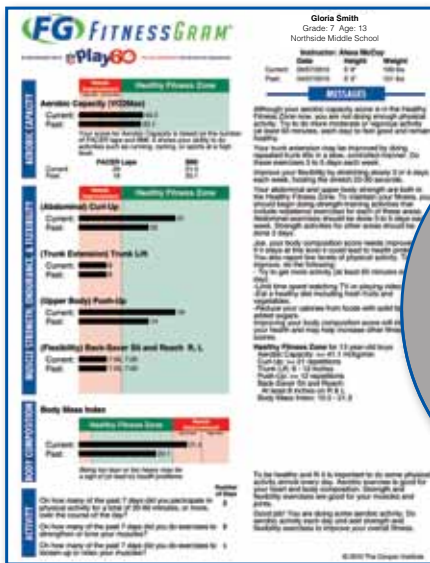


ASSESS

Assess student fitness and activity levels



REPORT

Report results to students, parents, and administrators



EDUCATE

Educate your community on the importance of everyday activity and lifelong health and fitness



www.Fitnessgram.net

What is Fitnessgram®?



Fitnessgram is a fitness assessment and reporting program for youth, first developed in 1982 by The Cooper Institute in response to the need for a comprehensive set of assessment procedures in physical education programs. The assessment includes a variety of health-related physical fitness tests that assess these areas of physical fitness:

- Aerobic capacity
- Muscular strength, muscular endurance, and flexibility
- Body composition

Scores from these assessments are compared to Healthy Fitness Zone® standards to determine students' overall physical fitness and suggest areas for improvement when appropriate. The Healthy Fitness Zone standards are what make Fitnessgram unique—they are not based on class averages or any other peer comparisons. For more on the Healthy Fitness Zone standards, turn to page 6.



Fitnessgram is software published by Human Kinetics, who is also the sole-source vendor. The software provides an efficient way for schools and other organizations to perform effective

fitness and physical activity assessments on children, provide appropriate feedback to children and parents, and maintain accurate and comprehensive records over time. Today Fitnessgram software has been purchased by more than 45,000 schools and other organizations.

Although it's just one of the features of the software, Fitnessgram is best known for its ability to generate printed reports for each student (a parent version of the report can be generated, too). The Fitnessgram report

New version of Fitnessgram is Web based!

Fitnessgram 9, the latest release of the software, is an entirely Web-based program. Going with Web-based software typically means less time is required of tech staff, and teachers have the convenience of accessing their Fitnessgram data from wherever they have Internet access. Fitnessgram/Activitygram 8, the traditional client-side installed software program, will continue to be available.

For more details on the benefits of Fitnessgram 9, turn to page 12 of this brochure. Additional information is also available at **Fitnessgram.net**.

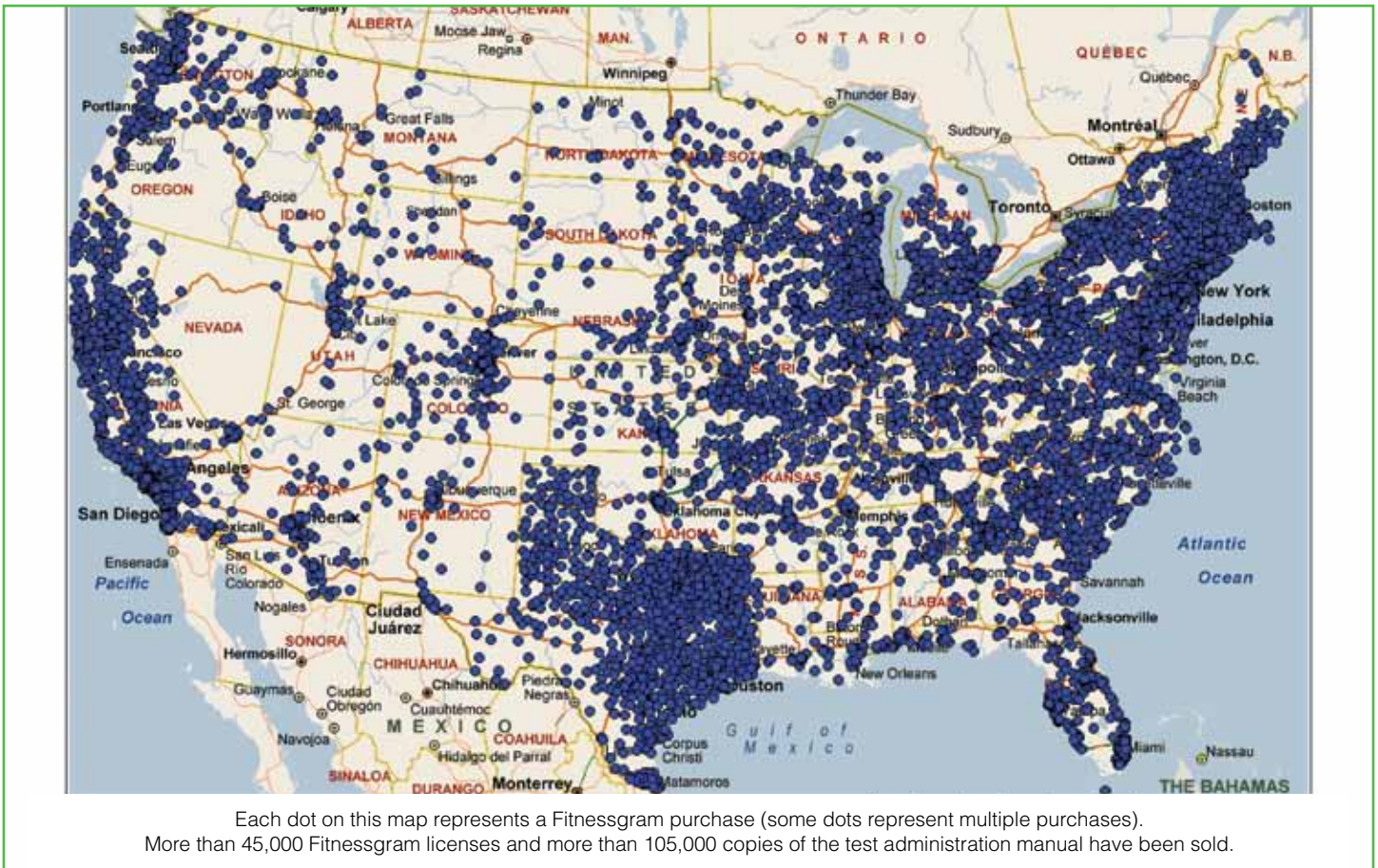
defines the recommended range of fitness for each test measure—the Healthy Fitness Zone. When a child's score falls within the Healthy Fitness Zone, it means the child has achieved a level of fitness associated with being healthy. Teachers and administrators can also generate more advanced statistical reports on the health and fitness of all their students. To explore the Fitnessgram and other reports generated by the software turn to page 7–9 and visit **Fitnessgram.net/reports**.

