FITNESSGRAM®

MYHEALTHYZONE™

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Teacher Training

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

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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.

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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.

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".)

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.

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Login Page

MY**HEALTHY**ZONE™

The Cooper Institute® WELL. INTO THE FUTURE.

❓ Help

Welcome to MyHealthyZone™

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

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.

Log in - https://myhealthyzone.fitnessgram.net

MYHEALTHYZONE™

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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 <u>Forgot</u> 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 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.

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Menu   Settings

👤 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"

ℹ️ 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:

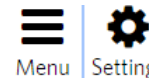School Administrator User Guid PDF

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.

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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
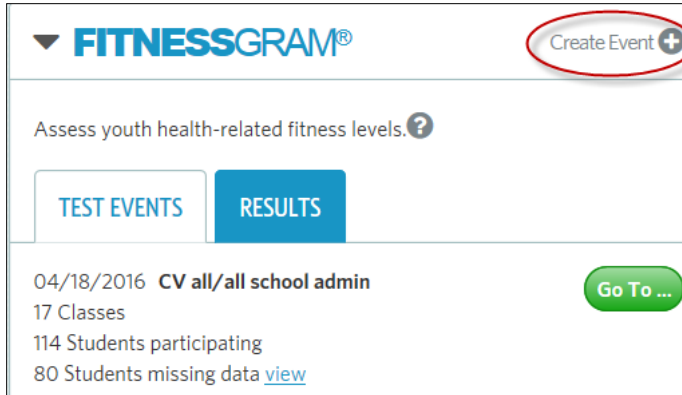
Create a Test Event

Click '**Create Event**' from the FitnessGram tile on the Home Screen
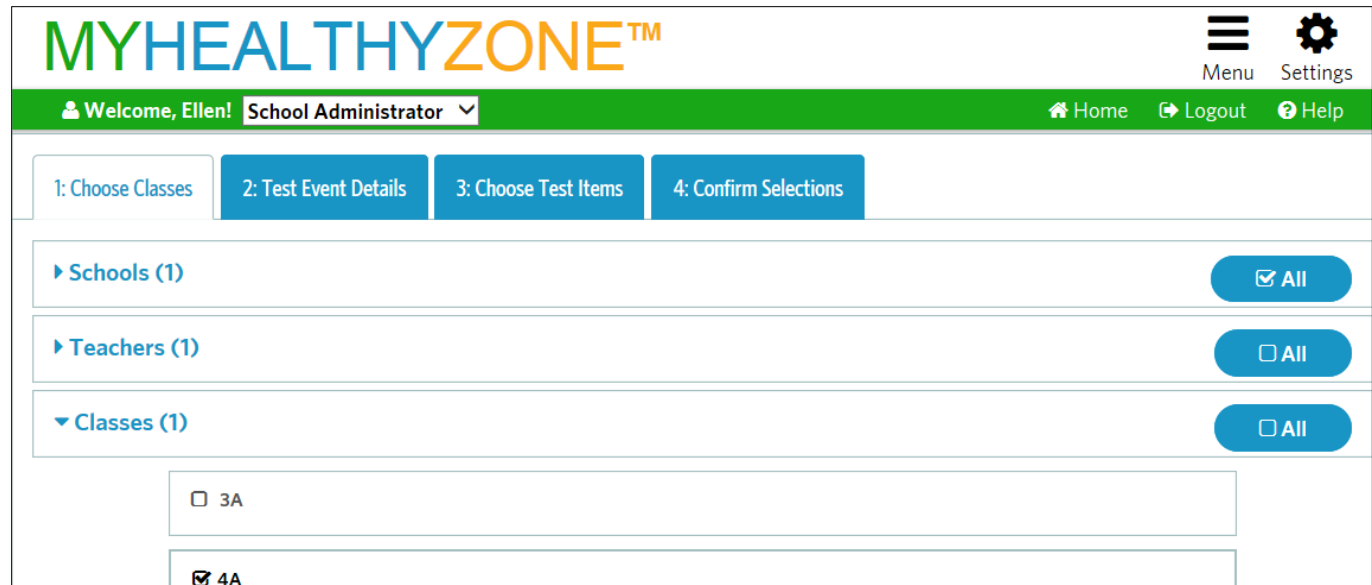
On the '**Choose Classes**' tab', select the school, your name and class(es).
Click **Step 2**

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.

