



MYHEALTHYZONE™

FITNESSGRAM®

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FITNESSGRAM®

FitnessGram is the national health-related fitness assessment adopted by the Presidential Youth Fitness Program and is the most widely used children's fitness assessment in the world. It serves as a student-centered assessment, reporting, and educational tool used to promote children's health-related fitness and activity levels.

The software features powerful data management and statistical reporting tools that support data-driven decision-making.



FITNESSGRAM®

The Principal mission of the FitnessGram program is to promote lifelong physical activity and attainment of health related physical fitness. FitnessGram is based on the 'HELP Philosophy' ("Health is for Everyone for a Lifetime – and it's Personal".)

The primary goal of FitnessGram is to build **cognitive** and **behavioral skills** that will facilitate learning about physical activity and physical fitness concepts and increase the likelihood that students will adopt lifetime patterns of physical activity. To that end, the FitnessGram assessments (and reports) are designed to provide teachers, children, and parents with **information** about **physical fitness relative to established science—based standards**.



FITNESSGRAM®

- ▶ The FitnessGram® 2015 platform features a fresh look and mobile responsive design that provides easy student tracking.

Supported Browsers:

- Google Chrome 41 or Higher
- Apple Safari 8 or Higher
- Mozilla Firefox 36 or Higher
- Microsoft Internet Explorer 10 or Higher
- iOS 8+ browser
- Android 4+ browser



- ▶ We recommend that you have a secure, stable, and fast connection.



MYHEALTHYZONE™

[? Help](#)

Welcome to MyHealthyZone™



Check out these new and updated features:

Mobile-Friendly: MyHealthyZone dashboard is now mobile friendly! All tools will adjust to the appropriate screen and changes will be updated in the system as you make them. No syncing necessary. Internet access required.

Reports: Identifying and viewing reports is easier than ever! MyHealthyZone dashboard provides a snapshot of your data, and allows you to easily filter the information you want to see. Your favorite reports are easy to access directly from the dashboard!

SmartCoach: Need smart tips to fit the needs of your students? Our new content library, SmartCoach, provides an array of resources to help educate and inform.

Welcome to the new **MyHealthyZone™** dashboard where you can easily access FitnessGram®, ActivityGram® and a variety of resources to help engage youth to lead a healthier, more active lifestyle. Be sure to check out the new personalized student and parent dashboard!

Login

* All the fields are required

Username [Forgot](#)

Password [Forgot](#)

District ID [Forgot](#)

Login

FITNESSGRAM®

What is the URL for FitnessGram® 2015?

- ▶ URL- <https://MyHealthyZone.FitnessGram.Net>
- ▶ You will be able to access the program anywhere you have an Internet connection.
- ▶ FitnessGram® 2015 requires a district ID. Your username, password and district ID will be provided by your district supervisor or district IT coordinator.
- ▶ For security purposes, please safeguard your login information.

Log in - [https:// MyHealthyZone.FitnessGram.Net](https://MyHealthyZone.FitnessGram.Net)



Welcome to MyHealthyZone™

Welcome to the new MyHealthyZone™ dashboard where you can easily add FitnessGram®, ActivityGram®, and a variety of resources to help engage your lead a healthier, more active lifestyle. Be sure to check out the new personal student and parent dashboard!

Login

* All the fields are required

Username [Forgot](#)

Password [Forgot](#)

District ID [Forgot](#)

[Login](#)

Check out these new and updated features:

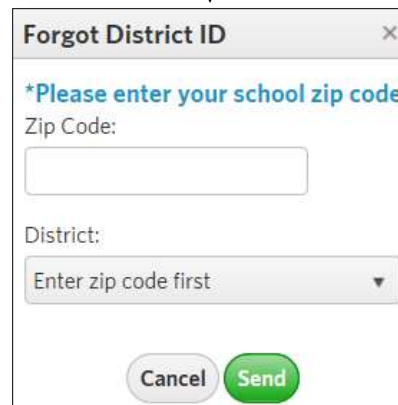
Mobile-Friendly: MyHealthyZone dashboard is now mobile friendly! All tools will adjust to the appropriate screen and changes will be updated in the system as you make them. No syncing necessary. Internet access required.

Reports: Identifying and viewing reports is easier than ever! MyHealthyZone dashboard

1. Enter Username
2. Enter Password
3. Enter District ID
4. Click the Log In button

If you forget your District ID:

1. Click [Forgot](#) next to district ID
2. Enter school zip code to retrieve your district ID



Forgot District ID

*Please enter your school zip code

Zip Code:

District:

Enter zip code first

[Cancel](#) [Send](#)

If you forget your Password:

1. Click [Forgot](#) next to password
2. Enter Username and District ID



Forgot Password

Username

The Username field is required.

