



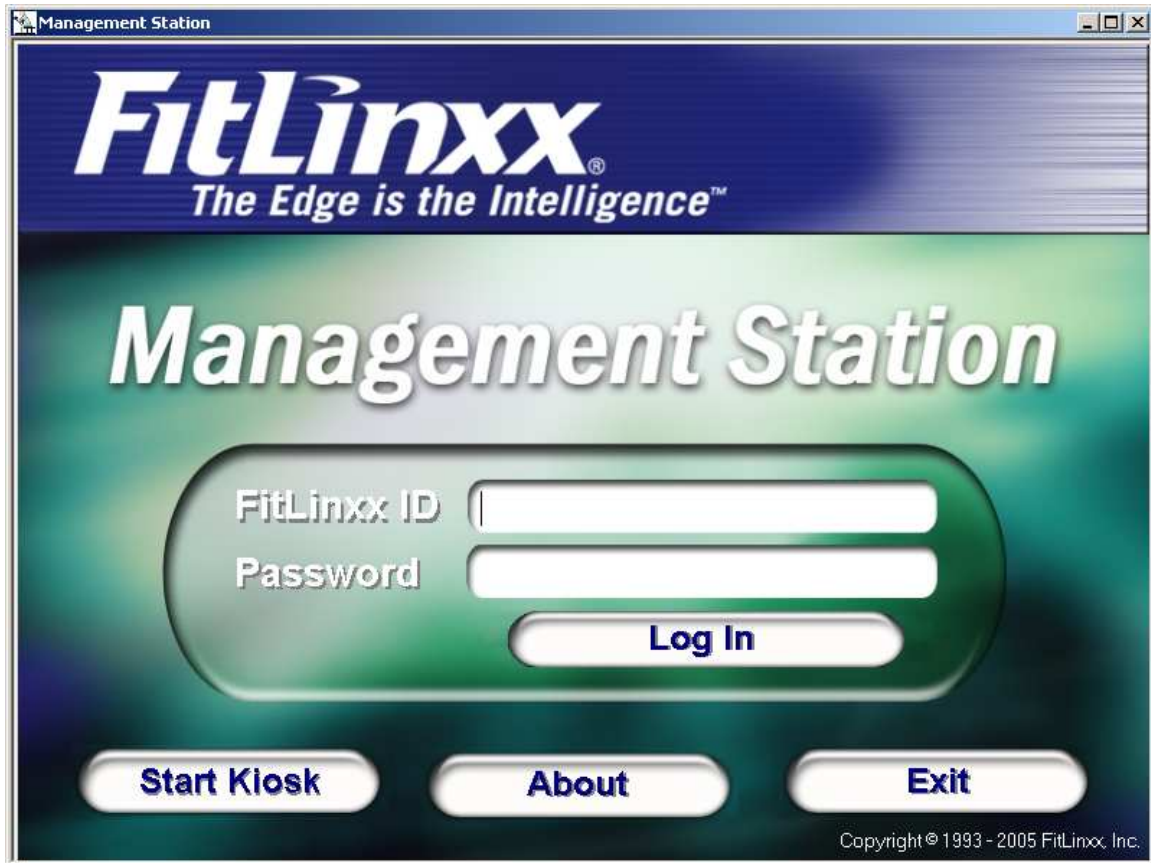
FitLinxx Release 8.2

Body Trends User's Guide

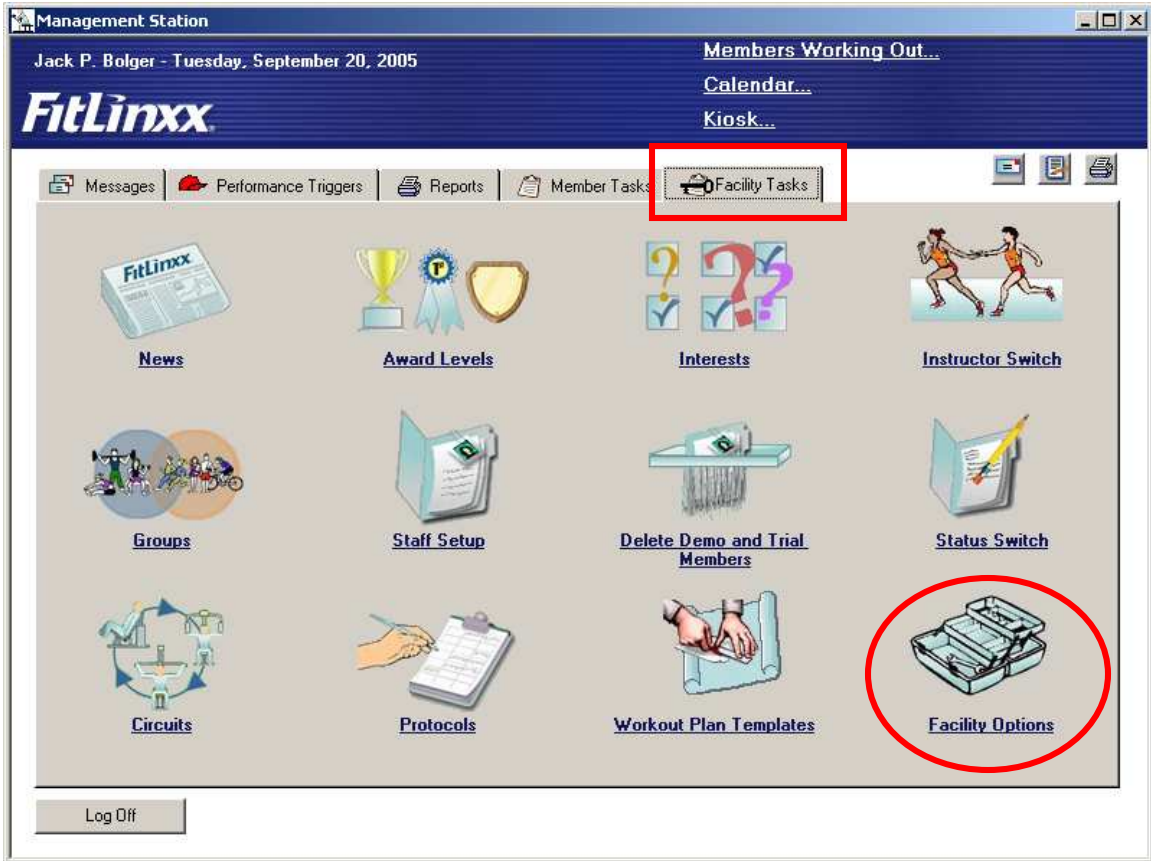
Imagine being able to track member wellness, exercise performance and fitness results all within FitLinxx. With Body Trends, the newest feature added to FitLinxx, you can. Body Trends is a tool