THE PRESIDENT'S CHALLENGE PHYSICAL FITNESS SCORECARD

Parent's Score Card

Name (Practice & Test Day Scores)	Age																PR	NA	PA	HE
¼ Mile Run (6 & 7 year olds)																				
½ Mile Run (8 & 9 year olds)																				
One Mile Run (10 year olds and up)																				
Shuttle Run																				
Flex Arms (Only National Level)																				
Pull Ups																				
Push Ups																				
Curl Ups																				
Partial Curl Ups																				
V-Sit																				
Sit and Reach																				
Name (Practice At Home Scores)	Age																			
¼ Mile Run (6 & 7 year olds)																				
½ Mile Run (8 & 9 year olds)																				
One Mile Run (10 year olds and up)																				
Shuttle Run																				
Flex Arms (Only National Level)																				
Pull Ups																				
Push Ups																				
Curl Ups																				
Partial Curl Ups																				
V-Sit																				
Sit and Reach																				