

PERSONAL BEST!

How to fill out your “PR” card...

What is your PR card? It’s a chart of your “Personal Records”, your “Personal BEST”. You compare yourself to YOU and don’t think about the standard. What is the BEST score YOU have gotten in the four components of fitness?

- 1) Log on to focussedfitness.org using the same user ID and password as you do to log on to your computer at school.
- 2) Under the Fitness Module you will find “MY HISTORY” and an arrow-down tab for Fitness – click that!
- 3) Scroll down to the component of fitness you want to look at and expand the arrow-down. You will see all your score entered since in the Everett School District. *IF YOU HAVE NO SCORES PLEASE COME SEE ME*
- 4) Look for the HIGHEST SCORE you have ever earned in the last 3 years. Make sure it is a “Pre” or a “Post” score NOT a “Goal”. That is the score we are considering your Personal Record! (Your BEST 😊 your PR! 😊)

THEN... transfer the information you learned about yourself onto the PR card. Write your best score for each fitness test in the 1st column then write the date (month/year) that you earned that score in the 2nd column.

HERE’S THE BONUS!! 😊

Each time you BEAT your own Personal Record, you get to cross out the old score and write a new score and date in. For each new PR you earn 5 points extra credit – YEAH!!!