How to Access the Welnet Website

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| Step 1 – Visit the Focused Fitness Website | C:\DOCUME~1\BGLEND~1\LOCALS~1\Temp\SNAGHTML9c01706.PNG |
| Step 2 – Enter the login information provided by your Healthful Living teacher in the Welnet area on the bottom-left of the page | C:\DOCUME~1\BGLEND~1\LOCALS~1\Temp\SNAGHTML9c3792c.PNG |
| Step 3 – Click the Fitness tab on the left side of the page |  C:\DOCUME~1\BGLEND~1\LOCALS~1\Temp\SNAGHTML9cb1933.PNG |
| 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) | C:\DOCUME~1\BGLEND~1\LOCALS~1\Temp\SNAGHTML9d4d553.PNG |

Your Username \_\_\_Student ID NUMBER

Your Password \_\_\_Student LAST NAME