District ID

The District ID field is required.

[Cancel](#) [Send](#)

The **home screen** of the new platform featuring an interactive dashboard with tiles

- Your name should be at top left

The dashboard includes:

 **MyHealthyZone Dashboard**

FitnessGram

ActivityGram

ActivityLog

ActivityGram Lite

User Guide

The screenshot displays the MYHEALTHYZONE™ web application interface. At the top, the logo is on the left, and navigation links for Menu, Settings, Home, Logout, and Help are on the right. The 'Help' link is circled in red. Below the navigation bar, the 'Help' section is titled. It contains two main columns of information. The left column, titled 'View Support Resources', explains that online help is available in multiple ways and lists two types of help: a quick explanation of 'how to' (marked with a question mark icon) and a brief description of 'what' the element is (marked with an information icon). It also mentions that user guides are available in PDF format along with a comprehensive set of FAQ's, and provides the version number: FG.2015.1.1717. Below this, there are four buttons: Administrators, Teachers, Parents, and Students. The right column, titled 'Contact FitnessGram Support', states that help desk support is available via chat, phone, and email. It provides the email address support@fitnessgram.net, the phone number 1.800.416.5139 (toll free), and the hours of operation: Monday-Friday, 8:00am to 6:00pm EST (excluding holidays). A green button labeled 'Submit Help Ticket' is located below this information. At the bottom of the page, there are two more sections: 'View User Guides' and 'Training Modules'. The 'View User Guides' section states that user guides by role are available in PDF format and provides a link to the 'School Administrator User Guid PDF', which is highlighted with a red arrow. The 'Training Modules' section states that online training modules are available and searchable in the SmartCoach resource online library from the SmartCoach dashboard tile.

MYHEALTHYZONE™

Welcome, Ellen! School Administrator

Menu Settings Home Logout **Help**

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 FAQ's.

Version Number: FG.2015.1.1717

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:

[School Administrator User Guid PDF](#)

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](#)

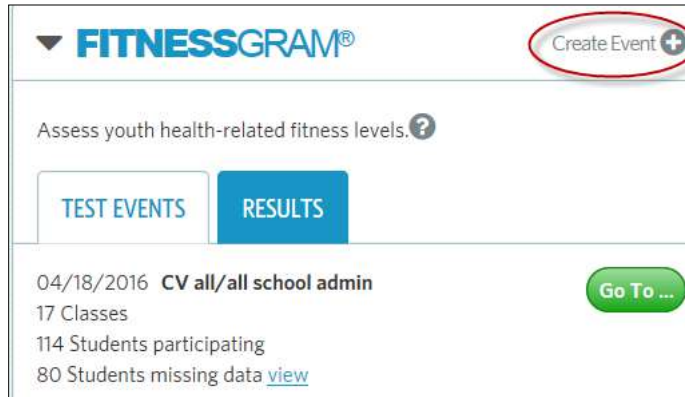
Training Modules

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.

Click **Help** in the upper right corner and click on the appropriate User Guide PDF to download the content.

