

House of Courage Fitness Challenge

Student: _____

Age: _____ Height: _____ Weight: _____

	Age	Pushups	ACTUAL	1/2 Situps	ACTUAL	Shuttle Run	ACTUAL	Hip Thrusts	ACTUAL	V-Sit/Reach	ACTUAL	1 Mile	ACTUAL	Distance Options		ACTUAL
		(#)		(# 1min)		(Seconds)		(# 1 min)		(Inches)		(Min:Sec)		(Min:Sec) (1/4 mile)	(Min:Sec) (1/2 mile)	
BOYS	6	5		33		12.1		9		+3.5				1:55		
	7	10		36		11.5		10		+3.5				1:48		
	8	11		40		11.1		11		+3.0					3:30	
	9	12		41		10.9		13		+3.0					3:30	
	10	15		45		10.3		15		+4.0		8:47				
	11	17		47		10.0		19		+4.0		8:32				
	12	20		50		9.8		21		+4.0		8:11				
	13	25		53		9.5		23		+3.5		7:50				
	14	27		56		9.1		24		+4.5		6:26				
	15	30		57		9.0		25		+5.0		6:20				
	16	35		56		8.7		25		+6.0		6:08				
	17	40		56		8.6		24		+7.0		6:06				
GIRLS	6	3		32		12.4		7		+5.5				2:00		
	7	4		34		12.1		8		+5.0				1:55		
	8	6		38		11.8		9		+4.5					3:58	
	9	7		39		11.1		11		+5.5					3:53	
	10	9		40		10.8		14		+6.0		9:19				
	11	10		42		10.5		17		+6.5		9:02				
	12	12		45		10.4		19		+7.0		8:23				
	13	14		46		10.2		20		+7.0		8:13				
	14	15		47		10.1		21		+8.0		7:59				
	15	17		48		10.0		23		+8.0		8:08				
	16	18		46		10.1		22		+9.0		8:23				
	17	20		45		10.0		23		+8.0		8:15				

*****By Meeting All The Requirements For Your Age, You Will Be Awarded The Courage Fitness Excellence Patch*****
*****If the requirements are not met for each group, they will receive a purple start for Fitness to wear*****

Parent Signature: _____

Student Signature: _____

Sensei Signature: _____

Date: _____