

FITNESSGRAM®



FITNESSGRAM®



MYHEALTHYZONE™

FITNESSGRAM®

Teacher Training

FITNESSGRAM®

- FitnessGram Overview
- Software Overview
- Reviewing Class Rosters
- Creating FitnessGram Test Event
- Utilizing the SmartCoach Resources
- Running a FitnessGram Report

FITNESSGRAM®

FitnessGram 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-drive decision-making.

FITNESSGRAM®

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.

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".)

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.



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

► Log in - <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 Cooper Institute®
WELL INTO THE FUTURE.

MYHEALTHYZONE™

Welcome, Ellen! School Administrator

Home Logout Help

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](#) [Go To ...](#)

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

[View All](#)

ACTIVITYLOG

Create Challenge +

Log minutes of activity or steps each day. ?

09/01/2015 Jogging Class September Steps
1 Classes
2 Students participating [view](#)
2 Students missing data [Go To ...](#)

09/01/2015 Walk to DC
1 Classes
27 Students participating [view](#)
27 Students missing data [Go To ...](#)

[View All](#)

ACTIVITYGRAM®

Create Event +

Assess youth activity levels in and out of school. ?

TEST EVENTS RESULTS

10/16/2015 Activity
1 Classes
6 Students participating
6 Students missing data [view](#) [Go To ...](#)

09/28/2015 agPractice
19 Classes
91 Students participating
71 Students missing data [view](#) [Go To ...](#)

[View All](#)

ACTIVITYGRAM® LITE

Create Event +

Assess youth activity levels through a brief survey format. ?

09/02/2015 Me
1 Classes
2 Students participating
2 Students missing data [view](#) [Go To ...](#)

07/01/2015 MSmithTestAGLite
1 Classes
48 Students participating [Go To ...](#)

SMARTCOACH RESOURCES

Find Resources 🔍

SUGGESTIONS ★ FAVORITES

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](#)

REPORTS

Find Report 🔍

SUGGESTIONS ★ FAVORITES

These reports may be of interest to you. ?

- ★ FitnessGram Overview Report by School
- ★ FitnessGram Statistics Report by School
- ★ FitnessGram Percentage Tested Report by...

The home screen of the new platform features an interactive dashboard with tiles.

- Your name should be at top left

The dashboard includes:

MyHealthyZone Dashboard

FitnessGram

ActivityGram

ActivityLog


ActivityGram Lite


Reports

SmartCoach


User Guides



User guides are available in the software. Click Help in the upper right corner and click on the appropriate User Guide PDF to download the content.





MenuSettings



Welcome, Ellen! School Administrator 

 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

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:

[School Administrator User Guid PDF](#)

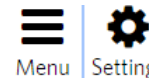
Training Modules

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.

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

MYHEALTHYZONE™



Menu

Setting

Welcome, Ellen! School Administrator

Manage Classes

Manage classes, assign teachers to classes, and manage class roster.

School:

FG Elementary School

Teacher:

All

Status:

All

Classes

Class Name	Start Date	End Date	Students	Status
1 A	01/03/2016	03/12/2016	6	Inactive
1A	01/07/2016	02/27/2016	2	Inactive
2nd semester	02/01/2016	05/24/2016	3	Active

MyHealthyZone:

My Account

Customize Dashboard

System Administrator:

Districts & Schools

Notification System

Data Management:

CSV Data Import

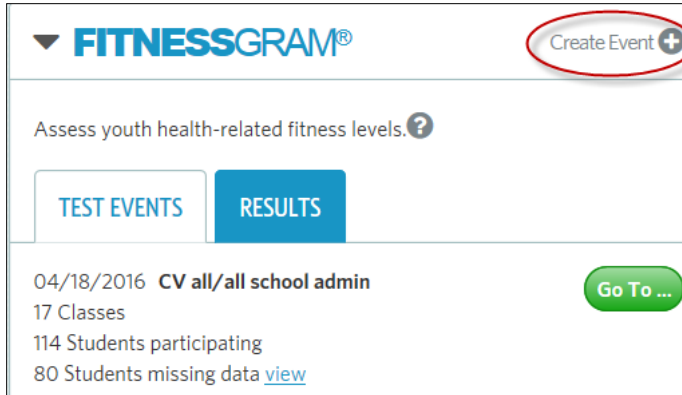
End of Term Process

Manage Classes

Manage Users

Create a Test Event

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



FITNESSGRAM® Create Event +

Assess youth health-related fitness levels. ?

