

Healthy Fitness Zone - BOYS

Fitness Gram Test

Name: _____ Date: _____ Period _____

Age 12

Age 13

BODY WEIGHT :					
HEIGHT:					
MILE RUN/ MINUTES		Points	Score	Grade	
Age 12	Age 13				
7:30 Min Or Less	7:30 Min Or Less	20		A	
7:31 – 8:30	7:31 – 8:30	16		B	
8:31 – 9:30	8:31 – 9:30	14		C	
PACER RUN LAPS:					
72 or more	72 or more	20		A	
32-71	41-71	16		B	
Less than 32	Less than 41	14		C	
PUSH-UPS: (full push-ups only)					
20 or more	25 or more	20		A	
10 – 19	12-24	16		B	
Less than 10	Less than 12	14		C	
CURL-UPS:					
36 or more	40 or more	20		A	
18-35	21-39	16		B	
Less than 18	Less than 21	14		C	
SIT- AND- REACH:					
Reach to 8 (right)		4		A	
Not reach to 8 (right)		2		F	
Reach to 8 (left)		4		A	
Not reach to 8 (left)		2		F	
TRUNK LIFT:					
Lift 12 inches		4		A	
Lift less than 12 inches		2		F	
SHOULDER STRETCH:					
Touch fingers (right arm on top)		4		A	
Not touch fingers (right arm on top)		2		F	
Touch fingers (left arm on top)		4		A	
Not touch fingers (left arm on top)		2		F	
Pull Ups	score;				

TOTAL

Healthy Fitness Zone - BOYS

FITNESS GRAM TEST

Name: _____ Date: _____ Period _____

Age 14

Age 15

BODY WEIGHT:					
HEIGHT:					
MILE RUN/ MINUTES		Points	Score	Grade	
Age 14	Age 15				
6:59 Min or less	6:59 min or less	20		A	
7:00 – 8: 00	7:00 – 8:00	16		B	
8:01 – 9 :00	8:01 – 9:00	14		C	
PACER RUN LAPS:					
83 or more	94 or more	20		A	
41-82	51-93	16		B	
Less than 41	Less than 51	14		C	
PUSH-UPS: (full push-ups only)					
30 or more	35 or more	20		A	
14 – 29	16-34	16		B	
Less than 14	Less than 16	14		C	
CURL-UPS:					
45 or more	47 or more	20		A	
24-44	24-46	16		B	
Less than 24	Less than 24	14		C	
SIT AND REACH:					
Reach to 8 (right)		4		A	
Not reach to 8 (right)		2		F	
Reach to 8 (left)		4		A	
Not reach to 8 (left)		2		F	
TRUNK LIFT:					
Lift 12 inches		4		A	
Lift less than 12 inches		2		F	
SHOULDER SHRETCH:					
Touch fingers (right arm on top)		4		A	
Not touch fingers (right arm on top)		2		F	
Touch fingers (left arm on top)		4		A	
Not touch fingers (left arm on top)		2		F	
PULL-UPS Score:					

TOTAL