FITNESSGRAM®

FITNESSGRAM®

FITNESSGRAM®

Welcome to the latest version of the FitnessGram® Software!

Key features:

MyHealthyZone™ Dashboard with snapshot of assessments

Updated Reports

SmartCoach Resource Library

- FG 101 FitnessGram Professional Development Module and Test
- Test Administration Manual
- Protocol Videos and Cadences
- Parent Letter
- Score cards, standards, and activity ideas

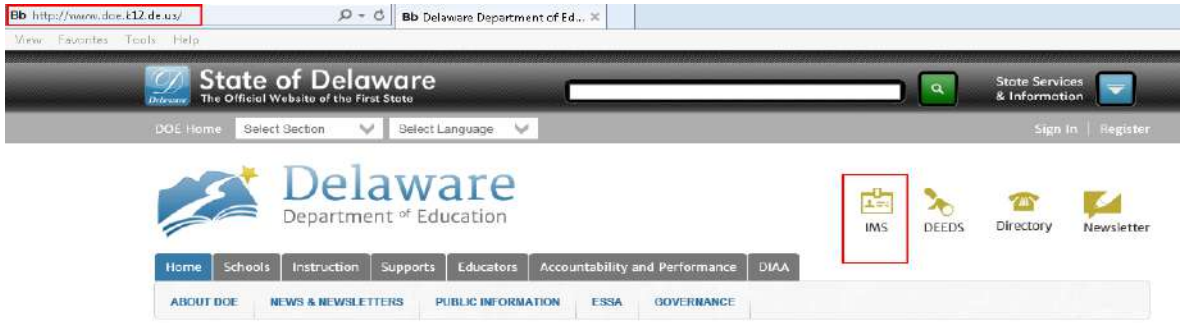
Customizable Data Entry Screen for easy entry

Steps to Getting Started

FITNESSGRAM®

Login

Go to the Delaware Department of Education Website: http://www.doe.k12.de.us and select the IMS icon.

