Have questions? We have answers.

Why is FitnessGram important?

Data from FitnessGram drives decisions, allowing parents, students, and school leaders to build the healthy habits kids need to be successful well into the future. Go to fitnessgram.net to learn more.

How do I access FitnessGram?

Go to myhealthyzone.fitnessgram.net to log in, or
help.fitnessgram.net/loggingin/ for step-by-step instructions.

How do I import a class into FitnessGram?

Go to help.fitnessgram.net/import/ to watch a quick video tutorial on importing classes.

What do I do if I forgot my login information?

To get instructions for recovering your username, password, or both, go to help.fitnessgram.net/loggingin.

What is the FitnessGram assessment criteria?

Students' fitness is tracked using five areas: aerobic capacity, body composition, flexibility, muscular strength, and muscular endurance. To learn more about the approach, go to fitnessgram.net/assessment.

Why is it important that this be used in my school?

FitnessGram is a powerful tool that allows you and your school to:

• Track fitness levels longitudinally at the individual, class, school, district, or state level.

• Make informed decisions about curriculum and resource allocation.

• Influence policy to improve public health.

• Educate families and communities on the importance of health-related fitness.

What happens with the information entered into FitnessGram?

Information can be used to:

• Track trends and changes in fitness levels over time.

• Examine associations between fitness and academic achievement and attendance.

• Enhance the effectiveness of physical education programs.

• Help create healthy school environments focused on prevention.

• Foster communication between parents, teachers, and students.

• Identify areas of need for program funding.

Did you find what you were looking for?
If not, visit the FitnessGram Help Desk at myhealthyzone.fitnessgram.net/contactus.

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