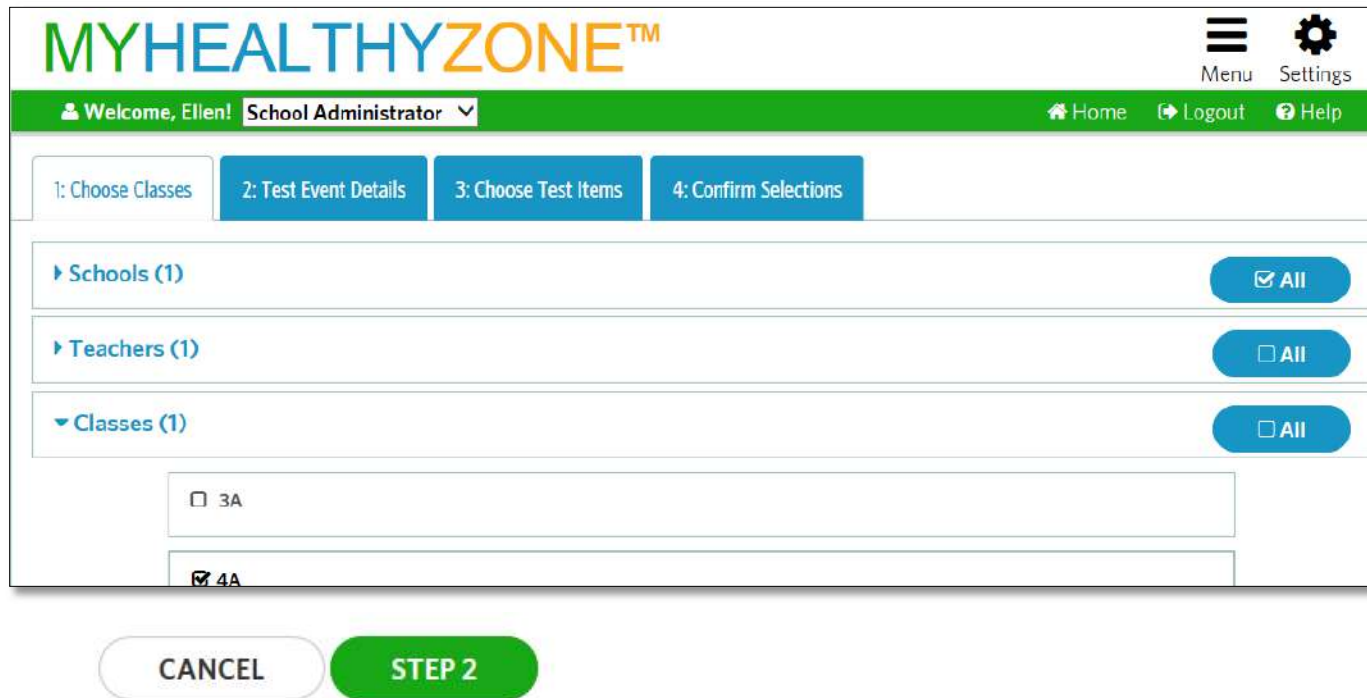
Create a Test Event

Click '**Create Event**' from the FitnessGram tile



The screenshot shows the FitnessGram interface. At the top left is the 'FITNESSGRAM' logo. To its right is a 'Create Event' button with a plus icon, which is circled in red. Below the logo is the text 'Assess youth health-related fitness levels.' with a question mark icon. There are two tabs: 'TEST EVENTS' and 'RESULTS'. Below the tabs, it displays '04/18/2016 CV all/all school admin' and a 'Go To ...' button. Further down, it shows '17 Classes', '114 Students participating', and '80 Students missing data' with a 'view' link.

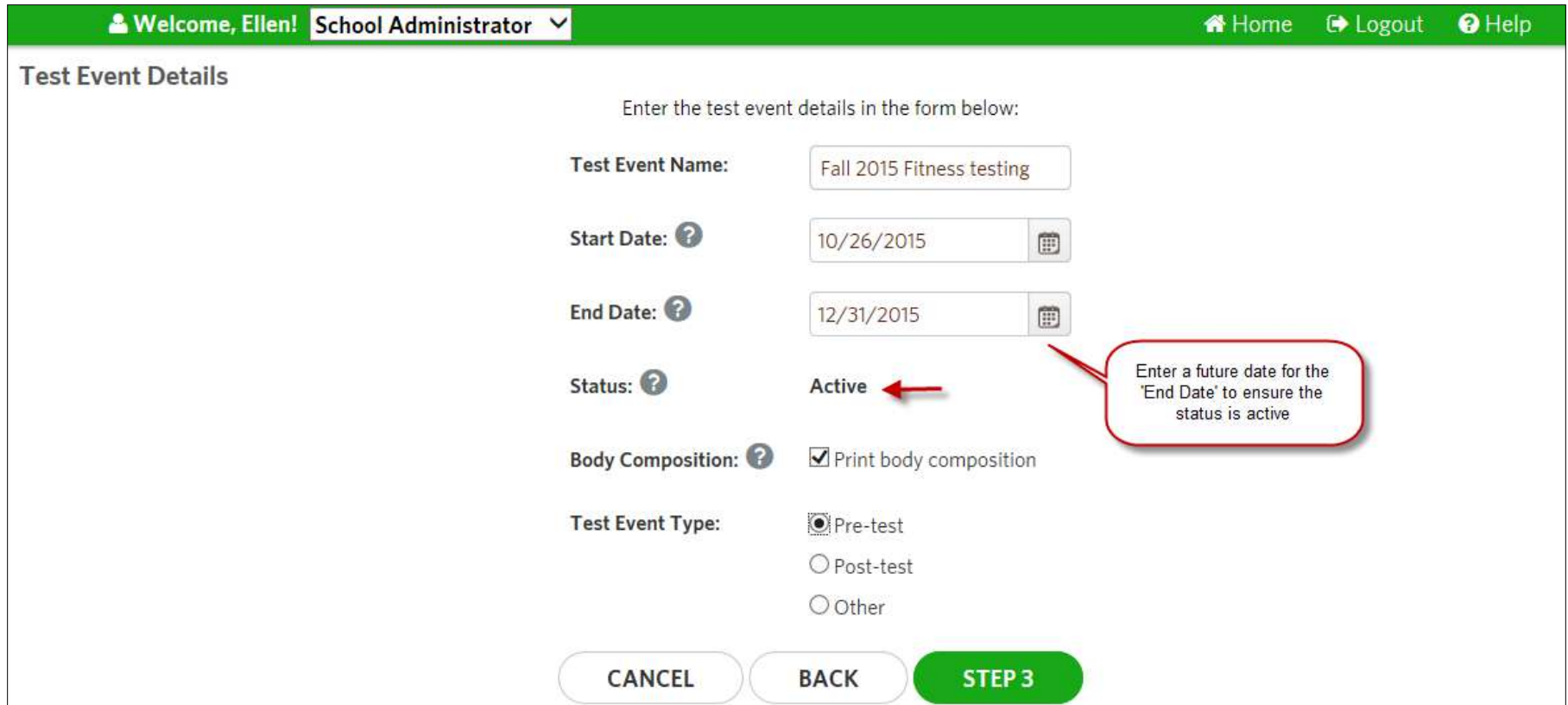
On the '**Choose Classes**' tab', select the **school**, **your name** and **class(es)**.
Click **Step 2**