to track and display trend information for anthropometric & physiological measurements, relevant to your members' wellness.

Turning on Body Trends for your Facility

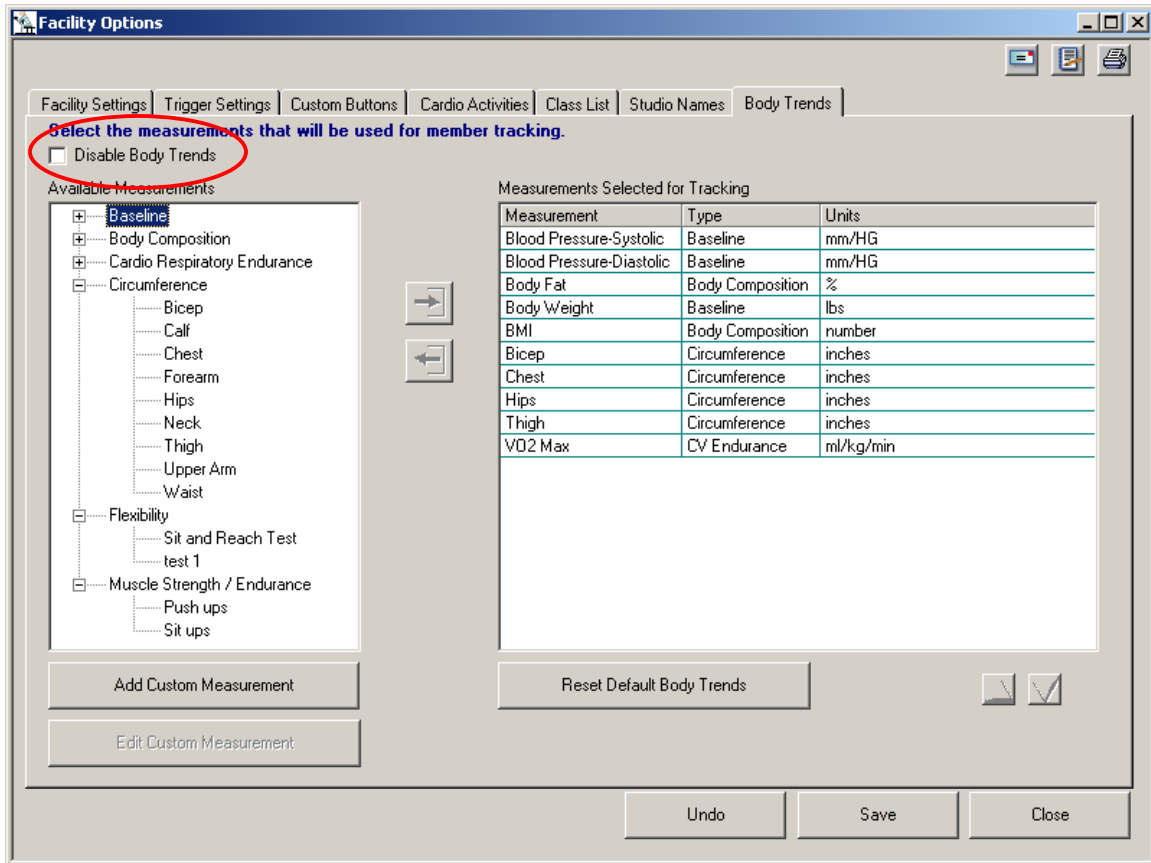
The following steps are to be used as a guide for Administrators to enable the Body Trends feature within FitLinxx.