TEST EVENTS RESULTS

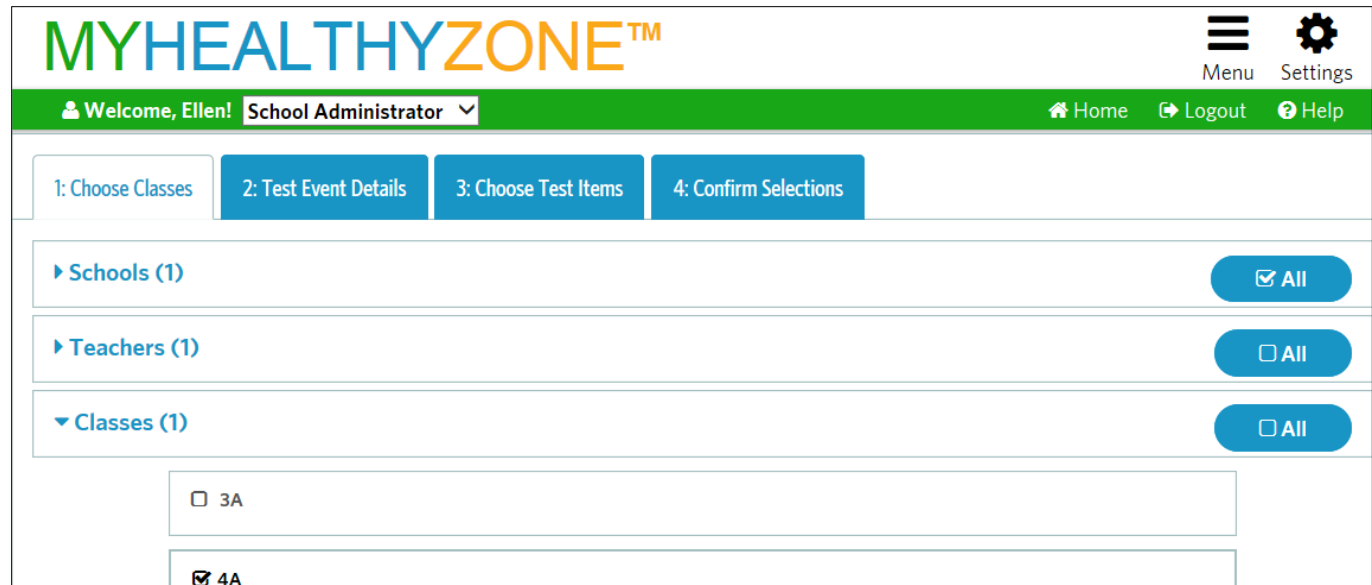
04/18/2016 CV all/all school admin Go To ...

17 Classes

114 Students participating

80 Students missing data [view](#)

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



MYHEALTHYZONE™ Menu Settings

Welcome, Ellen! School Administrator Home Logout Help

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

▸ Schools (1) ☒ All

▸ Teachers (1) ☐ All

▾ Classes (1) ☐ All

☐ 3A

☒ 4A



CANCEL




STEP 2

FITNESSGRAM®

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**.