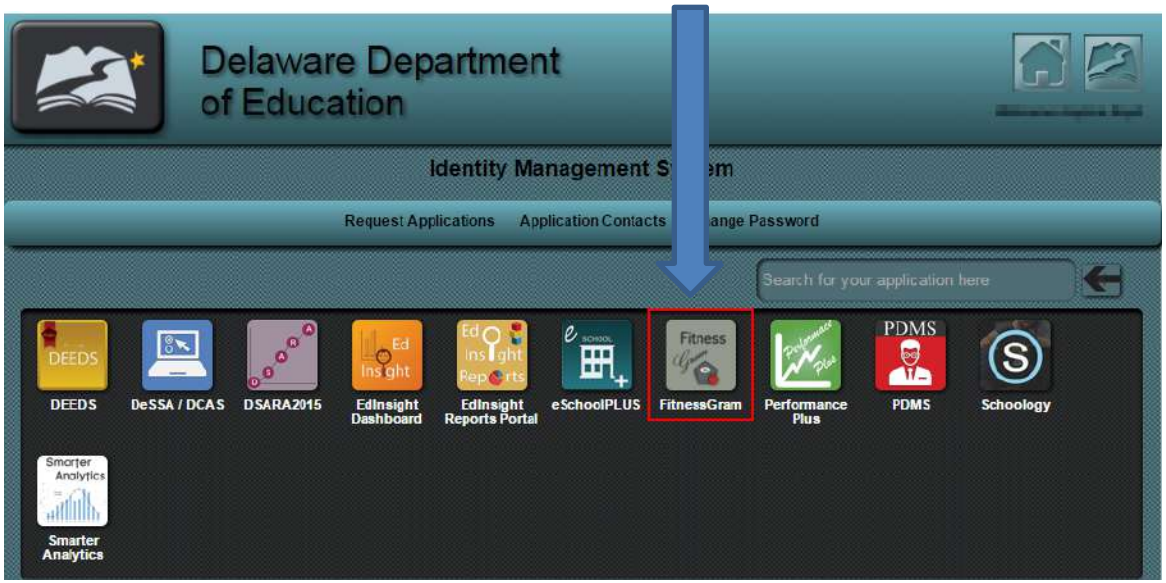


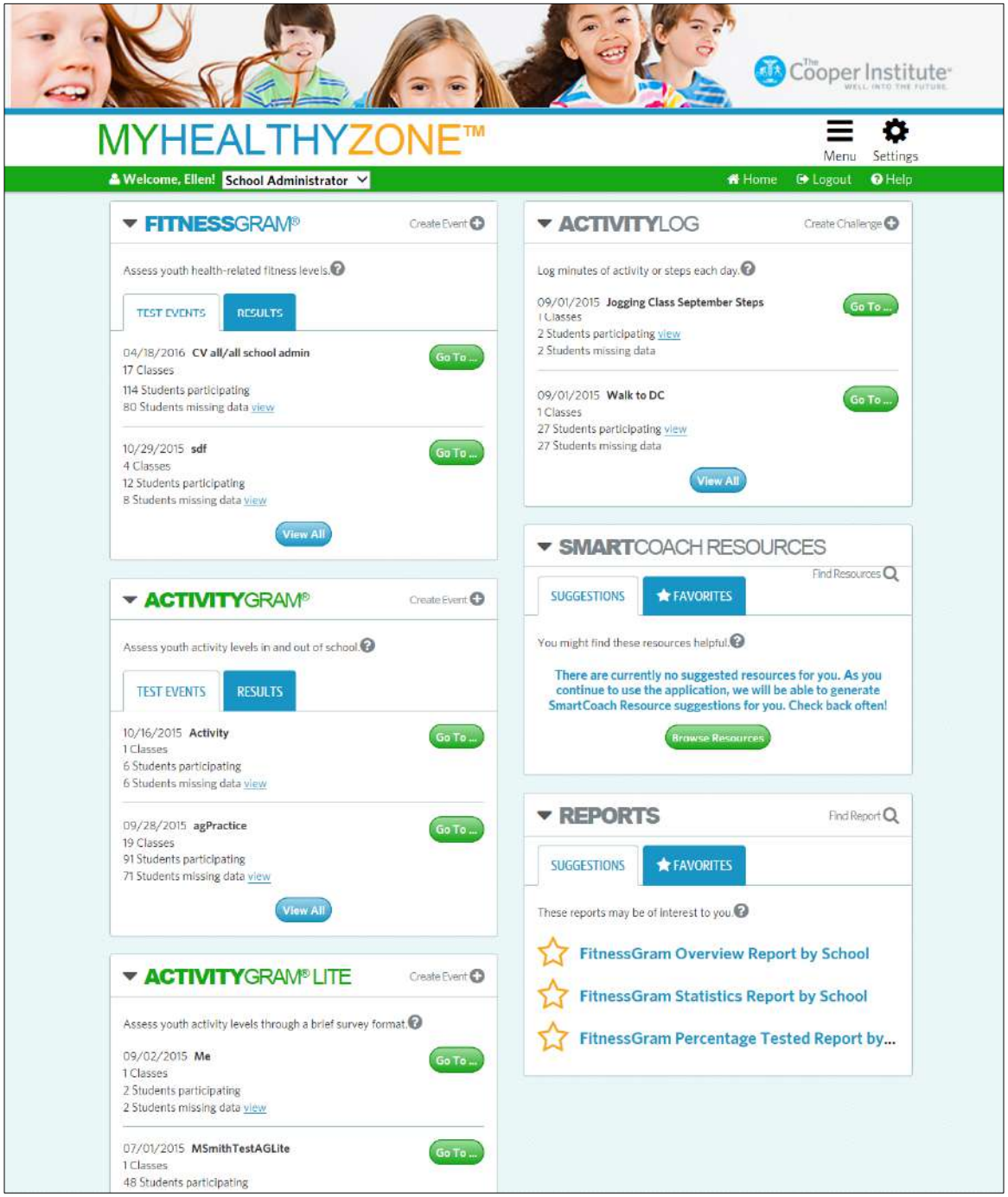
Sign in with your Management System username &password.

FITNESSGRAM®

Login

Select the FitnessGram Icon.





The home screen features an interactive dashboard.

