.51%		In HFZ: 75.42%		In HFZ: 73.97%		In HFZ: 77.83%		In HFZ: 84.9%		In HFZ: 81.37%		In HFZ: 84.8%	
8	28829	24994	25506	22063	28727	20496	25491	18082	28627	22217	25513	19248	28612	22570	25551	21808	15321	12752	13594	11688
	In HFZ: 86.7%		In HFZ: 86.5%		In HFZ: 71.35%		In HFZ: 70.93%		In HFZ: 77.61%		In HFZ: 75.44%		In HFZ: 78.88%		In HFZ: 85.35%		In HFZ: 83.23%		In HFZ: 85.98%	
9	32886	27933	31232	25785	32383	22009	30958	19310	32838	25048	31720	23065	32803	25418	31208	25143	14357	11127	13764	11427
	In HFZ: 84.94%		In HFZ: 82.56%		In HFZ: 67.96%		In HFZ: 62.37%		In HFZ: 76.28%		In HFZ: 72.71%		In HFZ: 77.49%		In HFZ: 80.57%		In HFZ: 77.5%		In HFZ: 83.02%	
10	31495	27671	30052	26026	31378	20302	29652	17456	31638	24464	29878	22338	31401	24878	30177	24655	12703	10051	12277	10133
	In HFZ: 87.86%		In HFZ: 86.6%		In HFZ: 64.7%		In HFZ: 58.87%		In HFZ: 77.32%		In HFZ: 74.76%		In HFZ: 79.23%		In HFZ: 81.7%		In HFZ: 79.12%		In HFZ: 82.54%	
11	3828	3391	1118	957	3805	2639	1162	590	3806	3218	1012	774	3775	2966	1039	832	1306	1158	303	256
	In HFZ: 88.58%		In HFZ: 85.6%		In HFZ: 69.36%		In HFZ: 50.77%		In HFZ: 84.55%		In HFZ: 76.48%		In HFZ: 78.57%		In HFZ: 80.08%		In HFZ: 88.67%		In HFZ: 84.49%	
12	808	719	223	196	759	559	200	123	766	620	183	148	754	605	185	153	212	186	43	40
	In HFZ: 88.99%		In HFZ: 87.89%		In HFZ: 73.65%		In HFZ: 61.5%		In HFZ: 80.94%		In HFZ: 80.87%		In HFZ: 80.24%		In HFZ: 82.7%		In HFZ: 87.74%		In HFZ: 93.02%	
Totals	229993	197015	213232	182063	228815	157000	211682	150593	229688	175649	213040	157507	232541	180002	212998	178794	117419	96392	109819	93958
%	85.66%		85.38%		68.61%		71.14%		76.47%		73.93%		77.41%		83.94%		82.09%		85.56%	

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Body Composition (Optional)				
Boys			Girls	
Grade	Tested	In HFZ	Tested	In HFZ
4	294	202	296	222
	In HFZ: 68.71%		In HFZ: 75%	
5	340	220	310	234
	In HFZ: 64.71%		In HFZ: 75.48%	
6	281	186	283	201
	In HFZ: 66.19%		In HFZ: 71.02%	
7	338	215	314	220
	In HFZ: 63.61%		In HFZ: 70.06%	
8	331	239	350	250
	In HFZ: 72.21%		In HFZ: 71.43%	
9	433	311	438	325
	In HFZ: 71.82%		In HFZ: 74.2%	
10	324	235	324	251
	In HFZ: 72.53%		In HFZ: 77.47%	
11	67	51	142	101
	In HFZ: 76.12%		In HFZ: 71.13%	
12	67	56	39	26
	In HFZ: 83.58%		In HFZ: 66.67%	
Totals	2475	1715	2496	1830
%	69.29%		73.32%	