

Physical Education

AASD WELLNESS FOOTPRINTS

- LOGGING PHYSICAL FITNESS ACTIVITIES

ENTERING INFORMATION FROM SCHOOL

- Log on
- Click Blue e (Internet Explorer)
- Secondary Links should appear on screen
- Drag bar on right side to Personal Wellness Tracker
- Click Activity Tracking (just to the right of the word Home)
- Check the correct Date of Activity (you can change the date)
- Select Type of Activity (All-Fitness-General-Team- Outdoor)
- Select from Activity List
- Select Activity Level (Light-Moderate-Vigorous)
- Drag bar to desired Activity Duration (30-45 minutes, 1 hour, 1 hour 30 min., etc...)
- Click Update Log
- Wait to click the small “OK” box that appears
- Your points should then appear on the big calendar
- Enter a new date of activity and follow the steps provided

ENTERING FROM HOME

- Go to this website: <http://www.aasd.k12.wi.us/Appleton>
- You will need to put: **aasd** in front of your user name
- Enter your password (same as school password)
- Click Activity Tracking just to the right of the word Home
- Type in the Date of Activity
- Select the Type of Activity (All-Fitness-General-Team-Outdoors)
- Select Activity Level (Light-Moderate-Vigorous)
- Drag the bar to the desired Activity Duration (30 min, 1 hour, etc....)
- Click Update Log
- Wait to click the small “OK” box that appears
- Your points should appear on the big calendar
- Enter a new date of activity and follow the steps provided

Make sure you are logging your activities FREQUENTLY !!!

Enter any and all recreational activities as well as competitive practices and games

If you have difficulty using the Student Activity Tracking System – please see us ASAP. If you can't enter your activities on the computer from home – please write down the dates, activities, minutes, and activity level and we will help you at school.

Thanks - Mr. Giaimo and Mr. Gilbert

CLASSICAL STUDENT'S - PHYSICAL EDUCATION

AASD WELLNESS FOOTPRINTS

- **Logging Your Physical Fitness Activities**

Entering From School:

- Enter your Username and Password
- Click Blue **e**
- Cancel Username
- Type in on top (website) www.aasd.k12.wi.us/appleton
- Type in Username@aasd and your password
- Click - Activity Tracking (next to the word - Home)
- Select the Activity Date
- Select the Type of Activity (All-Fitness-General-Team-Outdoors)
- Select from the Activity List
- Select the Activity Level (Light-Moderate-Vigorous)
- Drag the bar to the desired Activity Duration (number of minutes)
- Click - Update Log
- Wait to click the small "OK" box that appears on the screen
- Your points will then appear in the big calendar
- Enter a new date of activity and follow the steps provided