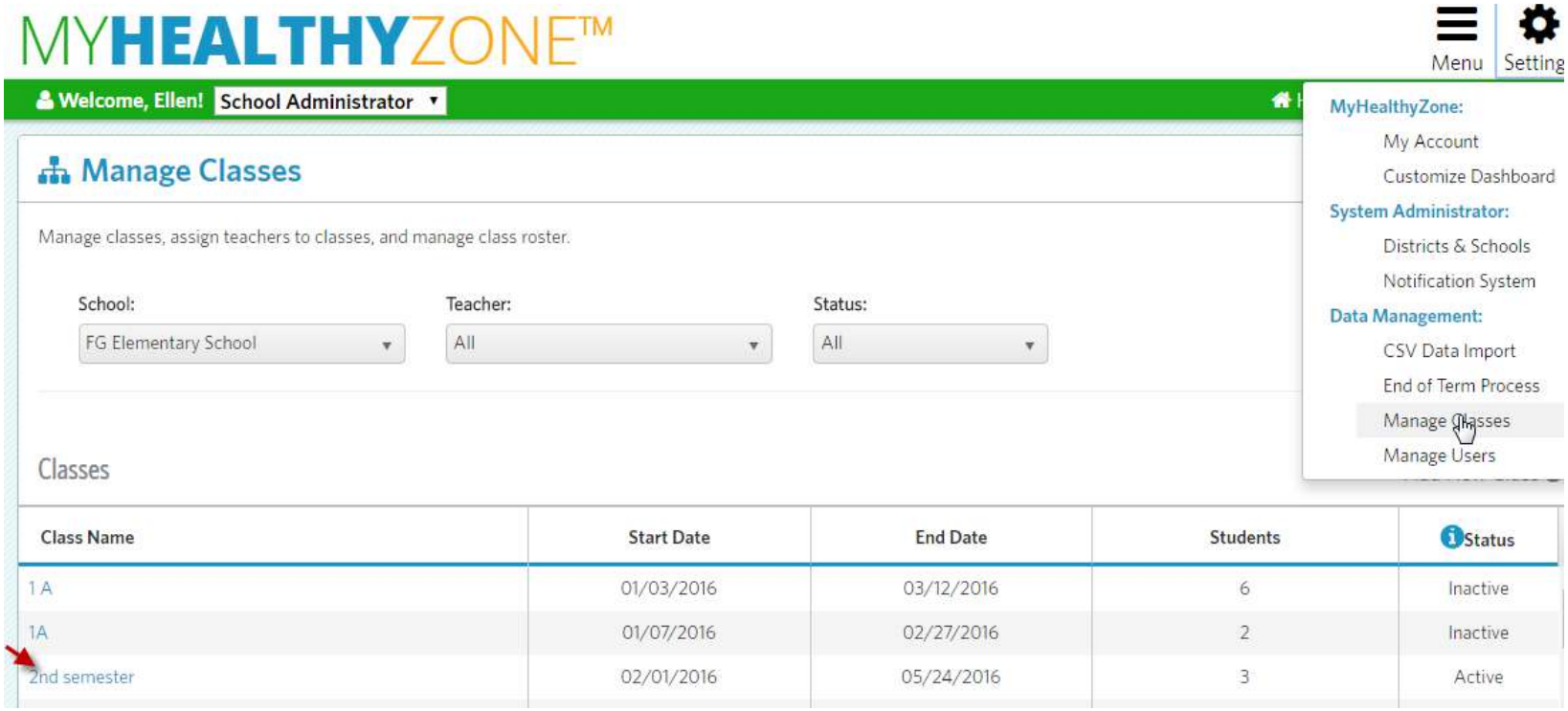
- Your name should appear at top left

The dashboard includes:

- MyHealthyZone Dashboard
- FitnessGram
- ActivityGram
- ActivityLog
- ActivityGram Lite
- Reports
- SmartCoach

Manage Classes

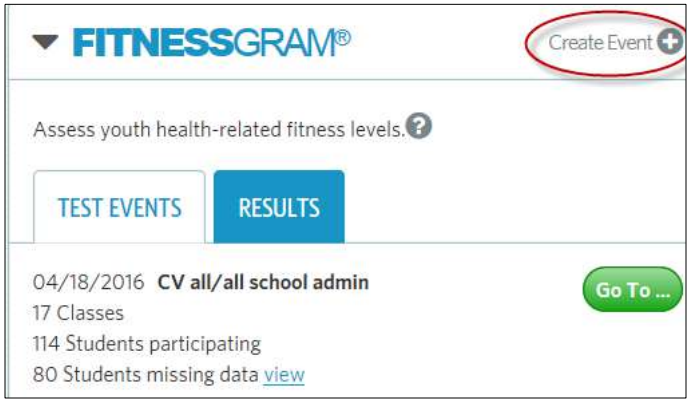
- Review your class rosters prior to entering FitnessGram data
- Go to **Settings** and **Manage Classes** to review your class rosters.
- Click on a class to review the listing of students



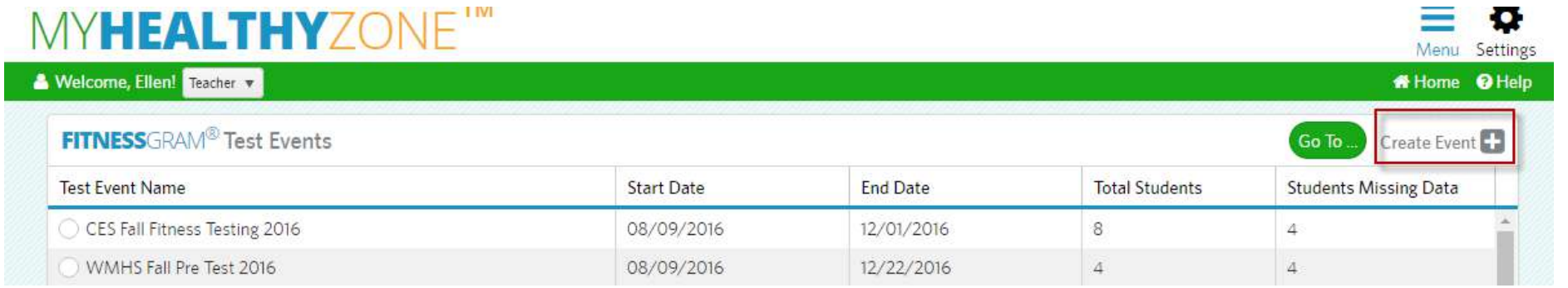
FITNESSGRAM®

Create a Test Event

Click '**Create Event**' from the FitnessGram tile on the Home Screen



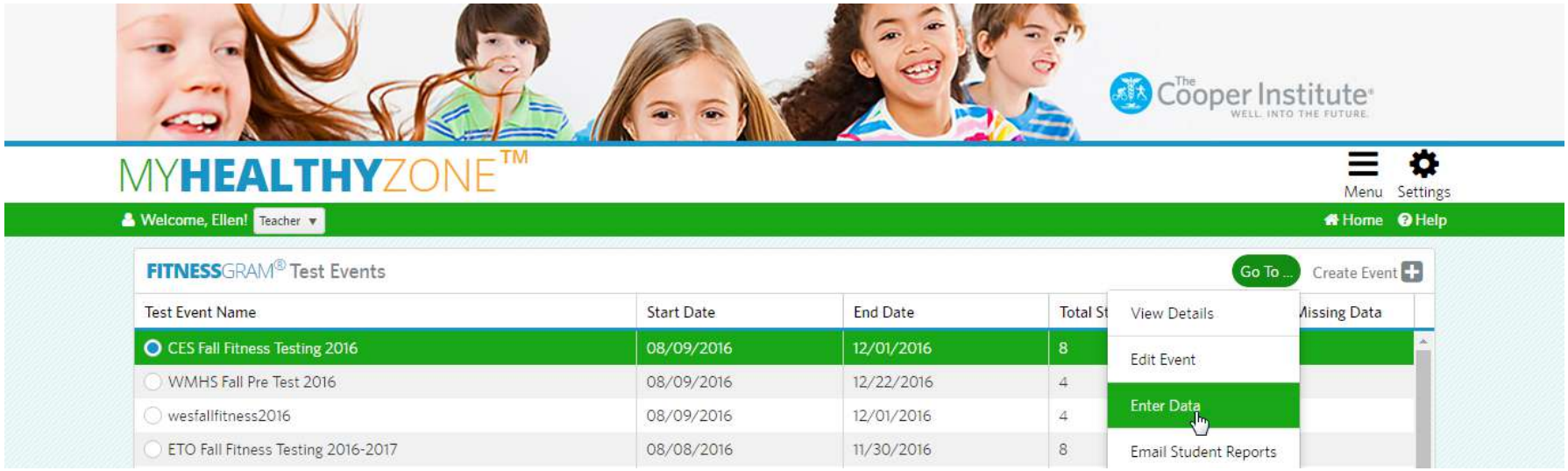
Or Click Menu and select FitnessGram. Click 'Create Event' in the upper right corner of the FitnessGram Event screen.



