FITNESS TESTING RESULTS

Test	Result	Class	Standard	Goal
		average	Achieved	
Step Test				
Sit and				
Reach				
Arm Lift				
PACER				
12 ft. Side				
Shuttle				
Push-Ups				
Vertical				
Jump				
Standing				
Long Jump				
Yardstick				
Drop				
re you satisfied w	rith your resu	lts? Explain:		
re you satisfied w	rith your resu	lts? Explain:		
re you satisfied w	rith your resu	lts? Explain:		
re you satisfied w	rith your resu	lts? Explain:		
re you satisfied w	rith your resu	lts? Explain:		
re you satisfied w	rith your resu	Its? Explain:		
re you satisfied w	rith your resu	lts? Explain:		
ere you satisfied w	rith your resu	Its? Explain:		
each of the follow	wing tests, co	omment on how		
	wing tests, co	omment on how		
each of the follow	wing tests, co	omment on how		
each of the follow	wing tests, co	omment on how		
each of the follow	wing tests, co	omment on how		

Standing Long Jump: Muscular strength					
PACER (Beep Test): Cardiovascular					
Sit and Reach: Flexibility					
3. State three (3) challenges or barriers that may prevent you from meeting your goals?					
4. What steps will I take to overcome these barriers listed above?					

- 5. Comment on your healthy active lifestyle.
- What steps are you taking to stay healthy
- Where do you need to make improvements and why
- Discus some positive and negative health consequences due to your choices

(Please type and print a separate piece of paper for your response and attach it to this paper)

Format for Reflection (part 3)

Double spaced
Times New Roman
Font 12
No Title page needed**

IMPORTANT NOTES

- 1. Grammar and spelling counts
- 2. Neatness counts (Paper not crumpled, hand writing on the lines, etc)
- 3. Punctuality (handing paper in on time)