

***FITNESSGRAM 8.3* CD-ROM Readme File for Small Network Program**

On your *FITNESSGRAM 8.3* CD are the following files:

1. Readme file for the Small Network program (FG83_Readme_SmallAreaNetwork.doc)
2. PDA installers application and PDA readme files (PocketPC.pdf for PPC 2002 and FG8_PDAREadme.doc for PPC 2003 and Mobile 5) for installation instructions.
3. Folder of static PDFs from the *FITNESSGRAM 8.3* program and the *FITNESSGRAM Test Administration Manual, Updated Third Edition*
4. *FITNESSGRAM 8.3* Small Area Network Server program for both server and client installations
5. End user license agreement for all versions
6. Two folders (for Windows and MAC) of FitnessGram software training videos, including a readme file in each folder

Listed in this readme file for the Small Network program are

- system requirements,
- installation instructions for both the server and client applications,
- tech support information,
- and contact information for Human Kinetics.

System Requirements—Small Network Version

System Requirements for Server

- Intel Pentium III or compatible 1 GHz processor or higher
- Windows 2000/2003 server (current Service Packs)
- Memory: 512 MB
- Free disk space: 1 GB
- CD-ROM drive
- Color monitor
- 800x600 screen resolution
- LAN connectivity

System Requirements for Windows Client Computers

- Intel Pentium II or compatible 233 MHz processor or higher
- Windows 98/2000/XP Professional only/Vista
- Memory: 32 MB
- Free disk space: 200 MB
- CD-ROM drive
- Color monitor
- 800x600 screen resolution
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended
- LAN connectivity

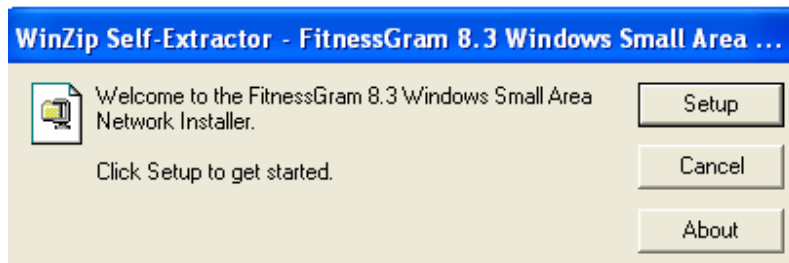
System requirements for Macintosh client computers

- G3, G4, or G5 processor
- OS 10.3/10.4/Intel MAC
- Memory: 128 MB
- Free disk space: 200 MB
- CD-ROM drive
- Color monitor set to display 832x624 resolution or higher
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended
- LAN connectivity

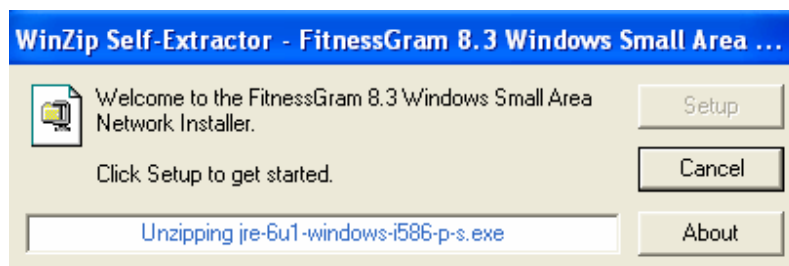
Installation Instructions

Note: *FITNESSGRAM 8.3* uses TCP/IP port 31047. The *Fitnessgram 8.3* Small Area Network Server must be installed on the server prior to any client installations.

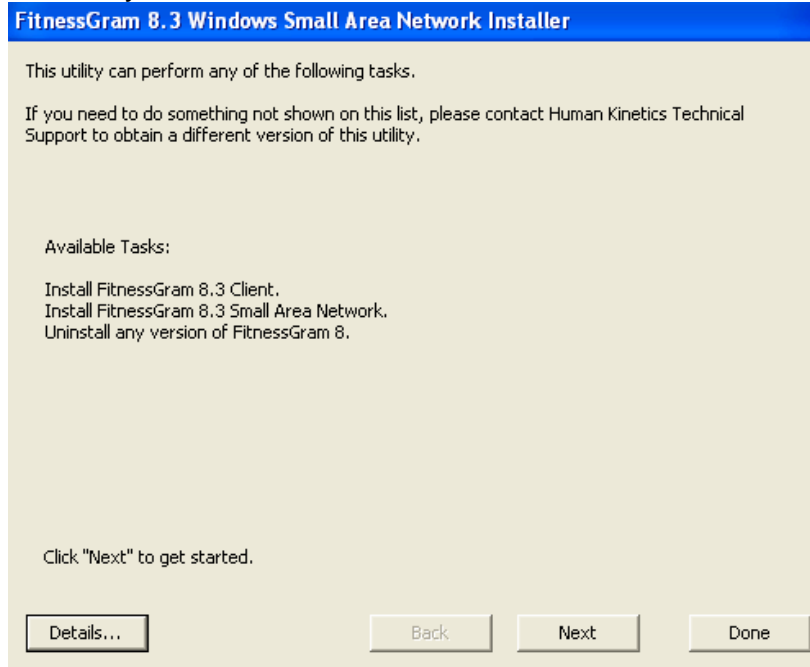
1. Double-click on the ***FITNESSGRAM 8.3* Windows Small Network Server.exe** to begin installation.
2. The **WinZip Self-Extractor** will open. Click **Setup**.



