Please follow the instructions to review your fitness goals and scores and written assessments

1. Use Safari Only … others will not allow you to save
2. Type [www.focusedfitness.org](http://www.focusedfitness.org)
3. Find login for WELNET on lower left hand of screen
4. Enter Information:
5. Username – use student ID #
6. Password - use your last name
7. Click on Available Tasks
8. Goal setting – do not set a goal for the 15 meter pacer
9. Five for Life Advanced Cumulative Pre-Assessment
10. Save all information