Using an easy-to-read format, the Fitnessgram report provides information about a student's level of physical fitness. More important, the report provides personalized suggestions that can help in planning an individualized fitness plan.

Implementing Fitnessgram/Activitygram software can be a large undertaking. It requires the participation of teachers, administrators, and technology staff, but the benefits are immense: Fitnessgram can help a physical education program define its goals and bring everyone on board with those common goals.



Thousands of school districts, schools, and the states of Texas, Delaware, Georgia, North Carolina, and California!



“It’s the best test for measuring physical fitness. We chose this assessment so parents can see a more detailed analysis of their children’s fitness and use the recommendations provided to improve or maintain their children’s health.”

— Nancy Wilson, PhD
Deputy Secretary of Education, Delaware Department of Education

“In its first year, NYC FITNESSGRAM has proven to be a tremendous tool for building students’ understanding of health-related fitness and helping them set achievable fitness goals with their families and educators. I am proud of the leadership demonstrated by our physical education teachers as they embrace accountability for the health, well-being, and success of students. NYC FITNESSGRAM is a cornerstone of our efforts to improve the health and success of our children both inside and outside the classroom.”

—Joel I. Klein
Chancellor, New York City Department of Education

“The Texas Education Agency, after a thorough evaluation, finds that the Fitnessgram meets the requirements for a physical assessment tool as outlined in SB 530. We are happy to work with all parties, including school districts, the state, private groups and others, to implement the Fitnessgram in public schools this school year. We believe this annual fitness assessment will help guide efforts to improve the health of Texas children.”

—Jeff Kloster,
Former Associate Commissioner of Health, Safety and School Readiness, Texas Education Agency

Web-based Fitnessgram® 9 makes large-scale implementation—and big things—possible!



As the leading publishing company in the field of physical activity and health, Human Kinetics is often asked what the latest trends are in the field. Increasingly the answer is Fitnessgram, as the map on the previous page illustrates.

Making positive, sweeping changes in physical education takes time and is dependent on gathering the appropriate data. Fitness test results are the logical first step in this process. California recently made a significant commitment to improving its physical education program after reviewing Fitnessgram data collected for millions of students over past years. New York City Public Schools made similar positive use of their extensive Fitnessgram data. At this writing, Texas is in its third year of

using Fitnessgram and has already seen improvement in the fitness and health of hundreds of thousands of students thanks to the data provided by Fitnessgram and the program and lifestyle changes it inspires.

Just as important, results from two major 2009 studies of more than 2.4 million public school students in Texas and 1.1 million students within the New York City Department of Education show an association between higher physical fitness scores and higher academic test scores among students.

The latest version of the software, Web-based Fitnessgram 9, provides expanded data collection and reporting capabilities. States and very large districts that want to collect and aggregate data and generate a variety of reports for data analysis can now do so with ease. Delaware, North Carolina, Indianapolis, and the NFL's PLAY 60 are all using Web-based Fitnessgram 9 to streamline data entry and reporting. To learn more, read the following NFL PLAY 60 case study.

If your state or large district is considering using Fitnessgram, please contact Human Kinetics. With our physical education knowledge and The Cooper Institute's fitness assessment expertise, we can help bring your vision of meaningful assessment from initial conception to final implementation. We can help refine the data questions for analysis and work through the critical decisions that need to be made to provide sound educational choices for your students.



CASE STUDY:

NFL PLAY 60 selects FITNESSGRAM

Through a grant to The Cooper Institute, NFL PLAY 60 will provide Fitnessgram software and test kits to 1,120 schools throughout each of the 32 NFL markets. Data will be collected from student fitness assessments over the course of three years to form a longitudinal study tracking health-related youth fitness results and analyzing how best to intervene. The resulting data will be provided to local, state, and national policy makers.

Designed to tackle childhood obesity, NFL PLAY 60 brings together the NFL's long-standing commitment to health and fitness with partner organizations. The program challenges youth to become physically active for at least 60 minutes each day. PLAY 60 is also implemented locally as part of the NFL's in-school, after-school, and team-based programs.

Fitnessgram® begins with fitness testing

Fitnessgram assesses three areas of health-related fitness outlined below. There are several test options for each area of fitness so teachers or districts can choose the method they prefer. Each score is evaluated against the Healthy Fitness Zone® standards.

Fitnessgram assessment items:

AEROBIC CAPACITY

May select one option

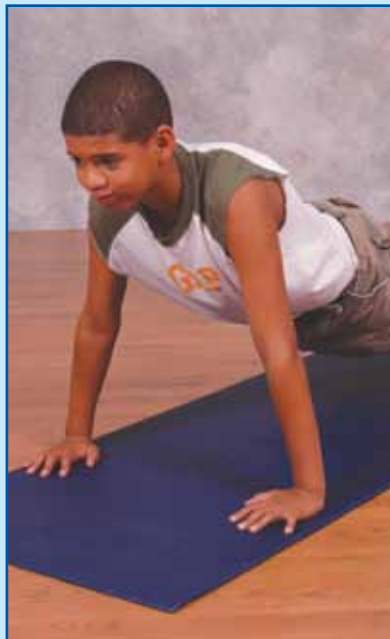
- PACER test
- One-mile run/walk
- Walk test
(ages 13 or older)



MUSCULAR STRENGTH, ENDURANCE, and FLEXIBILITY

Select one from each group

- Abdominal strength and endurance (curl-up)
- Trunk extensor strength and endurance (trunk lift)
- Upper body strength and endurance (choose from push-up, modified pull-up, and flexed arm hang)
- Flexibility (choose from back-saver sit-and-reach, and shoulder stretch.)



BODY COMPOSITION

May select one option

- Percent body fat
(calculated from triceps and calf skinfolds or entered from an alternative measuring device)
- Body mass index
(calculated from height and weight)

(Note: Body composition may be suppressed from printing on the Fitnessgram report. For more information, see the parent FAQ at fitnessgram.net/parents.)





Understanding the Healthy Fitness Zone® standards

The Healthy Fitness Zone standards are criterion-referenced standards that indicate levels of fitness corresponding with health. *Criterion-referenced* means that the scores are unique for each child based on age and sex. This helps to minimize comparisons between children and emphasize personal fitness for health rather than goals based solely on performance.