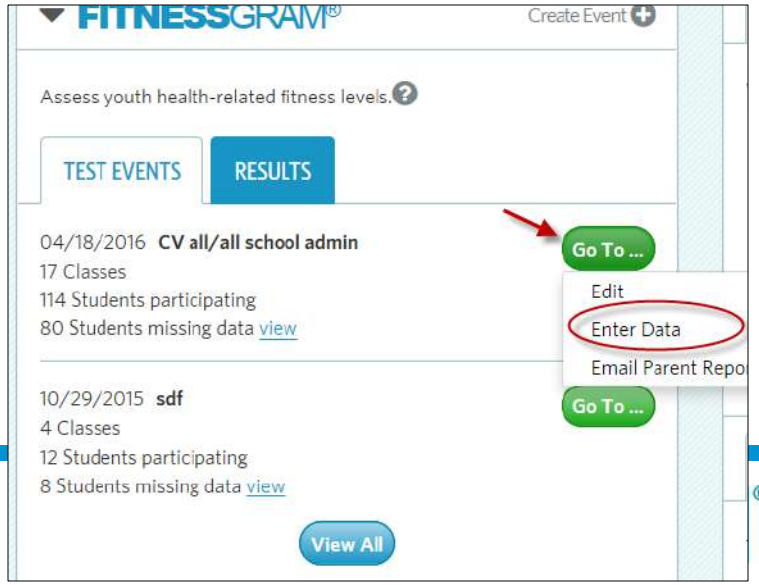
FITNESSGRAM®

Enter Data

Find your test event and then '**Go To**' and click Enter Data.

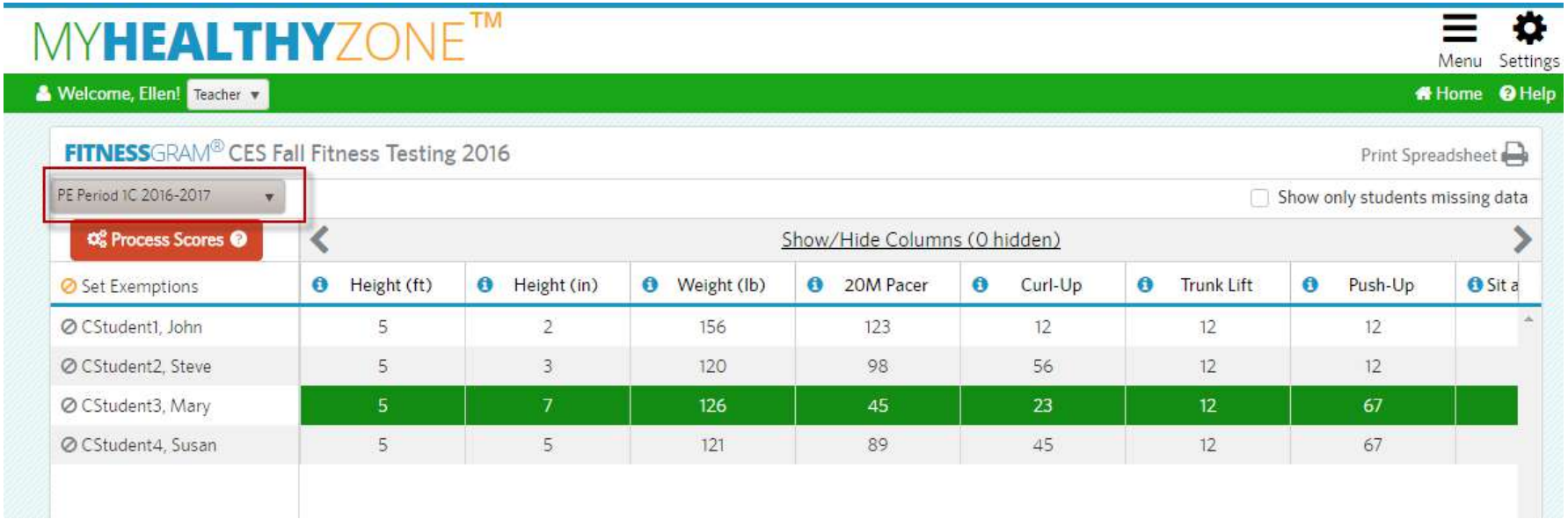


From the Home screen you can click the '**Go To**' button next to the event on the FitnessGram tile or click '**View All**' to see the complete list of test events.



