Minimum, Maximum and Format Specifications for Fitnessgram Measures in the IHT Assessment Software

- Values outside these ranges will not be accepted and a notification will pop-up to change the value. *If you'd like to go beyond these minimum or maximum values, create a custom measure.*
- For exempt students, place an "x" in the data field. Do not place a "0" as that counts as a score.

Assessment Area	Assessment Measure in Spirit	Unit of Measure	Format	Minimum Data Value	Maximum Data Value	Notes
Body Composition *IHT software will calculate BMI from height and weight*	Height	Inches	1-2 digits *(no decimals)*	45	96	IHT software will not accept values outside of this range
	Weight	Pound	1-3 digits *(no decimals)*	38	500	IHT software will not accept values outside of this range
	Skinfold Tricep	Centimeters	Use caliper tool		75.5	Make a custom measure in Spirit to capture # of cm.
	Skinfold Calf	Centimeters	Use caliper tool		75.5	Make a custom measure in Spirit to capture # of cm
Aerobic Capacity *(Mile and PACER (PACER is the 20 Meter Shuttle)*	1 Mile Run	MM:SS	# of Minutes: Seconds		13:01.0	9-year-olds in grade 4 may receive a score evaluated against standard established for 10-year-olds. All 10-year-olds receive a score regardless of grade level.
	20 Meter Shuttle	Laps	1-2 digits *(no decimals)*	0	247	
Abdominal Strength & Endurance	Curl-Up	Count	# completed	0	75	A whole number 0 - 75 only.
Trunk Strength & Flexibility	Trunk Lift	Inch	# of inches	0	12	A whole number expressed in inches. 0 - 12 only
Upper Body Strength & Endurance	Push-Up	Count	# completed	0	75	A whole number 0 - 75 only.
	Modified Pull-Up	Count	# completed	0	150	A whole number 0 - 150 only.
	Flexed-Arm Hang	MM:SS.MS	# of minutes: seconds	0	999	IHT converts MM:SS.MS to seconds only, per state requirements. 999 seconds = 16 minutes, 39 seconds.
	Sit & Reach	Inch	# of inches not to exceed 12	0	12	IHT software converts inches to a whole number. Student should meet the standard on both right and left side. Record the lowest number between both legs.
Flexibility & Range of Motion	Shoulder Stretch	Yes/No *(1 = No, 2 = Yes)*	Y or N	Y or N	Y or N	IHT software converts "N" into "1" and "Y" into "2" for reporting requirements. HFZ (Yes) = Touching fingertips together behind back. Students must reach this distance on right and left to achieve HFZ

The IHT software collects and reports Fitnessgram test protocols and converts the final PFA Report for state submission.
The performance goal for all test areas is called the Healthy Fitness Zone (HFZ).