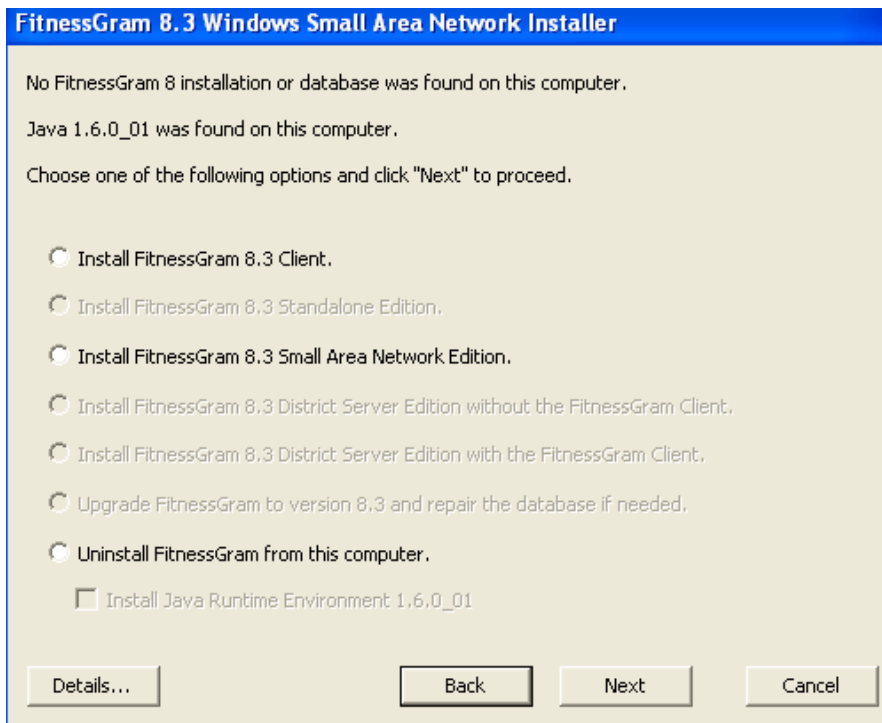
3. The **Self-Extractor** will run a few minutes unzipping the installation files. Please be patient.



4. The following screen will appear explaining which tasks are available with this utility. Click **Next**.

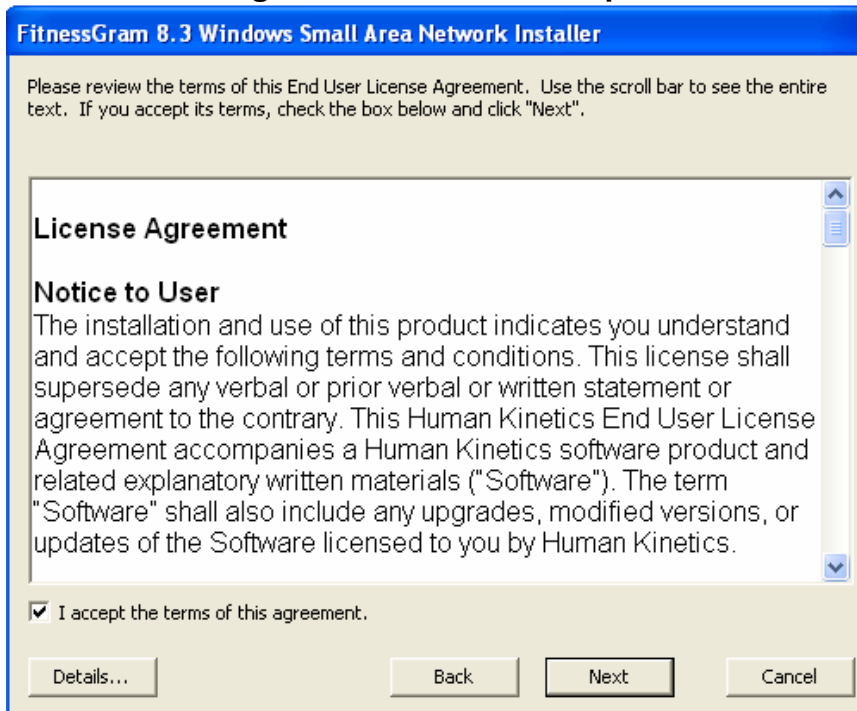


5. The **Installer** verifies whether or not there is anything related to FitnessGram 8 on the computer and the version of Java that is on the computer. Select the Install FitnessGram 8.3 District Server Edition with the FitnessGram Client and click **Next**. If another installation or database for FitnessGram 8 exists then the **Uninstall FitnessGram from the computer** item should be selected.
6. To install the Small Area Network onto the server please check the ***Install Fitnessgram 8.3 Small Area Network Edition...*** then click **Next**.



