How to Access the Welnet Website
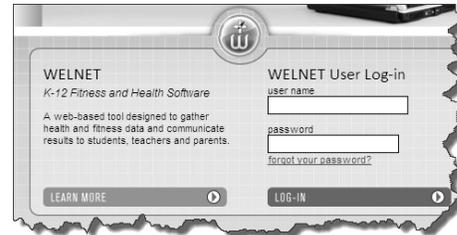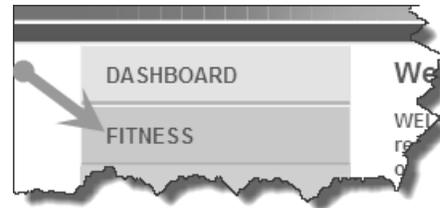
Step 1 – Visit the Focused Fitness Website	http://www.focusedfitness.org/
Step 2 – Enter the login information provided by your Healthful Living teacher in the Welnet area on the bottom-left of the page. Your username will be your Powerschool (lunch) ID number and your password is your last name.	WELNET *K-12 Fitness and Health Software* A web-based tool designed to gather health and fitness data and communicate results to students, teachers and parents. LEARN MORE WELNET User Log-in user name password forgot your password? LOG-IN
Step 3 – Click the Fitness tab on the left side of the page	DASHBOARD FITNESS
Step 4 Look at historical data to see how you've done on previous fitness assessments (A & B) and Set personal improvement goals for the next time you record your scores (C)	**Fitness Measurements** *(Fitness Measurements table with BMI, Height, Weight, Back Saver Sit and Reach Left/Right - Inches, Trunk Lift, Push-Ups with Cadence, Curl-Ups with Cadence, Shuttle Run - 20 Meter)* Minimum Health Related Standards: 14.2-19.4, 8, 8, 9-12, 7, 12, 23 School: Hillview Elementary School Teacher: Brooks, Barbara Grade: 5 Semester: YR Pre: 21.05, 4'0", 69, 8, 8, 6, 6, 4, 0 Goal: 8, 8, 9, 8 Save Information C Scores printed in bold have met the standard, underlined scores have not met the standard, other scores have not been measured against a standard. *(Bar charts: BMI, Back Saver Sit and Reach Left Inches, Back Saver Sit and Reach Right Inches, Trunk Lift, Push-Ups with Cadence, Curl-Ups with Cadence)* B **History** 08/03/11 - Pre: 15.87, 4'0", 52, 5, 2, 7, 22 08/03/10 - Pre: 14.65, 4'0", 48, 5, 3, 3, 11 08/03/09 - Pre: 16.66, 3'9", 48, 7, 3, 1, 28