

Name:

Class Period:

WELNET FITNESS DATA

	Pacer	Mile Run	Sit & Reach	Curl-Ups (in 60 seconds)	Push-Ups (in 60 seconds)
Pre-Test			<u>Left</u> <u>Right</u>		
Goals			<u>Left</u> <u>Right</u>		
Post-Test			<u>Left</u> <u>Right</u>		

Standards

		Age									
Activity	Gender	10	11	12	13	14	15	16	17	18	
Back Saver Sit and Reach Left - Inches	F	9	10	10	10	10	12	12	12	12	
Back Saver Sit and Reach Left - Inches	M	8	8	8	8	8	8	8	8	8	
Back Saver Sit and Reach Right - Inches	F	9	10	10	10	10	12	12	12	12	
Back Saver Sit and Reach Right - Inches	M	8	8	8	8	8	8	8	8	8	
Curl-ups in 60 seconds	F	25	27	30	31	31	31	31	31	31	
Curl-ups in 60 seconds	M	28	31	35	37	38	39	40	40	40	
Curl-Ups with Cadence	F	12	15	18	18	18	18	18	18	18	
Curl-Ups with Cadence	M	12	15	18	21	24	24	24	24	24	
One Mile Run	F	<12:30	<12:00	<12:00	<11:30	<11:00	<10:30	<10:00	<10:00	<10:00	
One Mile Run	M	<11:30	<11:00	<10:30	<10:00	<9:30	<9:00	<8:30	<8:30	<8:30	
Pacer - 20 Meter	F	20	21	27	27	27	32	32	41	41	
Pacer - 20 Meter	M	23	23	32	41	41	51	61	61	72	
Push Ups in 60 Seconds	F	9	10	11	11	12	13	13	14	15	
Push Ups in 60 Seconds	M	12	13	15	18	20	22	26	30	32	
Push-Ups with Cadence	F	7	7	8	8	9	9	10	10	11	
Push-Ups with Cadence	M	7	8	10	12	14	16	18	18	18	

**THE ONLY PERSON YOU NEED TO TRY TO BE
BETTER THAN IS THE PERSON YOU WERE
YESTERDAY.**