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.

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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

CANCEL   BACK   Step 4

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

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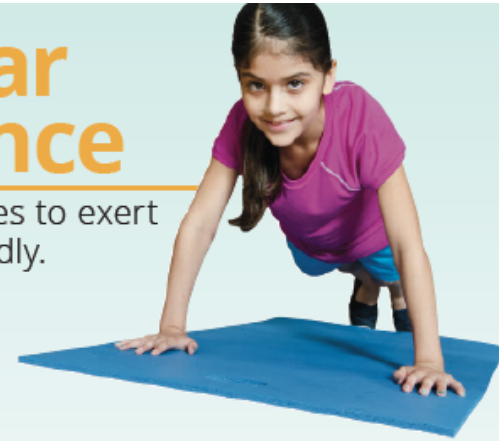
FitnessGram Test Items

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.

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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
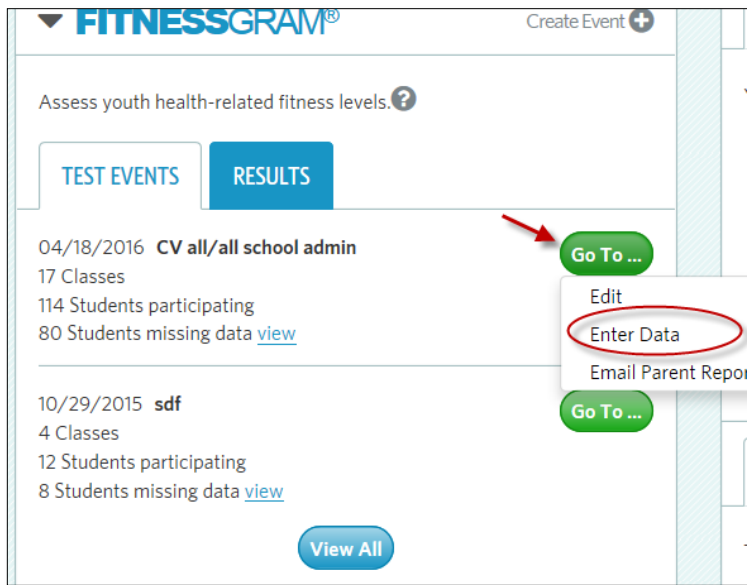
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Enter Data

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.

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® 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	ℹ Height (ft)	ℹ Height (in.)	ℹ Weight (lb)	ℹ 20M Pacer	ℹ Curl-Up	ℹ 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			

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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 students name and select the appropriate exemption.

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Smart Coach Resources

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

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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 **Go To** and then **View**.

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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

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FitnessGram Student Report

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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

HFZ for 15-year-old boys
Aerobic Capacity (VO2 Max) ≥ 43.60 ml/kg/min

Legend: HFZ, NI, NI-HR

Current: 30.6
Past: 48.3
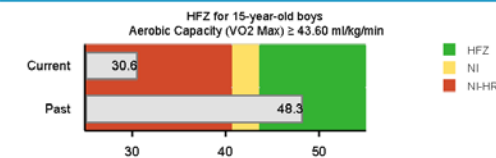
|		
Current	20M Pacer (laps)	5
Past	20M Pacer (laps)	52

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
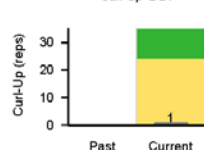
Musculoskeletal Fitness

Upper Body Strength/Endurance — HFZ for 15-year-old boys — Push-Up ≥ 16 — Current: 12
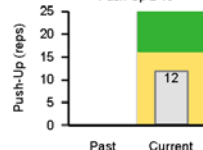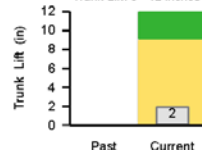
Abdominal Strength/Endurance — HFZ for 15-year-old boys — Curl-Up ≥ 24 — Current: 1

Trunk Extensor Strength — HFZ for 15-year-old boys — Trunk Lift: 9 - 12 inches — Current: 2

Flexibility — HFZ for 15-year-old boys — Sit & Reach: ≥ 8 inches on both left & right legs — Left: 1 in. — Right: 2 in.

