

FITNESSGRAM reports

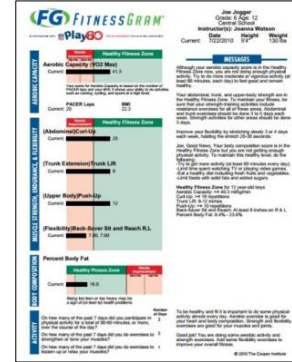
student report

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.



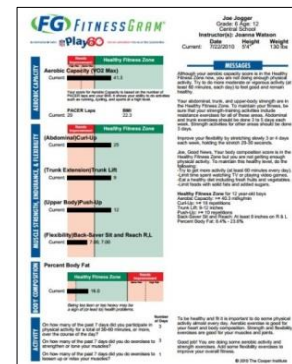
parent report

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: Communicate to parents about students' health-related fitness.



presidential youth fitness award report

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

The screenshot shows a 'Presidential Youth Fitness Award (Achievement of Standard) Student Report' for a school named 'SCHOOL NAME'. The table lists student names, their scores for six fitness tests (Aerobic Capacity, Flexibility, Muscular Strength, Trunk Extension, Upper Body Push-ups, and Percent Body Fat), and whether they achieved the Healthy Fitness Zone (HFZ) for each test. The report also includes a 'MESSAGE' section and a 'FITNESSGRAM' logo.

summary report

FOR: Teachers and Campus Administration

PURPOSE: To provide an overview of students' health-related fitness. Single teachers' classes or multiple teachers' classes can be selected.

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' for a school named 'SCHOOL NAME'. The table provides an overview of fitness testing across different classes, including columns for Teacher, Class, Date, and scores for six fitness tests (Aerobic Capacity, Flexibility, Muscular Strength, Trunk Extension, Upper Body Push-ups, and Percent Body Fat). It also includes a 'MESSAGE' section and a 'FITNESSGRAM' logo.

statistical report

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.

The screenshot shows a 'FITNESSGRAM Statistical Report' for 'Lark 417'. It contains two tables. The first table, 'Health-Related Fitness', lists components like Aerobic Capacity, Body Composition, Flexibility, and Strength Endurance, with columns for 'Standard', 'Mean', 'Standard Deviation', 'Minimum', 'Maximum', '90th Percentile', and 'Percentile'. The second table, 'Health-Related Fitness - Gender', provides the same data broken down by gender.

test overview report

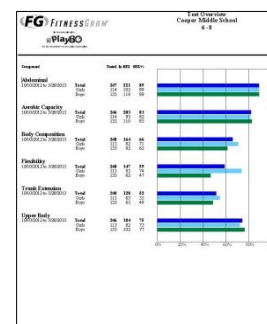
FOR: Campus Administration, District Administration, and Overall Surveillance Group

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 student report

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.

