

FITNESSGRAM ONLINE UPDATE

Each school enters the information for Fitnessgram by grade level. District-level employees can print the report for the county to verify data have been entered for each location and grade level.

WVS.586 – Fitnessgram Online Update

The information is entered by district, school and class. Record the number in the fitness zone and the number out of the fitness zone for each category.

Enter the District number, School Number, Class Level and ACTION code to work with the screen. Pressing ENTER after updating the screen posts changes. Pressing F3 ends the program without posting the last change.

- A Add new records
- B Display a blank screen
- C Change existing information
- D Delete record
- I Look at existing information
- P Print the screen

WVS		Fitnessgram School Online Update		WVS.586	
District:	___	Action:	__ (A,B,C,D,I,P)	<u>Action Codes</u>	
School:	___			A=ADD	
Class:	___			B=BLANK	
				C=CHANGE	
				D=DELETE	
				I=INQUIRE	
				P=PRINT	
Category	Number In Fitness Zone	Number Out Fitness Zone			
1. Aerobic Capacity	___	___			
2. Body Composition	___	___			
3. Curl-up	___	___			
4. Upper Body Strength	___	___			
5. Flexibility	___	___			
6. Trunk Lift	___	___			
F3=Exit					
Class Changed					

FITNESSGRAM ONLINE UPDATE

WVS.587 – Print Fitnessgram Information

The report can be printed for the entire district, an individual school or an individual grade level. Complete the screen and press ENTER. A message is displayed at the bottom of the screen REPORT PRINTED. Every time the ENTER key is pressed the information is appended to the report for the criteria on the screen.

WVS	Fitnessgram School Print Program	WVS.587
District: 028 HAMPSHIRE COUNTY SCHOOLS		
School: 501 HAMPSHIRE SENIOR HIGH SCHOOL		
Class: —		
F3=Exit F4=Index		
Report Printed		

Date: 02/05/07	West Virginia Department of Education	
Time: 9:22:17	Fitnessgram Results	
District: 0	<input type="text"/>	
School: 501	<input type="text"/>	
Class: 10	<input type="text"/>	
Category	In Range	Out Range
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Aerobic Capacity	25	5
Body Composition	20	10
Curl_Up	26	4
Upper Body Strength	23	7
Flexibility	28	2
Trunk Lift	19	11