- Enter your FitLinxx Administrator ID and Password to log into FitLinxx.
- Hit the **“Enter”** button on your keyboard.
- To access Body Trends click on the **Facility Tasks** tab.



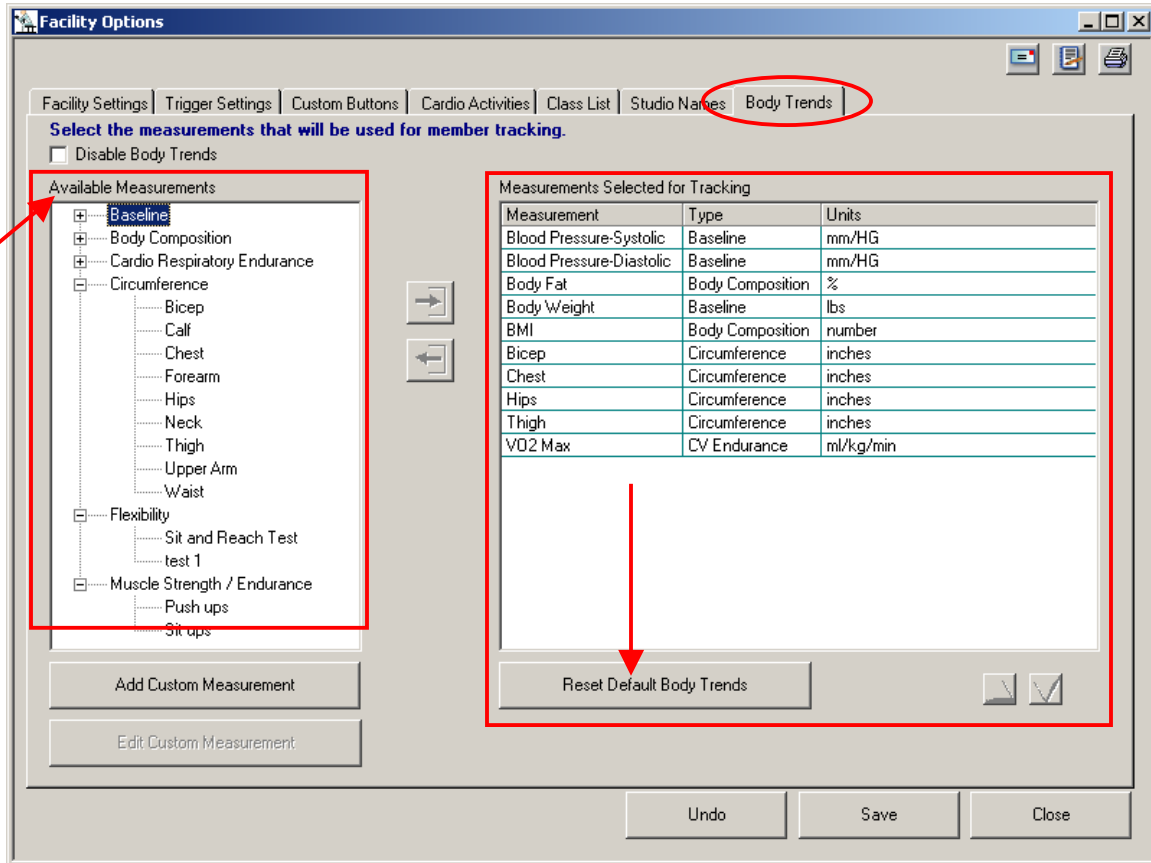
- Click on **Facility Options** and then on the **Body Trends** tab



- Uncheck the box in the upper left corner labeled, “Disable Body Trends.”
- Click **Save**

Body Trends – Default & Standard Measurement Options

The following steps are to be used as a guide for Administrators to access the Default and Standard Body Trend measurements within FitLinxx. You may use more or fewer of these measurements depending on your goals and implementation plan.



