

<b>Fitness Component:</b> Cardiovascular Endurance	<b>Test:</b> PACER	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			

<b>Fitness Component:</b> Hamstring Flexibility	<b>Test:</b> Sit & Reach	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			

<b>Fitness Component:</b> Upper Body Strength and Endurance	<b>Test:</b> Push Up	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			

<b>Fitness Component:</b> Shoulder Flexibility	<b>Test:</b> Shoulder Stretch	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			

<b>Fitness Component:</b> Trunk Extensor Strength & Flexibility	<b>Test:</b> Trunk Lift	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			

<b>Fitness Component:</b> Abdominal Strength & Endurance	<b>Test:</b> Curl Up	<b>Last Result:</b>	<b>Current Result:</b>
<b>COST Goal:</b> (Improve, maintain, or decrease) I would like			