The screenshot shows the MYHEALTHYZONE interface. At the top is the 'MYHEALTHYZONE' logo. To its right are 'Menu' and 'Settings' icons. Below the logo is a green bar with 'Welcome, Ellen! School Administrator' and a dropdown menu. To the right of this bar are 'Home', 'Logout', and 'Help' links. Below the green bar are four tabs: '1: Choose Classes', '2: Test Event Details', '3: Choose Test Items', and '4: Confirm Selections'. The '1: Choose Classes' tab is active. It shows three sections: 'Schools (1)' with an 'All' button, 'Teachers (1)' with an 'All' button, and 'Classes (1)' with an 'All' button. Below these sections are two class selection boxes: '3A' and '4A'. The '4A' box is checked. At the bottom are 'CANCEL' and 'STEP 2' buttons.

Create a Test Event

On the '**Test Event Details**' tab, enter event information. Check to make sure the event status is active and then click **Step 3**.



The screenshot shows a web interface for a school administrator. At the top, a green header bar contains the text 'Welcome, Ellen!' and 'School Administrator' with a dropdown arrow. To the right of the header are links for 'Home', 'Logout', and 'Help'. Below the header, the page title is 'Test Event Details'. The main content area contains a form with the instruction 'Enter the test event details in the form below:'. The form fields are: 'Test Event Name' with the value 'Fall 2015 Fitness testing'; 'Start Date' with the value '10/26/2015' and a calendar icon; 'End Date' with the value '12/31/2015' and a calendar icon; 'Status' with the value 'Active' and a red arrow pointing to it; 'Body Composition' with a checked checkbox and the text 'Print body composition'; and 'Test Event Type' with three radio button options: 'Pre-test' (selected), 'Post-test', and 'Other'. At the bottom of the form are three buttons: 'CANCEL', 'BACK', and 'STEP 3' (which is highlighted in green). A red callout box with a pointer to the 'End Date' field contains the text: 'Enter a future date for the 'End Date' to ensure the status is active'.

Welcome, Ellen! School Administrator

Home Logout Help

Test Event Details

Enter the test event details in the form below:

Test Event Name: Fall 2015 Fitness testing

Start Date: 10/26/2015

End Date: 12/31/2015

Status: Active

Body Composition: ☒ Print body composition

Test Event Type: ☒ Pre-test
☐ Post-test
☐ Other

CANCEL BACK STEP 3

Enter a future date for the 'End Date' to ensure the status is active

Please note that it is important to select an end date that provides a large enough test window to allow for proper data entry.

Create a Test Event

On the '**Choose Test Items**' tab, click on the component of health-related fitness and click on the checkbox next to the test item or click the checkbox next to All in the right corner to select all.

MYHEALTHYZONE™

Welcome, Ellen! School Administrator

Menu Settings

Home Logout Help

1: Choose Classes 2: Test Event Details 3: Choose Test Items 4: Confirm Selections

Choose Test Items

Select the test items that will be included for this test event. You can change the order of the test items once the test event has been created. ?

▼ Aerobic Capacity (1) ☐ All

- ☒ 20M Pacer *i*
- ☐ 15M Pacer *i*
- ☐ One-Mile Run *i*
- ☐ One-Mile Walk *i*

Once you select all your test items, click **Step 4**.

CANCEL

BACK

Step 4

Create a Test Event

Review the test details and then click **Create** button.

1: Choose Classes

2: Test Event Details

3: Choose Test Items

4: Confirm Selections

Confirm Selections

Please confirm your selections. Once the data entry screen is opened, these details cannot be changed.

