

## ***FITNESSGRAM 8.x* CD-ROM Readme File for Windows Stand-Alone Program**

On your *FITNESSGRAM 8.x* CD are the following files:

1. Readme file for the Windows Stand-Alone program located in the Win8 folder -- (FG85\_Readme\_Win\_Standalone.txt)
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.x* program and the *FITNESSGRAM Test Administration Manual, Updated Third Edition*
4. *FITNESSGRAM 8.x* Windows Stand alone program
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 Windows Stand-Alone program are

- system requirements,
- installation instructions for *FITNESSGRAM 8.x* Windows Stand-Alone program,
- tech support information,
- and contact information for Human Kinetics.

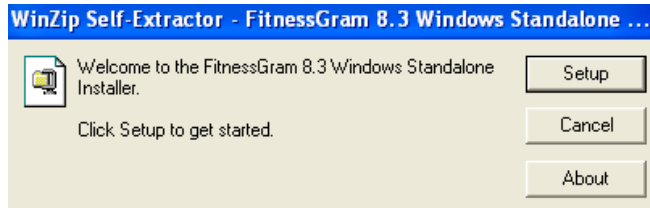
## **System Requirements—Windows Stand-Alone Program**

### **Windows System Requirements**

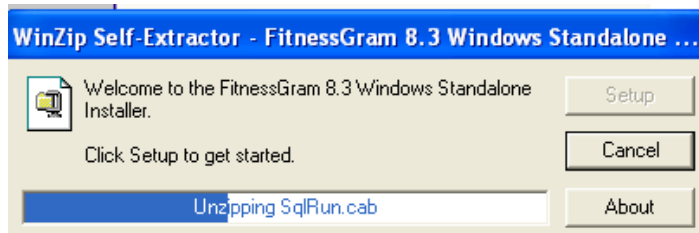
- ❑ Intel Pentium II or compatible 233-megahertz (MHz) or higher processor
- ❑ Memory – 256 megabytes (MB)
- ❑ Free Disk Space – 1 gigabyte (GB)
- ❑ CD-ROM drive
- ❑ VGA or higher-resolution monitor
- ❑ Screen Resolution: 1024x768
- ❑ Windows 2000/XP Professional only
- ❑ Adobe Acrobat Reader 6.0 or higher
- ❑ Laser printer recommended

## Installation Instructions

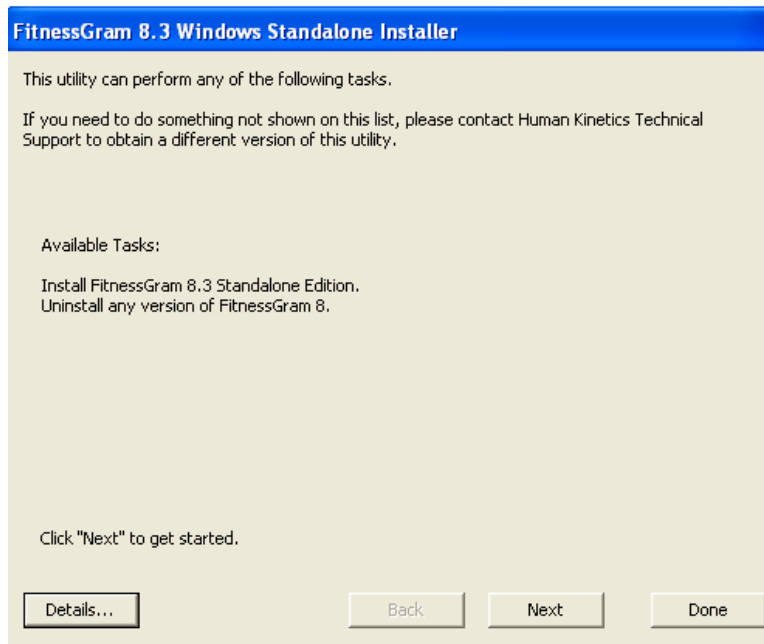
1. Double-click on the **FitnessGram 8.x Standalone.exe** to begin installation.
2. *FITNESSGRAM* 8.x Windows Standalone **Winzip Self-Extractor** will open. Click **Setup**.



