

# **FitnessGram®**

## **Girl's Health-Related Fitness Tracking Charts**

From The Cooper Institute, 2017, *FitnessGram Administration Manual: The Journey to MyHealthyZone*, 5th ed. (Champaign, IL: Human Kinetics).

## How to Use

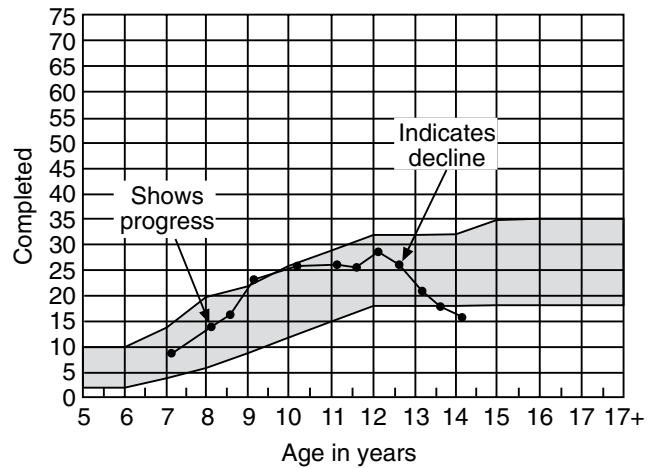
FitnessGram Longitudinal Tracking Chart is to be used to chart the fitness level of each individual from the first FitnessGram testing experience to the last. There is a graph for every test item to be used in plotting the scores for each test date. The gray shaded area in the graph indicates the Healthy Fitness Zone for that test item (unless otherwise specified). Use this chart in addition to the FitnessGram report to communicate long-term progress in maintaining healthy fitness levels.

Follow these simple instructions:

1. Write the child's name on the front of the chart in the space provided.
2. Mark the current score for each test on the appropriate graph. It is suggested that a distinctive mark that is easy to make such as ■, ■, or \* be used.
3. At the next test date, mark the score with the same symbol. Draw a line connecting the two marks.
4. Notice that the minor mark is included on the X-axis indicating six-month intervals to use if testing is conducted twice during a school year.
5. The graphs for height and weight indicate the 5th, 50th, and 95th percentile levels for growth.

Here is an example:

### Girl's Curl-Up Example

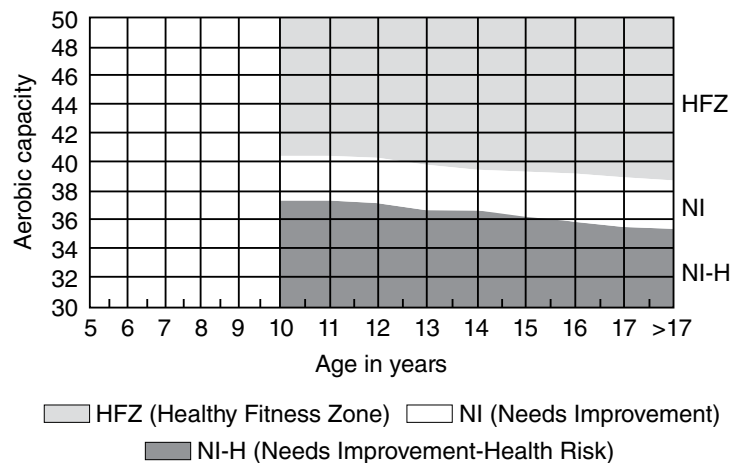


### Other Suggestions

- Use the graphs to chart the progress for an entire school district by using the mean scores from the Statistical Summary Report. These reports can be produced with the FitnessGram software program.
- Allow children to complete their own charts and integrate this activity into math class.

