

Physical Tests (S3)
Goals (S5)

Name: First: _____ Last: _____ Per: _____

PACER

Test #1 PRETEST	Test #2 MIDTEST	Test #3 FINAL TEST
Laps Completed:	Goal:	Goal:
Score:	Laps Completed:	Laps Completed:
	Score:	Score:
		Reassessment: Y N

CURL-UPS

Test #1 PRETEST	Test #2 MIDTEST	Test #3 FINAL TEST
# Completed:	Goal:	Goal:
Score:	# Completed:	# Completed:
	Score:	Score:
		Reassessment: Y N

PUSH-UPS

Test #1 PRETEST	Test #2 MIDTEST	Test #3 FINAL TEST
# Completed:	Goal:	Goal:
Score:	# Completed:	# Completed:
	Score:	Score:
		Reassessment: Y N

What three things have you been doing in class to prepare for your goals?

- 1.
- 2.
- 3.

Did you meet your goals? Why or why not?

Do you plan on being reassessed? Why or why not?