

At-Home Assignment 2a: Creating an Online Fitlinxx Account

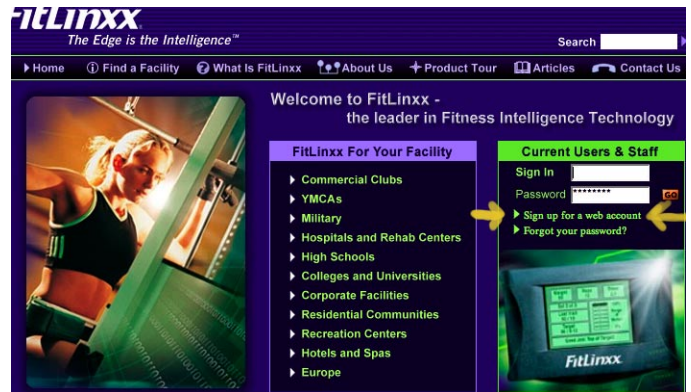
PE 9A: Fit or Fat

Name:

In order for us to be able to communicate most effectively, and for you to get the most out of your Fitlinxx experience, you'll need to create an online account at the Fitlinxx website.

Materials Needed: a Fitlinxx account that has been set up long enough for your information to have been uploaded onto Fitlinxx's servers (typically 24-48 hours after your account is created at City College); your 5-digit Fitlinxx ID number; a computer with an internet connection and a browser, such as Firefox, Mozilla, or Internet Explorer.

Procedures: Open a browser window, and navigate to <http://fitlinxx.com> by typing "fitlinxx.com" into the address line of the browser. In the green box titled



Current Users and Staff, click the *Sign up for a Web Account* link.

The next page is your general contact information the website will use to find your account. Type in your contact information (name, city, state, zip code) in the spaces provided. Below the contact information, select a Fitlinxx Online user name (this is different from your 5-digit ID -- you'll use this for the website only), and password, and a Security Question and Answer in case you forget your password. Click the

Submit button when you're finished.

The next page asks for your City College-specific Fitlinxx information. Type your 5-digit Fitlinxx ID (the one you use in the Fitness Center) in the space provided at the top. The *State/Province* box should already display *California*, and the *Country* box should already display *United States*. In the *Facility Name* box, scroll down and select *City College of San Francisco*. **Read the *Fitlinxx Service Agreement*** so you understand what they offer and what your rights are, and then click the radio button next to *I AGREE to the Service Agreement above*. Now click the *Submit* button.

If everything worked, the next page should say something like Congratulations, and you'll see a little pop-up that reminds you of your user name and password for the website.

Once you're logged into the website, the interface should default you to a section called *My Workout*. The navigation bar along the left margin is contextual, and changes with the section you're in. Under the *My Workout* section in the navigation bar on the left, there is a *Messages* option. Click on the *Messages* link, and then *Compose* -- your only choice should be to send a message to me (your instructor). In the message box, type "Assignment 2A" and then click the *Send* button.

After creating your account and sending a message to me, please continue to Assignment 2B.

FitLinxx Online Registration

Enter Your Contact Information:

First Name: Last Name:
City (Country, Province, etc.): State/Province: Country:
Zip/Postal Code: Email:

Select a FitLinxx Online username and password:

Username: Password: [Need help selecting a Username?](#)
Both Username and Password fields are case sensitive.

IN THE EVENT OF FORGOTTEN PASSWORDS:
Choose a question to which only you know the answer and which has nothing to do with your password. If you forget your password, we'll verify your identity by asking you this question:
Question:
Answer:

Enter your FitLinxx ID (Kiosk Pin) #:
Note: If you don't have a Kiosk PIN, please obtain one from your facility fitness instructor.

State/Province: Facility Name: (Why isn't my facility listed?)

Country:

FitLinxx Service Agreement

The FitLinxx(r) World Wide Web site service and the functions, facilities, and services related thereto, including without limitation any special programs in which you enroll or participate (the "Service") is operated and maintained by FitLinxx, Inc., a corporation, its subsidiaries and affiliates (collectively "FitLinxx", at the URL: <http://www.fitlinxx.com>). The Service is for use solely by individuals or entities who are authorized by FitLinxx to use it. You must be at least 18 years of age to use the Service. This Agreement sets forth the terms and conditions of your use of the Service and your responsibilities as a user of the Service. By using the Service, you represent to FitLinxx that you are at least 18 years of age and you agree to use the Service in strict accordance with, and to be

To complete the Registration process, you must Agree to the Service Agreement above and to the information set forth in the [FitLinxx Privacy Policy Statement](#).

I AGREE to the Service Agreement above.
 I DO NOT AGREE to the Service Agreement above.

Assignment 2b: Activity Logs

PE 9A: Fit or Fat

Name: _____

The key to lifelong fitness is committing to an active lifestyle. In an age of cars, elevators and mail order, everyday life is no longer physically demanding. As a result, we must make an extra effort to remain active. Before planning an all-out exercise program, look at your current activity. List moderate to high-level activities you did last week -- intense enough that you couldn't sing during them, but easy enough you could still speak.