 Welcome, Ellen! **School Administrator** 

 Home  Logout  Help

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



Please note that it is important to select an end date that provides a sufficient 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™

Menu Settings

Welcome, Ellen! School Administrator

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

FitnessGram Test Items

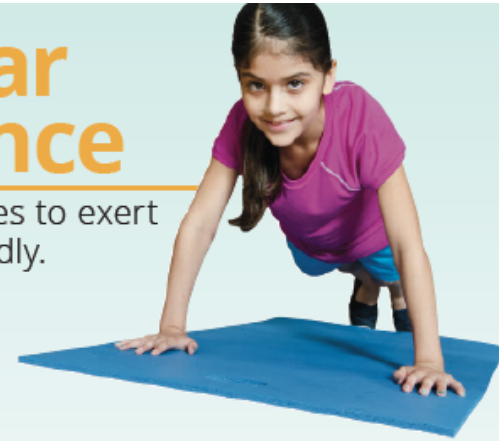
Aerobic Capacity

The ability to perform large-muscle, whole body exercise at a moderate to high intensity for extended periods of time.



Muscular Endurance

The ability of muscles to exert themselves repeatedly.



Muscular Strength

The ability of muscles to exert maximal force in a single contraction.



Body Composition

The relative percentage of muscles, fat, bone and other tissues that comprise the body.



Flexibility

The range of motion available in a joint.



Create a Test Event

Review the test details and then click the '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

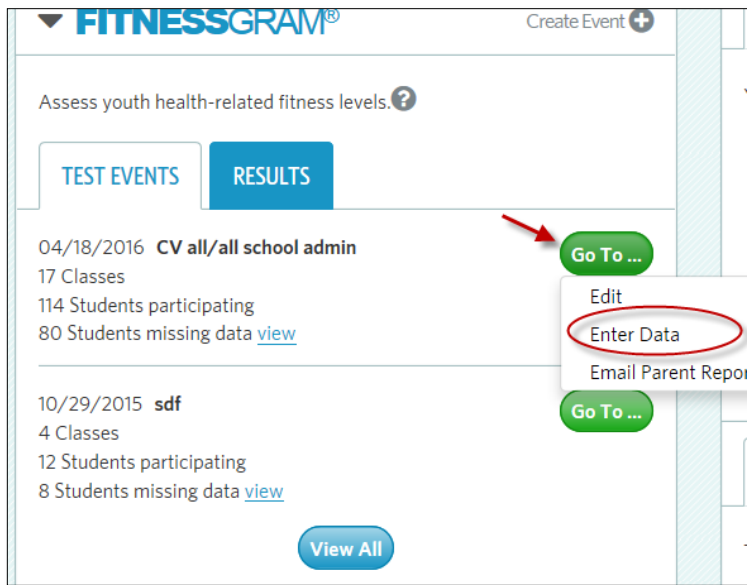
CREATE

Enter Data

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

Or click '**View All**' to see the complete list of test events

Enter Student data on the data entry screen.



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](#)

View All



MYHEALTHYZONE™



Welcome, Ellen! School Administrator

Home Logout Help

Global Filter

FITNESSGRAM® Test Events							Create Event +
Test Event Name	Go To ...	Start Date	End Date	Total Students	Students Missing Data		
<input type="radio"/> CV all/all school admin		03/18/2016	05/02/2016	5	10		
<input checked="" type="radio"/> FitnessGram Testing 1	<div>Enter Data</div>	07/01/2016	05/31/2016	45	45		
<input type="radio"/> 2016 Spring Fitness testing EO		05/01/2016	05/31/2016	45	45		
<input type="radio"/> SC Spring FitnessGram Testing 2016		03/11/2016	05/31/2016	45	47		

Enter Data

Filter your 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® CV all/all school admin

Print Spreadsheet

Class 4C  ☐ Show only students missing data

✓ Saved @ 11:37:02 AM



[Hide Columns](#) (0 hidden)



 Set Exemptions



Height (ft)



Height (in.)



Weight (lb)




20M Pacer



Curl-Up



Trunk Lift

 Addington, Peter

3

0

20

29

35

 Beil, Jack

5

0

20

30

40




 Hawthorne, Tommy

4

2

0

 Ibarra, Jorge

0

0


0

 Jogger, Janice

0

0

0

 Lis, Andrea

0

0

0

Enter Data

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 left corner.