Note: You also have the option of uninstalling previous installations of *Fitnessgram 8* from the computer or if on a workstation installing just the client install. You can only select one task at a time during the installation wizard.

7. At the **License Agreement** choose **I accept...** then click **Next**.



8. On the **Destination Folder** screen, the default folder can be left selected or click **Browse** and install to a different folder. Select **Next** to continue.

FitnessGram 8.3 Windows Small Area Network Installer

The various components of FitnessGram 8 will be installed at the following locations. If any of these are not acceptable, click the corresponding "Browse" button and choose a new location. Do not choose the same folder for multiple components, or unexpected problems may result.

After all the paths are correct, click "Next" to continue.

FitnessGram 8 Client Folder

C:\Program Files\FitnessGram 8 Client

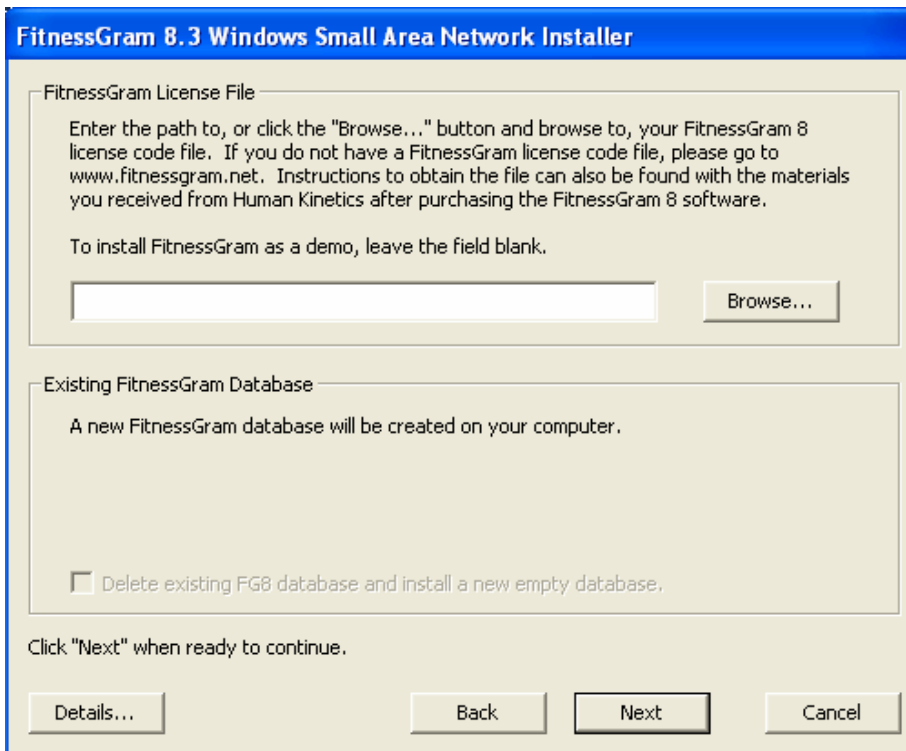
FitnessGram 8 Server Folder

C:\Program Files\FitnessGram 8 Server

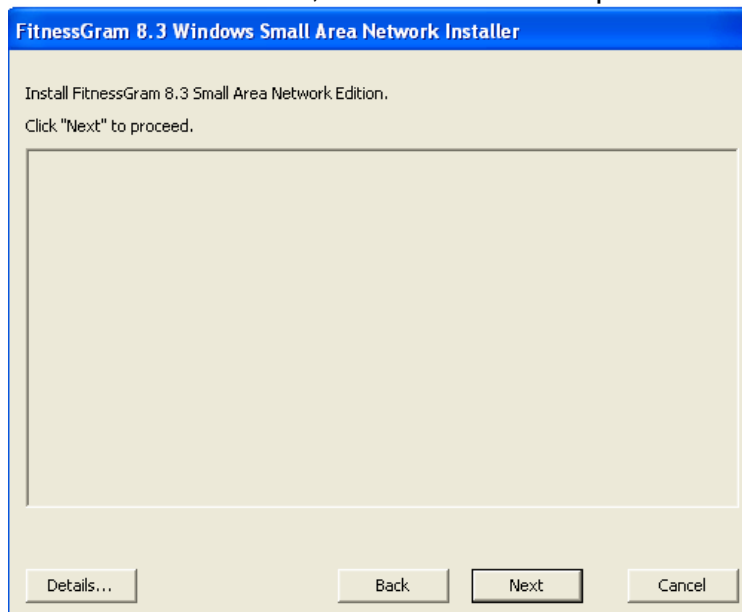
FitnessGram 8 Database (FG8 MSDE Instance) Folder