Date	Activity	Intensity/Distance	Session Length

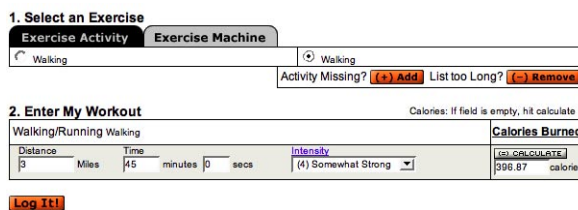
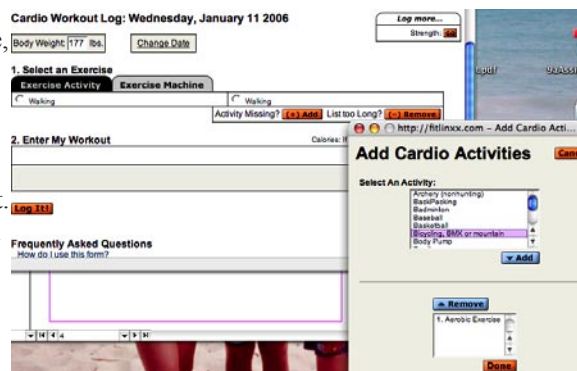
If you currently accumulate less than 20 minutes of activity per day, introduce daily activity in short but frequent bouts -- every bit counts. Aim to accumulate at least 30 minutes per day of activity. Jumping into long workouts now will be frustrating. Increase session length and/or intensity by no more than 5% per week. Daily activity is important, because constant reminders enforce a long-term active lifestyle. For example: park farther from school or get off the bus early; walk/jog during breaks. Walk to the market -- you'll boost activity, and be less inclined to buy junk food since it's more to carry! Chosen activities depend on factors such as interests, time and physical constraints, and equipment availability. Weather permitting, try doing both indoor and outdoor activities.

Next, note how much television you watch. People who watch more tv generally are more sedentary, eat more snacks, and are generally more obese. When you watch tv, not only are you sedentary, but you're exposed to food commercials that may influence your eating habits. When you sit down to watch tv this week, note how long you watch and what you ate. How many hours did you watch this week? _____ Do you tend to snack while watching tv? _____ Do you feel most of the programs you watch are necessary, or do you just watch because you have nothing else to do? _____

Assignment

Check the class schedule for this week's physical activity requirements. Log your activities onto the Fitlinxx system. When you log onto the Fitlinxx website, you'll be in the *My Workout Section*. In the *Log A Workout* box on the right, select the date you want to log in the calendar. In section 2, click the *Go* button next to *Cardio Activity*. On the next page, add cardio activities you normally do by clicking the *Add* button, then selecting and adding activities from the list that appears. When you click *Done*, the activities should appear on your exercise list. Click the radio button next to the exercise form you did, then fill in the details in the boxes that appear. Click *Log It* to finish.

When you finish logging all your activities, click *My Workout* in the left navigation bar. Click *Full Stats* under *Workout Notebook*. On the following page, click *Workouts*. In the blue header that says *Select Time Period*, select the time period from the previous Monday to the ending Sunday before class in the calendar pop-ups. **When the results appear, print out this page and submit it to me with this assignment sheet.** In the left navigation bar, click "*Cardio*." Choose "*Summary by Date*" and the same date range. **Print this page as well.** Don't print your results until all your exercise for the week is logged!



Cardio						
Summary By Date	Detail Log	CV Time	By Exercise			
Breakdown	Calories	By Date				
Select Time Period:						
<input checked="" type="radio"/> This Month <input type="radio"/> Last Month <input type="radio"/> Year to Date <input type="radio"/> Lifetime						
<input checked="" type="radio"/> Custom from: 7/1/2007 > to: 7/31/2007 > go						
Visit Date	Exercise	Sessions	Time	Calories		
7/27/2007	Life Fitness Cross Trainer 9500	1	0:15:08	171		
7/27/2007	Walking	1	0:30:00	0		
7/25/2007	Life Fitness Treadmill 9500HR	1	0:30:13	289		
7/25/2007	Walking	1	0:35:00	0		
7/23/2007	Life Fitness Treadmill TR9500 HR	1	0:01:37	193		
7/22/2007	Windsurfing	1	2:00:00	763		
7/18/2007	Dancing	1	1:30:00	286		
7/16/2007	Life Fitness Treadmill 9500HR	1	0:25:00	239		
7/16/2007	Walking	1	0:35:00	0		
7/11/2007	Dancing	1	1:30:00	286		
7/9/2007	Life Fitness Cross Trainer 9500	1	0:16:17	193		
7/6/2007	Life Fitness 95Ti Treadmill	1	0:22:15	210		
7/3/2007	Life Fitness Cross Trainer 9500	1	0:16:28	193		
7/2/2007	Life Fitness Treadmill 9500HR	1	0:25:43	349		
7/2/2007	Walking	1	0:40:00	0		
TOTALS		15	9:52:41	3,172		

Can I change my workout data?

Select Time Period:							
<input checked="" type="radio"/> This Month <input type="radio"/> Last Month <input type="radio"/> Year to Date <input type="radio"/> Lifetime							
<input checked="" type="radio"/> Custom from: 12/1/2005 > to: 12/31/2005 > go							
Visit Date	FitPoints	Total Wt (lbs.)	Stations	Sets	Reps	CV (min)	Cals
12/11/2005	225	0	0	0	0	45	397
12/10/2005	225	0	0	0	0	45	397
12/9/2005	225	0	0	0	0	45	397
12/7/2005	225	0	0	0	0	45	397
12/6/2005	225	0	0	0	0	45	397
12/5/2005	225	0	0	0	0	45	397
12/2/2005	225	0	0	0	0	45	397
12/1/2005	225	0	0	0	0	45	397
TOTALS	1,800	0	0	0	0	360	3,176