Name: _____ Class: _____ Date: _____

Activity 4.7
Individual Push-Up Progress Sheet

Write date in the left-hand column and the number of push-ups performed on that date underneath the appropriate level column.

Date	Level 1	Level 2	Level 3	Level 4	Level 5

From *Physical Best activity guide: Middle and high school levels*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.