Test Event Details

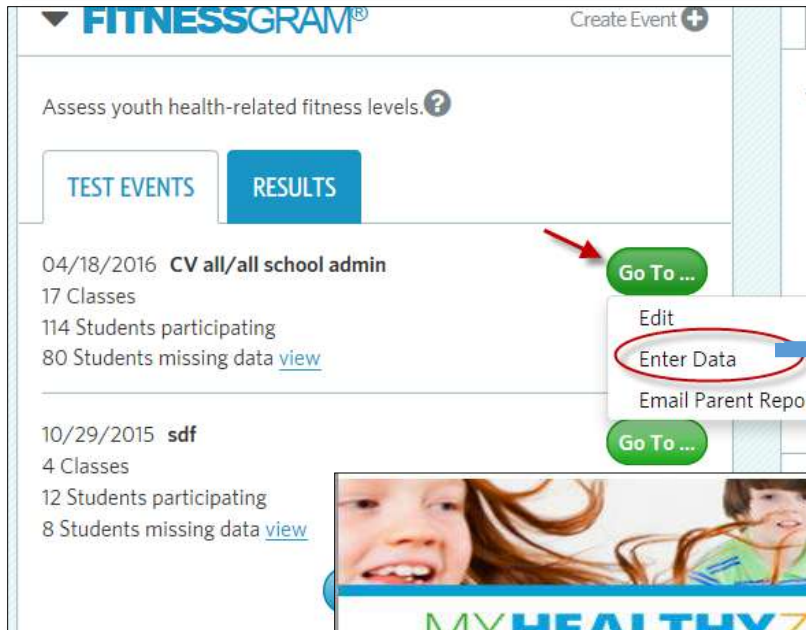
Name:	FG
Start Date:	10/1/2015
End Date:	10/2/2015
Test Items:	15M Pacer
Teachers:	Margaret Moore
Classes:	AG Message Test AG

CANCEL

BACK

CREATE

Enter Data



FITNESSGRAM Create Event +

Assess youth health-related fitness levels. ?

TEST EVENTS RESULTS

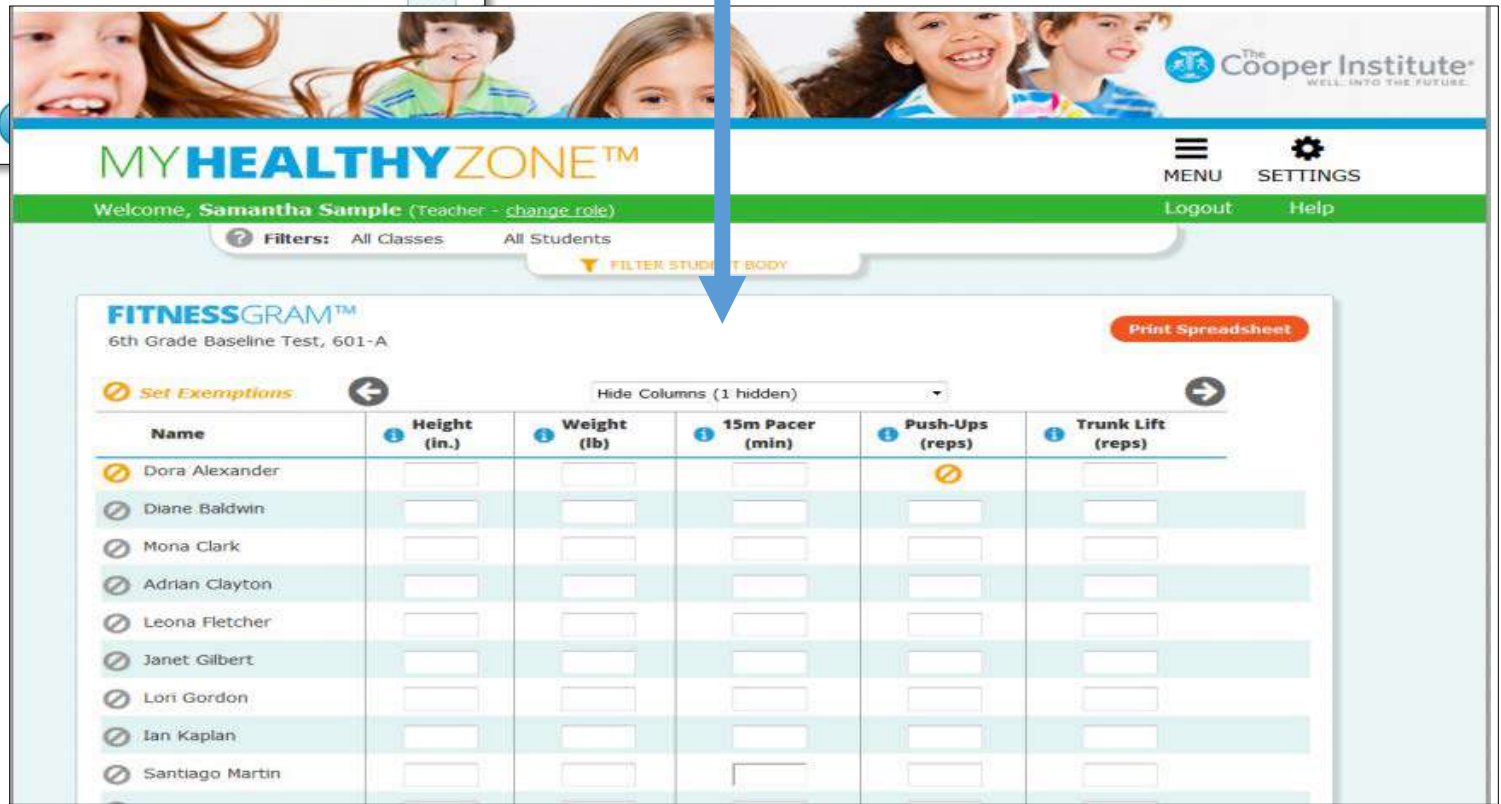
04/18/2016 CV all/all school admin
17 Classes
114 Students participating
80 Students missing data [view](#)

