The quality of physical fitness is very important for elementary school students in order to keep fit to study and socialize the society, and develop motor, affective, and cognitive aspects. The research aimed to find out, control, and improve the elementary school students' physical fitness. The research design is Research and Development applied “cross-sectional” by using a qualitative and quantitative method. The phases of the research involve: (1) measuring elementary school students' physical fitness, involving 204 male and 212 female by using purposive sampling technique. (2) Developing the physical fitness control book for elementary school students. (3) Trying out the implementation of physical fitness control book to the 5th grade of elementary school students involving 28 male and 34 female. The instrument of the research is Indonesian Physical Test. The result of the research shows that most of the students' physical fitness inadequate and poor category while a few of them is in a good, very good, and very poor category. Through limited try out of the control book, it is found that the male students’ mean scores increased into 1,036 and the female students’ score increased into 0,764. There is an improvement of physical fitness.