



## How To Use SchoolCare *Good For You* “**Keeping Fit**” Online:

Click on the PATH Community from your main Dashboard:

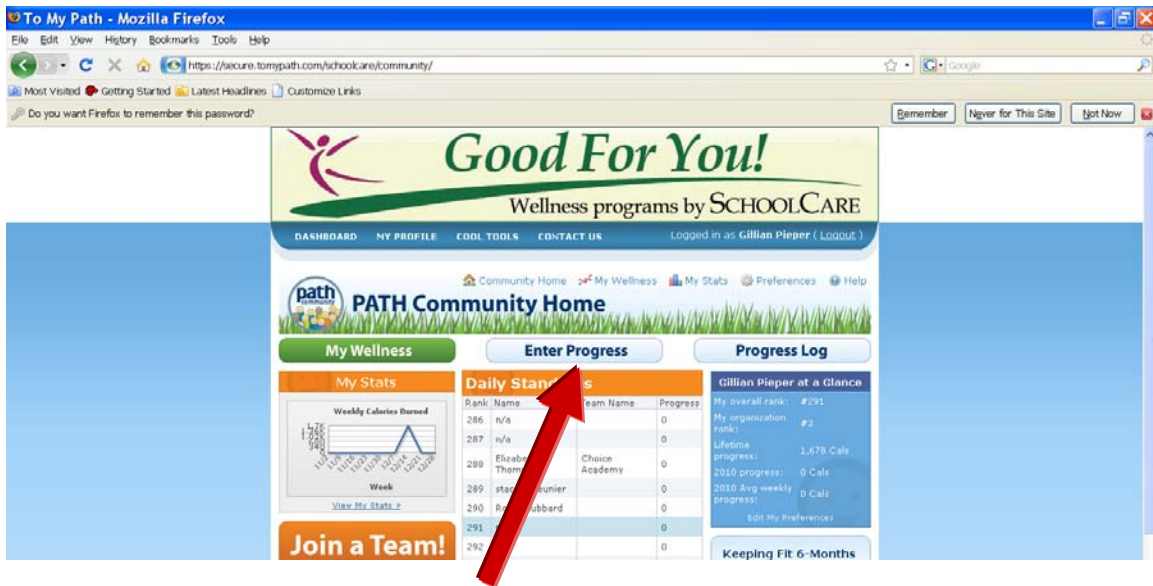


You will land here:



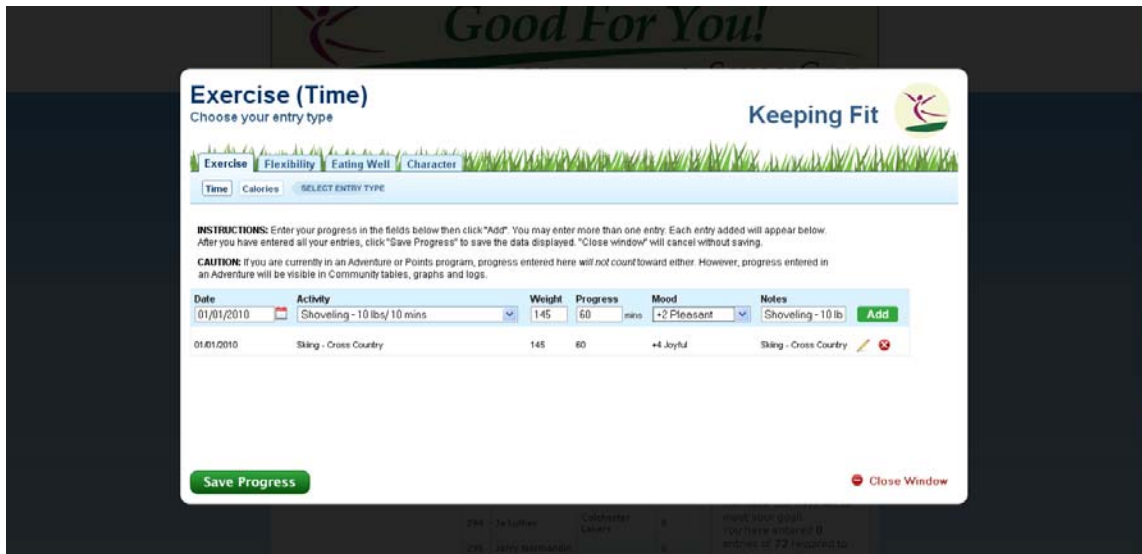
Click on the green box to start (or continue) your “Keeping Fit” program.

