



FG Help Sheet: FitnessGram Report Descriptions

Report	Overview:	When to Use:
Individual Reports		
FitnessGram Student Report (English and Spanish)	Provides individual student's fitness test scores, the relationship of the scores to the Healthy Fitness Zone, and information on how to improve or maintain current fitness levels.	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.
ActivityGram Student Report (English and Spanish)	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.
ActivityLog Student Report	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.
Group Reports		
ActivityGram Lite Summary Report	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.
ActivityGram Statistics Report	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, gender, class, grade, school, district, or state.	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 Percentage Tested Report	Provides an overview of the number of students with data entered into the system by class, grade, school, district, or state.	Identify percentage 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 component, gender, class, grade, school, district, or state.	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 Student Progress Report	Provides and tracks trends of individual students' fitness test scores over a specified period of time.	Allows youth to easily identify trends and compare scores over time. Track pre- and post- scores to assist with goal setting.
FitnessGram Summary Report (Raw scores)	Provides an overview of scores as raw data at the individual level for an entire class or multiple classes.	Track progress and assist goal setting at the individual level.
Presidential Youth Fitness Award (PYFA)	Provides an overview of scores as Healthy Fitness Zone Achievement at the individual level for an entire class or multiple classes.	Identify number of students eligible for the Presidential Youth Fitness Award (PYFA).
Student information Report	Provides individual student information including student name, ID, gender, grade, date of birth, and username.	Provides a quick reference of information. Great to assist with access to the student dashboard.