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



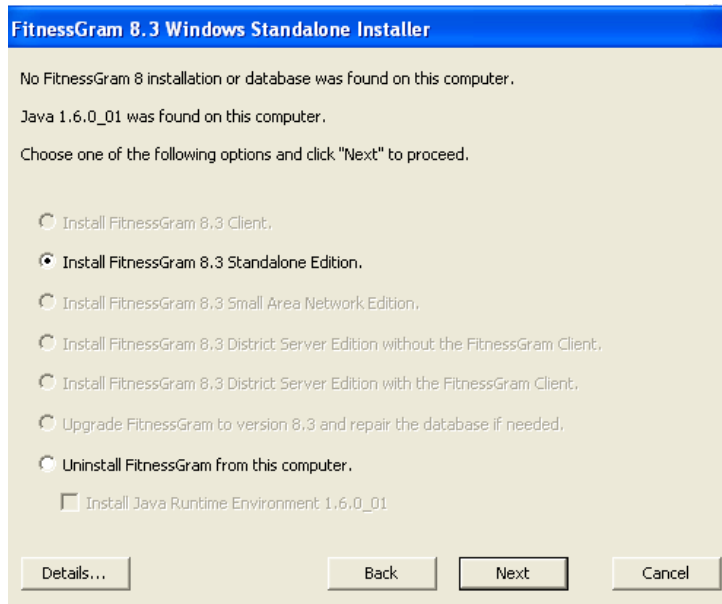
4. The following screen will appear explaining which tasks are available with this utility. Click **Next**.



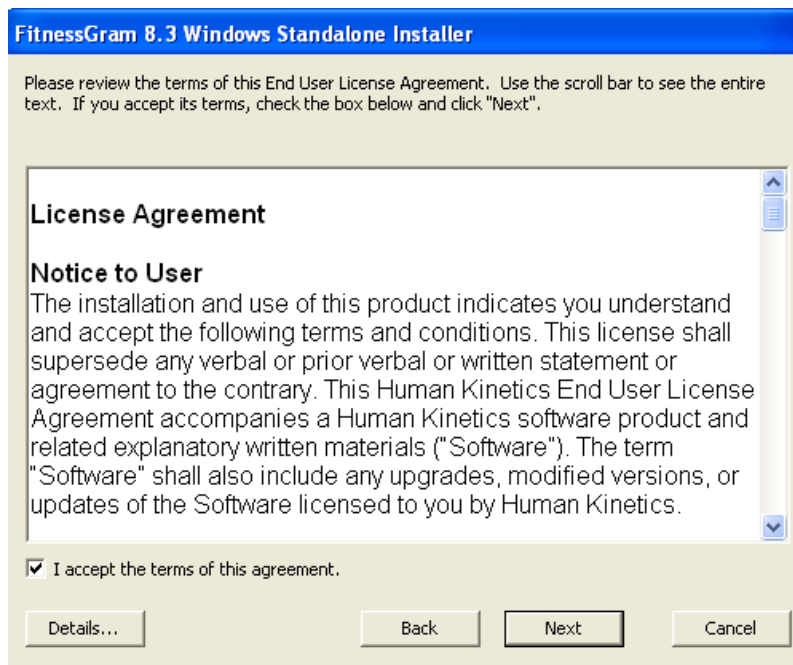
5. The **Installer** verifies whether or not there is anything related to FitnessGram 8 on the computer and the version of Java that is on the computer. Select the

Install FitnessGram 8.x Standalone Edition and click **Next**. If another installation or database for FitnessGram 8 exists then the **Uninstall FitnessGram from the computer** item should be selected.

To install the Standalone program please check the ***Install Fitnessgram 8.x Standalone Edition***...then click **Next**.



7. At the **License Agreement** screen, choose **I accept....** and click **Next**.



8. On the **Destination Folder** screen, leave the file path indicated or select **Browse** and choose another file path. Click **Next**.

The screenshot shows the 'FitnessGram 8.3 Windows Standalone Installer' window. It contains the following text and controls:

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.

There are three input fields, each with a 'Browse...' button:

- 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

At the bottom, there are four buttons: Details..., Back, Next, and Cancel.

9. On the **Import License File** screen, browse to your *FITNESSGRAM 8.x* license file. Click **Next**.

The screenshot shows the 'FitnessGram 8.3 Windows Standalone Installer' window. It contains the following text and controls:

**FitnessGram License File**

Enter the path to, or click the "Browse..." button and browse to, your FitnessGram 8 license code file. If you do not have a FitnessGram license code file, please go to [www.fitnessgram.net](http://www.fitnessgram.net). Instructions to obtain the file can also be found with the materials you received from Human Kinetics after purchasing the FitnessGram 8 software.

To install FitnessGram as a demo, leave the field blank.

There is an empty text input field and a 'Browse...' button.

