



Lil' Pandas  
**Fitness Stripe** Form

Parent, please fill this form out for your child to earn their **Fitness Stripe**

**Fitness Stripe** is only available until October 22.

Student's Name \_\_\_\_\_

Please check ( ✓ ) all that apply

Student practiced push-ups on 3 separate occasions. \_\_\_\_\_

Student practiced push-ups at least one time  
without being told or reminded. \_\_\_\_\_

Student is capable or performing 5 excellent push-ups  
or 10 mid-level push-ups. \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date