Since only modest amounts of exercise are needed for obtaining health benefits, most students who participate in physical activity almost every day will be able to achieve a score that will place them in the Healthy Fitness Zone.

The use of the criterion-referenced Healthy Fitness Zone standards is what sets Fitnessgram apart from the competition. These standards are reviewed regularly by the Fitnessgram Scientific Advisory Board. The members of this board are leading scientists and practitioners in the field of childhood fitness and physical education. The Healthy Fitness Zone standards and the science and research that go into developing and maintaining these standards are what make Fitnessgram widely accepted as the most reliable and valid health-related fitness assessment tool available.

To learn more about the role of the Healthy Fitness Zone standards, visit Fitnessgram.net and click on the Reference Guide button. Additional information on the latest standards update can be found at Fitnessgram.net/newstandards.



About The Cooper Institute

Fitnessgram was developed by the highly respected Cooper Institute. The Cooper Institute is dedicated to scientific research in the field of preventive medicine and public health and communicating the results of research to the scientific and medical communities as well as to the general public. For more on the history and development of Fitnessgram, visit Fitnessgram.net/history.



Fitnessgram Scientific Advisory Board

The Cooper Institute is fortunate to have an exceptional group of scientists and practitioners who work with the Fitnessgram program. This group provides scientific input and direction for program administrators. Many of the advisors have been involved with the Fitnessgram program for more than 15 years.

Charles L. Sterling, EdD

The Cooper Institute
Fitnessgram Chairman

Charles B. Corbin, PhD

Arizona State University (Retired)

Kirk J. Cureton, PhD

University of Georgia

Scott Going, PhD

University of Arizona

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Matthew T. Mahar, EdD

East Carolina University

Marilu D. Meredith, EdD

The Cooper Institute
Project Director

Gregory J. Welk, PhD

Iowa State University
Scientific Director

Fitnessgram® reports communicate fitness goals to students and parents

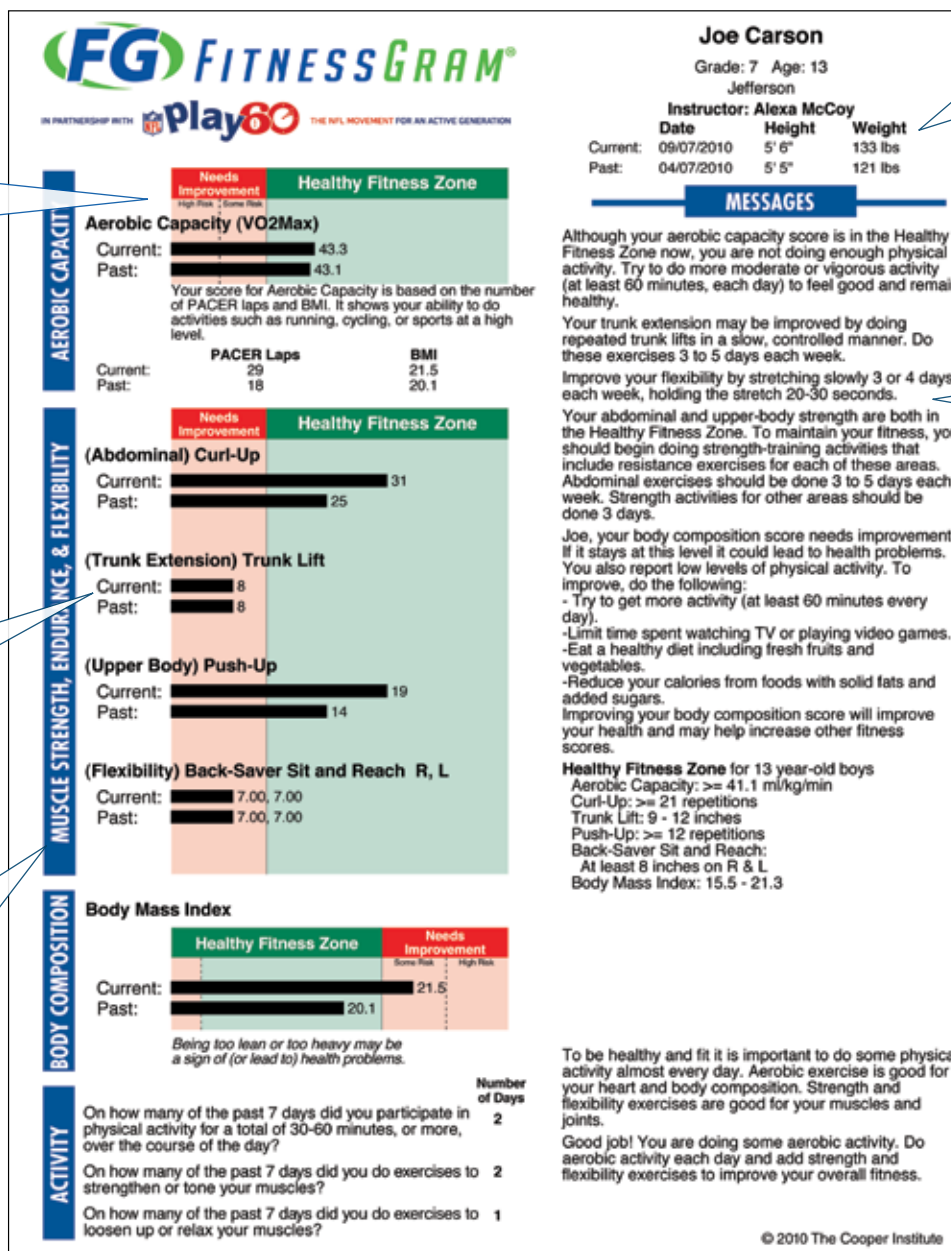
The Fitnessgram report can be printed as a student report and as a parent report. The student report recommends physical activity program options to help students make it into the Healthy Fitness Zone® standards for those areas where they need improvement. The parent report contains the same information on scores but is addressed to the parents. Both reports explain in nontechnical terms why physical activity is important and how regular physical activity leads to improved health and fitness. Both Fitnessgram reports are a tangible reminder of what students learn in class and a great way to enlist parents' support in their children's physical activity programs.

For a more in-depth look at all of the reports available through Fitnessgram, visit Fitnessgram.net/reports.

The Healthy Fitness Zone standards are set by age and gender. The Healthy Fitness Zone standards are not averages of everyone else but criterion referenced standards that indicate levels of fitness corresponding with health.

Current and past scores are included in the report so students can see their improvement over time.

Fitnessgram assesses the three areas of health-related fitness: aerobic capacity; muscle strength, endurance, and flexibility; and body composition.



Fitnessgram also provides a record of student's height, weight, and test dates.