C:\Program Files\Microsoft SQL Server

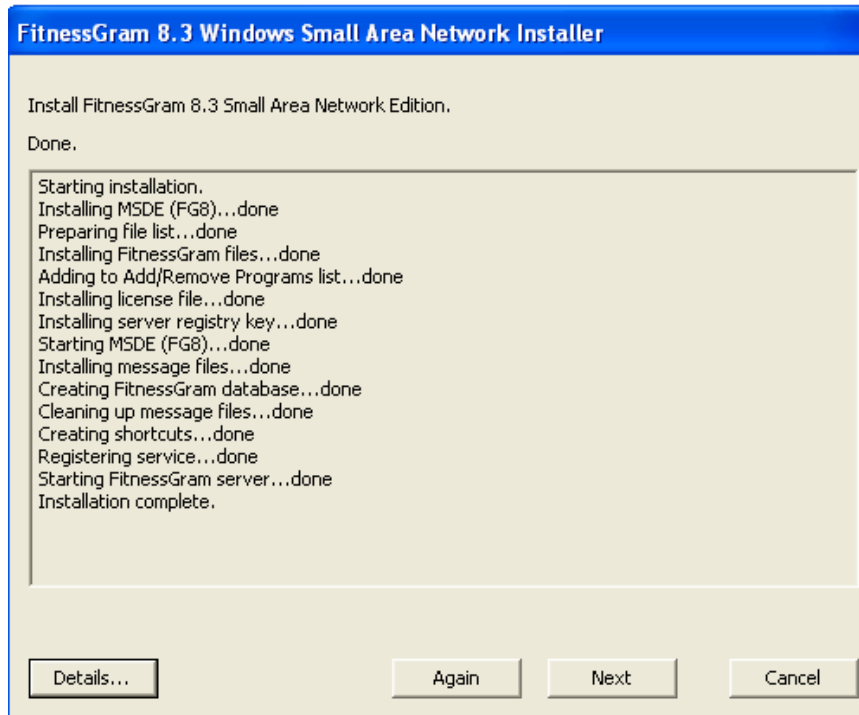
9. On the **License file** screen, **Browse** the network to the **License file**. Click **Next**.



10. On the **Install** screen, select **Next** to complete the installation.



11. The following screen will appear when the installation is completed. Select **Next** and the **Installation Wizard** will close. You will then see two icons on the server desktop, one for ***Fitnessgram 8.3 Teacher Edition*** and one for the ***Fitnessgram 8.3 Student Edition***.

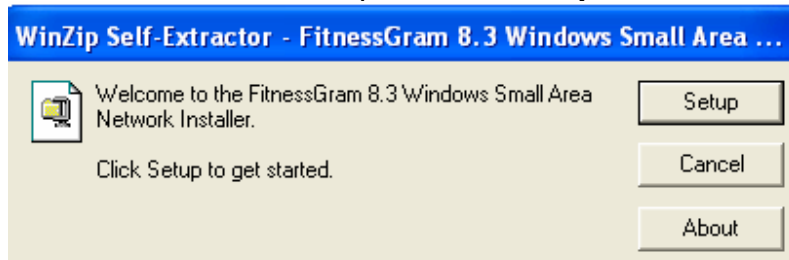


Note: If your installation does not state “complete” but instead reports that the installation “failed”, please copy the information in the dialog box to help tech support trouble shoot the installation.

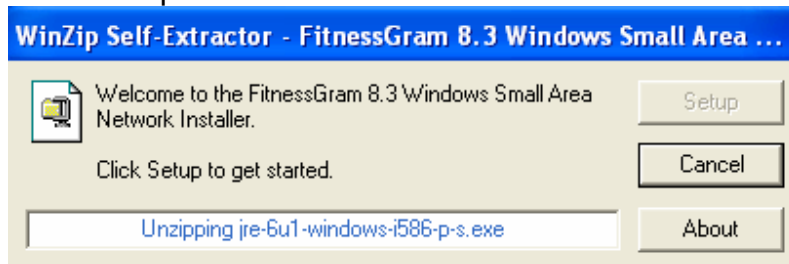
When using Windows XP SP2, the firewall needs to be disabled and port 31047 needs to be open. To open the port, go to Network Connections and right click on the Local Area Connection. Select the Advanced tab and choose Settings. Confirm the button by On is selected and go to the Exception tab. Choose Add Port and in the dialog box for Name enter “fg8” and for Port number enter “31047”. Be sure the button in front of TCP is selected and click OK.

Fitnessgram 8.3 Client Installation

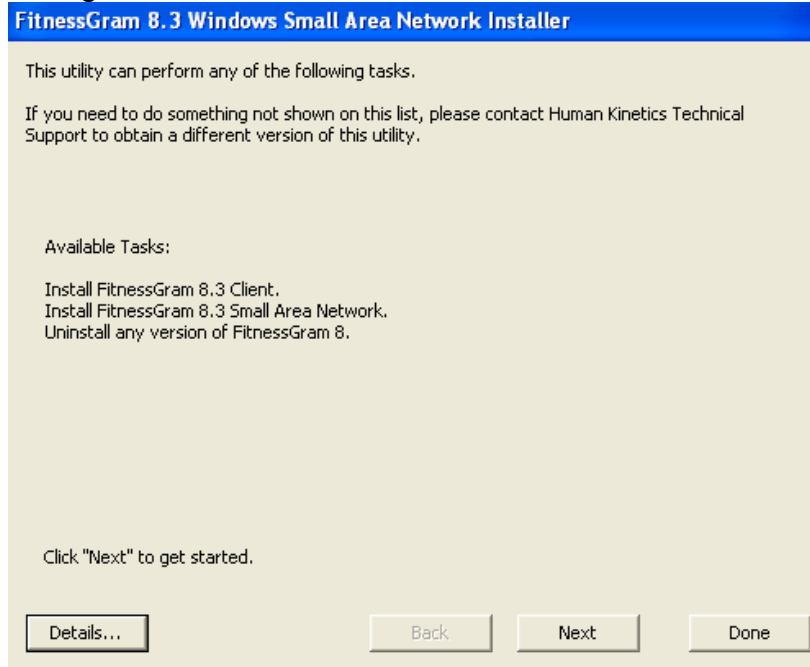
1. Double click on the ***FITNESSGRAM 8.3 Client.exe*** to begin installation.
2. The **Install Wizard** will open. Click **Setup**.