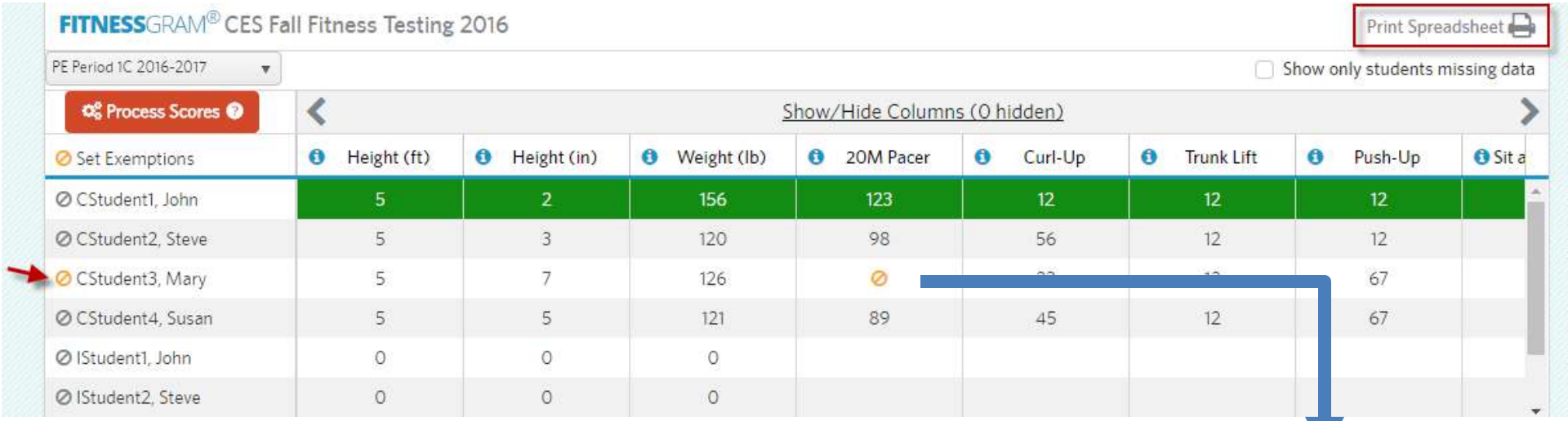
Enter Data

Filter you list of students by class with the Class dropdown
Enter Student data on the data entry screen and click tab to move from column to column



FITNESSGRAM®

Enter Data



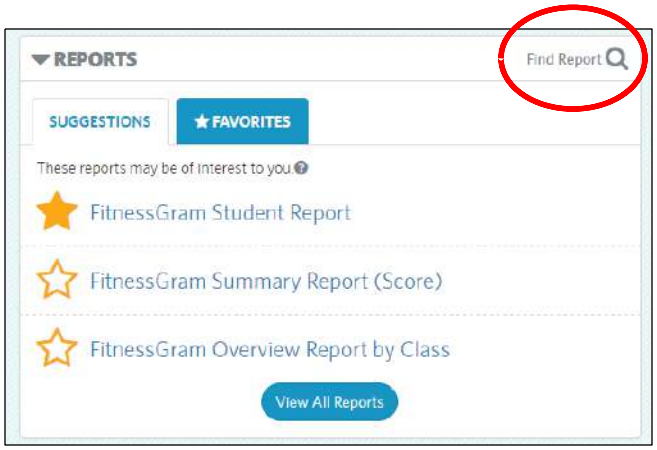
Set Exemptions	Height (ft)	Height (in)	Weight (lb)	20M Pacer	Curl-Up	Trunk Lift	Push-Up	Sit a
CStudent1, John	5	2	156	123	12	12	12	
CStudent2, Steve	5	3	120	98	56	12	12	
CStudent3, Mary	5	7	126	⊘			67	
CStudent4, Susan	5	5	121	89	45	12	67	
IStudent1, John	0	0	0					
IStudent2, Steve	0	0	0					

- Information is automatically saved as you enter data.

- Click '**Print Spreadsheet**' in the upper right corner to download an excel document with print student information, test items and any data entered.

