

Mr. Wuertz
San Dieguito Academy
Fitness Testing Log

Name: _____ **Grade: 9** **Period #** _____

Age: _____ **Height:** _____ **Weight:** _____

Mile time: _____

Push ups: _____

Curl ups: _____ (total)

Sit and Reach: _____ (inches) _____ (centimeters)

Trunk Lift: _____ (inches)

Shoulder Stretch:

Right Side- Pass Fail

Left Side- Pass Fail

Presidential Standards (for CA standards, please visit the music website)

<u>Age</u>	<u>Curl ups</u>	<u>Push ups</u>	<u>Mile</u>	<u>Sit&Reach</u>
Boys				
12	64	31	7:11	33cm
13	59	39	6:50	33cm
14	62	40	6:26	36cm
15	75	42	6:20	37cm
Girls				
12	50	20	8:23	36cm
13	59	21	8:13	38cm
14	48	20	7:59	40cm
15	38	20	8:08	43cm

“Desire, dedication, and motivation are the things that dominate in life- whether it is in sports or in the business world.”-John W. Galbreath