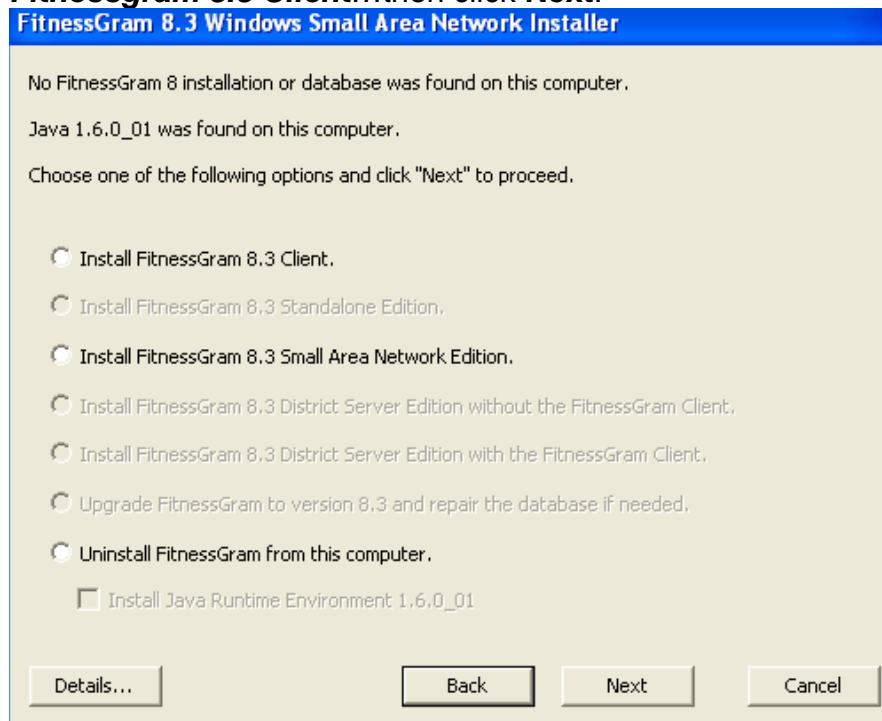
3. The **Self-Extractor** will run a few minutes unzipping the installation files. Please be patient.



4. The following screen will appear explaining what tasks are available during this install...then click **Next**.

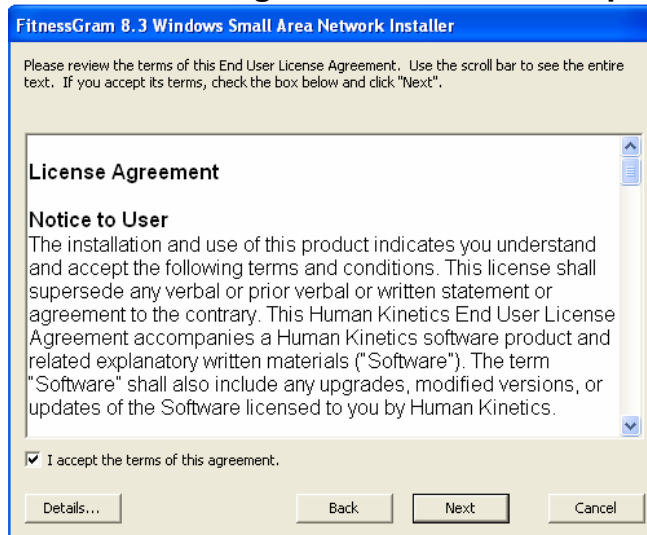


5. To install the client on to the workstation please check the **Install Fitnessgram 8.3 Client**...then click **Next**.

