

Name _____ Period _____ Teacher _____

Muir Mile Graph and Reflection

Date	Mile Time	Date	Mile Time	Date	Mile Time
1.)		5.)		9.)	
2.)		6.)		10.)	
3.)		7.)		11.)	
4.)		8.)		12.)	

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Males

Age	One Mile Run min:sec	Curl-up	Sit & Reach inches	Push-up	Trunk Lift inches	Body Mass Index	Pacer laps
11	8:30-11:00	15-28	8	8-20	9-12	21.0-14.3	23-72
12	8:00-10:30	18-36	8	10-20	9-12	22.0-14.6	32-72
13	7:30-10:00	21-40	8	12-25	9-12	23.0-15.1	41-83
14	7:00-9:30	24-45	8	14-30	9-12	24.5-15.6	41-83
15	7:00-9:00	24-47	8	16-35	9-12	25.0-16.2	51-94

Name _____ Period _____ Teacher _____

Muir Mile Graph and Reflection

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1.)		5.)		9.)	
2.)		6.)		10.)	
3.)		7.)		11.)	
4.)		8.)		12.)	

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Time												
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Females

Age	One Mile Run	Curl-up	Sit & Reach inches	Push-up	Trunk Lift inches	Body Mass Index	Pacer laps
11	9:00-12:00	15-29	10	7-15	9-12	24.0-14.0	15-41
12	9:00-12:00	18-32	10	7-15	9-12	24.5-14.5	15-41
13	9:00-11:30	18-32	10	7-15	9-12	24.5-14.9	23-51
14	8:30-11:00	18-32	10	7-15	9-12	25.0-15.4	23-51
15	8:00-10:30	18-35	11	7-15	9-12	25.0-16.0	32-51