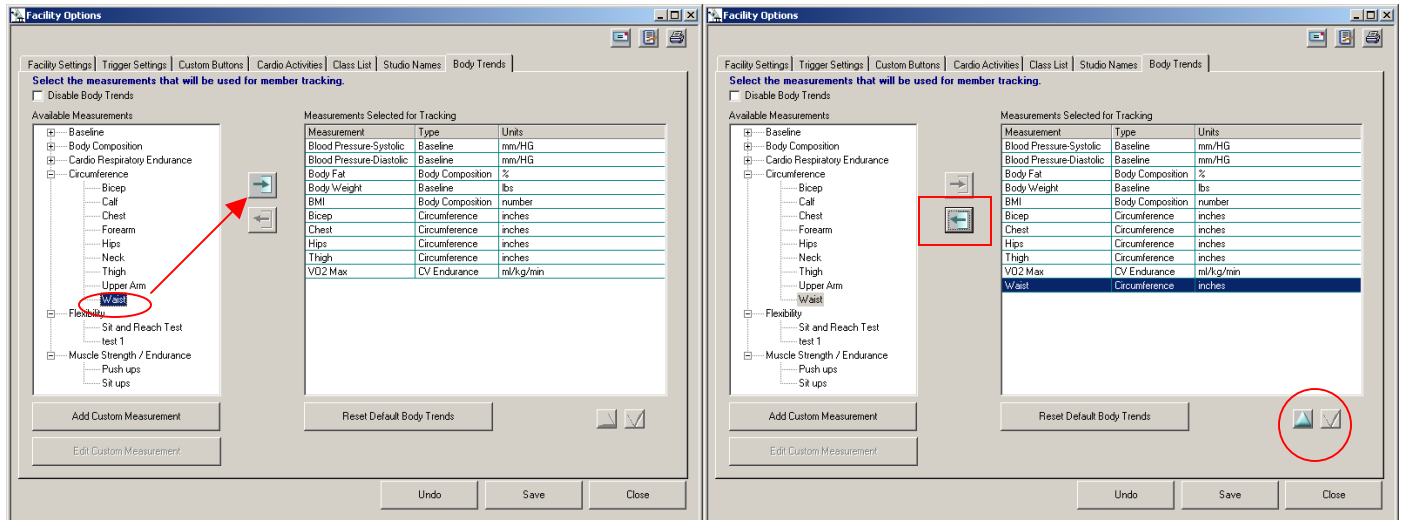
The default **Measurements Selected for Tracking**, are listed on the *right* in the above screenshot: Systolic & Diastolic Blood Pressure; Body Fat %; Body Weight; BMI; Bicep, Chest, Hips & Thigh Circumference; and VO2 Max.

Clicking the **Reset Default Body Trends** button will allow you to restore the **Measurements Selected for Tracking** back to the default list above.

The other **Available Measurements** that are not in the defaults are listed on the *left* in the above screenshot: Calf, Forearm, Upper Arm & Waist Circumference; Sit and Reach Test for Flexibility, and Push Ups & Sit Ups for Muscle Strength/Endurance.

Modifying the Measurements Selected for Tracking

The following steps are to be used as a guide for Administrators to modify the list of measurements they wish to track from the list of Available Measurements.



Adding a measurement from the list of Available Measurements

- Click on the + symbol next to the desired category (Baseline, Body Composition, Cardio Respiratory Endurance, Circumference, Flexibility & Muscle Strength/Endurance) within the Available Measurements grid to expand that section.
- Click on the desired measurement to “highlight” that selection and then
- Click on the blue arrow that’s pointing to the right to add the desired measurement to the list of **Measurements Selected for Tracking**.

*Note: The newly added measurement will automatically be added to the bottom of the list. In order to move it up, click on the measurement, and then click on the Blue/Green arrow pointing Up that is located just below the grid of **Measurements Selected for Tracking**.*