3. Click 'Print Spreadsheet' to print student information and manually collect scores.

4. To set **exemptions**, click on the icon next to a student's name and select the appropriate exemption.

	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			
Addington, Peter	3	0.00	20	29	35	

Student Name: Adams, John

Test Event: CV all/all school admin

Test(s): 20M Pacer

Exemption code: Absent during

Imported as exempt

Medical emergency

Moved

No valid score

Parents opt out

Person left program - unable to locate

Students who participated in an out of level test (not in accordance with ESFA as amended)

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

MYHEALTHYZONE™

Welcome, Ellen! School Administrator

Menu Settings

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

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**.

REPORTS

🔍 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

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

The screenshot displays the FitnessGram Student Report interface. On the left, a sidebar contains a 'VIEW REPORT' button and a 'REPORT FILTERS' section. The 'REPORT FILTERS' section includes a 'Current Event' dropdown menu with 'moel2016-N' selected. The main area shows four filter categories: 'SchoolYear (1)', 'School (1)', 'Teacher (34)', and 'Class (68)'. Each category has an 'All' button. At the bottom of the filter section are 'Cancel' and 'Apply Filters' buttons. A red arrow points to the 'Current Event' dropdown. A red circle highlights the 'Apply Filters' button in the bottom right corner. Below the filter section, the 'FitnessGram Student Report' title is displayed. A toolbar contains various icons, including a printer icon and a PDF icon, both of which are circled in red. The report content is divided into two columns. The left column shows student information for 'Ormsby, Ellen (ID:7599)' and a list of teachers. The right column shows 'Aerobic Capacity' data, including a bar chart and a legend.

VIEW REPORT

REPORT FILTERS

Current Event: moel2016-N

1 ▶ SchoolYear (1)

2 ▶ School (1) ☒ All

3 ▶ Teacher (34) ☒ All

4 ▶ Class (68) ☒ All

Cancel Apply Filters

Apply Filters

☆ FitnessGram Student Report

1 / 2

FitnessGram Student Report

Ormsby, Ellen (ID:7599)

Grade: 5 (Age: 11)

Bowman, Molly; Brown, Matt; Burger, Becca; Chick, Courtney; Collins, Ryan; Dibler, Carol; Flynn, John; Green, Page; Hoffman, Heidi; Jackson, Jen; Johnson, Sam; Jones, Jack; Kramer, Kathy; Matheson, Mikayla; Price, Colleen; Ryan, Sarah

Teacher:

Aerobic Capacity

HFZ for 11-year-old girls
Aerobic Capacity (VO2 Max) ≥ 40.20 ml/kg/min

Current 37.9

Legend: HFZ (Green), NI (Yellow), NI-HR (Red)

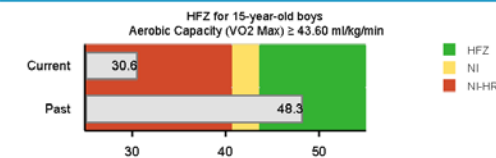
FITNESSGRAM®

Carrasco, Javier (ID:24489)

Grade: 5 (Age: 15)
 Teacher: Jones, Don
 School: FG Elementary School
 District: FG Demonstration District
 Report Date: 11/12/2015

	Past	Current
Test Date:	7/31/2015	5/2/2016
Height:	5' 5"	3' 12"
Weight	110 lbs	

Aerobic Capacity



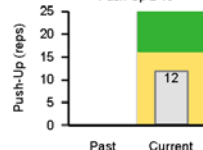
Current	20M Pacer (laps)	5
Past	20M Pacer (laps)	52

You are physically active but your aerobic capacity is low. To improve your aerobic test score, be sure to participate in physical activities that make you breathe hard for at least 60 minutes each day. Aerobic capacity in the Healthy Fitness Zone may help prevent health problems now, and in the future. - EA46hx

Musculoskeletal Fitness

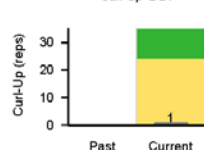
Upper Body Strength/Endurance

HFZ for 15-year-old boys
 Push-Up ≥ 16



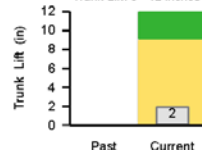
Abdominal Strength/Endurance

HFZ for 15-year-old boys
 Curl-Up ≥ 24



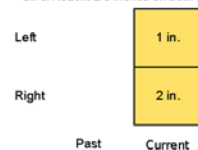
Trunk Extensor Strength

HFZ for 15-year-old boys
 Trunk Lift: 9 - 12 inches



Flexibility

HFZ for 15-year-old boys
 Sit & Reach: ≥ 8 inches on both left & right legs



FGME-EA65- To improve your upper-body strength, be sure that your strength activities include modified push-ups, push-ups, and climbing activities. You may need to do more arm exercises.