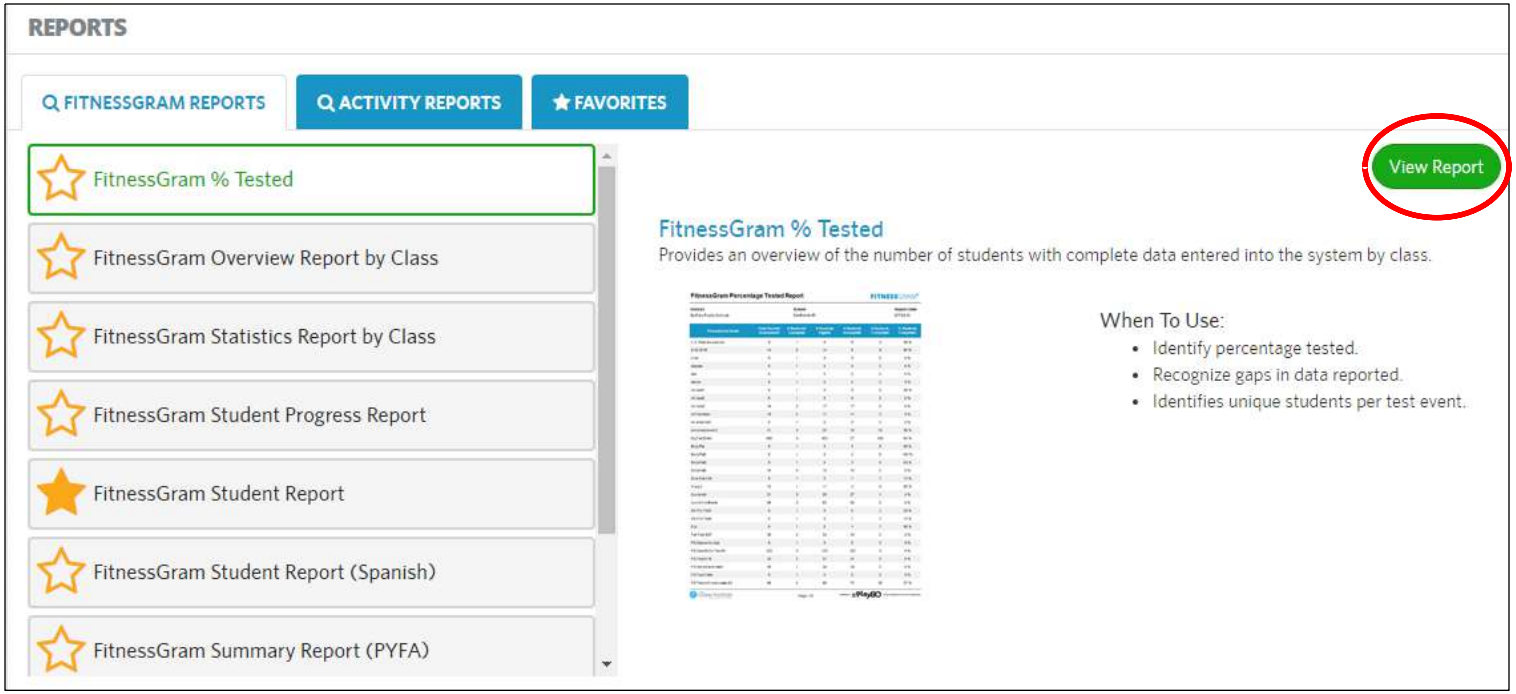
- To set **exemptions**, click on the icon next to a students name and select the appropriate exemption.

