

HS Fitness Results (Girls)

High School Girls (22) results averaged as a group

2nd Semester 2017-2018

Beginning Date: Jan. 2018

Ending Date: June. 2018

Health Information

	Beginning	Ending	Difference
Height	Jan. 2018	Jun. 2018	(+.30 inches)
Weight	Jan. 2018	Jun. 2018	(+2.6 lbs.)
Resting Heart Rate	Jan. 2018	Jun. 2018	(<2.0 bpm)
Body Fat %	Jan. 2018	Jun. 2018	(-1.5%)
Lean Muscle Weight	Jan. 2018	Jun. 2018	(+3.11 lbs.)
Fat Weight	Jan. 2018	Jun. 2018	(-2.1 lbs.)

Physical Tests

	Beginning	Ending	Difference
Cardiovascular			
1600 meter Run	Jan. 2018	Jun. 2018	(-48 sec.)
400 meter Run	Jan. 2018	Jun. 2018	(-6 sec.)
Strength			
Push ups (1 minute)	Jan. 2018	Jun. 2018	(+ 8.5)
Sit ups (1 minute)	Jan. 2018	Jun. 2018	(+5.7)
Flexibility			
Sit & Reach	Jan. 2018	Jun. 2018	(+.50 inches)
Agilities			
Shuttle Run (40 yards)	Jan. 2018	Jun. 2018	(-.20 sec.)
Standing Broad Jump	Jan. 2018	Jun. 2018	(+2.5 inches)
Dot Drills	Jan. 2018	Jun. 2018	(-.54 sec.)