FGME-EA61- To improve your abdominal strength, be sure that your strength activities include curl-ups. You may need to do more curl-ups each day or do them more days of the week.

Your trunk extension may be improved by including trunk lifts in your strength activities. You may need to do more trunk lifts or be sure that you do them 3 to 5 days each week. EA63

FGME-EA66- In addition to aerobic and muscle-strengthening activities, it is important to perform stretching exercises to maintain or improve flexibility and some weight-bearing activity (e.g. running, hopping, jumping or dancing) to ensure good bone health at least 3 days per week.

Body Composition

This test was not taken.

To maintain or improve body composition:

- Be active at least 60 minutes every day.
- Limit time spent watching TV or playing video games.
- Eat a healthy diet including fresh fruits and vegetables.
- Avoid foods with solid fats and added sugars.
- Avoid sugary drinks.

Improving body composition will improve your overall health and may help increase other fitness scores.

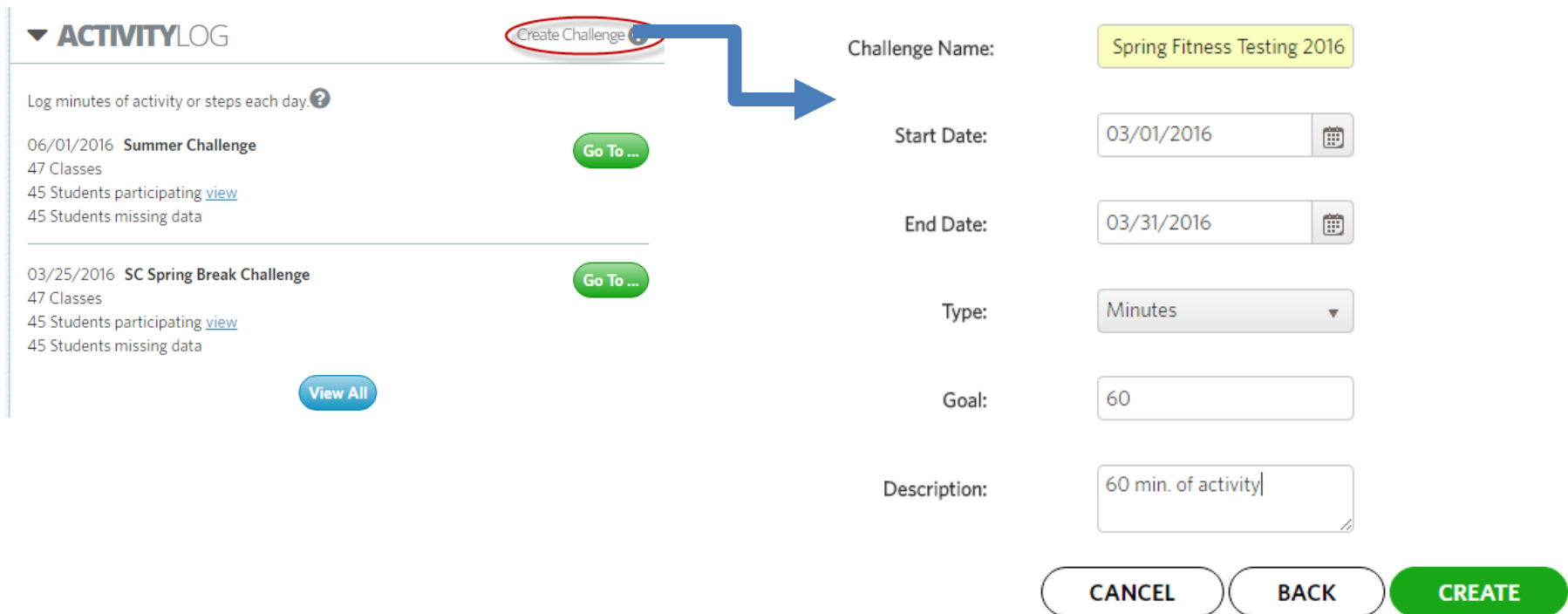
Physical Activity

Reported Activity/Past 7 Days	Days	Goal
Aerobic activity for a total of 60 minutes or more	7	7
Muscle strengthening activity	4	3
Bone strengthening activity	1	3

To be healthy and fit, it is important to do some physical activity for a total of 60 minutes or more daily. Aerobic exercise is good for your heart and body composition. Muscular and bone-strengthening exercises are good for your muscles and joints. A0
 Congratulations! You are doing aerobic activity most or all days and muscular-strengthening exercises. Add some bone-strengthening exercises to improve your overall fitness. - A05

Create an Activity Challenge

1. Click **Create Challenge** from the ActivityLog tile and select school, teacher and classes and click the **Next** button.
2. Enter Challenge details and click **Create**



ACTIVITYLOG

Log minutes of activity or steps each day. ?

06/01/2016 **Summer Challenge**
47 Classes
45 Students participating [view](#)
45 Students missing data
[Go To ...](#)

03/25/2016 **SC Spring Break Challenge**
47 Classes
45 Students participating [view](#)
45 Students missing data
[Go To ...](#)

[View All](#)

