

# Physical Fitness Goal Tracking Sheet

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Grade: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Teacher: \_\_\_\_\_

*Abdominal Strength*  
CURL – UPS

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Fall Goal

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Fall Result

*Upper Body Strength*  
PUSH– UPS

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Fall Goal

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Fall Result

*Upper Body Strength*  
PULL – UPS  
or ARM HANG

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Fall Goal

---

Fall Result

*Speed & Agility*  
SHUTTLE RUN

---

Fall Goal

---

Fall Result

*Cardiovascular Endurance*  
MILE RUN

---

Fall Goal

---

Fall Result

*Cardiovascular Endurance*  
PACER TEST

---

Fall Goal

---

Fall Result

*Flexibility*  
SIT & REACH

---

Fall Goal

---

Fall Result

*Flexibility*  
TRUNK LIFT

---

Fall Goal

---

Fall Result

*Abdominal Strength*  
CURL – UPS

---

Spring Goal

---

Spring Result

*Upper Body Strength*  
PUSH– UPS

---

Spring Goal

---

Spring Result

*Upper Body Strength*  
PULL – UPS  
or ARM HANG

---

Spring Goal

---

Spring Result

*Speed & Agility*  
SHUTTLE RUN

---

Spring Goal

---

Spring Result

*Cardiovascular Endurance*  
MILE RUN

---

Spring Goal

---

Spring Result

*Cardiovascular Endurance*  
PACER TEST

---

Spring Goal

---

Spring Result

*Flexibility*  
SIT & REACH

---

Spring Goal

---

Spring Result

*Flexibility*  
TRUNK LIFT

---

Spring Goal

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Spring Result