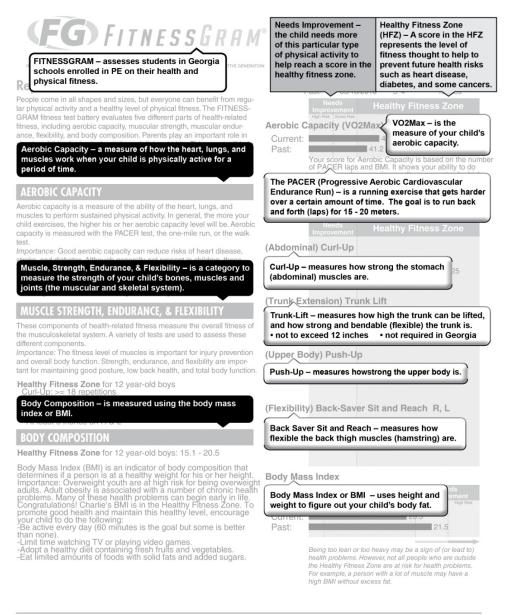
Dear Parent/Guardian:

This school year, your child may have participated in the FITNESSGRAM fitness assessment. A partnership including the Georgia Department of Education and the Georgia Department of Public Health, FITNESSGRAM helps us understand the fitness level of every student in grades 1st to 12th enrolled in a physical education (PE) class. The FITNESSGRAM activities are fun and safe and are not a test or competition between students.

The FITNESSGRAM provides an explanation of your child's fitness level with suggestions of how you can plan daily exercises and proper nutrition to enhance your child's health. Enclosed you will find a confidential FITNESSGRAM report with your child's scores. Below is an example of a FITNESSGRAM. It gives information about each section and how to understand your child's results.



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.

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