

FITNESSGRAM

Personal Fitness Record

Name SARAH TIVUS School _____ Grade _____

Age 18 Height _____ Weight _____

Date: Sept. 2008 Date: Dec. 2008

	Score	HFZ	Score	HFZ
Aerobic capacity:				
<u>PACER (41-61)</u>	<u>73</u>	<u>Yes.</u>		
<u>MILE RUN</u>	<u>6:32</u>	<u>Yes.</u>	<u>6:17</u>	<u>Yes.</u>
<u>Curl-up (18-35)</u>	<u>18</u>	<u>Yes.</u>	<u>25</u>	<u>Yes.</u>
Trunk lift <u>12"</u>	<u>12"</u>	<u>Yes.</u>	<u>12"</u>	<u>Yes.</u>
Upper body strength:				
<u>PUSH-UP TEST</u>	<u>7</u>	<u>Yes.</u>	<u>7</u>	<u>HFZ</u>
Flexibility: SHOULDER STRE.	<u>Yes.</u>	<u>Yes.</u>	<u>Yes</u>	<u>Yes.</u>
<u>SIT + REACH</u>	<u>22</u>	<u>Yes.</u>	<u>21 1/2</u>	<u>HFZ</u>
Skills:				
Triceps	_____	_____	_____	_____
Calf	_____	_____	_____	_____
Total	_____	_____	_____	_____

Note: HFZ indicates you have performed in the Healthy Fitness Zone.

I understand that my fitness record is personal. I do not have to share my results. My fitness record is important since it allows me to check my fitness level. If it is low, I will need to do more activity. If it is acceptable, I need to continue my current activity level. I know that I can ask my teacher for ideas for improving my fitness level.

FIGURE B.12

From *FITNESSGRAM/ACTIVITYGRAM Test Administration Manual, Third Edition* by The Cooper Institute, 2004, Champaign, IL: Human Kinetics.

HFZ - 8-10 MIN
(1 mile)

PUSHUPS - (7) 15

FITNESSGRAM[®]

Your scores on all test items were in or above the Healthy Fitness Zone. Scoring in the Healthy Fitness Zone will help you look and feel better. Great job!

Sarah Titus
Grade: College Age: 19
Unassigned School

Instructor: Donna Smyth

	Date	Height	Weight
Current:	12/03/2009	5' 5"	132 lbs
Past:	09/18/2009		

MESSAGES

Your aerobic capacity score was very good. To maintain fitness, you should be active most days of the week. Try to do aerobic sports or other activity a total of 30 to 60 minutes each day.

Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, do resistance-training activities that include exercises for these areas. Abdominal and trunk exercises should be done 3 to 5 days each week. Strength activities for other parts of your body should be done 2 to 3 days each week.

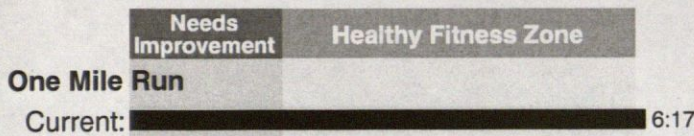
Your flexibility is in the Healthy Fitness Zone. Maintain your flexibility by stretching slowly 3 or 4 days each week, holding the stretch 20-30 seconds.

Sarah, your body composition is in the Healthy Fitness Zone. To maintain this level, it is important to do physical activity on most days. You should also eat a healthy diet.

Healthy Fitness Zone for 19 year-old girls

One Mile Run = 8:00 - 10:00 minutes
 Curl-Up = 18 - 35 repetitions
 Trunk Lift = 9 - 12 inches
 Push-Up = 7 - 15 repetitions
 Back-Saver Sit and Reach =
 At least 12 inches on R & L
 Body Mass Index = 17.20 - 27.30

AEROBIC CAPACITY



VO2max is based on your aerobic test score. It shows your ability to do activities such as running, cycling, or sports at a high level. HFZ begins at 35.

VO2Max

Current: 51
 Past: 46

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY

(Abdominal) Curl-Up

Current: 25
 Past: 18

(Trunk Extension) Trunk Lift

Current: 12
 Past: 12

(Upper Body) Push-Up

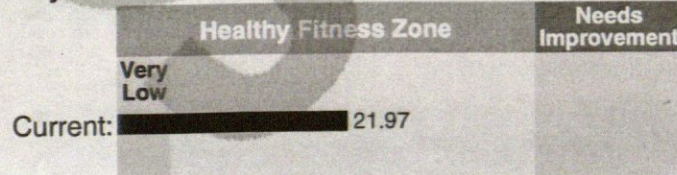
Current: 7
 Past: 7

(Flexibility) Back-Saver Sit and Reach R, L

Current: 12.00, 12.00
 Past: 12.00, 12.00

BODY COMPOSITION

Body Mass Index



Being too lean or too heavy may be a sign of (or lead to) health problems.

ACTIVITY

On how many of the past 7 days did you participate in physical activity for a total of 30-60 minutes, or more, over the course of the day?

On how many of the past 7 days did you do exercises to strengthen or tone your muscles?

On how many of the past 7 days did you do exercises to loosen up or relax your muscles?

Number of Days

To be healthy and fit it is important to do some physical activity almost every day. Aerobic exercise is good for your heart and body composition. Strength and flexibility exercises are good for your muscles and joints.