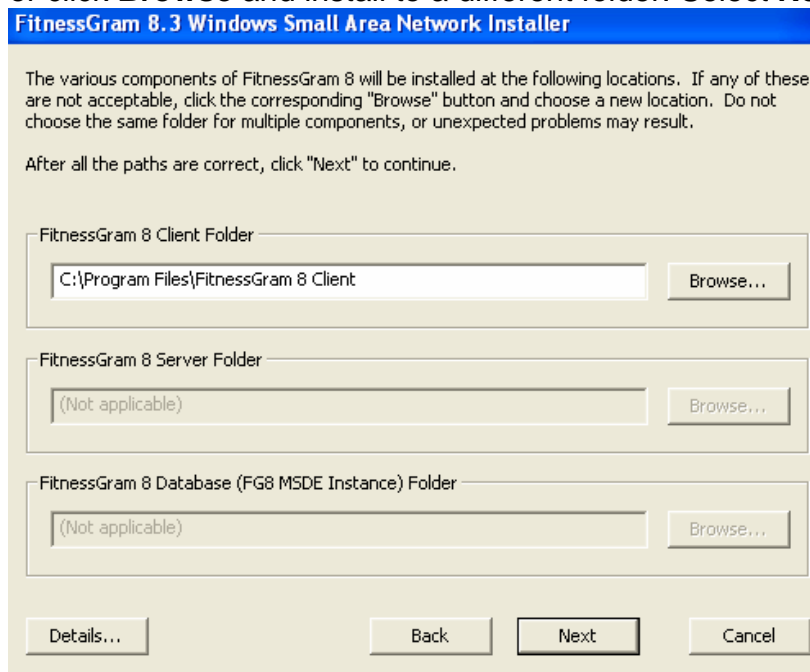


Note: You also have the option of uninstalling previous installations of *Fitnessgram 8* from the computer. You can only select one task at a time during the installation wizard.

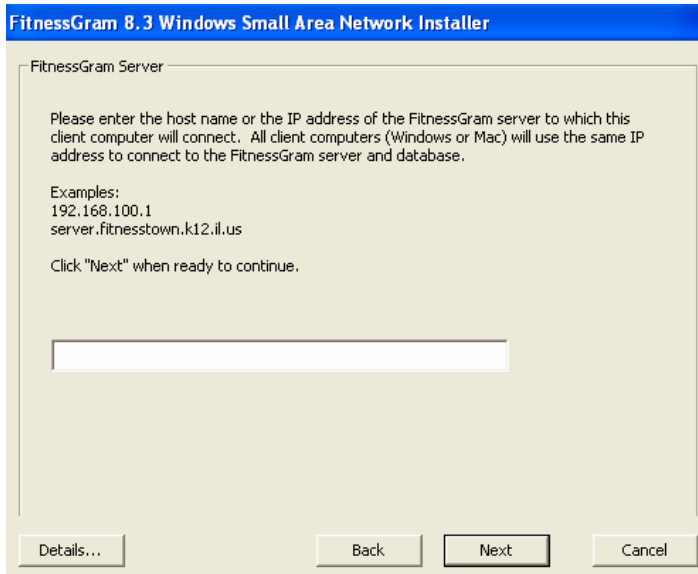
6. At the **License Agreement** choose **I accept...** then click **Next**.



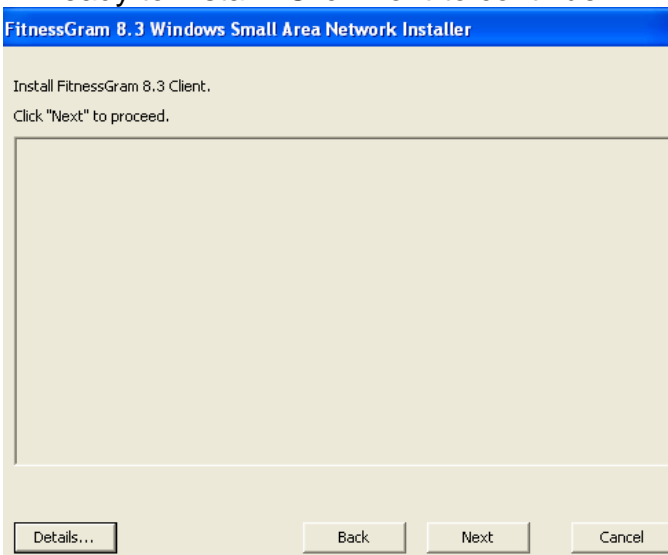
7. On the **Destination Folder** screen, the default folder can be left selected or click **Browse** and install to a different folder. Select **Next** to continue.



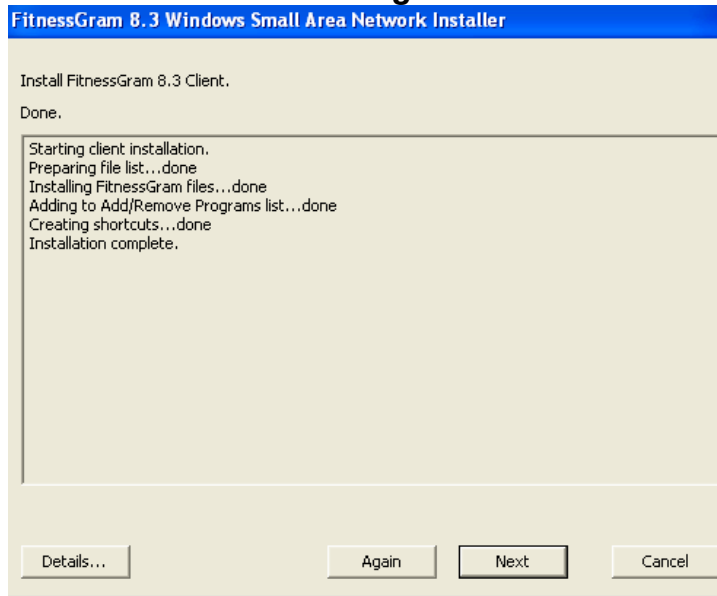
8. The next screen that appears is the **Fitnessgram Server** screen. Enter the host name or the IP address of the server the *Fitnessgram 8.3* database is installed on. Click **Next**.



