

FitTrac Fitness Report Card

John Doe

Grade: 5

Age 10

Franklin Elementary School

Height: 4' 10

Weight: 105



Mr. Casey

2008 - 2009

The Fitness Report Card tracks personal performance in tests that are important in the fitness of children. This type of report shows the progress in performance by comparing a previous test with the current test. The "Target Zone" is the area that a student should pursue to better guarantee a healthy body and lifestyle. By providing children with a healthy body, they have a better chance of becoming healthy adults.



Pacer

The Pacer Test measures cardiovascular strength and endurance. This is a measure of how strong and long lasting the heart and lungs are during an exercise that increases one's heart rate. Greater endurance lessens the risk of cardiovascular disease.

Risk Zone	Target Zone
Previous Test  13	
Current Test  10	



Curl-Ups

The Curl-Up Test measures the muscular endurance of abdominal (stomach) muscles. Keeping these muscles strong is important in preventing lower back pain.

Risk Zone	Target Zone
Previous Test  13	
Current Test  10	



Push-Ups

The Push-Up Test measures the muscular strength of arm and shoulder muscles. These are important in making sure we can properly lift objects for holding and carrying.

Risk Zone	Target Zone
Previous Test  10	
Current Test  11	



Trunk Lift

The Trunk Lift Test measures back muscle strength and flexibility. This is important for observing proper alignment of the spine and the prevention of lower back disorders.

Risk Zone	Target Zone
Previous Test  12	
Current Test  12	



Sit and Reach

The Sit and Reach Test measures flexibility in the legs and lower back muscles. This is important for proper joint movement and decreasing the risk of injury in those areas.

Risk Zone	Target Zone
Previous Test  10	
Current Test  11	

BMI

Body Mass Index (BMI) is a calculation made on an individual's height and weight to determine the amount of body fat. Though it is not perfectly accurate, the measure gives a good estimate of body fat. High body fat can greatly increase the chance for heart disease and stroke as an adult.

Target Zone	Risk Zone
Previous Test  19.3	
Current Test  17.2	