



Data Collection Sheet

Pushups & Curl-Ups

Record date and the number of correct repetitions performed in the space provided below. Parents must initial each entry.

- **Pushups:** hands shoulder width apart, back must be straight as student lowers body to elbows below shoulders.
- **Curl-Ups:** knees bent, arms crossed over chest, elbows tight to body, hands on opposite shoulder, up to elbows touch thighs and back down to head and shoulders touch ground.

<p style="text-align: center;">Pushups</p> 	<p style="text-align: center;">Curl-Ups</p> 
<p>1/15=2 (Example)</p> <p style="text-align: right;">Total this sheet=</p>	<p>1/15=20 (Example)</p> <p style="text-align: right;">Total this sheet=</p>

Student's Name: _____

Grade: _____

Classroom Teacher: _____