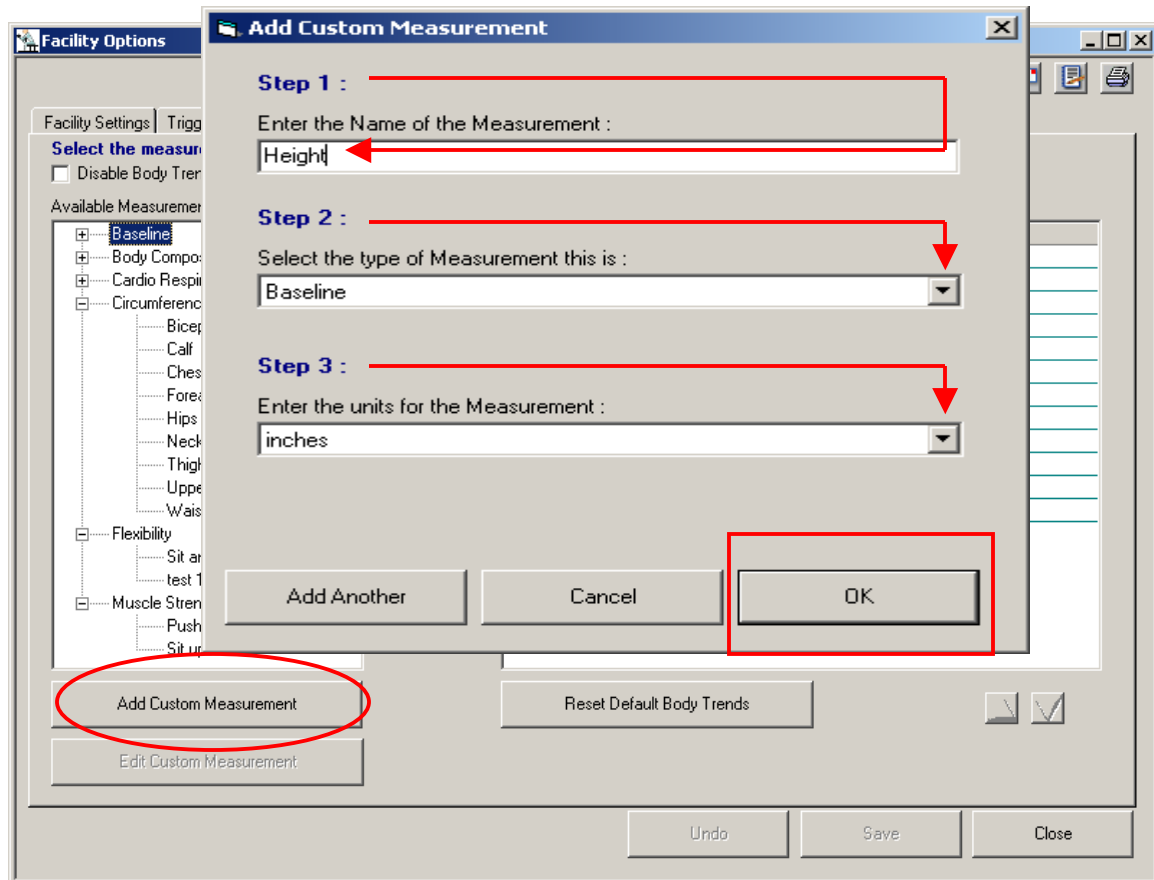
- Repeat the above steps for any additional measurements from the list of **Available Measurements**, that you wish to add to the **Measurements Selected for Tracking**.
- Click on **Save**

Removing a measurement from the list of Measurements Selected for Tracking

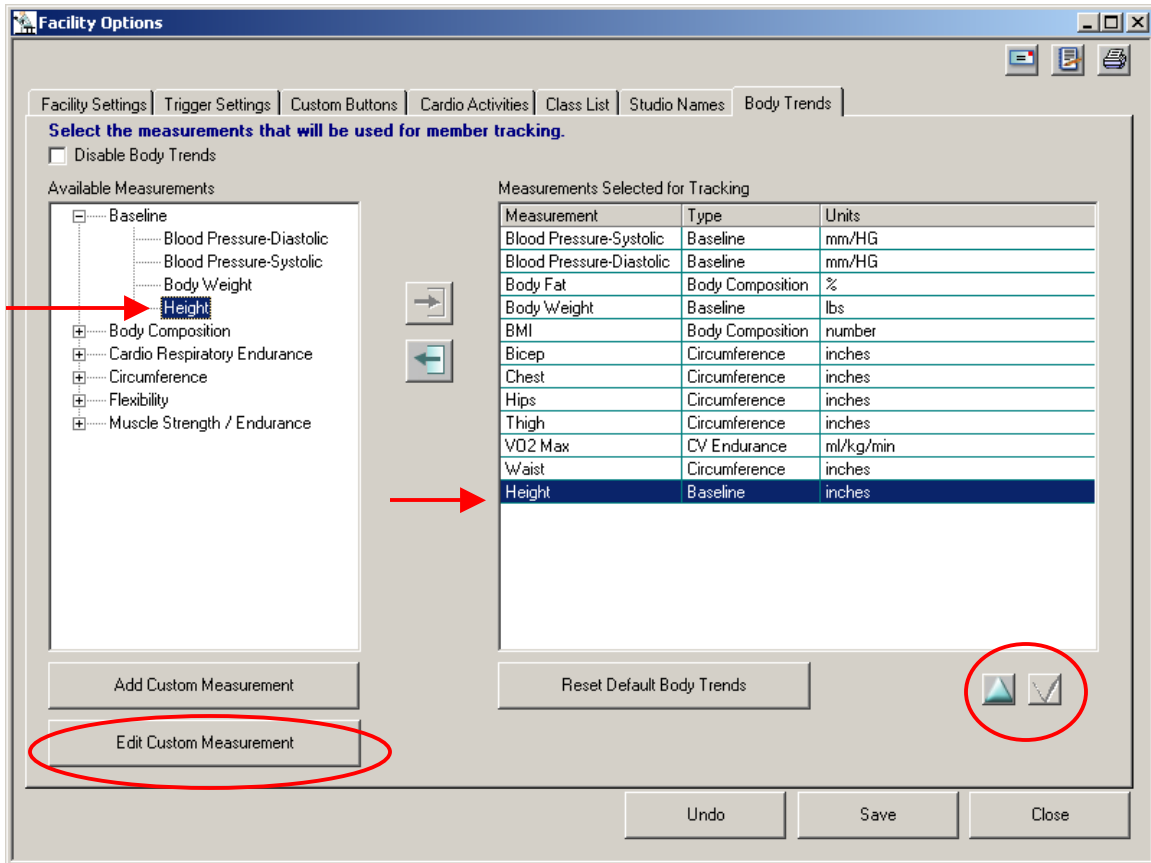
- Click on the measurement you wish to remove to “highlight” that selection and then
- Click on the blue arrow that’s pointing to the left to remove the measurement from the list of **Measurements Selected for Tracking**.
- Click on **Save**

