



Fit-tastic After School Program evaluation results:

Out of 6 health indices (BP, Obesity, Flexibility, Push-ups, Sit-ups, Long Jump), how many improved for each child?

School	Total	1	2	3	4	5	6
Washington	21	21 (100)	17 (81)	9 (43)	4 (20)	2 (10)	0
Humke	12	12 (100)	12 (100)	9 (75)	3 (25)	1 (08)	0
Mead	9	9 (100)	9 (100)	8 (89)	4 (45)	0	0
Howe	12	12 (100)	12 (100)	10 (83)	4 (33)	2 (17)	1 (08)
Port Edwards	17	17 (100)	17 (100)	15 (88)	10 (59)	6 (35)	0

School	Total	1	2	3	4	5	6
Lincoln	8	8 (100)	8 (100)	5 (63)	1 (13)	0	0
Youth Net	5	5 (100)	5 (100)	4 (80)	2 (40)	0	0
Auburndale	15	15 (100)	15 (100)	13 (87)	10 (67)	3 (20)	0
Grant	8	8 (100)	8 (100)	7 (88)	4 (50)	0	0
Pittsville	5	5 (100)	4 (80)	1 (20)	0	0	0

10 Fit-tastic schools total

112 children participants with all 6 health/fitness indices measured at pre/post assessments

- 100% improved at least 1 health/fitness outcome
- 96% improved at least 2 health/fitness outcomes
- 72% improved at least 3 health/fitness outcomes
- 38% improved at least 4 health/fitness outcomes
- 13% improved at least 5 health/fitness outcomes
- 1 child improved all 6 health/fitness outcomes