10/29/2015 sdf
4 Classes
12 Students participating
8 Students missing data [view](#)

Go To ...
Edit
Enter Data
Email Parent Report
Go To ...

Click the '**Go To**' button from the FitnessGram tile on the home screen and select **Enter Data**.

Enter Student data on the data entry screen.



MYHEALTHYZONE™ The Cooper Institute® WELL INTO THE FUTURE

Welcome, **Samantha Sample** (Teacher - [change role](#))

Filters: All Classes All Students

FITNESSGRAM™ 6th Grade Baseline Test, 601-A

Print Spreadsheet

Set Exemptions Hide Columns (1 hidden)

Name	Height (in.)	Weight (lb)	15m Pacer (min)	Push-Ups (reps)	Trunk Lift (reps)
Dora Alexander					
Diane Baldwin					
Mona Clark					
Adrian Clayton					
Leona Fletcher					
Janet Gilbert					
Lori Gordon					
Ian Kaplan					
Santiago Martin					

Enter Data

The screenshot shows the 'FITNESSGRAM® CV all/all school admin' interface. At the top, a green header bar contains 'Welcome, Ellen! School Administrator', 'Home', 'Logout', and 'Help' links. Below the header, the page title is 'FITNESSGRAM® CV all/all school admin'. On the right, a green 'Print Spreadsheet' button is labeled with a red '3' and an arrow. On the left, a 'Class' dropdown menu is labeled with a red '2' and an arrow, and a 'Show only students missing data' checkbox is labeled with a red '1' and an arrow. Below the header, a blue 'Saved @ 2:32:03 PM' notification is shown. A table with columns for 'Height (ft)', 'Height (in.)', 'Weight (lb)', '20M Pacer', 'Curl-Up', and 'Trunk Lift' is displayed. The first row shows '1, kid 1' with values 3, 0.00, 20, and 60. The second row shows 'Adams, John' with values 0, 0.00, 55, and 29. The third row shows 'Addington, Peter' with values 3, 0.00, 20, and 35. A red '4' and an arrow point to the exemption icon (a circle with a diagonal line) next to 'Adams, John'. A blue arrow points from this icon to a detailed view of the exemption selection process.

	Height (ft)	Height (in.)	Weight (lb)	20M Pacer	Curl-Up	Trunk Lift
1, kid 1	3	0.00	20		60	
Adams, John	0	0.00	55	29		
Addington, Peter	3	0.00	20		35	

1. Filter the students by class using the dropdown in the upper right corner for easy data entry.
2. Information is automatically saved. As you enter data you can check the saved notification in the upper right corner.
3. Click '**Print Spreadsheet**' to print student information and manually collect scores.
4. To set exemptions, click on the icon next to a students name and select the appropriate exemption.

The screenshot shows the exemption selection dialog box for student 'Adams, John'. The 'Test Event' is 'CV all/all school admin'. The 'Test(s)' dropdown menu is open, showing options: '20M Pacer', 'Height', 'Weight', and 'Curl-Up'. The 'Exemption code:' dropdown menu is also open, showing a list of exemption codes: 'Absent during', 'Imported as exempt', 'Medical emergency', 'Moved', 'No valid score', 'Parents opt out', 'Person left program - unable to locate', and 'Students who participated in an opt-out of level test foot in accordance with ESSA as amended'. A blue arrow points from the exemption icon in the main table to this dialog box.