Create Challenge

Challenge Name: Spring Fitness Testing 2016

Start Date: 03/01/2016

End Date: 03/31/2016

Type: Minutes

Goal: 60

Description: 60 min. of activity

[CANCEL](#) [BACK](#) [CREATE](#)

Student Dashboard

MYHEALTHYZONE™

Welcome, John! (Student) Home Logout Help

FITNESSGRAM®

Assess youth health-related fitness levels.

TEST EVENTS RESULTS

07/31/2015 1, 2, Meet me outside Go To ...

07/17/2015 SessionD Go To ...

View All

FITNESSGRAM® KNOWLEDGE

Check for understanding on health-related fitness concepts.

07/13/2015 FGKT-EK-7-13-1 Go To ...

06/25/2015 Anne FG KT Go To ...

View All

ACTIVITYGRAM®

Assess youth activity levels in and out of school.

TEST EVENTS RESULTS

07/30/2015 Test Ryan Go To ...

07/30/2015 Eric5 Go To ...

View All

ACTIVITYGRAM® LITE

Assess youth activity levels through a brief survey format.

06/24/2015 6-24-AGLite Go To ...

06/24/2015 Jh test Multiple, El Go To ...

View All

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ACTIVITYLOG

Log minutes of activity or steps each day.

Set your own goals for physical activity, and track against them to build a healthier you!

Log

08/04/2015 Back to School Go To ...

06/24/2015 AL Dummy Test! Go To ...

View All

SMART COACH RESOURCES

Find Resources

SUGGESTIONS FAVORITES

You might find these resources helpful.

How to do a Curl up Instructions on how to improve your curl up!

REPORTS

Find Report

SUGGESTIONS FAVORITES

These reports may be of interest to you.

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!


Browse Reports



Students can log in to FitnessGram with their own user name, password and district ID to:

- View FitnessGram data
- Run individual student reports
- Complete Activitylog
- Complete ActivityGram
- Complete ActivityGram Lite
- View videos and resources in the SmartCoach section

FITNESSGRAM®




ActivityLog





Menu Settings

Welcome, Peter! (Student)

 Home  Logout  Help

Daily Goal:

Daily Average: 0 0

◀ 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®

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

US Games

PO Box 7726

Dallas TX 75209

Phone: 1-800-327-0484

Ellen Ormsby

443-995-9011

Email: eormsby@usgames.com

Twitter: @Ellenormsby



FitnessGram Resources

