

FitnessGram Testing Protocols

To access the FitnessGram testing protocols and the healthy fitness zone criteria go to www.FitnessGram.net/protocols.

Enter your e-mail address and your authorization code is: “VATEACHERS”.
The code is not case sensitive.

Click on each test for testing objectives, instructions, administration, equipment needs, scoring, and other information. The Boys and Girls’ Healthy Fitness Zone Criteria are located at the bottom of the list of tests.

FITNESSGRAM[®] / ACTIVITYGRAM[®]

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*Activity and fitness assessment
and personal physical activity management*

**FITNESSGRAM Test Protocols and
Healthy Fitness Zone Criteria**

Enter your e-mail address and your authorization code to proceed.

E-mail:

Authorization code: If you do not have your code, contact
Vanessa.Wigand@doe.virginia.gov.

USA (toll free): 1-800-747-4457; [outside US contact information](#)
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FITNESSGRAM Test Protocols and Healthy Fitness Zone Criteria

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[Boys Healthy Fitness Zone Criteria](#)
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