

President's Challenge Student Profile

Name Gavin

Teacher _____

Fall

Spring

	Goal	Score	Protocol		Y/N	Score	Protocol		Y/N
			P	N			P	N	
Curl-ups		40	40	31			40	31	
Rt. Angle Push-ups		20	17	9			17	9	
Sit and Reach		24	31	25			31	25	
Shuttle Run		12.7	11.1	12.2			11.1	12.2	
One Mile Run		4:46	4:15	4:50			4:15	4:50	

My goal: _____

My improvement plan: _____

My nutrition plan: to not eat PopTarts for breakfast.