

# CUMULATIVE WELLNESS-RELATED FITNESS RECORD

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Last                      First                      Middle

Enter age of student at time best score was performed. Place an "Y" in the HFZ column when HFZ is met. "N" if not in zone.

	Grade	4th			5th			6th			7th			8th			9th			10th			
		Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	Age at Best	Best Score	HFZ	
<b>Upper-Body Strength and Endurance</b>	*90 Degree Push Ups																						
	Modified Pull-Ups																						
	Flexed Arm Hang																						
<b>Abdominal Strength and Endurance</b>	*Curl-Up Cadence																						
<b>Flexibility</b>	Back-Saver Sit & Reach																						
	Shoulder Stretch																						
<b>Aerobic Capacity</b>	*Pacer																						
	One Mile Run/Walk																						
	One Mile Walk Test																						
<b>Trunk Strength</b>	*Trunk Lift																						
<b>Body Composition (optional)</b>	Skinfold Measurement (optional)																						
	Body Mass Index ((BMI) (optional)																						

\* Recommended Test

HFZ = Healthy Fitness Zone