The report includes a custom message that summarizes the child's performance in each component of health related fitness and provides suggestions for maintaining or promoting good fitness. The suggestions are based on the student's fitness and activity levels.


Fitnessgram reports also emphasize the need for regular physical activity.

The Fitnessgram student report

The Fitnessgram Parent Reports explain the importance of fitness and physical activity to parents.

Each of the three areas of health-related fitness are explained, and the report gives parents their child's score for each test given.

The parent report gives more information about the relevance of the Healthy Fitness Zone standards and the importance of daily physical activity.



Report for Parents

People come in all shapes and sizes, but everyone can benefit from regular physical activity and a healthy level of physical fitness. The FITNESSGRAM fitness test battery evaluates five different parts of health-related fitness, including aerobic capacity, muscular strength, muscular endurance, flexibility, and body composition. Parents play an important role in shaping children's physical activity and dietary habits. This report will help you evaluate your child's current level of health-related fitness and help you identify ways to promote healthy lifestyles in your family.

Joe Carson
 Grade: 7 Age: 13
 Jefferson
 Instructor: Alexa McCoy

| Date | Height | Weight |
|---------------------|--------|---------|
| Current: 09/07/2010 | 5' 6" | 133 lbs |
| Past: 04/07/2010 | 5' 5" | 121 lbs |

AEROBIC CAPACITY

Aerobic capacity is a measure of the ability of the heart, lungs, and muscles to perform sustained physical activity. In general, the more your child exercises, the higher his or her aerobic capacity level will be. Aerobic capacity is measured with the PACER test, the one-mile run, or the walk test.

Importance: Good aerobic capacity can reduce risks of heart disease, stroke, and diabetes. Although generally not present in children, these diseases can begin during childhood and adolescence.

Healthy Fitness Zone for 13 year-old boys: ≥ 41.1 ml/kg/min

| Test | Current | Past |
|---------------------------|---------|------|
| Aerobic Capacity (VO2Max) | 43.3 | 43.1 |
| PACER Laps | 29 | 18 |
| BMI | 21.5 | 20.1 |

MUSCLE STRENGTH, ENDURANCE, & FLEXIBILITY

These components of health-related fitness measure the overall fitness of the musculoskeletal system. A variety of tests are used to assess these different components.

Importance: The fitness level of muscles is important for injury prevention and overall body function. Strength, endurance, and flexibility are important for maintaining good posture, low back health, and total body function.

Healthy Fitness Zone for 13 year-old boys
 Curl-Up: ≥ 21 repetitions
 Trunk Lift: 9 - 12 inches
 Push-Up: ≥ 12 repetitions
 Back-Saver Sit and Reach: At least 8 inches on R & L

| Test | Current | Past |
|---|------------|------------|
| (Abdominal) Curl-Up | 31 | 25 |
| (Trunk Extension) Trunk Lift | 8 | 8 |
| (Upper Body) Push-Up | 19 | 14 |
| (Flexibility) Back-Saver Sit and Reach R, L | 7.00, 7.00 | 7.00, 7.00 |

BODY COMPOSITION

Healthy Fitness Zone for 13 year-old boys: 15.5 - 21.3

Body Mass Index (BMI) is an indicator of body composition that determines if a person is at a healthy weight for his or her height. *Importance:* Overweight youth are at high risk for being overweight adults. Adult obesity is associated with a number of chronic health problems. Many of these health problems can begin early in life. Joe's BMI is in the lower end of the Health Risk category. There is some risk of future health problems. Regular physical activity can reduce health risks and may also help with weight loss. To improve body composition, encourage your child to do the following:

- Be active every day (60 minutes is the goal but some is better than none).
- Limit time watching TV or playing video games.
- Adopt a healthy diet containing fresh fruits and vegetables.
- Eat limited amounts of foods with solid fats and added sugars.

| Test | Current | Past |
|-----------------|---------|------|
| Body Mass Index | 21.5 | 20.1 |

Being too lean or too heavy may be a sign of (or lead to) health problems. However, not all people who are outside the Healthy Fitness Zone are at risk for health problems. For example, a person with a lot of muscle may have a high BMI without excess fat.

With regular physical activity most children will be able to score in the Healthy Fitness Zone for most tests. Children in the Needs Improvement area should have additional opportunities to be active. See back of page for more information.

© 2010 The Cooper Institute

Fitnessgram also provides a record of student's height, weight, and test dates.

Current and past scores are included in the report so parents can observe the progress over time.

The Fitnessgram parent report

Many other reporting options for teachers and administrators at the school, district, and state levels

Fitnessgram® software can generate more reports at the test, class, school, district, and state levels. Using these reports, teachers and administrators can evaluate the fitness program and make decisions on allocating resources, or they can demonstrate the value of their program. Following are some of the predefined report options:

- Fitnessgram summary report
- Fitnessgram individual data sheet
- Fitnessgram achievement of standards
- Fitnessgram longitudinal tracking report

- Fitnessgram statistics report with a graphing option
- Student information report

Web-based Fitnessgram 9 offers increased reporting options—including the ability to generate charts—for teachers, administrators, and state stakeholders. This latest release of Fitnessgram also gives teachers the option to e-mail student and parent Fitnessgram reports.

Using these reports, Fitnessgram data can be compared to other factors, including academic achievement and socioeconomic data, to provide administrators with the information they need to make wide-reaching decisions.

Activitygram® and the Activity Log components emphasize the need for physical activity

Fitnessgram provides a snapshot of a student's fitness level, and Activitygram and the Activity Log take it to the next level by emphasizing the need for at least 60 minutes of daily physical activity.