Legend: HFZ, NI
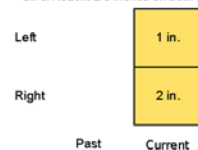
FGME-EA65- To improve your upper-body strength, be sure that your strength activities include modified push-ups, push-ups, and climbing activities. You may need to do more arm exercises.
FGME-EA61- To improve your abdominal strength, be sure that your strength activities include curl-ups. You may need 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.

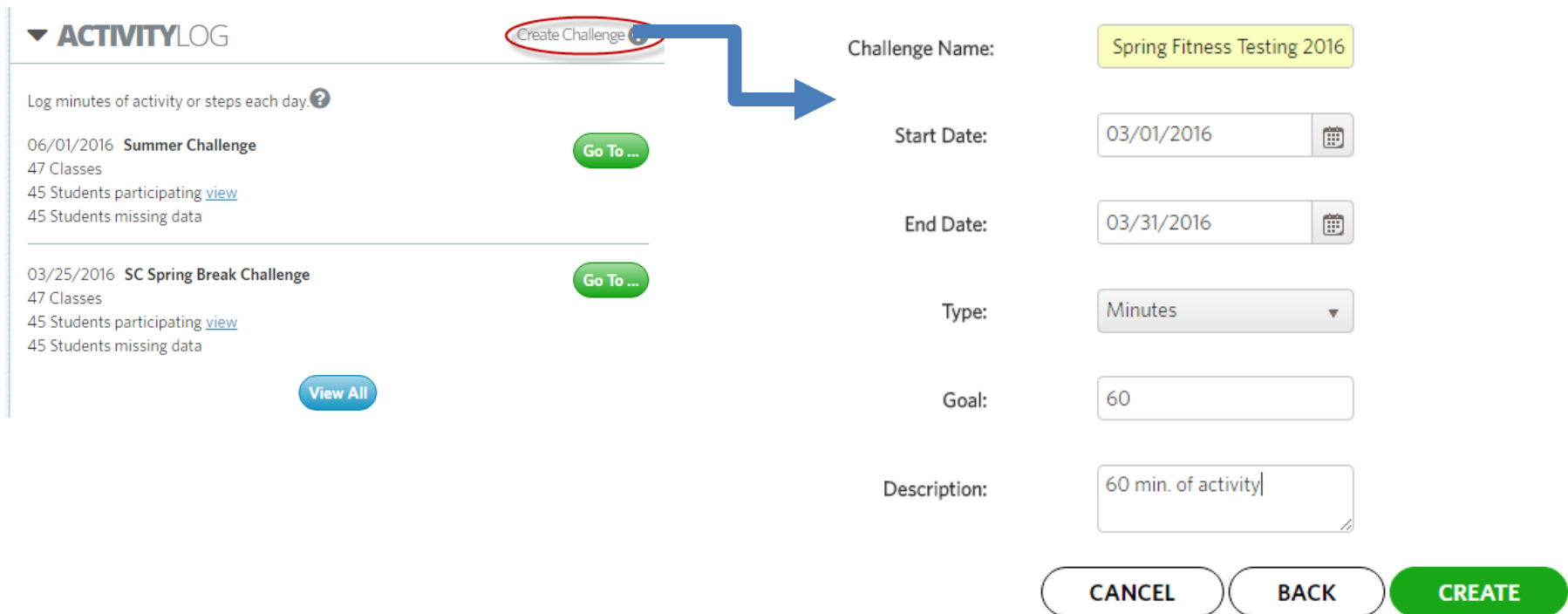Improving body composition will improve your overall health and may help increase other fitness scores.

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

HFZ: Healthy Fitness Zone; NI: Needs Improvement; NI-HR: Needs Improvement - Health Risk

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**

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Student Dashboard

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

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ActivityLog

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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Ellen Ormsby

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Twitter: @Ellenormsby

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FitnessGram Resources