Smart Coach Resources

▼ SMARTCOACH RESOURCES

SUGGESTIONS

★ FAVORITES

Find Resources 🔍

You might find these resources helpful.?

There are currently no suggested resources for you. As you continue to use the application, we will be able to generate SmartCoach Resource suggestions for you. Check back often!

Browse Resources

Click **Browse Resources** to find a library of new resources including training modules.

MYHEALTHYZONE™



Menu



Settings

Welcome, Ellen! School Administrator ▼

Home

Logout

Help

SMARTCOACH RESOURCES

ALL RESOURCES

SUGGESTIONS

★ FAVORITES

PROFESSIONAL DEVELOPMENT

Subject All ▼



15-Meter PACER Cadence



20-Meter PACER Cadence



2x2 Fitness Activity

Reports

▼ REPORTS

SUGGESTIONS

★ FAVORITES

These reports may be of interest to you. ?



FitnessGram Overview Report by School

Find Report

REPORTS

Q FIND REPORTS

SUGGESTIONS

★ FAVORITES



ActivityGram Lite Summary Report



ActivityGram Statistics Report by School



ActivityGram Student Report



ActivityLog Student Report



FitnessGram Knowledge Test Report



FitnessGram Overview Report by School

FitnessGram Overview Report by School

Provides an aggregate level overview of Healthy Fitness Zone Achievement by component, gender, class, grade, school, district, or state.



When to use:

- View group level data to identify areas of focus for instructional planning, fitness equipment, and professional development.
- Identify areas of need for specific student groups.
- Track health-related fitness trends within your jurisdiction over time. Provide quantitative data for evaluation purposes.

Go To ...

View

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 Go To and then View.

Activity Challenge

ACTIVITYLOG Data Entry

[Back to Student Roster](#)

Student AG10: Student M 10

	Steps	Minutes
Daily Goal: ?	100000	0
Daily Average:	11543.29	66



October 4-10, 2015



	Steps	Minutes
Sunday	15678	75
Monday	8945	63
Tuesday	11489	67
Wednesday	10678	68
Thursday	9967	72
Friday	11699	60
Saturday	12347	57

