Table of Contents

Core Values and Competencies
- Our Mission
- Our Vision
- What is Daily Fit Log?

Features
- The Student Account
- The Teacher Account

Benefits
- Student
- Teacher

Policies
- Children’s Privacy
- Security

Frequently Asked Questions
- FAQs

For your convenience, to navigate throughout the presentation, all underlined words and arrows are hyperlinks to specific content.

**Click Logo to Return to Table of Contents**
Our Mission

Daily Fit Log is designed to increase the health and wellness of students through daily logging of their physical activity. By integrating this fitness technology into your school, we look to enhance students’ fitness experiences and create more accountable lifetime consumers of physical activity.
Our Vision

We look to lead the fight against childhood obesity by delivering schools the best possible way to promote healthy and active lifestyles to all of their students.

We will strive to be the most trusted educational resource used in Health and Physical Education programs across the country, while simultaneously providing students the opportunity to become more physically active under the supervision of leading educational professionals.
What is Daily Fit Log?

Daily Fit Log (DFL) is a web-based fitness log that allows teachers to track and monitor their students’ physical activity in real time.

Two Step Process:

- Students log their physical activity
- Health and Physical Education teachers monitor it from their own accounts
The Student Account

Site features offered to students include:

- **My Profile**
  - Health Data
  - Weekly Bar Chart

- **Fitness Logging (Slides 10-12)**
  - Fit Log Calendar
  - Fit Log Entry Form
  - Fit Log History

- **Charts**
  - Charts Page “Activity Time”
  - Charts Page “Health Data”

- **Goal Setting**
  - Add a New Goal
  - My Goals
My Profile

When students log into DailyFitLog.com, “My Profile” serves as their homepage, giving them the ability to:

- Log Health Data
- View Health Data History
- View Recent Goals
- View Weekly Bar Chart
My Profile - Health Data

Student Information
- First Name: Jon
- Last Name: Mude
- Gender: Male
- Birthday: June 15, 1990
- School: Paradise Valley High School
- Grade: 3
- Year of Graduation: 2015

Health Data
- Date: 07/15/2010
- Body Fat: 20.2%
- Resting Heart Rate: 25 BPM
- Height: 5 feet, 10 inches, 1/8 fractions of an inch
- Weight: 155 pounds, 0 fractions of a pound
- BMI: 22.2
My Profile- Weekly Chart

Week of July 11th

Total Minutes This Week: 475
60 minutes x 7 days/week = 420 minutes/week
*Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day* [CDC]
Fitness Logging - “Fit Log”

DFL allows students to log activity in multiple areas of Health Related Physical Education including:

- Cardio
- Strength
- Flexibility
- General Activity
- Steps
- Fitness Testing
“Beginner” Fit Log

As students continually log their physical activity, DFL will be reinforcing the multiple areas of health related fitness associated with each exercise chosen.

Choose Exercise Name → Fitness Category then populates → Log activity time
“Advanced” Fit Log

The Advanced Fit Log allows students to apply their acquired knowledge of health related fitness categories.

Steps:
- Chooses a Fitness Category
- Exercises for that category
- Log activity time
Fit Log Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 LOG IT +</td>
<td>2 LOG IT +</td>
<td>3 LOG IT +</td>
<td>4 LOG IT +</td>
</tr>
<tr>
<td>5 LOG IT +</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>6 LOG IT +</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>7 LOG IT +</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>8 LOG IT +</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>9 LOG IT +</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>10 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>11 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>12 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>13 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>14 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>15 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>16 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>17 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>18 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>19 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>20 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>21 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>22 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>23 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>24 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
<tr>
<td>25 LOG IT+</td>
<td></td>
<td></td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
<td>VIEW LOG</td>
</tr>
</tbody>
</table>
Fit Log History
Charts

Students will have the ability to see their exercise time and health data in a colorful and visual format.

- Activity Time
- Steps
- Fitness Testing Scores
- Height
- Weight
- Resting Heart Rate
- Percent Body Fat
- Body Mass Index
Charts Page “Activity Time”
Charts Page “Health Data”
Goal Setting

This function was designed to help students strategically plan to improve activity habits.

- Educates students on S.M.A.R.T. (Specific, Measurable, Attainable, Realistic, Timely) goals
- Students create goals using the following criteria: Goal Name, Goal Type, Goal, Current Ability, Target Date

Our design allows students to set small incremental goals in order to continually improve their physical activity.
Add a New Goal

Goal Name: Be More Active
Goal Type: General Activity
Goal: $60 \text{ min/day}$
Current Ability: $<30 \text{ min/day}$
Target Date: 09/01/2010
My Goals

S.M.A.R.T. Goals  My Goals  Add a New Goal

My Goals - Jon Nudo

To update your Current Ability, please click the name of your goal.

