

**Fitness Test and Goal Setting and Data Sheet**

	<b>Pacer</b>	<b>Curl-ups</b>	<b>Push-ups</b>	<b>Trunk Lift</b>
Pre-test Score				
Mid Semester Goal				
Difference				
<p><b>Answer all questions for each test.</b></p> <p>Explain how you plan to meet your goal. Include training ideas and activities that would help the same muscle groups but are not curlups, pushups and running. What other factors of life could contribute to better scores? Explain.</p>				
Mid-Semester Score				
Post Test Goal				
Difference				
<p><b>Answer all questions for each test.</b></p> <p>Did you meet or exceed the goal you set for your mid-check? Why or why not? Why might it be a good idea to change training activities to meet the new goal? Include specific new ideas and examples.</p>				
Post-test Score				
Difference from Pre-test Score				
<p><b>Answer all questions for each test.</b></p> <p>Did you meet your goal? Given your experience this year, what is the most important advice you could give a student about training for fitness testing that would help them be successful?</p>				