

Name: _____ Grade: _____ Classroom Teacher: _____

Sit-Ups (Core Muscular Strength and Endurance)

	1	2	3	4	5	6	7	8	9
Date									
# Sit-Ups									

Flexibility

	1	2	3	4	5	6	7	8	9
Date									
Score									

Other Fitness Areas:

	1	2	3	4	5	6	7	8	9
Date									
Exercise									
Score									

	10	11	12	13	14	15	16	17	18
Date									
Exercise									
Score									

Personal Notes: