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Produced: 3/1/2007

Fitness Assessment History
shari schmidt
2/1/2007 thru 3/1/2007

Date	Cardiovascular Endurance	Sit & Reach / inch	Muscular Endurance	Body Fat %
02/01/2007	Step Test: 80	21	Sit Ups: 25	
02/28/2007	Step Test: 71	22	Push Ups: 34	25
03/01/2007	Step Test: 87	23	Sit Ups: 32	

Note: a blank value represents that no test data was entered.