

FITNESSGRAM[®] SELF-ASSESSMENT DURING THE COVID-19 PANDEMIC RECOMMENDATIONS

Students can perform the FitnessGram tests on their own if circumstances allow for at-home fitness assessment. The focus of self-assessment should be learning about health-related fitness, personal goal setting, and doing your best. Students learn the lesson of self-management and taking personal responsibility for their health.

Understanding that every student has unique physical environments and conditions at home, the opportunity to self-assess should be contingent on the safety and health of students in conjunction with guidance from their Physical Education teacher.

FitnessGram Software Resources

If your school has the FitnessGram software and wishes to utilize this resource in the virtual environment, teachers and students will have access to a variety of assessments and learning resources. Students can log in to the FitnessGram software to enter their FitnessGram and activity assessment data.

1. Teachers provide login information to students. In addition, the teachers will set up the tests in the software.
2. FitnessGram provides students the opportunity to log, track, and report their fitness assessment results to their teachers.
3. ActivityLog provides students the opportunity to log, track, and report their steps and minutes of activity daily or within a period defined by teachers.
4. ActivityGram allows students to assess the frequency, intensity, duration, and type of activities to provide a comprehensive activity profile.
5. Reports can be generated for all assessment and activity data entered.
6. SmartCoach provides virtual learning resources for assessments and fitness components.

The FitnessGram software is mobile compatible and accessible with an internet connection from any web browser on a computer, smartphone, or tablet at <https://myhealthyzone.fitnessgram.net/>.

Visit <https://help.fitnessgram.net/> to learn about the FitnessGram software features available for [administrators](#), [teachers](#), and [students](#).