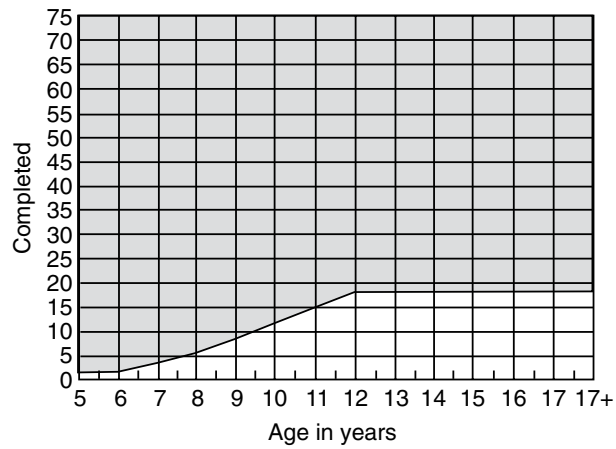
## Aerobic Capacity

### Girl's Aerobic Capacity

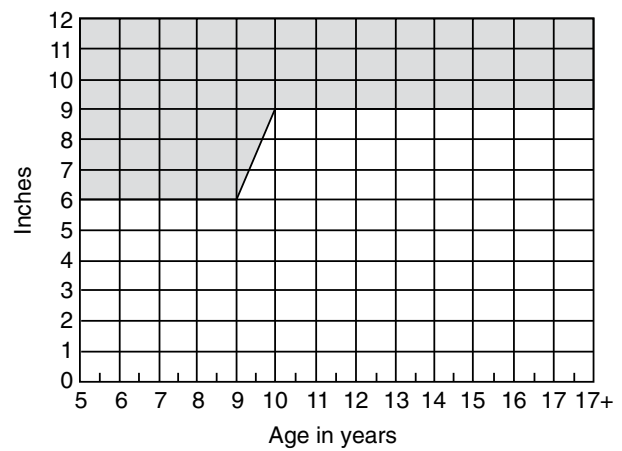


## Muscle Strength, Endurance, and Flexibility

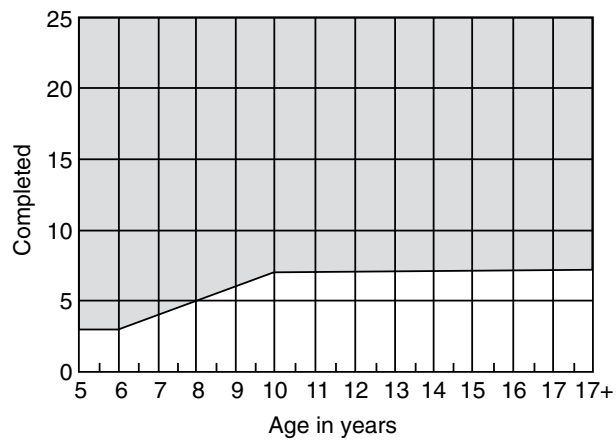
**Girl's Curl-Ups**



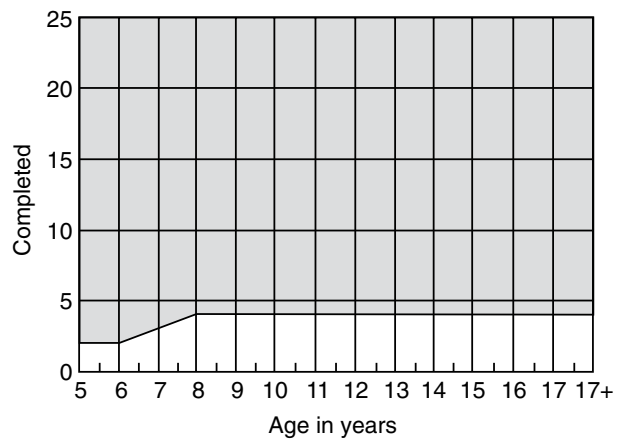
**Girl's Trunk Lift**



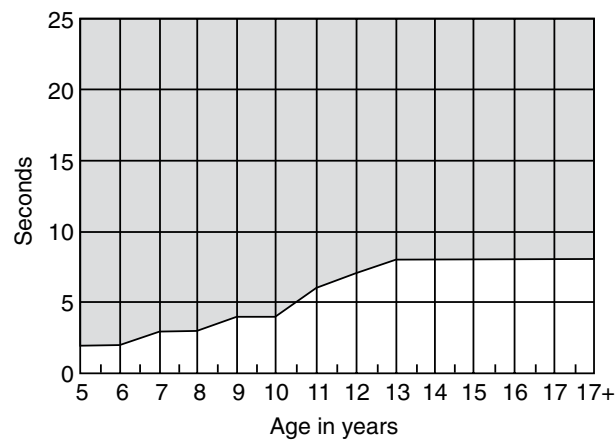
**Girl's Push-Ups**



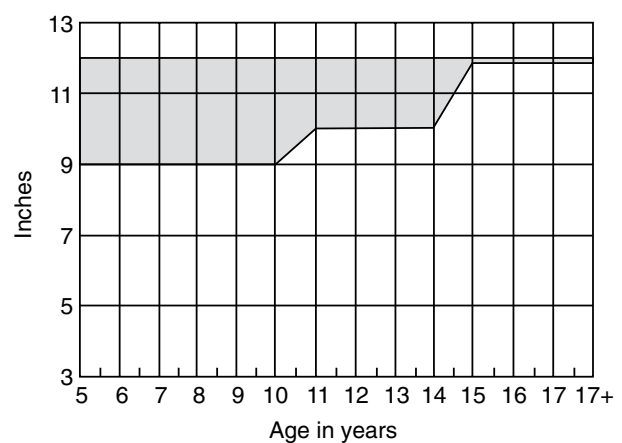
**Girl's Modified Pull-Ups**



**Girl's Flexed Arm Hang**



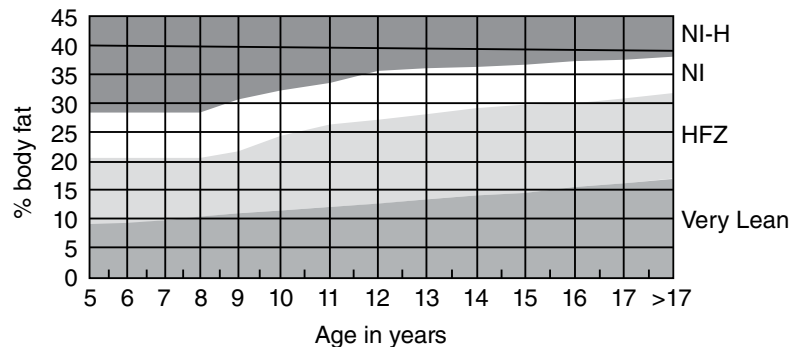
**Girl's Back-Saver Sit and Reach**



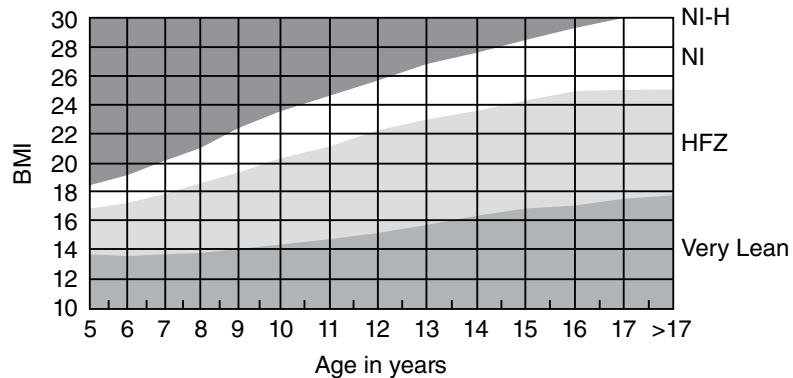
