School Name:_____

Class Name:_____

Last Name: _____

First Name: _____

ID #: _____

Grade: _____**Gender**_____ **Age**_____

Date of Birth:_____

FITNESSGRAM Activity Questions:

1. On how many of the past 7 days did you
participate in physical activity for a total of
30-60 minutes, or more, over the course of
the day? This includes moderate activities
(walking, slow bicycling, or outdoor play)
as well as vigorous activities (jogging, active games
or active sports such as basketball, tennis or soccer).
(0,1,2,3,4,5,6,7 days)   _____

2. On how many of the past 7 days did you
do exercises to strengthen you or tone your
muscles? This includes exercises such as push-ups,
sit-ups, or weightlifting.(0,1,2,3,4,5,6,7 days) _____

3. On how many of the past 7 days did you
do exercises to loosen up or relax your muscles?
This includes exercises such as toe touches, knee
bending, or leg stretching.(0,1,2,3,4,5,6,7 days) _____

*Height: _____ *Weight: _____
Place a "check mark" on the Ht and Wt (keep private)

Mile Time: _____

*PACER Laps: _____

*Curl-up: _____

*Trunk Lift: _____

*Push-up: _____

*Sit & Reach: L _____ R _____
Yes (Y) or No (N)

Shoulder Stretch: L_____R_____
Yes (Y) or No (N)

These do not include all FG test items. "*" are the
FG recommended test items.

*Height: _____ *Weight: _____
Place a "check mark" on the Ht and Wt (keep private)

Mile Time: _____

*PACER Laps: _____

*Curl-up: _____

*Trunk Lift: _____

*Push-up: _____

*Sit & Reach: L _____R _____
Yes(Y) or No (N)

Shoulder Stretch: L_____R_____
Yes(Y) or No (N)

These do not include all FG test items. "*" are
the FG recommended test items.