Name: _	Name:				Timberwolf Fitness Card			Period:			6th Grade	
	Mile- 1st Trimester			PACER- 1st Trimester			Figure 8- 1st Trimester			Long Lap- 1st Trimester		
Date	Goal	Time	Date	Goal	Laps	Date	Goal	Time	Date	Goal	Time	
								_				
	Mile- 2nd Trimester			PACER- 2nd Trimester			Figure 8- 2nd Trimester			Long Lap- 2nd Trimester		
Date	Goal	Time	Date	Goal	Laps	Date	Goal	Time	Date	Goal	Time	
								_				
						_		_				
								_				
	Mile- 3rd Trimester			PACER- 3rd Trimester			Figure 8- 3rd Trimester			Long Lap- 3rd Trimester		
Date	Goal	Time	Date	Goal	Laps	Date	Goal	Time	Date	Goal	Time	
	Curl Ups- 1st Trimester			Push Ups- 1st Trimester								
Date	Goal	Amount	Date	Goal	Amount							
							Mile Run/Figure 8 Rubric			PACER Rubric		
							5 points = 11:30 min. or less			5 points = 25 plus laps		
							4 points = 11:31 to 12:30			4 points =	20 to 24 laps	
	Curl Ups- 2nd Trimester			Push Ups- 2nd Trimester			3 points = 12:31 to 13:30			3 points = 15 to 19 laps		
Date	Goal	Amount	Date	Goal	Amount		2 points = 13:31 to 14:30			2 points = 10 to 14 laps		
							1 point = 14:31 to 16:00			1 point = 5 to 9 laps		
	Curls Ups- 3rd Trimester			Push Ups- 3rd Trimester								
Date	Goal Amount		Date	Goal	Amount							
	Gua	Amount	Date		Amount	-						