Right Side ■ — ■ ■ Left Side ● — ● ●

## Body Size and Body Composition

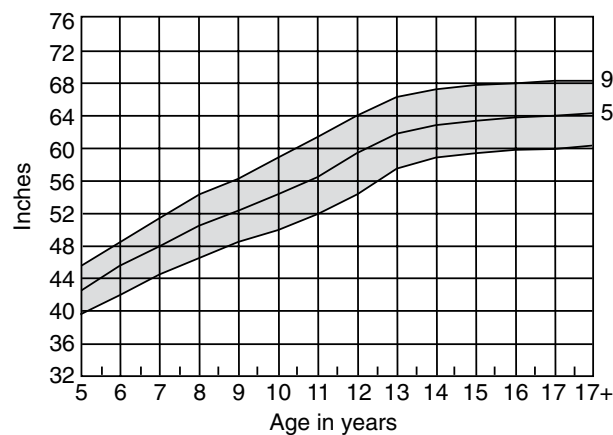
**Girl's Percent Body Fat**



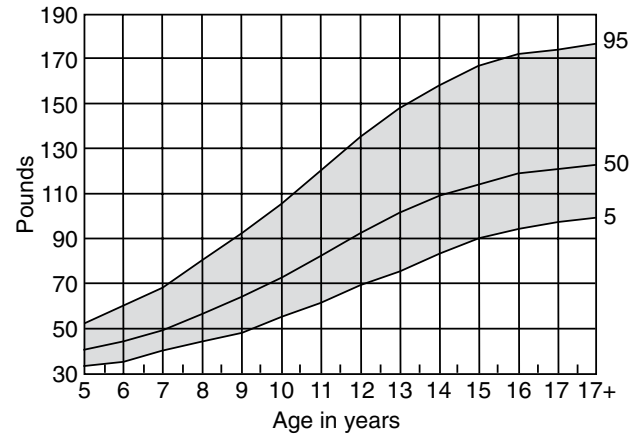
**Girl's Body Mass Index**



**Girl's Height**



**Girl's Weight**



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Height and weight charts adapted from the National Center for Health Statistics and National Center for Chronic Disease Prevention and Health Promotion, 2000. [www.cdc.gov/growthcharts](http://www.cdc.gov/growthcharts)