

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 SEC	12.1 SEC	10.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 PUSH	13 PUSH OR 1 PULL	20 PUSH OR 3 PULL
1 MILE RUN				13:00	11:22	9:19

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 SEC	12.1 SEC	10.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 PUSH	13 PUSH OR 1 PULL	20 PUSH OR 3 PULL
1 MILE RUN				13:00	11:22	9:19

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				26	30	40
SHUTTLE RUN	SEC	SEC	SEC	14.2 SEC	12.1 SEC	10.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	9 PUSH	13 PUSH OR 1 PULL	20 PUSH OR 3 PULL
1 MILE RUN				13:00	11:22	9:19

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 10

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				28	35	45
SHUTTLE RUN	SEC	SEC	SEC	14.5 SEC	11.5 SEC	10.3 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	12 PUSH	14 PUSH OR 2 PULL	22 PUSH OR 6 PULL
1 MILE RUN				11:40	9:48	7:57

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALEAGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALEAGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALEAGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				28	32	42
SHUTTLE RUN	SEC	SEC	SEC	13.4 SEC	11.5 SEC	10.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH	11 PUSH OR 1 PULL	19 PUSH OR 3 PULL
1 MILE RUN				12:42	11:17	9:02

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 11

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				29	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.5 SEC	11.1 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	14 PUSH	15 PUSH OR 2 PULL	27 PUSH OR 6 PULL
1 MILE RUN				11:25	9:20	7:32

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	11.3 SEC	10.4 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	5 PUSH	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:24	11:05	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 12

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4"
MODIFIED SIT-UP				32	40	50
SHUTTLE RUN	SEC	SEC	SEC	12.4 SEC	10.6 SEC	9.8 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	15 PUSH	18 PUSH OR 2 PULL	31 PUSH OR 7 PULL
1 MILE RUN				10:22	8:40	7:11

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 3/4"	3 1/2"	7"
MODIFIED SIT-UP				32	37	46
SHUTTLE RUN	SEC	SEC	SEC	13.1 SEC	11.1 SEC	10.2 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	11 PUSH OR 1 PULL	21 PUSH OR 2 PULL
1 MILE RUN				12:15	10:23	8:13

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 13

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/4"	1/2"	3 1/2"
MODIFIED SIT-UP				34	42	53
SHUTTLE RUN	SEC	SEC	SEC	12.2 SEC	10.2 SEC	9.5 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 2 PULL	24 PUSH OR 3 PULL	39 PUSH OR 7 PULL
1 MILE RUN				9:45	8:06	6:50

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				32	37	47
SHUTTLE RUN	SEC	SEC	SEC	13.2 SEC	11.2 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	7 PUSH OR 1 PULL	10 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				12:00	10:06	7:59

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 14

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1/2"	1"	4 1/2"
MODIFIED SIT-UP				36	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.9 SEC	9.9 SEC	9.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	20 PUSH OR 4 PULL	24 PUSH OR 5 PULL	40 PUSH OR 10 PULL
1 MILE RUN				9:30	7:04	6:26

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/2"	5"	8"
MODIFIED SIT-UP				31	36	48
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	15 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				11:45	9:58	8:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/2"	5"	8"
MODIFIED SIT-UP				31	36	48
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	15 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				11:45	9:58	8:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/2"	5"	8"
MODIFIED SIT-UP				31	36	48
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	15 PUSH OR 1 PULL	20 PUSH OR 2 PULL
1 MILE RUN				11:45	9:58	8:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 15

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1"	2"	5"
MODIFIED SIT-UP				38	45	57
SHUTTLE RUN	SEC	SEC	SEC	11.7 SEC	9.7 SEC	9 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 6 PULL	42 PUSH OR 11 PULL
1 MILE RUN				9:15	7:30	6:20

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 3/4"	5 1/2"	9"
MODIFIED SIT-UP				30	35	45
SHUTTLE RUN	SEC	SEC	SEC	12.9 SEC	10.9 SEC	10.1 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	12 PUSH OR 1 PULL	24 PUSH OR 1 PULL
1 MILE RUN				12:15	10:31	8:23

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 16

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	6"
MODIFIED SIT-UP				40	45	56
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	25 PUSH OR 5 PULL	30 PUSH OR 7 PULL	44 PUSH OR 11 PULL
1 MILE RUN				9:00	7:10	6:08

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	10 PUSH OR 1 PULL	16 PUSH OR 1 PULL	25 PUSH OR 1 PULL
1 MILE RUN				12:15	10:22	8:15

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: FEMALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	2 1/4"	4 1/2"	8"
MODIFIED SIT-UP				29	34	44
SHUTTLE RUN	SEC	SEC	SEC	13 SEC	11 SEC	10 SEC
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1 MILE RUN				12:15	10:22	8:15

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
PUSH-UPS/ PULL-UPS	PUSH PULL	PUSH PULL	PUSH PULL	30 PUSH OR 7 PULL	37 PUSH OR 8 PULL	53 PUSH OR 13 PULL
1 MILE RUN				8:45	7:04	6:06

PHYSICAL FITNESS RECORD

NAME: _____

GENDER: MALE

AGE: 17

EVENT	SCORES			MINIMUM STANDARD	NATIONAL STANDARD	PRESIDENTIAL STANDARD
SIT & REACH	"	"	"	1 1/2"	3"	7"
MODIFIED SIT-UP				40	44	55
SHUTTLE RUN	SEC	SEC	SEC	11.4 SEC	9.4 SEC	8.7 SEC
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