ATTACHMENT

SAN DIEGO UNIFIED SCHOOL DISTRICT
Office of Leadership and Learning
Assessment Services Department

2018-19 Spring FITNESSGRAM Roster/Score Sheet

School: _____ **Teacher:** _____ **Period/Class:** _____

Student Name & Student District ID	First Day of Testing	Aerobic Capacity (Select One: One Mile Run, Walk Test, or Pacer)				Muscle Strength (Do Both Tests)		Strength & Endurance (Select One: Push-Up, Modified Pull-Up, or Flexed Arm Hang)		Flexibility (Select One: Sit & Reach or Shoulder Stretch)				Body Composition – Height/Weight must be recorded for ALL students, Skin Fold and BIO/ASC are optional (Select One: Height/Weight, Skin Fold, or Bioelectric Impedance/ Automated Skin Fold Calipers)					
		Mile Run/Walk			Pacer	Curl Up #	Trunk Lift #	Test Type	#	Sit & Reach		Shoulder Stretch		Height		Weight	Skin Fold		Bio/ ASC
		Min.	Sec.	Heart Rate (60 sec.)	# Laps					Inches Left Side	Inches Right Side	P/F Left Side	P/F Right Side	Feet	Inches	Lbs.	Tricep	Calf	