

## WJHS PERSONAL FITNESS PORTFOLIO:

#:	NAME: _____ Per. _____					
Test:	Mile:	Pacer:	Push:	Sit:	Right:	Left:
Score:						
Level:	A / P M / N	A / P M / N	AP M / N	AP M / N	AP M / N	AP M / N
Goal:						

Type:	Level:	Days / Minutes:
HRM Run:	A/P/M/N	50 / 75 / 100 / 125
HRM Activity:	A/P/M/N	50 / 75 / 100 / 125
Strength:	AP/M/N	2 / 3 / 4
Flexibility:	AP/M/N	2 / 3 / 4
Team Building:	M	2

### HRM RUN: Target Zone = 155-180 bpm

Session:	1	2	3	4	5	6	7	8
Teacher:	/5	/5	/5	/5	/5	/5	/5	/5
Minutes:								

### TEAM BUILDING:

Session:	1	2	3	4
Teacher:				

### HRM GAME PLAY: Target Zone = 130-200 bpm

Session:	1	2	3	4	5	6	7	8
Teacher:	/5	/5	/5	/5	/5	/5	/5	/5
Minutes:								

### WASHINGTON P.E. GOALS:

Date:				
Respect:				
Responsibility:				

### MUSCULAR STRENGTH AND ENDURANCE:

Session:	1	2	3	4	5	6	7	8
Teacher:	/5	/5	/5	/5	/5	/5	/5	/5
Finished:								

### ABSENT/TARDY:

Sick:				
Band/Orch:				
Tardy:				

### FLEXIBILITY:

Session:	1	2	3	4	5	6	7	8
Teacher:	/5	/5	/5	/5	/5	/5	/5	/5
Finished:								

### MEDICAL / INJURY:

Date:				
Activity:				
Finished:				

N = Entry      M = Emerging      P = Proficient      A = Advanced