MANATEE H.S. JROTC CADET CHALLENGE

TRACKING SHEET

PERIOD_____ COMPANY_____ **INSTRUCTOR VERIFIED_____**

CADET NAME M/F AGE	CURL Up's # 1Min	SHUTTLE RUN (Seconds)	V-Sit Reach (# Inches)	One Mile Run (Minutes)	Pull Ups # Reps or Flex Arm Hang	Push Ups # 1 Min.