|  |  |  |
| --- | --- | --- |
| Fall | Winter | Spring |
| Timed Lap Timed Mile | Timed Lap Timed Mile | Timed Lap Timed Mile |
| Final Pacer Lap | Final Pacer Lap | Final Pacer Lap |
| Flexibility | Flexibility | Flexibility |
| Pushups/minute | Pushups/minute | Pushups/minute |
| Situps/minute | Situps/minute | Situps/minute |

Fall Goals:

Winter Goals:

Spring Goals: