***DIRECTIONS FOR SETTING GOALS IN WEL-NET.***

***In Wel-Net you will set goals for Mile, Pacer, Sit and Reach, and Sit-ups.***

***Remember all goals should be realistic***

**Goal Setting**

**To enter goals as a student**

1.       Type [www.focusedfitness.org](http://www.focusedfitness.org/)

2.       Find login for WELNET on lower left hand side of screen

3.       Enter login information as a student

a.       User name: student ID number

***Your student ID is your powerschool ID number***

b.      Password: student's last name

***Your password is your last name***

4.       Click on "Fitness"

5.       Fill in goals for each fitness test

6.       Click "Save"

7.       When complete, click on "Log Out" at top of page

***2nd***

***You need fill out the paper goal sheet for each fitness score as well.***

***3rd***

***You need to update your fitness card.***