<table>
<thead>
<tr>
<th>Goal Name</th>
<th>Goal Type</th>
<th>Current Ability</th>
<th>Goal</th>
<th>Target Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Be More Active</td>
<td>General Activity</td>
<td>&lt;30 min/day</td>
<td>&gt;60 min/day</td>
<td>09/01/2010</td>
</tr>
<tr>
<td>Mile Run Time</td>
<td>Cardio</td>
<td>9 minutes</td>
<td>Under 8 minutes</td>
<td>10/01/2010</td>
</tr>
</tbody>
</table>

Items per page: 15

Export All Results to CSV  Delete Selected Goals
The Teacher Account

- Ability to manage classes
- View and monitor student accounts
- Online Bulletin Board
Classes Page

From the classes page a teacher can:

- Create Classes
- View Class Roster
- Export Class Roster (Excel)
- Remove Students from Class
Classes
Class Roster

From this page teachers can click on student names to view their information.

Click here to view a student’s information.
Monitor Student Accounts
Bulletin Board

Teachers have ability to post various class materials:

- Self Assessments
- Homework
- Test Reviews
- Health and Fitness Articles
- Non-Participation Assignments
- Instructional Video Clips
Class Board

Period 1 Health Class Board

1. Reminder - Test on Thursday. Study guide is attached.
2. Remember that your projects are due on November 1.

Period 3 Phys Ed Class Board

Just a reminder that dressing for Phys Ed is mandatory and counts toward your grade.

Period 4 Phys Ed Class Board

Period 7 Health Class Board

**HOME WORK** Please watch the attached video, Fighting Obesity and prepare a half page summary about the video. DUE Thursday.

Fighting Obesity Video - Fighting Obesity Video

Edit Information  Upload File
Student Benefits

- Multidimensional Results
- CDC and American Heart Association Findings
Multidimensional Results

**Behavioral**

Behavior modification research states the need for self-monitoring and goal setting, both of which are available to students through the use of DFL.

**Cognitive**

Cognitive understanding of exercise types, the amount of physical activity necessary, as well as the cognitive application of self-assessment and strategically planning for change through the use of goal setting.

**Affective**

Can see success through increased participation rather than increased fitness levels. As activity increases, student charts will grow.
CDC & AHA Findings

"Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day." (CDC)

Staying fit reduces major risk factors for children and adolescents. "One study of 5- to 17-year-olds found that 70% of obese children had at least one risk factor for cardiovascular disease and 39% of obese children had at least two risk factors." (CDC)

Physical activity helps students fight childhood obesity which according to the CDC plagues 16% of U.S. children. Since 1980, obesity rates for children have tripled. (CDC)

According to the American Heart Association, "Physical activity also helps psychologically. It reduces feelings of depression and anxiety, improves mood and promotes a sense of well-being." (American Heart).
Teacher Benefits

- Reinforcement of Curriculum
- Virginia Standards of Learning (Slides 34-36)
- Journal of Physical Education Recreation and Dance (JOPERD)
Reinforcement of Curriculum

By utilizing this technology in order to facilitate student learning outside of school, you can help combat the lack of teacher-pupil contact time.

Allows students to:
- Assess their physical activity habits
- Strategically plan for change
- Track their progress

These three key elements help reinforce your physical activity curriculum in a simple and cost effective manner, better than any other technology offered to schools.
Virginia Standards of Learning

Grades 2-5 - Personal Fitness

2.3 The student will identify and participate in physical activities that promote aerobic capacity, muscular strength, endurance, and flexibility.

3.3 The student will engage in a variety of moderate and vigorous physical activities and describe how and why the body responds to the activities (e.g., physiological changes such as sweating, increased heart rate, increased respiration).

4.3 The student will correlate regular participation in physical activity with various components of fitness and improvement in fitness and skill development.
   a) Identify the components of health-related fitness (e.g., aerobic capacity, muscular strength and endurance, flexibility, body composition).
   b) Apply data from a standardized health-related fitness assessment to determine personal fitness goals.
   c) Apply the FITT (Frequency, Intensity, Time, Type) principle of training to implement personal fitness goals.

5.4 The student will use personal fitness assessment data to enhance understanding of physical fitness.
   a) Identify sources for data collection (e.g., print materials, community resources, heart rate monitors, Internet, pedometers, skin fold calipers).
   b) Analyze fitness data to describe and improve personal fitness levels (e.g., apply data to own plan for improvement in at least two components of health-related fitness).
Virginia Standards of Learning

Grades 6-8 - Personal Fitness

6.3 The student will use personal fitness tools and data to improve physical fitness.
   a) Use measurement and assessment tools and data (e.g., criterion-referenced health-related fitness standards, Internet, software data-management systems, heart-rate monitors, pedometers, skin fold calipers) to develop goals for improvement in at least two fitness components.
   b) Describe and apply basic principles of training (e.g., FITT [Frequency, Intensity, Time, Type], overload, progression) and their relationship to implementing safe and progressive personal fitness programs.

