## **GCISD Fitness Gram**

				OCPE Report					
Name:					Na	me:			
Grade:			Grade:						
Teacher:					Teacher:				
Class:			Class:						
Ent	or a numbor in oa	ach box for each e	wont			Ento	or a numbor in oa	ch box for each e	wont
Height	Weight	Pacer	Curl-up		Heig		Weight	Pacer	Curl-up
ft in	lbs				ft	in	lbs		
Trunk Lift	Push-up	Shoulder Strectch L	Shoulder Strectch R	=	Trunk		Push-up	Shoulder Strectch L	Shoulder Strectch R
		YN	ΥN					ΥN	ΥN
	l .					Cirlce	Y or N		
				ſ					
Grade:					Grade:				
Class:					Class:				
Enter a number in each box for each event					Enter a number in each box for each event				
Height	Weight	Pacer	Curl-up		Heig	ht	Weight	Pacer	Curl-up
ft in	lbs				ft	_ in	lbs		
Trunk Lift	Push-up	Shoulder Strectch L	Shoulder Strectch R		Trunk	Lift	Push-up	Shoulder Strectch L	Shoulder Strectch R
	i .								

Cirlce Y or N

Cirlce Y or N

<sup>\*</sup>Submit report to your campus coordinator by no later than March 31.