

Skill Related	Agility	Curl ups	Push ups	Height
Cardiovascular Endurance	Sit and Reach	Muscular Strength	Balance	Power
Sit and Reach	Speed	FREE	Body Composition	Health Related
Healthy Fitness Zone (HFZ)	Reaction Time	Heart Rate/Pulse	Flexibility	Muscular Endurance
Fitness Components	Body Mass Index (BMI)	Pacer	Weight	Coordination

Speed	Balance	Push ups	Cardiovascular Endurance	Muscular Strength
Curl ups	Weight	Height	Body Mass Index (BMI)	Power
Healthy Fitness Zone (HFZ)	Body Composition	FREE	Health Related	Agility
Flexibility	Pacer	Skill Related	Coordination	Reaction Time
Heart Rate/Pulse	Muscular Endurance	Sit and Reach	Sit and Reach	Fitness Components

Body Mass Index (BMI)	Pacer	Balance	Muscular Endurance	Body Composition
Skill Related	Healthy Fitness Zone (HFZ)	Heart Rate/Pulse	Sit and Reach	Height
Sit and Reach	Coordination	FREE	Reaction Time	Flexibility
Speed	Power	Push ups	Weight	Curl ups
Health Related	Agility	Muscular Strength	Cardiovascular Endurance	Fitness Components