9. After validating the IP address of the Fitnessgram Server the **Installer** is ready to Install. Click **Next** to continue.



10. The following screen will appear when the installation is completed.
Select **Next** and the **Installation Wizard** will close. You will then see two icons on the client desktop, one for ***Fitnessgram 8.3 Teacher Edition*** and one for the ***Fitnessgram 8.3 Student Edition***.

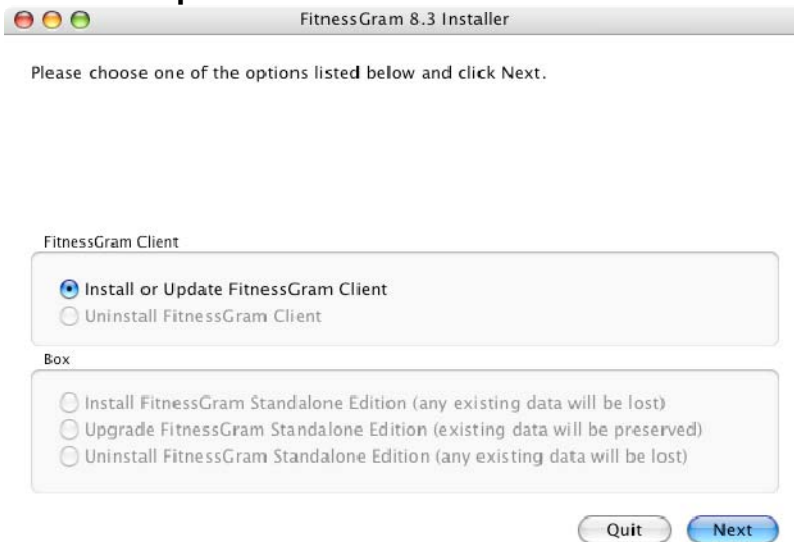


Installation Instructions—*FITNESSGRAM* 8.3 MAC Client

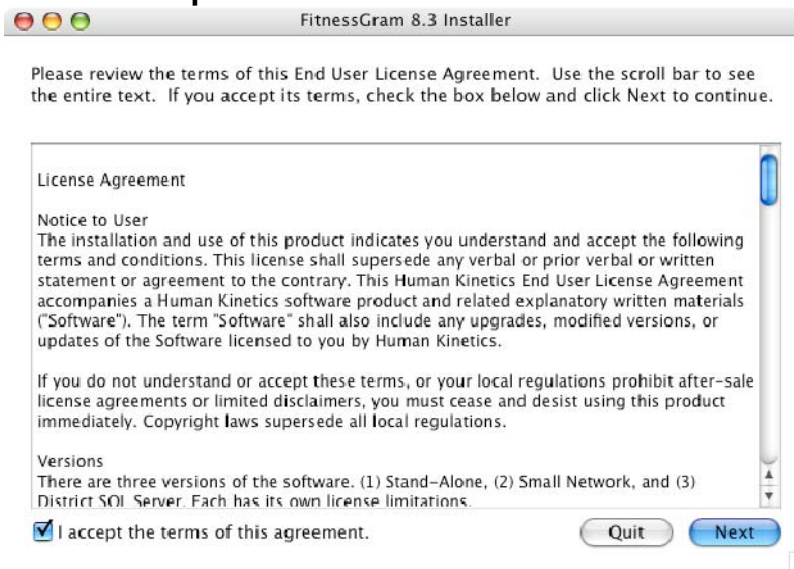
1. Double click on the ***FITNESSGRAM* 8 Client Installer** to begin installation.



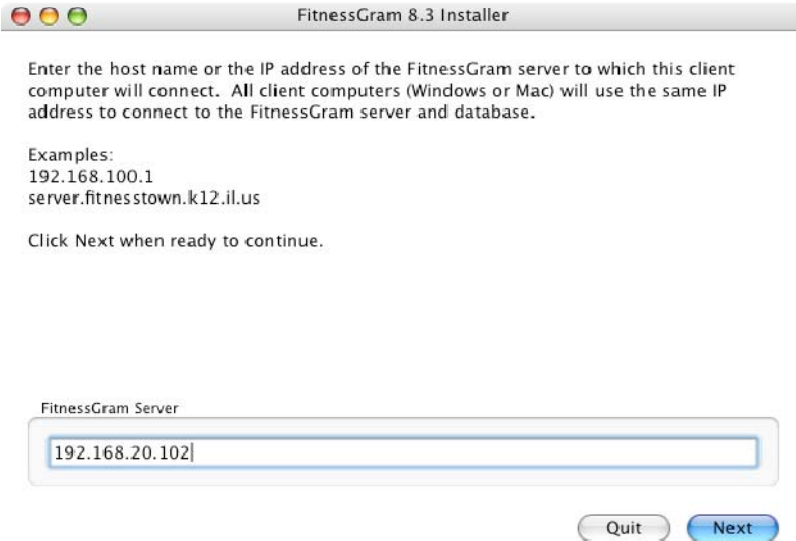
2. The beginning screen for the **FitnessGram 8.3 Installer** will open. Select **'Install or Update FitnessGram Client'** and choose **Next**.