FITNESSGRAM®



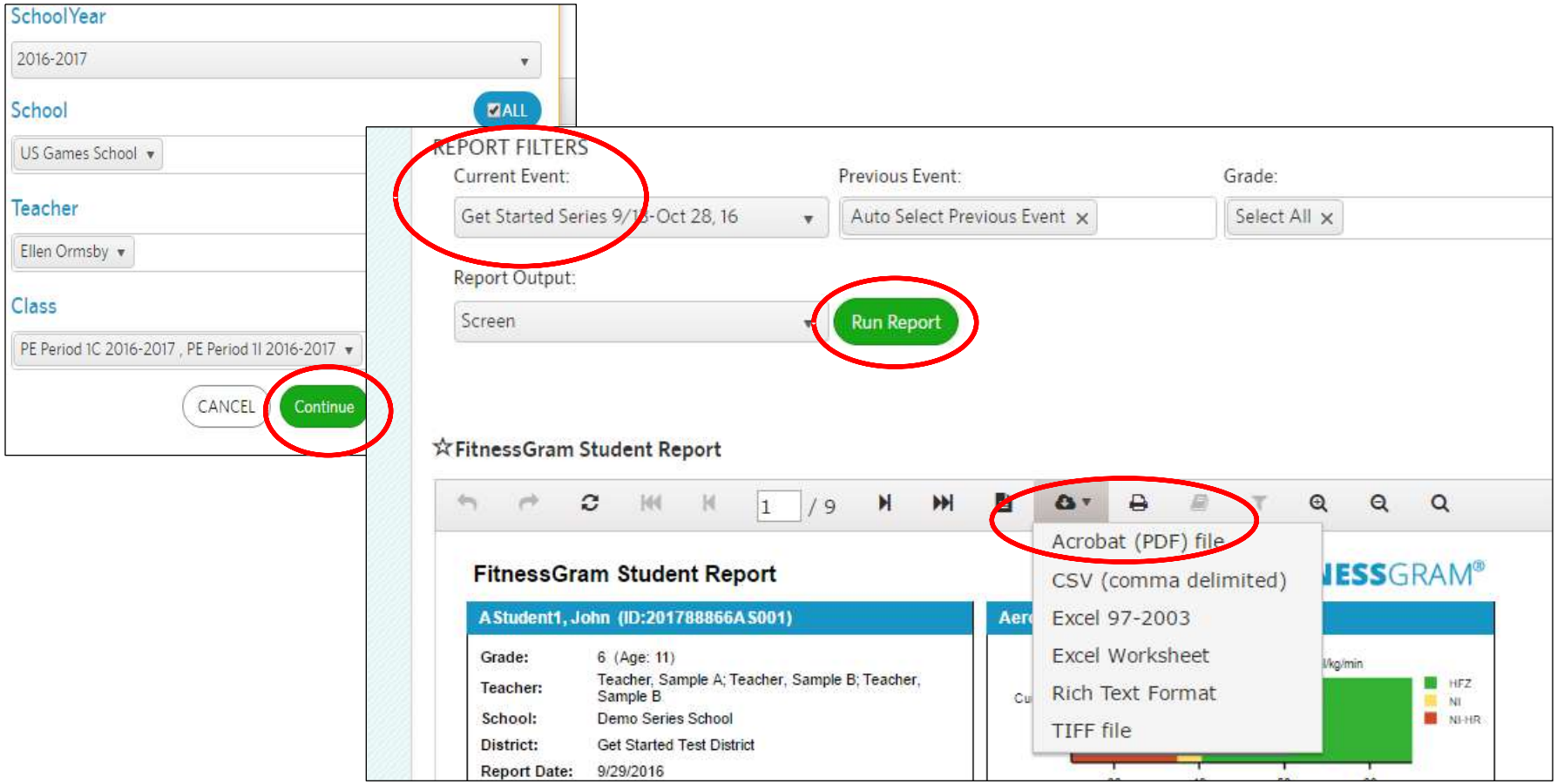
Reports

Click on **Find Report** from the Reports tile.
1.Click on each report title for a summary and preview.
2.To view the report, click **View Report**.



FITNESSGRAM®

1. Select School Year, School, Teacher, Class(es) and Click **Continue.**
2. Select a Current Event and Click **Run Report**.
3. Print or Save the Report as a PDF file



FITNESSGRAM®

SmartCoach Resources

ALL RESOURCES | SUGGESTIONS | ★ FAVORITES | PROFESSIONAL DEVELOPMENT

Mark SmartCoach Resources as favorites for easy access.

- FitnessGram Parent Letter
- FitnessGram Test Administration
- Benefits of Staff Wellness Program
- Brain Breaks
- Classroom Pedometer Challenge
- FG 101

Help Resources

MYHEALTHYZONE™

Menu Setting

Welcome, Barbara! School Administrator ▾ Home Help

MYHEALTHYZONE™ Help

View Support Resources

Online Help is readily available in multiple ways throughout the system to support you.

Click for a quick explanation of "how to"

Click for a brief description of "what" the element is.

User guides are available in PDF format to view, print and download along with a comprehensive set of FAQs.

New! FitnessGram Training Videos

Browse the latest FitnessGram training videos

If you are not able to access the training videos, please reference the user guides for training information.

Version Number: FG.2015.1.2387

Contact FitnessGram Support

FitnessGram help desk support is available for all users via chat, phone and email. Contact the help desk at:

Email: support@fitnessgram.net

Phone (toll free): 1.800.416.5139

Hours of Operation: Monday–Friday, 8:00am to 6:00pm EST (excluding holidays)

Submit Help Ticket

ADMINISTRATORS | TEACHERS | PARENTS | STUDENTS

View User Guides

User guides by role are available in PDF format to view, print and download at the link(s) below:

FitnessGram Software Trainings PDF

Getting Started with FitnessGram Guide PDF

Logging into FitnessGram PDF

School Administrator User Guide PDF

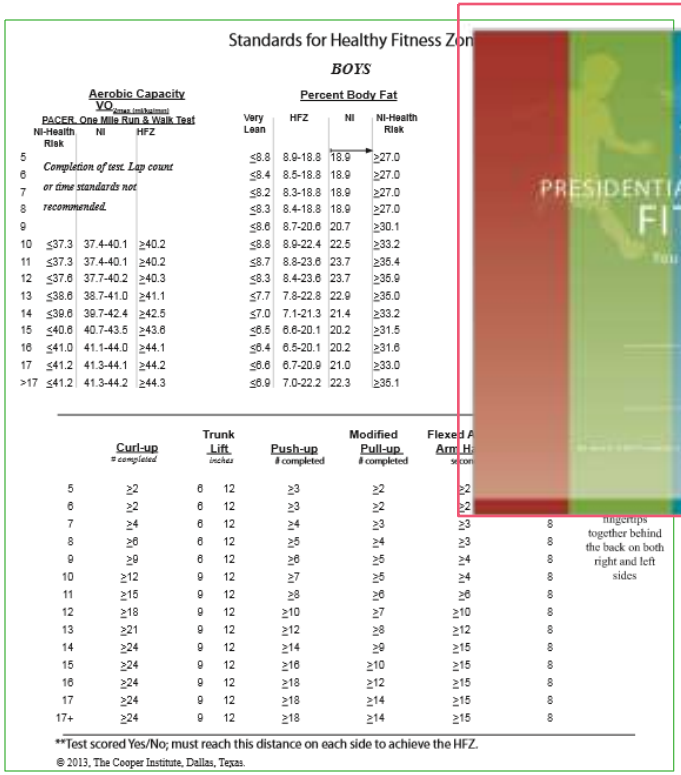
Training Modules

Online training modules are available and searchable in the SmartCoach resource online library from the SmartCoach dashboard tile. A digital walkthrough and overview of FitnessGram 2015 is available below.