Creating Custom Body Trend Measurements

The following steps are to be used as a guide for Administrators to create custom Body Trend measurements.



- From within the Body Trends Tab in Facility Tasks/Facility Options, click on the **Add Custom Measurement** button.
- An Add Custom Measurement box will appear. In Step 1 – Type in the name of the measurement you wish to add.
- In Step 2 – click on the drop down arrow and select the type of Measurement this is (Baseline, Body Composition, Cardio Respiratory Endurance, Circumference, Flexibility & Muscle Strength/Endurance).
- In Step 3 – click on the drop down arrow to select the units of measurement.
- Click on **Ok** when finished.



- Newly created measurements will be automatically added to the bottom of the list of **Measurements Selected for Tracking**. It will also be included in the **Available Measurements** grid.
- In order to move the newly created measurement up in the list, click on the measurement, and then click on the Blue/Green arrow pointing Up that is located just below the grid of **Measurements Selected for Tracking**.
- Custom Measurements can be edited by highlighting the measurement in the list of Available Measurements and then clicking on the **Edit Custom Measurement** button.

Entering Body Trend Measurements for a Member

The following steps are to be used as a guide for Instructors & Administrators to enter Body Trend measurements for a member.



- Enter your FitLinxx Instructor or Administrator ID and Password to log into FitLinxx.
- Hit the **“Enter”** button on your keyboard.
- Click on the **Member Tasks** tab and then on the **Body Trends** icon
- Select the member you wish to enter Body Trend Measurements for and then click **Next**

Body Trends - Laurie Barnes

Enter the Member's most recent trend information.

Date
11/04/2005

Graph It	Measurement	Units	11/04/2005
<input type="checkbox"/>	Blood Pressure-Systolic	mm/HG	
<input type="checkbox"/>	Blood Pressure-Diastolic	mm/HG	
<input type="checkbox"/>	Body Fat	%	
<input type="checkbox"/>	Body Weight	lbs	
<input type="checkbox"/>	BMI	number	
<input type="checkbox"/>	Bicep	inches	
<input type="checkbox"/>	Chest	inches	
<input type="checkbox"/>	Hips	inches	
<input type="checkbox"/>	Thigh	inches	
<input type="checkbox"/>	V02 Max	ml/kg/min	
<input type="checkbox"/>	Waist	inches	
<input type="checkbox"/>	Height	inches	

View Options
Select the Date Range for Displaying Body Trends
Interval
This Month
Date From
11/01/2005
Date To
11/04/2005

Show History

Body Trend Notes 11/04/2005

Print All Graphs View Graph

Graph It: Multiple measurements with like units can be selected. You can select up to two different units values for a graph.

Log Another Save Close

- Select the **Date** the Body Trend Measurements were taken.

Note: The date defaults to today's date. An alternate date can be selected by clicking on the drop down arrow in the date field.

- Type in the measurements in the appropriate field.
- Click **Save**
- Repeat above steps for each **Date** measurements were taken.

Note: The measurements that appear for logging, and the order they appear in on this screen, are defined by the administrator in Facility Tasks, Facility Options, on the Body Trends tab.

Viewing Body Trend Measurements for a Member

The following steps are to be used as a guide for Instructors & Administrators to view Body Trend measurements for a member.

Graph It	Measurement	Units	11/04/2005	08/04/2005	05/04/2005
<input type="checkbox"/>	Blood Pressure-Systolic	mm/HG	100	110	120
<input type="checkbox"/>	Blood Pressure-Diastolic	mm/HG	70	75	80
<input type="checkbox"/>	Body Fat	%	23	24	26
<input type="checkbox"/>	Body Weight	lbs	128	136	145
<input type="checkbox"/>	Height	inches	65	65	65
<input type="checkbox"/>	BMI	number	21	23	24
<input type="checkbox"/>	Bicep	inches	11	11.5	12.5
<input type="checkbox"/>	Chest	inches	36.5	38	39
<input checked="" type="checkbox"/>	Waist	inches	29	31	32
<input checked="" type="checkbox"/>	Hips	inches	38	39	41
<input checked="" type="checkbox"/>	Thigh	inches	22.5	23	25
<input type="checkbox"/>	VO2 Max	ml/kg/min	34	33	32

- Enter your FitLinxx Instructor or Administrator ID and Password to log into FitLinxx.
- Hit the “**Enter**” button on your keyboard.
- Click on the **Member Tasks** tab and then on the **Body Trends** icon
- Select the member you wish to enter Body Trend Measurements for and then click **Next**
- Under the **View Options** field on the right hand side of the screen, **Select the Date Range for Displaying Body Trends**. Choose from: This Month, Last Month, Year-to-date, Lifetime & Custom.
- Click on the **Show History** button.

