## FitnessGram Overview Report

<table>
<thead>
<tr>
<th>State</th>
<th>Report Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>DE</td>
<td>9/12/2017</td>
</tr>
</tbody>
</table>

### Test Results

- **Aerobic Capacity**
  - Boys: 2720 completed, 1452 in HFZ, 53% in HFZ
  - Girls: 2861 completed, 1014 in HFZ, 35% in HFZ
  - Total: 5581 completed, 2466 in HFZ, 44% in HFZ

- **Body Composition**
  - Boys: 1482 completed, 929 in HFZ, 63% in HFZ
  - Girls: 1769 completed, 1093 in HFZ, 62% in HFZ
  - Total: 3251 completed, 2022 in HFZ, 62% in HFZ

- **Upper Body Strength/Endurance**
  - Boys: 2813 completed, 1521 in HFZ, 54% in HFZ
  - Girls: 2889 completed, 1906 in HFZ, 66% in HFZ
  - Total: 5702 completed, 3427 in HFZ, 60% in HFZ

- **Abdominal Strength/Endurance**
  - Boys: 2823 completed, 2186 in HFZ, 77% in HFZ
  - Girls: 2961 completed, 2247 in HFZ, 76% in HFZ
  - Total: 5784 completed, 4433 in HFZ, 77% in HFZ

- **Trunk Extensor Strength**
  - Boys: 2320 completed, 1868 in HFZ, 81% in HFZ
  - Girls: 2504 completed, 2143 in HFZ, 86% in HFZ
  - Total: 4824 completed, 4011 in HFZ, 83% in HFZ

- **Flexibility**
  - Boys: 2389 completed, 1972 in HFZ, 83% in HFZ
  - Girls: 2569 completed, 1735 in HFZ, 68% in HFZ
  - Total: 4958 completed, 3707 in HFZ, 75% in HFZ

### Graph

- % in HFZ: Aerobic Capacity (53% Boys, 63% Girls), Body Composition (62% Boys, 62% Girls), Upper Body Strength/Endurance (54% Boys, 60% Girls), Abdominal Strength/Endurance (77% Boys, 76% Girls), Trunk Extensor Strength (81% Boys, 83% Girls), Flexibility (68% Boys, 75% Girls).

### Table

<table>
<thead>
<tr>
<th>Test</th>
<th>Boys</th>
<th>Girls</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td># Boys Completed</td>
<td>% Boys in HFZ</td>
<td># Girls Completed</td>
</tr>
<tr>
<td>Aerobic Capacity</td>
<td>2720</td>
<td>53%</td>
<td>2861</td>
</tr>
<tr>
<td>Body Composition</td>
<td>1482</td>
<td>63%</td>
<td>1769</td>
</tr>
<tr>
<td>Upper Body Strength/Endurance</td>
<td>2813</td>
<td>54%</td>
<td>2889</td>
</tr>
<tr>
<td>Abdominal Strength/Endurance</td>
<td>2823</td>
<td>77%</td>
<td>2961</td>
</tr>
<tr>
<td>Trunk Extensor Strength</td>
<td>2320</td>
<td>81%</td>
<td>2504</td>
</tr>
<tr>
<td>Flexibility</td>
<td>2389</td>
<td>83%</td>
<td>2569</td>
</tr>
</tbody>
</table>