








Health and Fitness Progress Report

www3.cpsd.us/fitness/report

The Cambridge Public Schools work to keep children healthy. Every child’s height and weight is checked each spring. The ‘BMI Percentile’ on this Health and Fitness Progress Report shows you your child’s weight range. Children also do fitness tests in Physical Education class. These tests check energy and strength. The Fitness Test scores on this report show how well your child performed in those tests.

Student:	School:	Grade:	Homeroom:
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<h3>Fitness Test Results</h3> <p>Activity and fitness play an important role in ensuring that children grow healthy. Children whom are active build strong bones and muscles and can play and run for along time. In addition active children are more likely to do well in school, feel good about themselves, sleep better at night and have a healthy weight.</p> <p>Heart Health Score Test: Endurance shuttle run This School Year: Last School Year:</p>  <p>Upper Body Strength Score Test: Pull-ups or flexed arm hang This School Year: Last School Year:</p>  <p>Abdominal Strength Score Test: Sit-up test This School Year: Last School Year:</p>  <p>Flexibility Score Test: Sit-and-reach test This School Year: Last School Year:</p>  <p>Agility Score Test: One of a series of tests This School Year: Last School Year:</p>  <p>Outstanding = above the standard. Attainment = meets the standard. Participant = below the standard, needs improvement . No score = unable to participate.</p>	<h3>Body Mass Index (BMI)</h3> <p>BMI- Body Mass Index (BMI) percentiles are based on your child's height and weight, compared to other children of the same age and gender. The BMI percentile listed below shows the range your child is in based on the Center for Disease Control and Prevention (CDC) growth charts. Please note that some children are more muscular or at different stages of growth and this may influence their score. If your child falls into either gray zones he or she may be under or over weight and you should schedule a review of the report with your doctor. Regardless of the results please remember to schedule a yearly check up for your child’s doctor.</p> <p>This School Year Height: BMI: Weight: BMI Percentile:</p> <p>Last School Year Height: BMI: Weight: BMI Percentile:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">0-5% Underweight</td> <td style="width: 33%;">6%-85% Healthy Weight Range</td> <td style="width: 33%;">86% + Overweight</td> </tr> </table> <div style="text-align: right; margin-top: 20px;"> <div style="border: 1px solid blue; padding: 5px; display: inline-block;">Your child’s BMI Percentile</div> </div>	0-5% Underweight	6%-85% Healthy Weight Range	86% + Overweight
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If you have questions or want more information about your child’s Health and Fitness Progress Report you may contact:
PE Teacher: _____ School Nurse: _____