

FitnessGram Export

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The extract file name is FG_Extract_SchoolYear_CampusID+.csv (e.g., FG_Extract_2019_001.csv).

If the district is submitting a district-wide FitnessGram file, copy each campus extract into one file, and remove the campus ID from the name (e.g., FG_Extract_2019.csv). Save the exported document as a .csv file.

	Column	Type	Max Length	Valid Values	Description
A	SchoolID *	Alphanumeric	9		CountyDistrict+CampusNumber
B	School Name*	Alphanumeric	50		Name of school.
C	Test Date*	Alphanumeric	35		mm/dd/yyyy or m/dd/yyyy
D	StudentGrade*	Alphanumeric	10	3-12	
E	StudentGender*	Alphanumeric	1	m, f, M, F	
F	Height	Numeric			Expressed in inches.
G	Weight	Numeric			Expressed in pounds.
H	Skinfold Tricep	Numeric			
I	Skinfold Calf	Numeric			
J	1 Mile Run (Minutes)	Numeric			
K	1 Mile Run (Seconds)	Numeric		0-59	
L	PACER Laps	Numeric		0-300	
M	1 Mile Walk (Minutes)	Numeric			
N	1 Mile Walk (Seconds)	Numeric		0-59	
O	1 Mile Walk Heart Rate	Numeric			
P	Curl Up	Numeric		0-75	
Q	Trunk Lift	Numeric		0-12	Expressed in inches.
R	Push Up	Numeric		0-99	
S	Modified Pull Up	Numeric		0-999	
T	Flexed Arm Hang	Numeric		0-999	Expressed in seconds
U	Back Saver Sit & Reach-Left	Numeric		0-12	Expressed in inches.
V	Back Saver Sit & Reach-Right	Numeric		0-12	Expressed in inches.
W	Shoulder Stretch-Left	Numeric		1 or 2	1 = No; 2 = Yes
X	Shoulder Stretch-Right	Numeric		1 or 2	1 = No; 2 = Yes
Y	IsHispanicLatino	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No
Z	IsAmericanIndianAlaskaNative	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No
AA	IsAsian	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No
AB	IsBlackAfricanAmerican	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No
AC	IsNativeHawaiianOtherPacificIslander	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No
AD	IsWhite	Alphanumeric		1, 0, or blank	1 = Yes; 0 or blank = No

*Required

Notes:

- Staff data is from Human Resources > Maintenance > Staff Demo. If the district does not use ASCENDER Business, columns for staff information are blank.
- Do not use commas in the data fields; commas will cause the import to fail. If there is a comma in an email field, the email field will be blank when it is exported.
- Do not enter blank spaces in fields that will be empty.
- Do not insert blank rows into the file.



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