

Name: _____ **Timberwolf Fitness Card** Period: _____ **7th 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			Mile Run/Figure 8 Rubric			PACER Rubric		
Date	Goal	Amount	Date	Goal	Amount						
						5 points = 11:00 min. or less			5 points = 30 plus laps		
						4 points = 11:01 to 12:00			4 points = 25 to 29 laps		
						3 points = 12:01 to 13:00			3 points = 20 to 24 laps		
						2 points = 13:01 to 14:00			2 points = 15 to 19 laps		
						1 point = 14:01 to 16:00			1 point = 5 to 14 laps		
Curl Ups- 2nd Trimester			Push Ups- 2nd Trimester			Mile Run/Figure 8 Rubric			PACER Rubric		
Date	Goal	Amount	Date	Goal	Amount						
						5 points = 11:00 min. or less			5 points = 30 plus laps		
						4 points = 11:01 to 12:00			4 points = 25 to 29 laps		
						3 points = 12:01 to 13:00			3 points = 20 to 24 laps		
						2 points = 13:01 to 14:00			2 points = 15 to 19 laps		
						1 point = 14:01 to 16:00			1 point = 5 to 14 laps		
Curl Ups- 3rd Trimester			Push Ups- 3rd Trimester			Mile Run/Figure 8 Rubric			PACER Rubric		
Date	Goal	Amount	Date	Goal	Amount						
						5 points = 11:00 min. or less			5 points = 30 plus laps		
						4 points = 11:01 to 12:00			4 points = 25 to 29 laps		
						3 points = 12:01 to 13:00			3 points = 20 to 24 laps		
						2 points = 13:01 to 14:00			2 points = 15 to 19 laps		
						1 point = 14:01 to 16:00			1 point = 5 to 14 laps		