

FITNESSGRAM

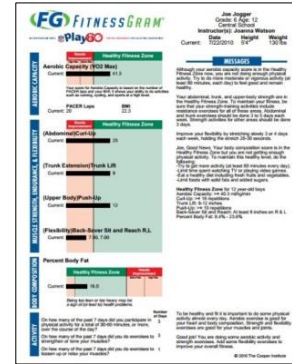
student

FOR: Students and Teachers

PURPOSE: To educate students about their health- related fitness as it relates to Healthy Fitness Zone® (HFZ) achievement, and the level of fitness needed for good health.

STUDENTS CAN: Use to assist with individual goal setting.

TEACHERS CAN: Empower and encourage student goal setting.



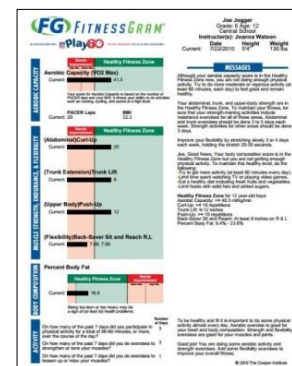
parent

FOR: Parents and Teachers

PURPOSE: To educate parents about their child's health- related fitness as it relates to HFZ achievement, and the level of fitness needed for good health.

PARENTS CAN: Provide suggestions or motivation for positive behavior change.

TEACHERS CAN: -related fitness.



presidential fitness award

FOR: Teachers and Campus Administration

PURPOSE: To provide an overview of which tests students achieved the HFZ.

Schools registered with the Presidential Youth Fitness Program whose students reach the HFZ in five out of six of the test components may receive a Presidential Youth Fitness Award.

TEACHERS CAN: Use report to assist with lesson plans and quickly view which tests students achieved the HFZ.

CAMPUS ADMIN CAN: View tests where students achieve the HFZ. Information may be used to initiate campus activities based on health- related fitness

State	Year	Cardio	Abdominal Circumference	Trunk Extension/Trunk Lift	Upper Body Push-Up	Flexibility/Back-Saver Sit and Reach R/L	Percent Body Fat
Alabama	2014	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2015	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2016	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2017	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2018	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2019	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2020	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2021	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2022	10.0	35.0	10.0	12.0	11.0	15.0
Alabama	2023	10.0	35.0	10.0	12.0	11.0	15.0

summary

FOR: Teachers and Campus Administration

PURPOSE: To provide an overview of students' health- related fitness. Single

TEACHERS CAN: Recognize areas of health-related fitness that have improved or need improvement and monitor growth over time.

CAMPUS ADMIN CAN: See which teachers conducted fitness testing, which students participated, and what staff should focus on based on raw scores.

The screenshot shows a Summary Report with columns for Test Name, Score, and Status. It provides an overview of the fitness data for a group of students.

statistical

FOR: Teachers, Campus Administration, and District Administration

PURPOSE: To provide a high level group overview of students' health-related fitness.

TEACHERS CAN: Recognize areas of HFZ achievement, use in lesson planning or fitness education nights for parents, or present to PTA groups for program support.

CAMPUS ADMIN CAN: See the need for additional fitness equipment, teacher training, or education based on each fitness component.

DISTRICT ADMIN CAN: See HFZ achievement and use for aggregate reporting, trainings, or to seek grant funding.

Age	Gender	Weight	Minutes	Minutes	Minutes	Percentile
1-5	M	47,100	36,000	47,271	2,000	93.00%
1-5	F	40,210	30,000	40,210	2,211	90.00%
1-5	M	40,000	37,000	40,200	2,201	90.00%
1-5	F	36,000	30,000	36,000	2,000	90.00%
1-5	M	40,000	37,000	40,000	2,000	90.00%
1-5	F	40,000	37,000	40,000	2,000	90.00%
1-5	M	40,000	37,000	40,000	2,000	90.00%
1-5	F	40,000	37,000	40,000	2,000	90.00%
1-5	M	40,000	37,000	40,000	2,000	90.00%
1-5	F	40,000	37,000	40,000	2,000	90.00%

test overview

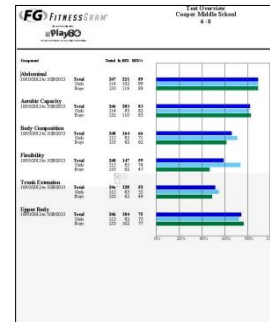
FOR: Campus Administration, District Administration, and Overall Surveillance Group

PURPOSE: Provides a graphic representation of HFZ % achievement for each fitness component, showing aggregate data over time.

CAMPUS ADMIN CAN: See the need for additional fitness equipment, teacher training, or education based on fitness component, gender, or grade level.

DISTRICT ADMIN CAN: See the need for teacher training or high level district/state support.

SURVEILLANCE GROUP CAN: Use for educational purposes, summary information, or provide documentation for grant funding.



ACTIVITYGRAM

FOR: Students and Teachers

PURPOSE: Educate students on the amount of time spent being physically active (moderate and vigorous) and sedentary; during school and out of school days.

STUDENTS CAN: View their active and sedentary time and use for individual goal setting.

Encourages healthy behavior change as needed.

TEACHERS CAN: Pinpoint where specific physical activity can be interjected throughout the day.

