



DAILY FIT LOG SM
FITNESS TECHNOLOGY

Davidson Fine Arts Magnet Student Welcome Pack

DFL Parent Letter

DFL Student Participation Contract

Initial Login sheet

Joining Classes Sheet

Dear Parents,

The Davidson Fine Arts Magnet School Health and Physical Education Department would like to take this opportunity to introduce a unique health and wellness initiative that will be taking place at our school. This technology-driven program will assist our staff in creating physically active lifestyles for our students. Knowing that childhood obesity statistics are higher than ever, Davidson Fine Arts Magnet School has selected to implement DailyFitLog.com as part of your child's Health and Physical Education program. The purpose of the initiative is to motivate students to participate in sixty minutes a day of physical activity and also learn essential skills to remain physically active for a lifetime.

DailyFitLog.com is a web based program designed specifically to work in conjunction with the Health and Physical Education curriculum. The integration of this program will allow our school to meet a number of mandated state and national physical education standards. To do so students will be asked to log their daily physical activity onto the website including activities from both inside and outside of school. This feature will enable our Physical Education staff to monitor how physically active their students have been and then use that data to help students identify strengths and weakness in their physical activity habits. To commence the use of Daily Fit Log, each student will be provided with a username and temporary password and at the time of their first login, each student will be prompted to create a new, permanent password. Each student account will contain their name, grade, gender, birthday (calculates age) and year of graduation. This information will be used to identify each individual student and their corresponding fitness data on the site.

We are excited about infusing this technology component into our physical fitness program here within the Davidson Fine Arts Magnet School. It is also imperative for parents to be aware that when a student uses this website while at home, they can be assured that the information relative to this site is completely safe and secure. It is our hope that the Davidson Fine Arts Magnet School in conjunction with all parents will encourage their children to use this unique program in order to promote a healthy and active lifestyle through daily participation in physical activity.

Sincerely,



DFL Student Participation Contract

By signing this contract, I, _____, agree to the following terms:

- I understand that I may be responsible for using the tools within Daily Fit Log to plan out my physical activity weekly.
- I understand that as I form and continue to build a healthy routine, I am responsible to create both *short* and *long-term goals*. My monthly *short-term goals* should help bring me closer to my final *long-term goal*.
- I understand that I am expected to log my activity daily. I will be honest with my logs so my grades will be a valid result of my work.
- I understand that if it is suspected that my logging is altered or untrue, my grades will be negatively affected.
- I understand that I must complete *Monthly Reflection Sheets*, as well as one *Midway* and one *Final Reflection Sheet*. They will contain a review of my past performance.
- I understand that Daily Fit Log can help me form a healthy lifestyle through daily use of the program. As long as I understand and follow these terms, I can expect positive results.

Print Name: _____

Signature: _____

Date: _____

DFL Student Account – Initial Login Sheet

Davidson Fine Arts Magnet School

Student User Name and Temporary Password

Your Username is created with your **First Name, Last Name** and your **School's User Name Suffix (DFA)**. An example of your username would be: *firstname.lastname.dfa*

****Don't forget the periods between your first name, last name and user name suffix****

Your Temporary Password is (CASE SENSITIVE): davidson1

Login to Daily Fit Log

1. Go to www.dailyfitlog.com
2. Click **Login**.



3. Enter your User Name and Password, and then click **Login**.

Your First Login

1. The first time you login to **Daily Fit Log** you have to create a new password. First, enter your temporary password.
2. Create a new password.
 - Your new password must be at least 5 characters long.
 - Your new password can contain letters **OR** numbers.
 - Make sure your password is easy to remember, but not something anyone can guess.
 - Keep your password in a safe spot! If you lose or forget your password, your teacher can either give it to you, or reset it for you.
3. If you agree to **Daily Fit Log's** Terms of Use and Privacy Policy, click **Yes** and then click **Submit**.

(DFL Student Account – Initial Login sheet continued...)

Entering in Your Information

The first time you login, you will be on the **My Profile** page. You must enter in your **Student Information**. This can only be entered in during your first login.

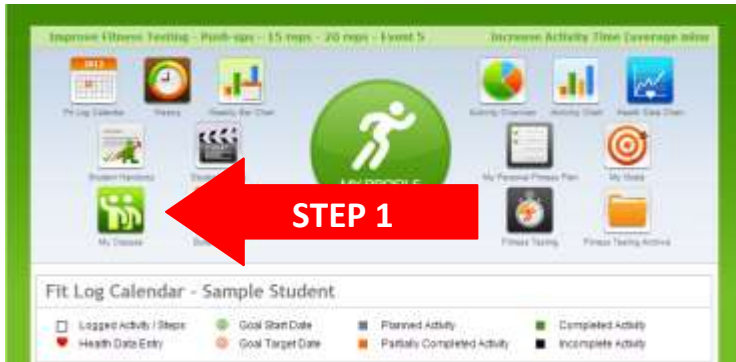


The screenshot shows the 'My Profile' page of the DFL Student Account. At the top, there is a navigation bar with various icons for 'Fit Log Calendar', 'History', 'Weekly Sit Chart', 'Activity Overview', 'Activity Chart', 'Health Data Chart', 'Student Resources', 'Student Videos', 'My Personal Fitness Plan', 'My Goals', 'My Classes', 'Student Support', 'Fitness Testing', and 'Fitness Testing Archive'. In the center is a large green circular button labeled 'MY PROFILE' with a white silhouette of a person running. Below this is the 'Student Information' form. The form contains the following fields: 'First Name: Sample', 'Last Name: Student', 'Gender: Please Select', 'Birthday: Month | Day | Year', 'School: DFL School', 'Grade: Please Select', and 'Year of Graduation: Please Select'. A red arrow points from the text 'Select Edit to enter your information When you are done, click Save.' to a green 'Edit' button. A 'Save' button is also visible to the right of the 'Edit' button.

1. Select **Edit**.
2. Make sure your name is spelled correctly.
3. Enter the following information:
 - a. **Gender** – male or female. (this field must be entered)
 - b. **Birth day** – Month, day, and year. (this field must be entered)
 - c. **Grade** – your current grade. (this field must be entered)
 - d. **Year of Graduation** – (from the school you are **currently** attending).
4. Select **Save**.

DFL Student Account – Joining Classes Sheet

Step 1 – Click on the MY CLASSES icon.



Step 2 – Click the ADD button



STEP 3 – Select your TEACHER

STEP 4 – Select the class you are in.