**Existing FitnessGram Database**

A new FitnessGram database will be created on your computer.

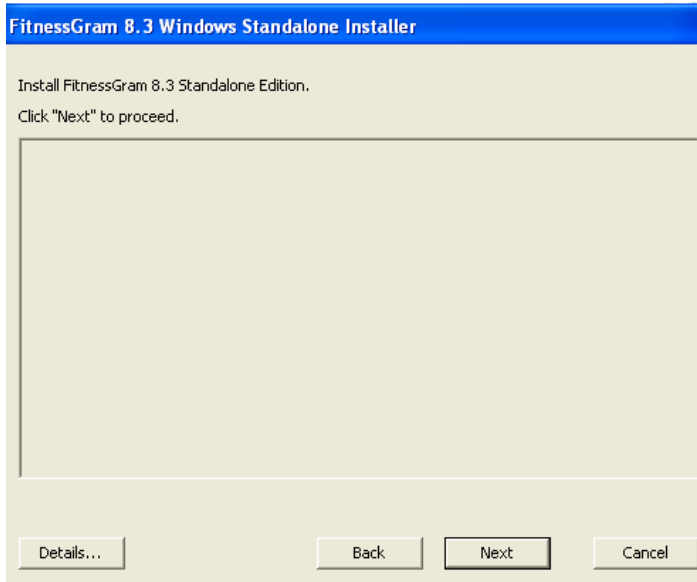
Delete existing FGB database and install a new empty database.

Click "Next" when ready to continue.

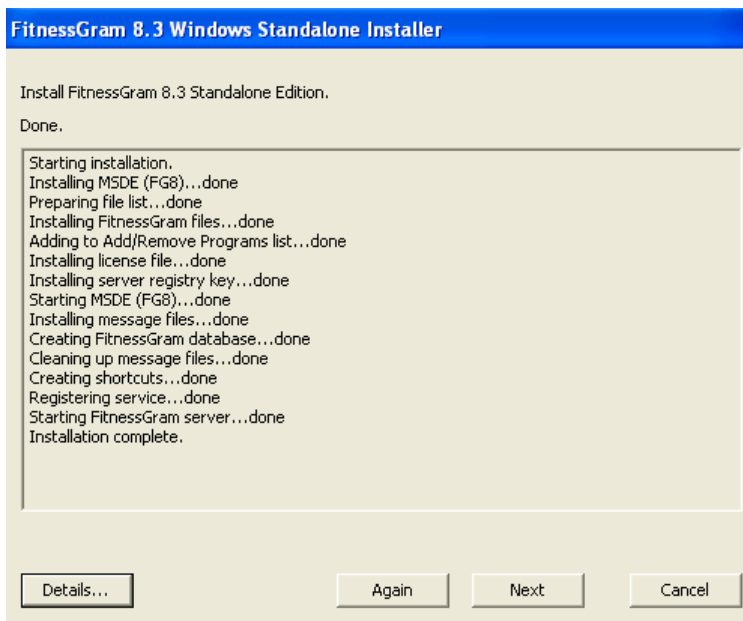
At the bottom, there are four buttons: Details..., Back, Next, and Cancel.

**Note:** As a Demo there is no license code file to import. Leave this field blank and click Next.

10. On the **Ready to Install the Program** screen, click **Next**.



11. The following screen will appear when the installation is completed. Select **Next** and the **Installer** will close. You will then see two icons on the server desktop, one for ***Fitnessgram 8.x Teacher Edition*** and one for the ***Fitnessgram 8.x 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.

## Troubleshooting

Any time an error message is generated, the first thing to do is to reboot the machine. Sometimes there is a failure during the installation process and a reboot fixes things.

If an error message is still appearing, right click the **My Computer** icon. Select **Manage** and when the Computer Management screen comes up, expand **Services and Applications**.

**Note:** the computer has to have the **Windows Server Service** installed and running (File and Print Sharing Service). If not, the information needed can be found in the documentation shipped with the computer or by going to [www.Microsoft.com](http://www.Microsoft.com)

Select **Services** and look for the **FG8Server** in the list on the right. 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** and check that the 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 Winzip Self-Extractor to Uninstall all components of Fitnessgram 8.x.
2. Reboot the machine and go through the install process again.

## Human Kinetics Technical Support

If you need software technical support for *FITNESSGRAM* 8.0, please contact Human Kinetics. When you call, fax, or e-mail, please provide the following:

- Version of *FITNESSGRAM* 8.x
- 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](mailto: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](http://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](mailto:humank@hkusa.com)