

Getting Teachers Started with FitnessGram®

Step 1: Login to <https://myhealthyzone.FitnessGram.net/>

- Enter your username and password. Then click Login to continue.

NOTE: District administrators are responsible for providing teachers with usernames and passwords once they have added teachers to FitnessGram. If you are unsure of your login information, you can click the Forgot button to retrieve it.

Step 2: Create a FitnessGram Test Event

- To create a FitnessGram test event, click on the FitnessGram tab then the green Create Event button in the top right corner.
- Select your schools and classes, name your event, and select your event type and dates.

NOTE: The End Date is used to calculate student's age at the time of the assessment. Age is then used to identify which standards the student is compared to. Scores can be entered throughout the school year regardless of the End Date.

- Select the type of assessments administered during fitness testing. Then click Save & Exit to return to your list of Test Events or Proceed to enter scores.

Step 3: Enter FitnessGram Data

- To enter FitnessGram data, click View Data on the event tile, then select Enter Data. You can also select to view the associated resources for your selected components or to validate data submitted by students.
- Temporary exemptions can be applied within the scoresheet to exempt a student from one or more test items. To set exemptions in the scoresheet click the student's name and select between the items to exempt for.

Step 4: Generate FitnessGram Reports

- To run reports after entering data, simply click Yes when asked if you would like to generate reports. Or, click the Reports tab on the navigation bar.

NOTE: We encourage teachers to share the FitnessGram® Student Report to help serve as an educational and communication tool with students and parents.

FitnessGram Resources

- Find SmartCoach on the navigation bar for FitnessGram test administration resources, including protocol videos to learn the assessment, cadences, scoresheets, and more.

Contact the FitnessGram Help Desk for technical support: Submit a ticket at <https://help.fitnessgram.net>