**Teacher record**

|  |  |
| --- | --- |
| NAME |  |
| PE PERIOD/TEACHER |  |
| WEIGHT IN POUNDS |  |
| AGE | 17 OR 18 |
| GENDER | MALE / FEMALE |
| TIME | **MINUTES-**  **SECONDS-** |
| HEART RATE AT END OF MILE (15 SEC COUNT X 4) | **BPM-** |

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**Student record**

|  |  |
| --- | --- |
| NAME |  |
| PE PERIOD/TEACHER |  |
| WEIGHT IN POUNDS |  |
| AGE | 17 OR 18 |
| GENDER | MALE / FEMALE |
| TIME | **MINUTES-**  **SECONDS-** |
| HEART RATE AT END OF MILE (15 SEC COUNT X 4) | **BPM-** |

**Students,**

In order to receive full credit for your Cardio Respiratory Fitness (CRF) component of the grading policy you must complete the web based assessment of your fitness level and rating at the provided website:

<http://walking.about.com/library/cal/ucrockport.htm>

**\*Caution - Remember to adhere to Livingston High School/District policies that govern proper internet safety guidelines, study and usage. Websites can sometimes link to inappropriate sources and extensions.**

Once you have completed the web based data analysis, **please print out** the score results and hand write your name, PE class period and teachers name on the *top right hand corner*. You are to turn in your score sheet with data analysis attached to this form per the announced **due date**.