HOPEWELL HIGH SCHOOL PHYSICAL EDUCATION

FITNESS GRAM SCORECARD

NAME _____

	FRESHMAN		**SOPHMORE**		**JUNIOR**		**SENIOR**	
FITNESGRAM ASSESSMENTS	**TRIAL 1**	**TRIAL 2**	**TRIAL 1**	**TRIAL 2**	**TRIAL 1**	**TRIAL 2**	**TRIAL 1**	**TRIAL 2**
CURL-UPS	_____	_____	_____	_____	_____	_____	_____	_____
TRUNK LIFT	_____	_____	_____	_____	_____	_____	_____	_____
PACER	_____	_____	_____	_____	_____	_____	_____	_____
PUSH-UPS	_____	_____	_____	_____	_____	_____	_____	_____
SIT & REACH	_____	_____	_____	_____	_____	_____	_____	_____
RESTING HEART RATE	_____	_____	_____	_____	_____	_____	_____	_____