

PE Fitness Testing Data Tracker & Goal-Setting Pack

Track Progress • Set Goals • Achieve More

- ✓ 5 Individual Test Recording Cards
- ✓ SMART Goal-Setting Templates
- ✓ Student Reflection Journal
- ✓ Year-At-A-Glance Overview
- ✓ Teacher Class-Average Graphs
- ✓ Fitness Standards Reference

Grades 6–12

UM Printables

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How to Use This Resource

This PE Fitness Testing Data Tracker & Goal-Setting Pack is designed to help physical educators and students systematically record fitness test results, monitor progress across the school year, and set meaningful fitness goals. The resource is suitable for grades 6–12 and aligns with national PE standards.

What's Included

- **5 Individual Test Recording Cards** — One-page printable cards for PACER, push-ups, sit-ups, sit-and-reach, and BMI with space for notes and goal-setting.
- **Year-At-A-Glance Tracker** — A single-page overview showing all five tests across all testing periods for quick reference.
- **SMART Goal-Setting Templates** — Guided templates to help students write Specific, Measurable, Achievable, Relevant, and Time-bound fitness goals.
- **Student Reflection Journal** — Pre-test, mid-year, and end-of-year reflection prompts encouraging metacognition and self-assessment.
- **Teacher Class-Average Graph & Data Sheet** — Tools for tracking and visualizing whole-class performance trends.
- **Fitness Standards Reference Sheet** — Healthy Fitness Zone ranges based on FITNESSGRAM® data for grades 6–12.
- **Completion Certificate** — A customizable certificate to celebrate student effort.

Recommended Testing Schedule

Testing Period	Suggested Timing	Purpose
Fall Baseline	September – October	Establish starting fitness levels
Winter Check-In	January – February	Monitor mid-year progress
Spring Assessment	March – April	Track improvement from baseline
End of Year	May – June	Final assessment and goal review

How to Use This Resource (*continued*)

Step-by-Step Implementation Guide

Step 1 — Prepare Materials

Print one copy of each test recording card per student. Distribute the Year-At-A-Glance Tracker as a personal portfolio cover sheet. Set up the Teacher Class Data Sheet (see Section 6) for your class roster.

Step 2 — Conduct Fall Baseline Testing

Administer all five fitness tests following standardized protocols (described on each recording card). Record results on individual cards and enter data into the Class Data Recording Sheet.

Step 3 — Review Results & Set Goals

After fall testing, guide students through the SMART Goal-Setting Template. Have them identify one or two areas for improvement and write actionable goals. Complete the Pre-Test Reflection journal entry.

Step 4 — Mid-Year Check-In

Re-administer tests in winter. Students update recording cards and compare results to fall baseline. Complete the Mid-Year Reflection. Review and adjust SMART goals if needed.

Step 5 — Spring & End-of-Year Testing

Complete the remaining testing periods. Celebrate personal bests and growth. Students complete the End-of-Year Reflection, evaluating goal achievement and setting summer fitness intentions.

Step 6 — Teacher Analysis & Reporting

Use the Teacher Class Data Sheet and Class-Average Graph to identify trends, inform instruction, and share progress with administrators and families.

■ **Pro Tip:** Encourage students to focus on **personal growth** rather than comparing scores with peers. The goal is self-improvement — every student's starting point is different, and progress should be celebrated at every level!

National Standards Alignment

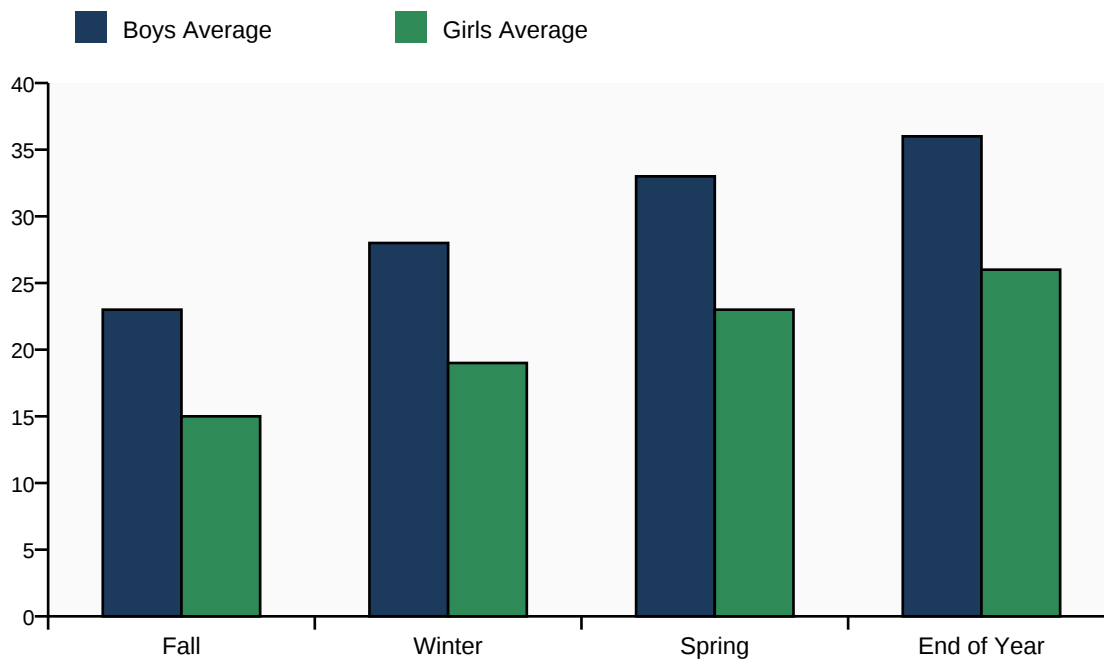
This resource supports the following SHAPE America National Physical Education Standards:

- **Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
- **Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.

-
- **Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - **Standard 4:** The physically literate individual exhibits responsible personal and social behavior that respects self and others.
 - **Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

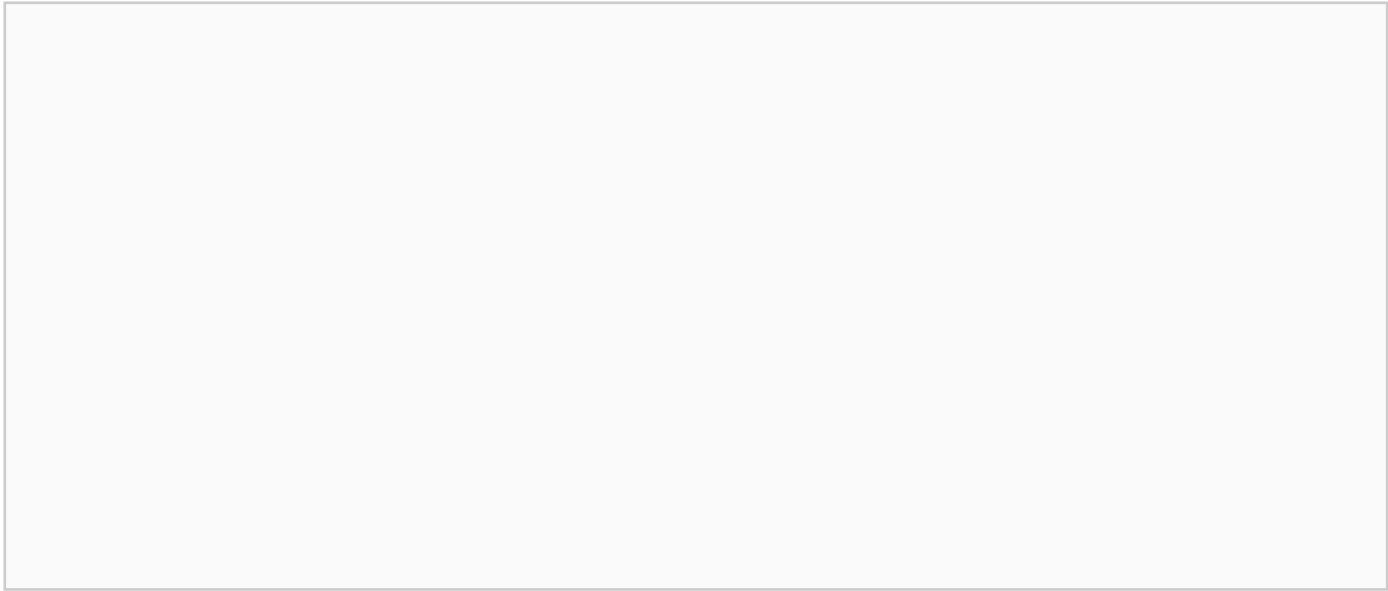
Teacher Class-Average Graph

Use the chart below to plot class averages across the four testing periods. Visualizing data helps identify broad trends, evaluate curriculum effectiveness, and celebrate whole-class growth. A sample PACER class average is plotted below.



Blank Graph Template

Plot your own class data below. Use different colors for different tests or demographics.



Legend: ■ _____ ■ _____ ■ _____

Class Data Recording Sheet



Teacher: _____ Period/Class: _____ Testing Period: _____

#	Student Name	PACER (Laps)	Push-Ups (Reps)	Curl-Ups (Reps)	Sit-Reach (In)	BMI
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
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★ CERTIFICATE OF ACHIEVEMENT ★

This certificate is proudly presented to

For successfully completing the
PE Fitness Testing Data Tracker & Goal-Setting Pack
and demonstrating a commitment to personal health and fitness growth.

Date

Teacher Signature

Thank You!

Thank you for purchasing and using the **PE Fitness Testing Data Tracker & Goal-Setting Pack** by UM Printables. I am passionate about creating high-quality, premium physical education resources that save teachers time and engage students.

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