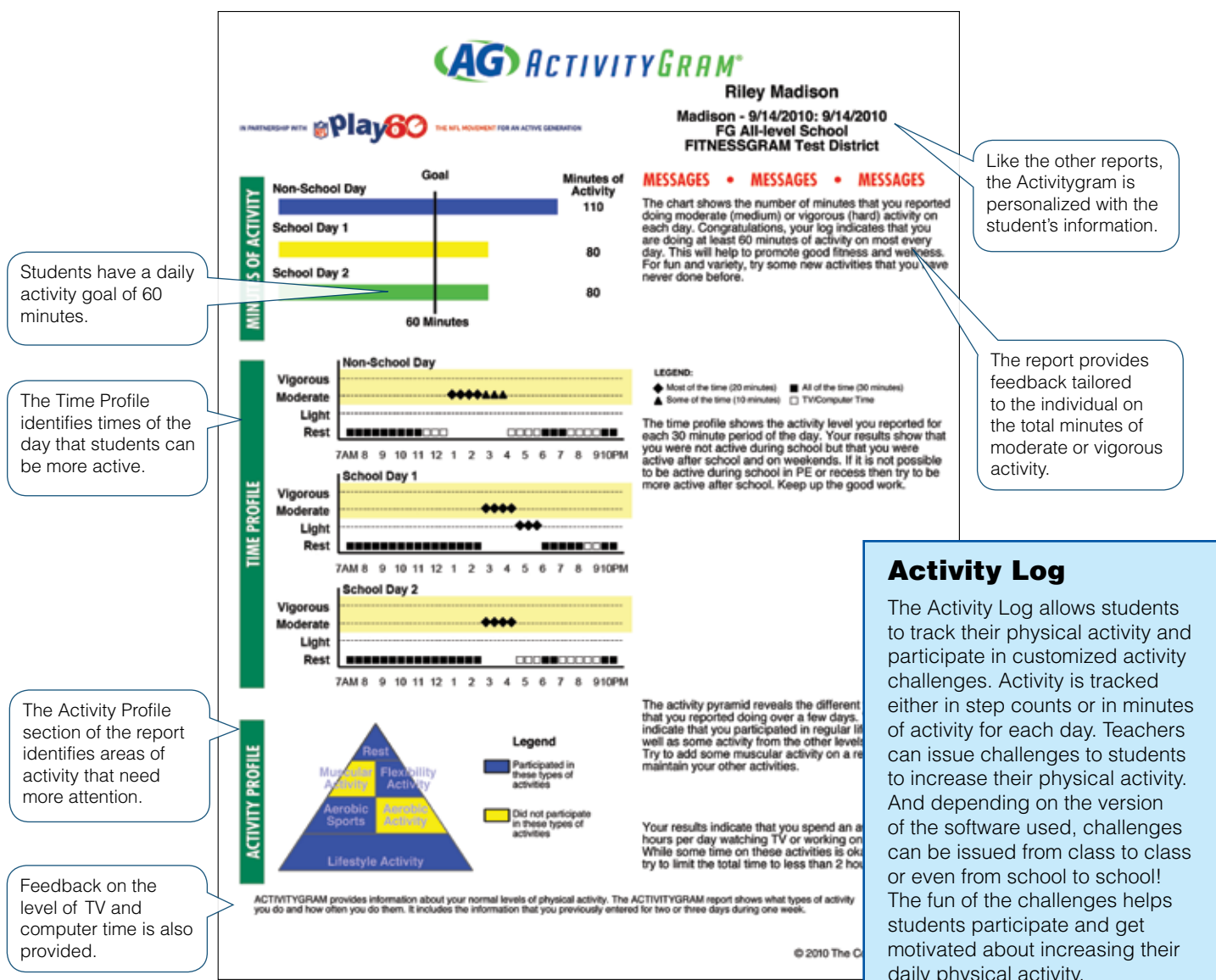
Activitygram is an activity assessment tool. Students enter their activities in 30-minute increments over a 3-day period. The software generates a report showing the following data:

- The total minutes of activity each day compared to the goal of 60 minutes
- Periods of time spent in activity each day
- Types of activity

The report includes personalized suggestions for each child on increasing or maintaining levels of physical activity.

The recommendations are based on national guidelines developed by the Council on Physical Education for Children (COPEC), a division of the National Association for Sport and Physical Education (NASPE). Other reports are available, including a student's progress over time, a class's progress, and a participation certificate.

Activitygram and the third component of Fitnessgram, Activity Log, allow students to interact with the program. With both components, students use technology to improve their fitness levels, keep track of their physical activity, and take steps to set goals and increase their daily physical activity.



Students have a daily activity goal of 60 minutes.

The Time Profile identifies times of the day that students can be more active.

The Activity Profile section of the report identifies areas of activity that need more attention.

Feedback on the level of TV and computer time is also provided.

Like the other reports, the Activitygram is personalized with the student's information.

The report provides feedback tailored to the individual on the total minutes of moderate or vigorous activity.

Activity Log

The Activity Log allows students to track their physical activity and participate in customized activity challenges. Activity is tracked either in step counts or in minutes of activity for each day. Teachers can issue challenges to students to increase their physical activity. And depending on the version of the software used, challenges can be issued from class to class or even from school to school! The fun of the challenges helps students participate and get motivated about increasing their daily physical activity.

The Activitygram report



Empower students to make changes that last a lifetime!

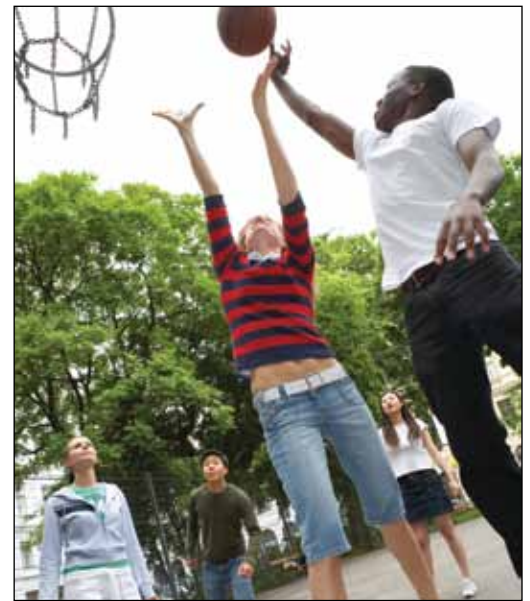
Fitnessgram® does much more than compare scores to standards. The reports help students put the test results into the broader context of physical fitness and suggest ways that students can be more physically active and improve their fitness levels so that they can reach the Healthy Fitness Zone® for each test measure.

Plus, the process of going through the Fitnessgram test and tracking activity for Activitygram gives students hands-

on experiences that reinforce what they learn in class about the components of fitness and how they relate to various body systems. This program builds a foundation for a physically active and healthy adulthood by enabling students to self-assess their activity and fitness levels.


Recent research also suggests that physical activity can improve academic performance. For a sampling of recent articles that may help you advocate for Fitnessgram in your school or district, visit [Fitnessgram.net/programoverview/advocacy](https://www.fitnessgram.net/programoverview/advocacy).

Ultimately, Fitnessgram and Activitygram is an educational tool that helps students learn—as part of a high-quality, standards-based physical education curriculum—how it feels to become more physically fit and how to value a physically active lifestyle.




Frequently asked questions about Fitnessgram

Fitnessgram is a big investment for many schools and districts. It's not uncommon for teachers, administrators, and parents to have concerns about how Fitnessgram will affect them. For a complete list of Fitnessgram FAQs—for parents, teachers and administrators, and technical staff—visit [Fitnessgram.net/faqlist](https://www.fitnessgram.net/faqlist).



