

## FG Help Sheet: FitnessGram Report Descriptions

Report	Overview:	When to Use:
<b>Individual Reports</b>		
<b>FitnessGram Student Report (English and Spanish)</b>	Provides individual student's fitness test scores, the relationship of the scores to the Healthy Fitness Zone, and information on the health-related fitness component.	Educate youth about their health-related fitness including Healthy Fitness Zone Achievement. View individual fitness scores. Print or email reports to share with youth and parents.
<b>FitnessGram Student History Report</b>	Provides individual students' fitness test score history and tracks trends over time.	Allows youth to easily identify trends and compare scores over time. Track pre- and post- scores to assist with goal setting.
<b>ActivityGram Student Report (English and Spanish)</b>	Provides individual activity profiles reflecting frequency, intensity, type, and time spent being physically active (moderate and vigorous activity).	Educate youth about their activity levels to assist with goal setting and encourage behavior change. View individual activity profiles. Print student reports to share with youth and parents.
<b>ActivityLog Student Report</b>	Provides individual level reporting on quantity of steps or minutes of activity per day and their relationship to an individual goal.	Educate youth about their activity levels to assist with goal setting and encourage behavior change. Print student reports to share with youth and parents.
<b>Group Reports</b>		
<b>ActivityGram Lite Summary Report</b>	Provides an overview of activity profile scores at the individual level for an entire class or multiple classes.	Track progress and assist with goal setting at the individual level.
<b>ActivityGram Statistics Report</b>	Provides an aggregate level statistical view of activity levels during school and out of school including averages and overall minutes of activity by gender, class, grade, school, or district.	View group level data to identify areas of focus for instructional planning, fitness equipment, and professional development. Recognize time periods throughout the day that physical activity can be encouraged and/or maintained. Provide quantitative data for evaluation purposes.

### FitnessGram Overview Report

Provides an aggregate-level overview of Healthy Fitness Zone Achievement by component. Report Types available are:

- **Summary:** shows Healthy Fitness Zone and Needs Improvement Zone percentages by gender.
- **Grade Level Comparison:** compares HFZ percentages by component for each selected grade level.
- (School Admin/District Admin Only) **School Year Comparison:** compares three years of HFZ percentages by component
- (District Admin Only) **School vs. District:** compares HFZ percentages for each selected school with the entire district.

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 over time.  
Provide quantitative data for evaluation purposes.

### FitnessGram Completion Report

Provides an overview of the percentage of students with FitnessGram scores entered into the system by state, district, school, or teacher. An average percentage is taken based on each health-related fitness component.

Identify percentage of students tested.  
  
Recognize gaps in data reported.

### FitnessGram Statistics Report

Provides an aggregate level statistical view of Healthy Fitness Zone Achievement including minimum, maximum, average, standard deviation and percent achieved by test item, gender, age, teacher, and class.

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.  
Provide quantitative data for evaluation purposes.

### FitnessGram Data Export

Provides individual student information and student level fitness data for a specified date range. Individual data is presented as raw test values and can be de-identified by student name or ID number prior to download.

Provides individual level data with multiple export options that allow FitnessGram data to be easily shared for data analysis.  
  
Provides individual level data for evaluation purposes.

### FitnessGram Class Score (PYFA) Report

Provides an overview of scores as Healthy Fitness Zone Achievement at the individual level for an entire class or multiple classes. Report Types available are:

- **HFZ Achievement:** shows Healthy Fitness Zone achievement at the individual level
- **Score & HFZ:** shows Healthy Fitness Zone achievement and raw score at the individual level

Identify number of students eligible for the Presidential Youth Fitness Award (PYFA).