

Sophomore President's Challenge Results

Start of Year

3 Sec. Push-ups

Curl-ups (60 sec)

Plank

_____ Seconds

Mile

Time: _____ HR: _____

20m Pacer

_____ Laps

Pull-ups/Flexed Arm Hang

Reps _____ or _____ Seconds

End of Year

3 Sec. Push-ups

Curl-ups (60 sec)

Plank

_____ Seconds

Mile

Time: _____ HR: _____

20m Pacer

_____ Laps

Pull-ups/Flexed Arm Hang

Reps _____ or _____ Seconds

President's Challenge Goals

End-of-Year Goals

3 Sec. Push-ups

Curl-ups (60 sec)

Plank

_____ Seconds

Mile

Time: _____ HR: _____

20m Pacer

_____ Laps

Pull-ups/Flexed Arm Hang

Reps _____ or _____ Seconds