Q: Can students fail the Fitnessgram test?

A: Fitnessgram is designed to help all students make individualized improvements in their fitness and health. Therefore, there is no failing the Fitnessgram test. The category below the Healthy Fitness Zone is referred to as Needs Improvement to indicate dimensions of fitness that may require special attention.



Q: Can I grade students on the basis of their Fitnessgram scores?

A: Fitnessgram provides a snapshot of a student's fitness level at a point in time. With that information, students and educators can work together to improve that student's fitness and overall health. This is a positive and productive approach. Fitnessgram is not for assigning students a grade.

Build the foundation for an effective health-related fitness and activity program with these resources from Human Kinetics



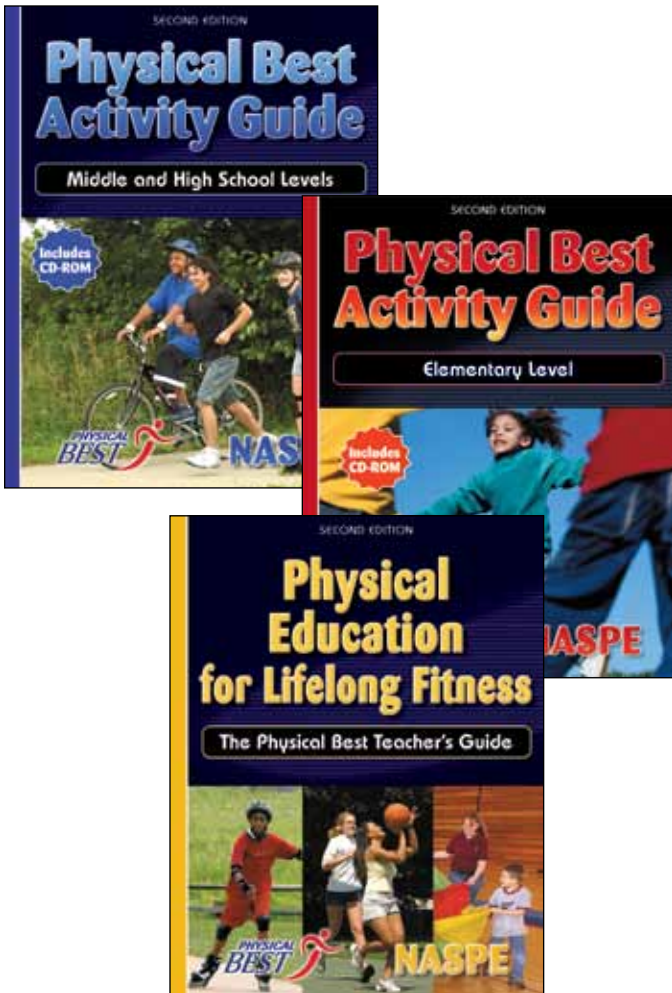
Fitnessgram® provides the assessment component of a high-quality physical education program. Human Kinetics offers other resources related to Fitnessgram that can help round out a quality program.

Activities and Professional Development

www.HumanKinetics.com/PhysicalBest

Personal Fitness Knowledge

www.FitnessforLife.org



Note: New editions of Physical Best resources will be available in March 2011.



To learn more about these programs, contact your K-12 sales representative
800-747-4457 • K12Sales@hkusa.com

Implementing Fitnessgram software



Fitnessgram® software is convenient for teachers and administrators

- Import students or manually enter the information.
- Assign students to classes and teachers.
- Teachers and students can enter Fitnessgram test results as well as Activitygram and Activity Log data.
- Teachers and administrators can pull reports on classes and students.

Web-based Fitnessgram 9

Fitnessgram 9, the Web-based version, offers a host of new benefits for school systems of all sizes, from statewide to single schools:

- Web-based data collection system means that no client installations are required.
- Teachers can access data from home or anywhere that has an Internet connection.
- E-mail Fitnessgram reports to students and parents.
- Mandate test items for teachers, eliminating confusion and standardizing test items districtwide.
- Import test scores from other sources.
- Identify and record students who are exempt from taking one or more test items due to disability or injury.
- Instructional technology staff can import relevant student information along with teacher and class relationships.
- The Cooper Institute offers Web hosting alternatives for districts that are unable to host their own data.

For more information on the technical benefits of upgrading to Web-based Fitnessgram 9, send your tech person to Fitnessgram.net/tech.

A FREE TRIAL of Fitnessgram software is available. Using a trial version can help your tech staff determine which version is right for your network setup, and teachers can start to learn how to work with the software. Visit Fitnessgram.net/contactus or call your sales rep at 800-747-4457 or e-mail K12sales@hkusa.com.

Frequently asked questions about Fitnessgram

Fitnessgram is a big investment for many schools and districts. It's not uncommon for teachers, administrators, and parents to have concerns about how Fitnessgram will affect them. For a complete list of Fitnessgram FAQs—for parents, teachers and administrators, and technical staff—visit Fitnessgram.net/faqlist.



Q: Is Fitnessgram just for athletes?

A: Fitnessgram is about promoting good health for all students. The emphasis is on being physically active every day. Fitnessgram is not for tracking athletic performance.