7.3 The student will apply concepts and principles of training to improve physical fitness.
   a) Use a variety of resources, including available technology, to monitor fitness improvement.
   b) Develop a comprehensive personal fitness plan, including goals, strategies, and timeline, for improving at least three self-selected components of health-related fitness.
   c) Use a variety of resources, including available technology, to monitor fitness improvement.
   d) Analyze the relationships among physical activity, calorie intake, and body composition.

8.4 The student will apply self-assessment skills to improve or maintain personal fitness.
   a) Self-assess level of physical activity and personal fitness on all components of health-related fitness, and develop a plan, including goals, strategies, and timeline, for maintenance or improvement.
   b) Use a variety of resources, including available technology, to assess, monitor, and improve personal fitness.
   c) Monitor heart rate before, during, and after vigorous physical activity.

Physical Education Standards of Learning
Virginia Standards of Learning

Grades 9-10 - Personal Fitness

9.3 The student will demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.

a) Demonstrate program-planning skills by setting goals, devising strategies, and making timelines for a personal physical activity plan.

b) Apply the FITT (Frequency, Intensity, Time, Type) principle and other principles of training such as overload, specificity, and progression, in accordance with personal goals.

d) Use a variety of resources, including available technology, to assess, design, and evaluate a personal fitness plan.

10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness.

b) Use a variety of resources, including available technology, to analyze, assess, and improve physical activity and personal fitness.
January 2009 issue, Author Grant Hill published a clinical study: \textit{The creation of the Hierarchy of Independent Physical Activity}.

- Helps students transition from physical inactivity to physical activity leadership roles.

The First Level of the Hierarchy:

- Requires students to document their daily physical activity in a journal, log, or homework calendar.
- Teachers can make sure that students are meeting the minimum activity-level standards.
- Students can set goals and monitor their performance in relation to those goals.
Children's Privacy

Dailyfitlog.com, LLC is a licensee of the TRUSTe Children’s Online Privacy Seal Program. TRUSTe is an independent organization whose mission is to build user’s trust and confidence in the Internet by promoting the use of fair information practices. The Federal Trade Commission has approved TRUSTe Children’s Privacy Seal Program as a Child Online Privacy Protection Act (COPPA) Safe Harbor program. Backed by strict requirements, the TRUSTe Children’s Seal certifies that DFL is compliant with the COPPA rule—letting parents know that their kids’ information is safe. Some other websites that use TRUSTe include Walt Disney Internet Group, The NFL, Yahoo! and Leapfrog Enterprises.

Click [here](http://truste.com) to visit our page at TRUSTe.com.
Security

DFL operates with a valid Secure Socket Layer certificate (SSL).

- A SSL certificate is used for the server authentication, data encryption, and message integrity checks. With a valid SSL certificate, your internet communications are transmitted in encrypted form.

DFL has installed a **Cisco PIX 506E External Firewall** on our dedicated server to ensure your school’s information is safe and secure.
Frequently Asked Questions

- How much does this program cost?
- How do you generate revenue?
- How do you import students?
- Can students in my school view each other’s information?
- Who has access to the student accounts?
- How do I register my school?
How much does this program cost?

The DFL Program is free of charge.
How do you generate revenue?

In place of annual costs, the site will contain advertisements and sponsorships of third party products and services that will be consistent with those displayed on other websites where access is generally offered to children. DFL will monitor and have full control of all advertisements and sponsorships displayed on the site.

Our goal is to only display advertisements that meet the Children’s Advertising Review Unit (CARU) standards. For a complete overview of the CARU Guidelines, please visit [www.caru.org](http://www.caru.org).
Who has access to the Student Accounts?

The only users with access to your students’ information will be the users that your school or district designates through the creation of your Teacher, School and District Admin Accounts.

Any DailyFitlog.com user registered with a different school or district will NOT have access to any information associated with your school or district through the use of our site.
How do I create Student Accounts?

- Creating student accounts is as simple as attaching a file to an email.
- Simply upload an Excel document saved as a “CSV” file with your students’ first and last names.
- Once uploaded, the site will instantly create the usernames with passwords.
- The only work necessary for teachers is to distribute the login credentials to students.
Can students in my school view each other’s information?

No. DFL recognizes the privacy interests of children and has designed our site so only the authorized teachers and school personnel in your school or district have access to a student’s information.
How do I register my school?

You can register your school or district with DailyFitLog.com using our easy 3 step online registration process:

1) Request an Activation Code

2) Enter your Activation Code on DFL’s “Registration” page

3) Complete our online registration form

Once completed, you will receive an email regarding your initial login information for DailyFitLog.com!
For more information or to register your school or district, please contact:

tim@dailyfitlog.com