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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | BeepTest Level | Sit andReach (inches) | Curl Ups | PushUps | HandGripTotal (kg) | VerticalJump (inches) | 12MinuteRun (laps) | AgilityRun (seconds) |
| **Test 1** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 2** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 3** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 4** |  |  |  |  |  |  |  |  |

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| Name: | BeepTest Level | Sit andReach (inches) | Curl Ups | PushUps | HandGripTotal (kg) | VerticalJump (inches) | 12MinuteRun (laps) | AgilityRun (seconds) |
| **Test 1** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 2** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 3** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 4** |  |  |  |  |  |  |  |  |

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| Name: | BeepTest Level | Sit andReach (inches) | Curl Ups | PushUps | HandGripTotal (kg) | VerticalJump (inches) | 12MinuteRun (laps) | AgilityRun (seconds) |
| **Test 1** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 2** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 3** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 4** |  |  |  |  |  |  |  |  |

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| Name: | BeepTest Level | Sit andReach (inches) | Curl Ups | PushUps | HandGripTotal (kg) | VerticalJump (inches) | 12MinuteRun (laps) | AgilityRun (seconds) |
| **Test 1** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 2** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 3** |  |  |  |  |  |  |  |  |
| Goal next time |  |  |  |  |  |  |  |  |
| **Test 4** |  |  |  |  |  |  |  |  |