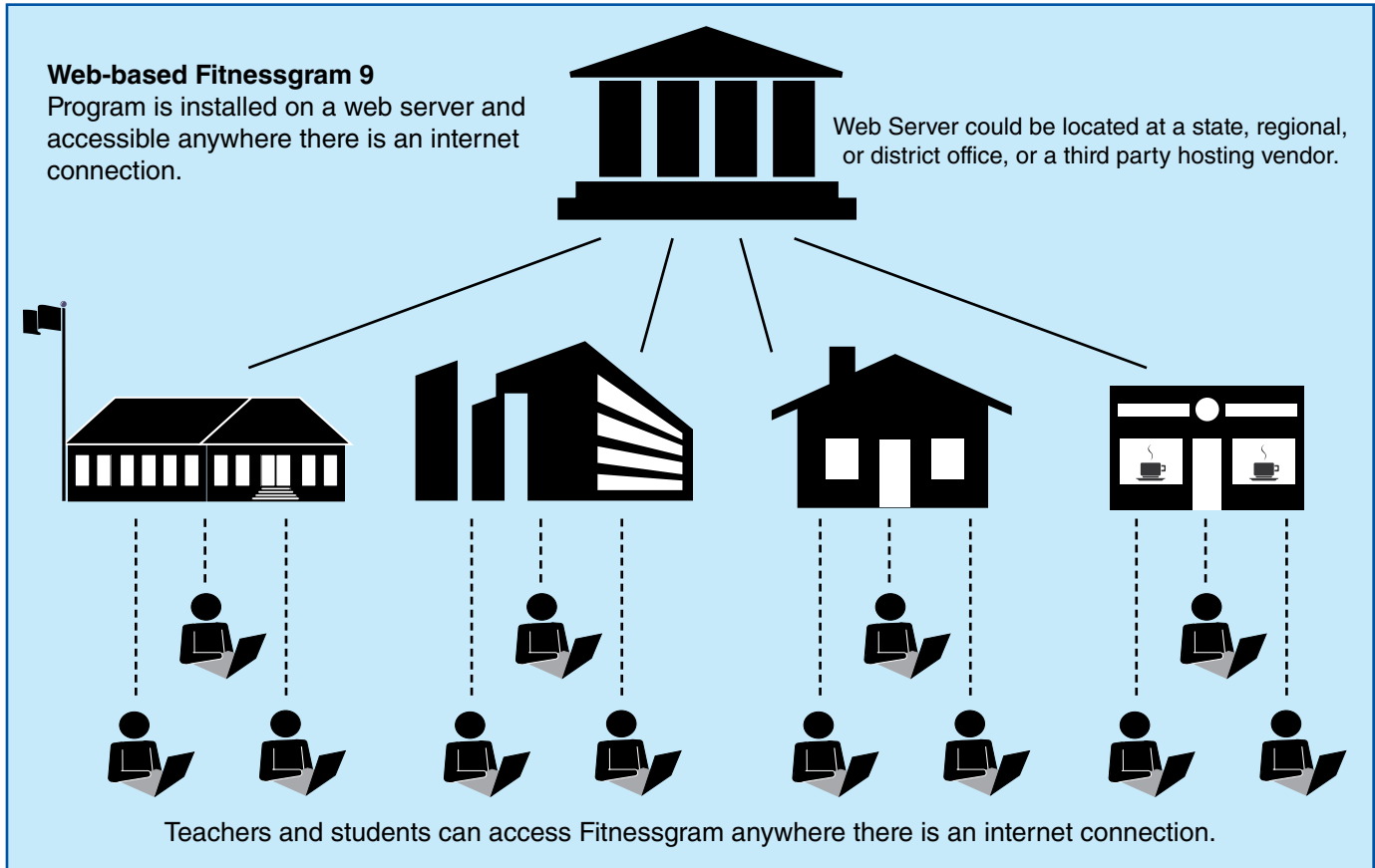
Q: I'm a teacher. Will my supervisors be looking at my classes' Fitnessgram scores?

A: Fitnessgram is an ideal tool for evaluating fitness programs and helping target ways of improving those programs. Fitnessgram is not for evaluating teachers.

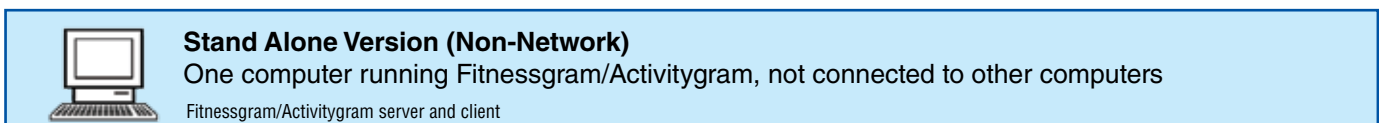
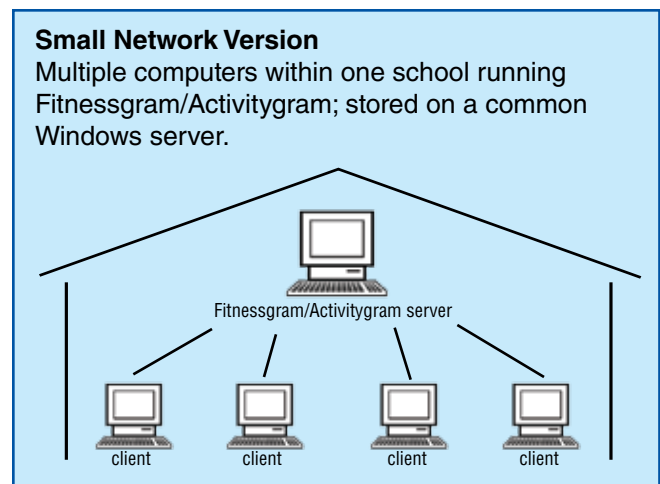
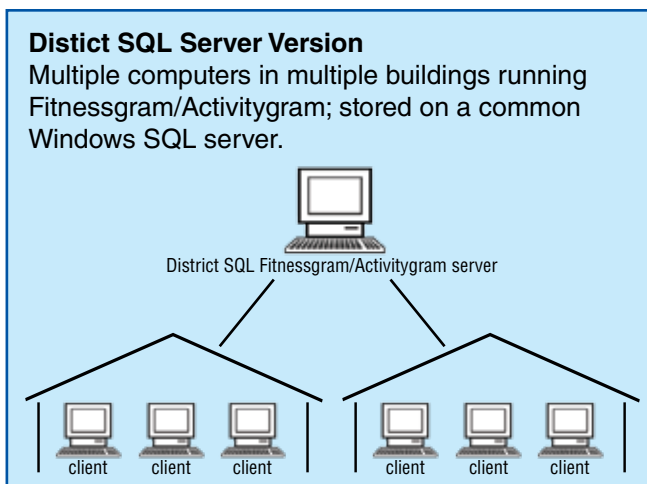
Selecting the software version that's right for you

Complete system requirements are on the Fitnessgram Web site, Fitnessgram.net/requirements. This software purchase must be discussed with your tech staff, and your sales representative would be glad to assist you and your tech staff in making the right selection for your situation.

Fitnessgram® 9 (Web-based)



Fitnessgram® 8 (non web-based)



Free staff training helps with Fitnessgram® implementation

Using Fitnessgram may seem challenging at first glance, but Human Kinetics offers several free options that don't require face-to-face training when learning how to use the software and perform the test items. They will help you learn about Fitnessgram for the first time, or as a refresher. To learn more about training options, visit Fitnessgram.net/training.