Note: The selected date range determines the Body Trend Measurement dates that are displayed on the left hand side of the screen. It is also the date range that will be used when viewing graphs.

Printing & Viewing Body Trend Graphs for a Member

The following steps are to be used as a guide for Instructors & Administrators to view & print Body Trend graphs for a member.

Graph It	Measurement	Units	11/04/2005	08/04/2005	05/04/2005
<input type="checkbox"/>	Blood Pressure-Systolic	mm/HG	100	110	120
<input type="checkbox"/>	Blood Pressure-Diastolic	mm/HG	70	75	80
<input type="checkbox"/>	Body Fat	%	23	24	26
<input type="checkbox"/>	Body Weight	lbs	128	136	145
<input type="checkbox"/>	Height	inches	65	65	65
<input type="checkbox"/>	BMI	number	21	23	24
<input type="checkbox"/>	Bicep	inches	11	11.5	12.5
<input type="checkbox"/>	Chest	inches	36.5	38	39
<input checked="" type="checkbox"/>	Waist	inches	29	31	32
<input checked="" type="checkbox"/>	Hips	inches	38	39	41
<input checked="" type="checkbox"/>	Thigh	inches	22.5	23	25
<input type="checkbox"/>	VO2 Max	ml/kg/min	34	33	32

Print All Graphs

- Clicking the **Print All Graphs** button from within the Body Trends screen for a selected member, will print every individual bar graph (one graph per page) for measurements entered for the time period selected under **View Options**.

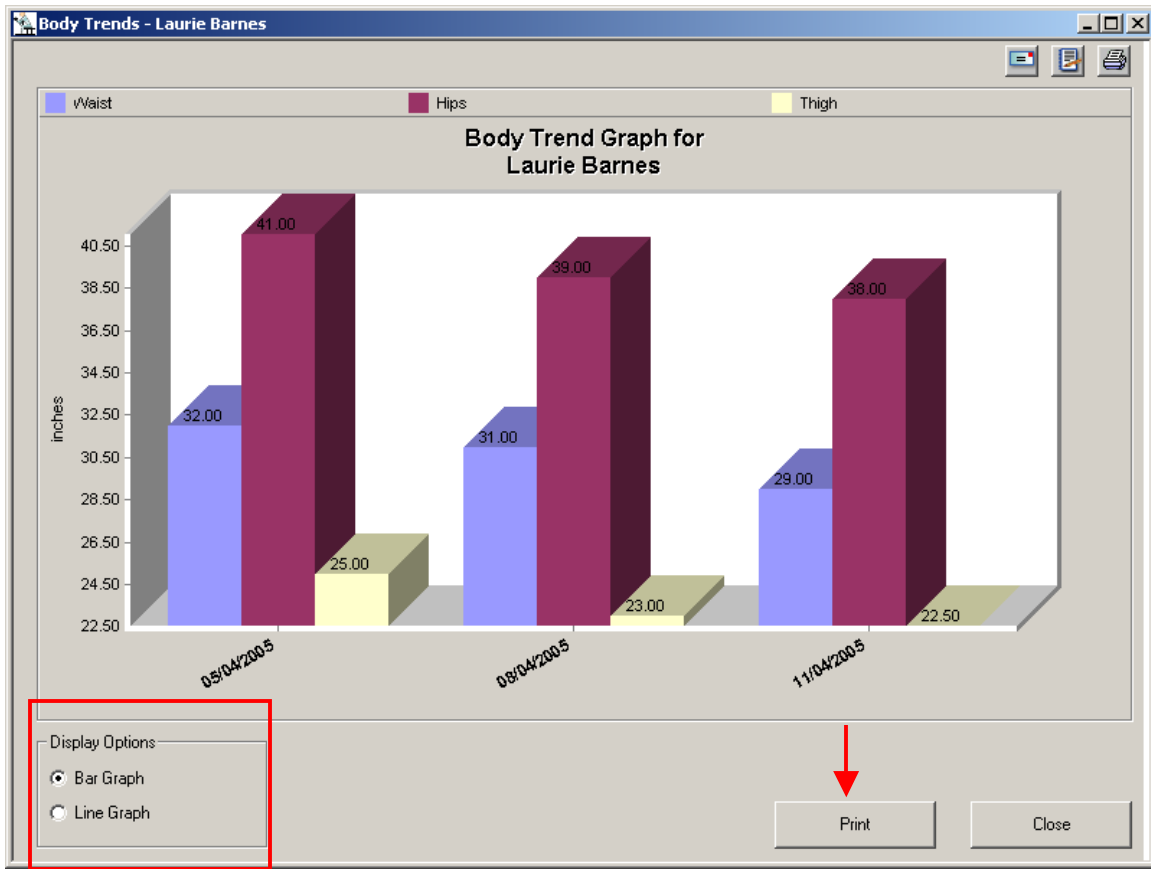
Note: Print All Graphs, is unaffected by the "Graph It" selections mentioned below as they are only used when Viewing graphs.