Save

CHALLENGES



Walk to DC

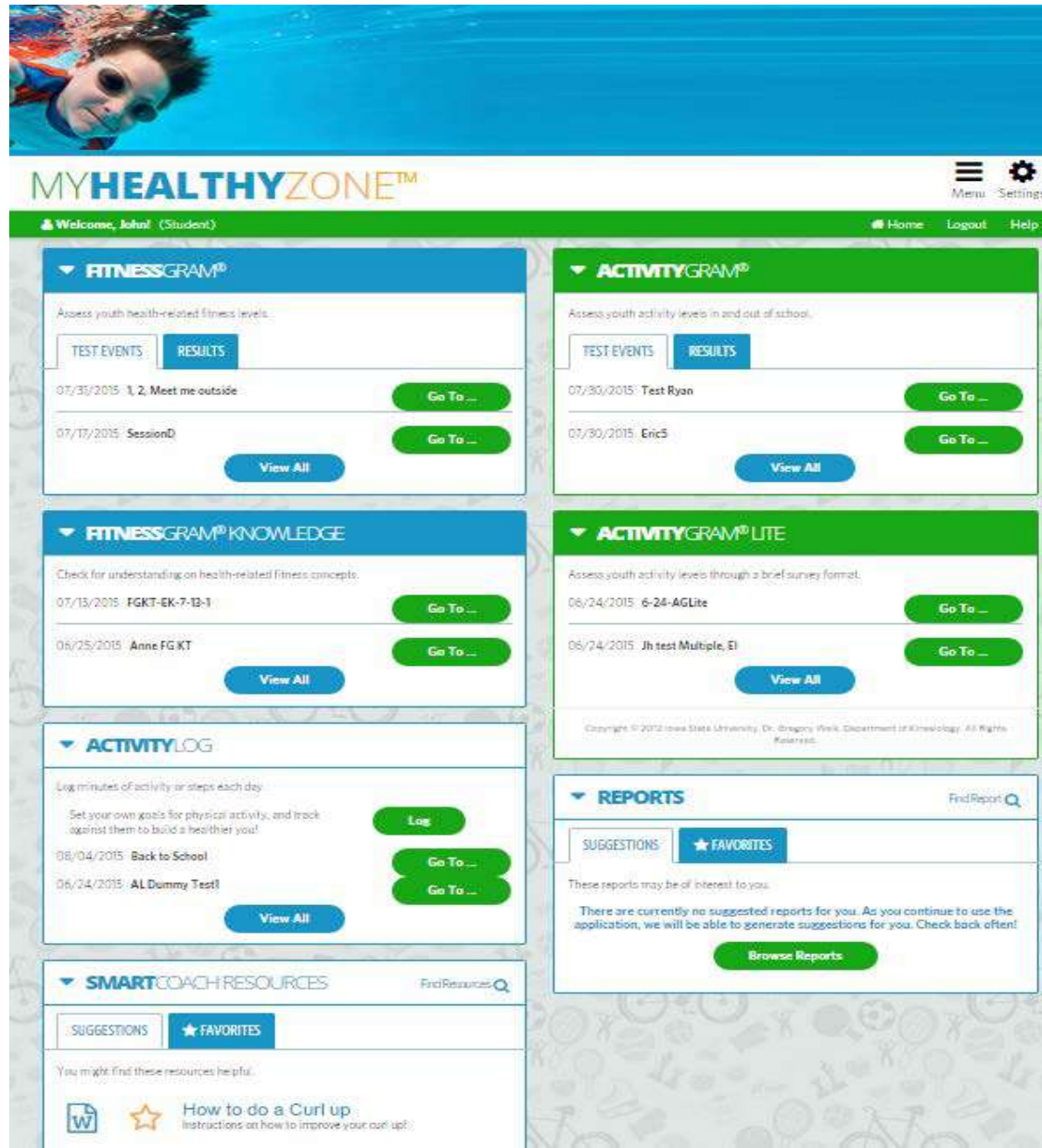
09/01/2015 - 10/31/2015

Daily Goal: 100000 steps

Can your class be the first to get to Washington DC

View Challenges List

Student Dashboard




The screenshot displays the MYHEALTHYZONE™ Student Dashboard. At the top, a banner image shows a child swimming underwater. Below the banner, the MYHEALTHYZONE™ logo is on the left, and navigation links for Menu, Settings, Home, Logout, and Help are on the right. A green bar indicates the user is logged in as 'John' (Student).



The dashboard is organized into several sections:

- FITNESSGRAM®**: A section for assessing youth health-related fitness levels. It includes tabs for TEST EVENTS and RESULTS. Under TEST EVENTS, there are two entries: '07/31/2015 - 1, 2, Meet me outside' and '07/17/2015 - SessionD', each with a 'Go To ...' button. A 'View All' button is at the bottom.
- FITNESSGRAM® KNOWLEDGE**: A section for checking understanding on health-related fitness concepts. It includes two entries: '07/15/2015 - FGKT-EK-7-13-1' and '06/25/2015 - Anne FG KT', each with a 'Go To ...' button. A 'View All' button is at the bottom.
- ACTIVITYLOG**: A section for logging minutes of activity or steps each day. It includes a 'Log' button and two entries: '08/04/2015 - Back to School' and '06/24/2015 - AL Dummy Test!', each with a 'Go To ...' button. A 'View All' button is at the bottom.
- SMARTCOACH RESOURCES**: A section for finding resources. It includes tabs for SUGGESTIONS and FAVORITES. Under SUGGESTIONS, there is an entry 'How to do a Curl up' with instructions on how to improve your curl up.
- ACTIVITYGRAM®**: A section for assessing youth activity levels in and out of school. It includes tabs for TEST EVENTS and RESULTS. Under TEST EVENTS, there are two entries: '07/30/2015 - Test Ryan' and '07/30/2015 - EricS', each with a 'Go To ...' button. A 'View All' button is at the bottom.
- ACTIVITYGRAM® LITE**: A section for assessing youth activity levels through a brief survey format. It includes two entries: '06/24/2015 - 6-24-AGLite' and '06/24/2015 - Jh test Multiple, E1', each with a 'Go To ...' button. A 'View All' button is at the bottom.
- REPORTS**: A section for finding reports. It includes a search bar and tabs for SUGGESTIONS and FAVORITES. Under SUGGESTIONS, there is a message: 'There are currently no suggested reports for you. As you continue to use the application, we will be able to generate suggestions for you. Check back often!' and a 'Browse Reports' button.

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ActivityLog





Menu Settings

Welcome, Peter! (Student)

 Home  Logout  Help

Daily Goal:

Daily Average:

◀ November 15-21, 2015 ▶

	Steps	Minutes
Sunday	0	0
Monday	0	0
Tuesday	0	0
Wednesday	0	0
Thursday	0	0
Friday	0	0
Saturday	0	0

Save

View Challenges List

About FitnessGram | About The Cooper Institute | About NFL PLAY 60 | Privacy Policy

FITNESSGRAM®

Important Contact Information:

US Games Customer Service. For general customer support.

- Email: FitnessGram@USGames.com
- Phone: 1-800-327-0484

FitnessGram Help Desk. For technical support.

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

For more information:

Contact Us

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Dallas TX 75209
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443-995-9011

Email: eormsby@usgames.com

Twitter: @Ellenormsby