Learning how to administer the Fitnessgram test protocols:



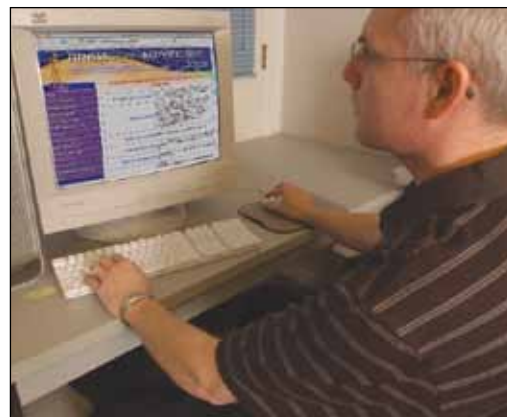
DVD from the *Fitnessgram/Activitygram Test Administration Manual*. This manual is included with every software purchase and contains a DVD of instructional videos on administering the Fitnessgram tests. Each video shows the correct test assignment, frequent mistakes, and how to correct the mistakes. The videos are easy to navigate for review, and they contain menu options so that you can select a specific test item for reviewing.



Online training course. This free online course is based on the Fitnessgram manual and takes you through the philosophy of the program as well as a thorough treatment of the test protocols. An exam is at the end of the course, and a certificate for successful completion is presented. The course is free but is based on the test administration manual and requires the DVD from the manual. Enroll at Fitnessgram.net/course.

Learning how to use Fitnessgram software:

- Software help files. The Fitnessgram software includes ample help files accessible from within the program by selecting Help from the menu at the top of the window.
- The *Fitnessgram/Activitygram Test Administration Manual* also includes instructions on using the software.
- Software training videos. (*Videos for Fitnessgram/Activitygram 8 currently available. Fitnessgram 9 videos available Winter 2010–2011.*) A series of instructional videos on the software can be found in three places:
 - Online. The software training videos can be accessed on the Fitnessgram site at Fitnessgram.net/training/videos.
 - On the software CD. The videos can be found on the software CD in folders for Windows and Mac users. Within each folder is a README file on how to use the videos. There is also a license agreement that allows teachers, schools, and districts to place the videos on networks or intranets or to duplicate the videos to CDs for better access by teachers using the program.
 - On the *Fitnessgram/Activitygram Test Administration Manual* DVD. Starting with the fourth edition of the manual, these videos are also on the DVD. To access the software training videos, please read pages viii to x (before part I) titled "How to Use This Manual and the Enclosed DVD and CD."



What comes with Fitnessgram?

Whether you purchase Web-based Fitnessgram 9 or Fitnessgram 8, you get the software CD (if applicable for the software version purchased), a site/building license, the *Fitnessgram/Activitygram Test Administration Manual*, and the test kit. The software license allows use of the software in one school building for an unlimited period. The *Test Administration Manual* includes a CD of the PACER and soundtrack and cadences needed for completing the tests. It also includes an instructional DVD on administering the test items. The contents of the test kit are detailed online at Fitnessgram.net/store.



The new Fitnessgram Web site provides helpful information

Key information for personnel involved in the purchasing and implementing can be found on www.Fitnessgram.net. Here are some important features on the Web site:

- Detailed system requirements and technical documents: Fitnessgram.net/support
- Frequently asked questions for parents: Fitnessgram.net/parentsfaq
- Sample reports: Fitnessgram.net/reports
- Information on training options: Fitnessgram.net/training
- Contact information for your sales rep: Fitnessgram.net/contactus
- Advocacy material for demonstrating the value of physical education and Fitnessgram: Fitnessgram.net/programoverview/advocacy
- Ready-made presentations for sharing Fitnessgram with decision-making personnel: Fitnessgram.net/presentations

Are you ready to purchase Fitnessgram?

- Determine what you want from Fitnessgram: What are your objectives in doing fitness testing in your school or district? Do you want to collect data and conduct analyses of the data? Are you doing this for yourself, the school, or district-wide? Your sales rep (Fitnessgram.net/contactus) can help you work through these questions.
- Obtain consensus with other teachers and administrators—you'll need them on your team for implementation and fitness testing.
- Share system requirements (Fitnessgram.net/tech) with tech staff and select the version that's right for your school or district.
- Contact your sales rep (Fitnessgram.net/contactus) to request a custom price quote and demo access to the software if necessary.
- Make the purchase. Fax a purchase order to 217-351-1549, buy online at Fitnessgram.net, or contact your sales rep at 800-747-4457 or K12sales@hkusa.com.

Frequently asked questions about Fitnessgram

Fitnessgram is a big investment for many schools and districts. It's not uncommon for teachers, administrators, and parents to have concerns about how Fitnessgram will affect them. For a complete list of Fitnessgram FAQs—for parents, teachers and administrators, and technical staff—visit Fitnessgram.net/faqlist.



Q: How do I know which version of Fitnessgram I need?

A: The different versions of Fitnessgram are described on page 13 and online at Fitnessgram.net/tech. It is very important to share this information with technical staff and ask for their input in your decision.



Q: How much does Fitnessgram cost?

A: Fitnessgram is available in several different versions—we recommend that you work with your tech staff to determine the version appropriate for your school or district. For complete pricing details for each version of the software as well as various ancillary materials that may be purchased separately, visit Fitnessgram.net/store.



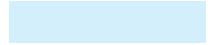
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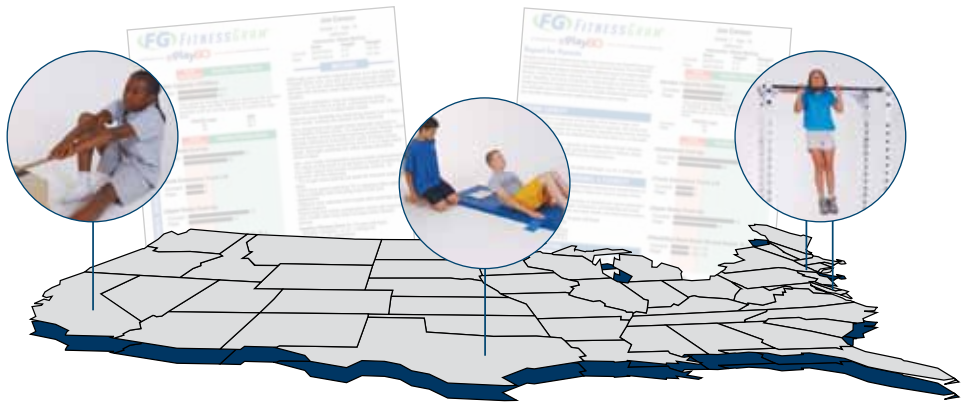
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Fitnessgram® is changing physical education programs nationwide!

- Provide hard data about the fitness level of students.
- Demonstrate the role of physical activity in fitness and health.
- Make a real difference in your students' lives.
- Join entire states that have made the commitment to children's health by going statewide with Fitnessgram.



Web-based Fitnessgram 9 now available!

- Less time required of tech staff to install and maintain
- Access Fitnessgram anywhere that has Internet access
- E-mail student and parent Fitnessgram reports
- More reports and reporting options