PACER/ Mile Score sheet Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_ Points: \_\_\_/15

How to locate the test calculator: Go to:

<http://www.presidentialyouthfitnessprogram.org/resources/>

It may be easier to google presidential youth fitness program, click on the purple box: assessment, click on the blue box: access free materials, Scroll down to FITNESGRAM- Score sheet, open the excel sheet and Enter the following information:

Gender: \_\_\_\_\_\_\_

Age: \_\_\_\_\_

Height: Feet: \_\_\_\_\_\_\_\_ Inches:\_\_\_\_

Weight: \_\_\_\_\_\_\_

BMI: \_\_\_\_\_\_\_ (excel will calculate for you)

20 Meter PACER laps completed: \_\_\_\_\_\_\_

20 Meter PACER VO2max: \_\_\_\_\_\_\_ (calculated for you)

Mile Run (best time): min:\_\_\_\_\_\_\_\_ sec: \_\_\_\_\_

Mile Run VO2max: \_\_\_\_\_\_\_\_\_(calculated for you)

Walk (Mile)Test: min: \_\_\_\_\_\_\_\_ sec: \_\_\_\_\_

Heart Rate (at end of mile walk): \_\_\_\_\_\_\_\_\_

Walk (Mile) VO2max: \_\_\_\_\_\_(calculated for you)

* **You need the VO2 scores to complete Standard 4 A & B**