

Student's Fitness Chart

Student's Name: _____

1. Beginning Score _____

2. Weekly Score _____

A. Week One _____

B. Week Two _____

C. Week Three _____

D. Week Four _____

E. Week Five _____

F. Week Six _____

G. Week Seven _____

H. Week Eight _____

I. Week Nine _____

3. Final Score _____

4. Percentage Difference _____

Fitness Chart Checklist

___ A beginning score has been recorded on your fitness chart.

___ A weekly score has been recorded on your fitness chart.

___ A final score has been recorded on your fitness chart.

___ The percentage of difference from the beginning score to final score has been calculated.