

****Logging in to our WelNet / Focused Fitness Website****

STEP 1 : go to this website <https://www.focusedfitness.org/>

STEP 2 : at the top of the page, you will click the LOGIN arrow

STEP 3 : type your username...this is your 7-digit ISD STUDENT ID #
(Which is in Family Access under your picture example 4309876)

STEP 4 : type your password...this your complete LAST NAME,
all lowercase letters (example skywalker)
*if your last name is hyphenated, include the hyphen
(example knowles-carter)
*if you have two last names with a space, include the space
(example kardashian west)

STEP 5 : You should now be logged into the WelNet Site. Feel free to scroll down to the part that says "My History". If you click on the word *FITNESS*, you can see all your scores from previous fitness tests you've completed!

**We will eventually be working with the Behavior Logs at the top of the page. After spring break, you will receive an assignment to keep a weekly Activity Log. More directions to come April 20th!*

If you need help logging in, please email your teacher, and be sure to include your first and last name, and what period you are in somewhere in the text of your email!