

20 18 16 14 12 10 8 6 4 2 5 10 15 20 25 30 35 40 45
 30
 55
 60
 65
 70
 75
 80
 85
 90
 95
 100

Midday
 Fitness

Pole Climb
 (up/down)

Horizontal Ladder
 (Back + Forth)

Project Fit
 America
 Challenge

Name: _____
 Grade: _____
 Teacher: _____

Vault
 (# of times
 over bar)

5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100