Name: Class #: Date of Birth: Height:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Week****#** | **Center of Balance** | **BMI** | **Weight****(lbs.)** | **Wii Fit****Age** | **Calories Burned** |
|  |  |   % L % R |  |  |  |  |
|  |  |   % L % R |  |  |  |  |
|  |  |   % L % R |  |  |  |  |
|  |  |   % L % R |  |  |  |  |
|  |  |   % L % R |  |  |  |  |
|  |  |   % L % R |  |  |  |  |

***\* Wii Fit Goal – To be completed during first use of Wii Fit Plus & each time student resets his/her weight goal***

Date: Lose/Gain lbs. in weeks/months *(which is lbs. every 2 weeks)*

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