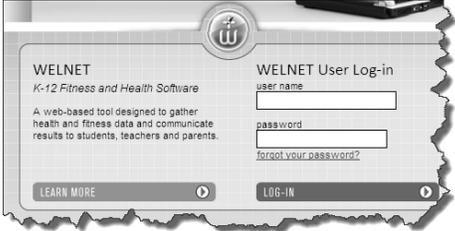
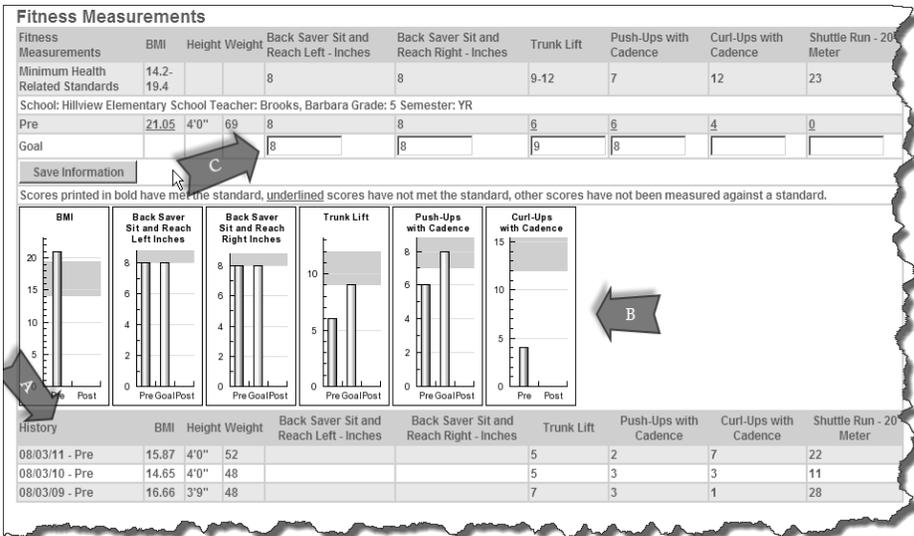


## How to Access the Welnet Website

<p>Step 1 - Visit the Focused Fitness Website</p>																																																																																											
<p>Step 2 - Enter the login information</p> <p>Your Username: <u>Powerschool ID # (lunch number)</u></p> <p>Your Password: <u>Last Name (include hyphens &amp; spaces)</u></p>																																																																																											
<p>Step 3 - Click the Fitness tab on the left side of the page</p>																																																																																											
<p>Step 4</p> <p>Look at historical data to see how you've done on previous fitness assessments (A &amp; B) and Set personal improvement goals for the next time you record your scores (C)</p>	 <p><b>Fitness Measurements</b></p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: small;"> <thead> <tr> <th>Fitness Measurements</th> <th>BMI</th> <th>Height</th> <th>Weight</th> <th>Back Saver Sit and Reach Left - Inches</th> <th>Back Saver Sit and Reach Right - Inches</th> <th>Trunk Lift</th> <th>Push-Ups with Cadence</th> <th>Cur-Ups with Cadence</th> <th>Shuttle Run - 20 Meter</th> </tr> </thead> <tbody> <tr> <td>Minimum Health Related Standards</td> <td>14.2-19.4</td> <td></td> <td></td> <td>8</td> <td>8</td> <td>9-12</td> <td>7</td> <td>12</td> <td>23</td> </tr> <tr> <td colspan="10">School: Hillview Elementary School Teacher: Brooks, Barbara Grade: 5 Semester: YR</td> </tr> <tr> <td>Pre</td> <td><u>21.05</u></td> <td>4'0"</td> <td>69</td> <td>8</td> <td>8</td> <td>6</td> <td>6</td> <td>4</td> <td>0</td> </tr> <tr> <td>Goal</td> <td></td> <td></td> <td></td> <td>8</td> <td>8</td> <td>9</td> <td>8</td> <td></td> <td></td> </tr> </tbody> </table> <p>Save Information</p> <p>Scores printed in bold have met the standard, <u>underlined</u> scores have not met the standard, other scores have not been measured against a standard.</p> <p>History</p> <table border="1" style="width: 100%; border-collapse: collapse; font-size: x-small;"> <thead> <tr> <th>History</th> <th>BMI</th> <th>Height</th> <th>Weight</th> <th>Back Saver Sit and Reach Left - Inches</th> <th>Back Saver Sit and Reach Right - Inches</th> <th>Trunk Lift</th> <th>Push-Ups with Cadence</th> <th>Cur-Ups with Cadence</th> <th>Shuttle Run - 20 Meter</th> </tr> </thead> <tbody> <tr> <td>08/03/11 - Pre</td> <td>15.87</td> <td>4'0"</td> <td>52</td> <td></td> <td></td> <td>5</td> <td>2</td> <td>7</td> <td>22</td> </tr> <tr> <td>08/03/10 - Pre</td> <td>14.65</td> <td>4'0"</td> <td>48</td> <td></td> <td></td> <td>5</td> <td>3</td> <td>3</td> <td>11</td> </tr> <tr> <td>08/03/09 - Pre</td> <td>16.66</td> <td>3'9"</td> <td>48</td> <td></td> <td></td> <td>7</td> <td>3</td> <td>1</td> <td>28</td> </tr> </tbody> </table>	Fitness Measurements	BMI	Height	Weight	Back Saver Sit and Reach Left - Inches	Back Saver Sit and Reach Right - Inches	Trunk Lift	Push-Ups with Cadence	Cur-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	<u>21.05</u>	4'0"	69	8	8	6	6	4	0	Goal				8	8	9	8			History	BMI	Height	Weight	Back Saver Sit and Reach Left - Inches	Back Saver Sit and Reach Right - Inches	Trunk Lift	Push-Ups with Cadence	Cur-Ups with Cadence	Shuttle Run - 20 Meter	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
Fitness Measurements	BMI	Height	Weight	Back Saver Sit and Reach Left - Inches	Back Saver Sit and Reach Right - Inches	Trunk Lift	Push-Ups with Cadence	Cur-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	<u>21.05</u>	4'0"	69	8	8	6	6	4	0																																																																																		
Goal				8	8	9	8																																																																																				
History	BMI	Height	Weight	Back Saver Sit and Reach Left - Inches	Back Saver Sit and Reach Right - Inches	Trunk Lift	Push-Ups with Cadence	Cur-Ups with Cadence	Shuttle Run - 20 Meter																																																																																		
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																																																																																		