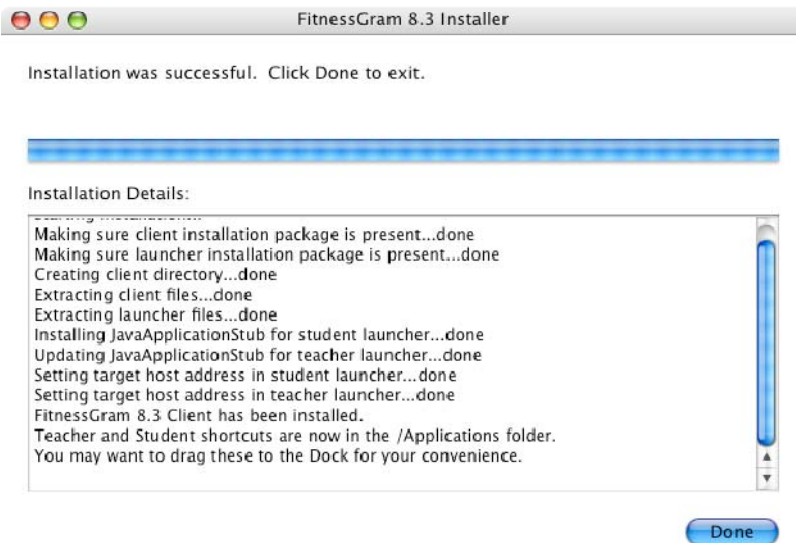
3. The **License Agreement** screen will appear. Read through the agreement, Select **I accept...** and click **Next**.



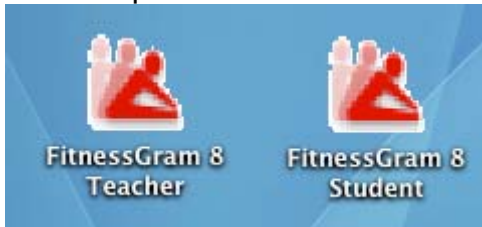
4. The **Installer** will then ask for the **Host Name** or **IP address** of the computer which will serve as the server for the FitnessGram client. Input the server information and click **Next**.



5. The Installer will install the **FITNESSGRAM 8.3 Client** and the final screen will appear. Choose **Done**.



6. In the Applications folder you will find the icons for launching **Fitnessgram**. You can place these icons on the Desktop or the Docking bar.



Troubleshooting/Technical Information

If an error message appears while trying to access the Teacher or Student version of *FITNESSGRAM* 8.3 on the PC client machine, go to Start→Programs→ FitnessGram 8→ FitnessGram 8 Client (Teacher) or *FITNESSGRAM* 8 Client (Student) and right click. Choose **Properties** and the **Shortcut** tab. Look in the **Target:** field and confirm the TCP/IP address and that the port being used is 31047.

If an error message appears stating the *FITNESSGRAM* 8.3 server cannot be found or is not available, go to the machine with the *FITNESSGRAM* 8.3 Server. Right click the **My Computer** icon. Select **Manage** and when the Computer Management screen comes up, expand **Services and Applications**.

Select **Services** and look for the **FG8Server** in the list. Look at Status to see if it is **Started**. If it is not Started, highlight **FG8Server** and select **Restart the Service** (XP) or go to Action on the menu and select **Start** (2000).

Scroll down the list and find **MSSQL\$FG8**. Check that this service status is **Started**. If not, highlight it and do the same as for the **FG8Server**.

If none of these steps correct the problem, you will need to remove everything and reinstall.

1. Use the **Installation Wizard** to Uninstall all components of *Fitnessgram* 8.3.
2. Reboot the machine and go through the install process again.

Human Kinetics Technical Support

If you need software technical support for *FITNESSGRAM* 8.3, please contact Human Kinetics. When you call, fax, or e-mail, please provide the following:

- ❑ Version of *FITNESSGRAM* 8.3
- ❑ Whether you are using a PC or MAC computer
- ❑ Operating system you are currently using
- ❑ Information contained in the About section (located in the Help menu)
- ❑ Complete description of what happened and what you are doing when the error message(s) appeared
- ❑ An explanation of how you tried to solve the problem

Contact Technical Support

Phone: 217-351-5076 Monday through Friday (excluding holidays) between 7:00 a.m. and 7:00 p.m. (CST)

Fax: 217-351-2674

E-mail: support@hkusa.com

Web Site Support

- Human Kinetics :
<http://www.humankinetics.com/service/support/techsupport.cfm> This is the Tech Support site for solutions to common software questions.
- FITNESSGRAM:
www.fitnessgram.net for latest information on the program, including software updates.

Contact Information for Human Kinetics

United States: Human Kinetics

P.O. Box 5076

Champaign, IL 61825-5076

800-747-4457

e-mail: humank@hkusa.com