View & Print Custom Graphs

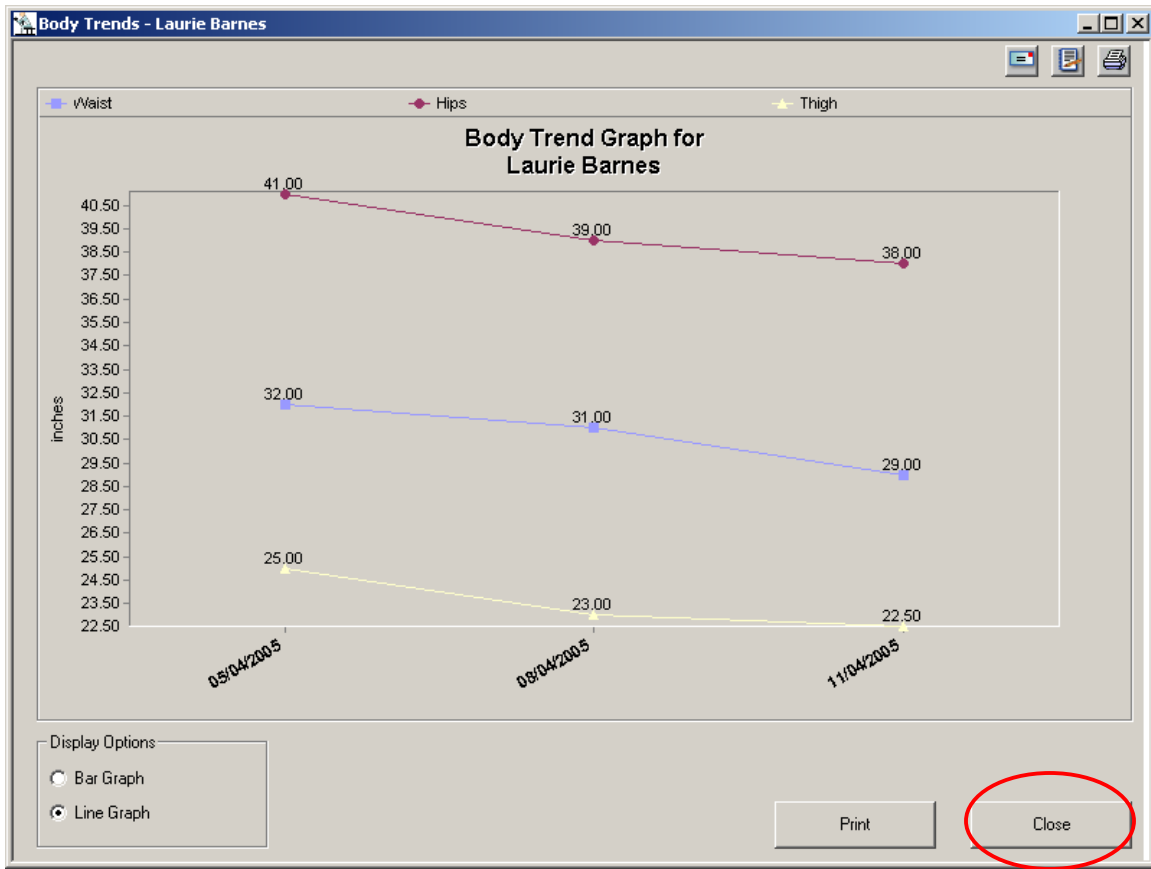
- From within the Body Trends screen for a selected member, place a \checkmark mark in the "**graph it**" box corresponding to the measurements that you wish to graph.

Note: Multiple measurements with the same units can be selected for a graph. You can also select up to two different units for a graph.

- Click on the **View Graph** button to see the measurements you selected (in the desired date range) in a bar graph.



- You can print the graph by clicking on the **Print** button on the lower right hand side of the screen.
- You can switch to a line graph by selecting the **Line Graph** option within the **Display Options** box in the lower left corner of the screen.



- Click **Close** when finished with the graphs.

Note: After viewing a graph, you can create a different graph for viewing (and printing) by checking "Graph It" for different measurements.

- Click **Close** again when finished with Body Trends.