PYFP.org

K-3 Fitness Club

Professional Development



Standards for Healthy Fitness Zon

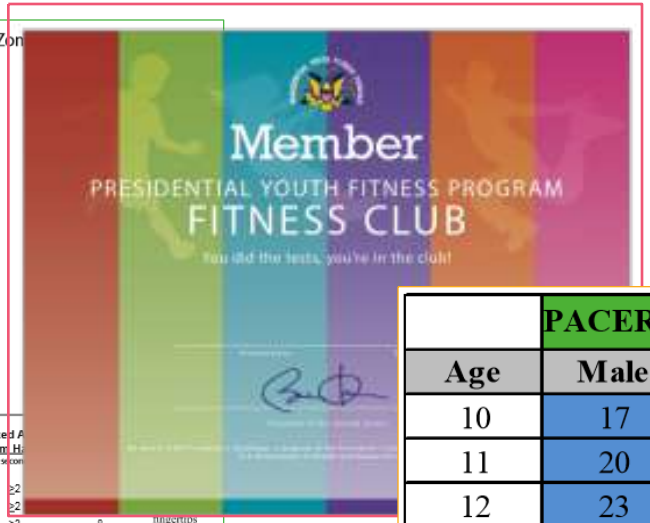
BOYS

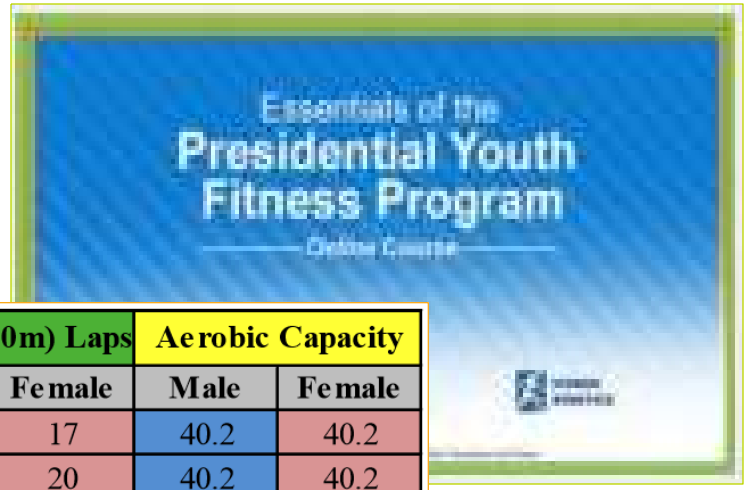
	Aerobic Capacity VO_{2max} (ml/kg/min) PACER, One Mile Run & Walk Test			Percent Body Fat			
	NI-Health Risk	NI	HFZ	Very Lean	HFZ	NI	NI-Health Risk
5	*Completion of test. Lap count*			≤8.8	8.9-18.8	18.9	≥27.0
6	*or time standards not*			≤8.4	8.5-18.8	18.9	≥27.0
7	*recommended.*			≤8.2	8.3-18.8	18.9	≥27.0
8				≤8.3	8.4-18.8	18.9	≥27.0
9				≤8.6	8.7-20.6	20.7	≥30.1
10	≤37.3	37.4-40.1	≥40.2	≤8.8	8.9-22.4	22.5	≥33.2
11	≤37.3	37.4-40.1	≥40.2	≤8.7	8.8-23.6	23.7	≥35.4
12	≤37.6	37.7-40.2	≥40.3	≤8.3	8.4-23.6	23.7	≥35.9
13	≤38.6	38.7-41.0	≥41.1	≤7.7	7.8-22.8	22.9	≥35.0
14	≤39.6	39.7-42.4	≥42.5	≤7.0	7.1-21.3	21.4	≥33.2
15	≤40.6	40.7-43.5	≥43.6	≤6.5	6.6-20.1	20.2	≥31.5
16	≤41.0	41.1-44.0	≥44.1	≤6.4	6.5-20.1	20.2	≥31.6
17	≤41.2	41.3-44.1	≥44.2	≤6.6	6.7-20.9	21.0	≥33.0
>17	≤41.2	41.3-44.2	≥44.3	≤6.9	7.0-22.2	22.3	≥35.1

	Curl-up # completed	Trunk Lift inches		Push-up # completed	Modified Pull-up # completed	Flexed A Arm Ha seconds		
5	≥2	6	12	≥3	≥2	≥2		
6	≥2	6	12	≥3	≥2	≥2		
7	≥4	6	12	≥4	≥3	≥3	8	fingertips
8	≥6	6	12	≥5	≥4	≥3	8	together behind
9	≥9	6	12	≥6	≥5	≥4	8	the back on both
10	≥12	9	12	≥7	≥5	≥4	8	right and left
11	≥15	9	12	≥8	≥6	≥6	8	sides
12	≥18	9	12	≥10	≥7	≥10	8	
13	≥21	9	12	≥12	≥8	≥12	8	
14	≥24	9	12	≥14	≥9	≥15	8	
15	≥24	9	12	≥16	≥10	≥15	8	
16	≥24	9	12	≥18	≥12	≥15	8	
17	≥24	9	12	≥18	≥14	≥15	8	
17+	≥24	9	12	≥18	≥14	≥15	8	

**Test scored Yes/No; must reach this distance on each side to achieve the HFZ.

© 2013, The Cooper Institute, Dallas, Texas.





	PACER (20m) Laps		Aerobic Capacity	
Age	Male	Female	Male	Female
10	17	17	40.2	40.2
11	20	20	40.2	40.2
12	23	23	40.3	40.1
13	29	25	41.1	39.7
14	36	27	42.5	39.4
15	42	30	43.6	39.1
16	47	32	44.1	38.9
17	50	35	44.2	38.8
18	54	38	44.3	38.6

Standards Charts

PACER Look-Up Charts

FITNESSGRAM®
The Cooper Institute®

FITNESSGRAM®

Important Contact Information

FitnessGram Help Desk technical support:

- Email: Support@FitnessGram.net
- Phone: 1-800-416-5139