Once you do so, you’ll get the following message where the green box was:



To Add Entries: Click “Enter Progress” in the middle of the screen.

A “lightbox” will open over the screen:



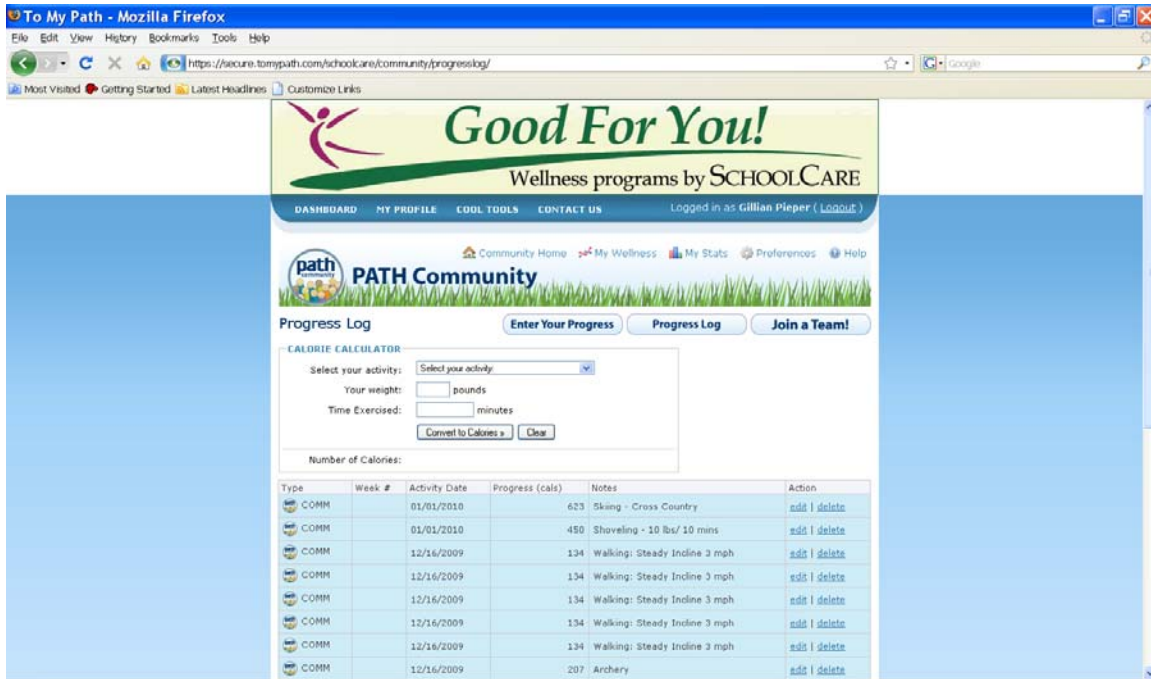
**IMPORTANT:** To get credit for “Keeping Fit” use the “Exercise” tab. You can use the other tabs to track your personal goals but they won’t count toward your official SchoolCare Keeping Fit progress/points.

**INSTRUCTIONS:** Enter a date, the activity, your weight, the amount of time (progress) you did the activity, your mood, and any notes you’d like to add. Then click “Add”. Repeat if you want to add more entries at this time. You are finished adding entries, click “Save Progress” then click “Close Window.”

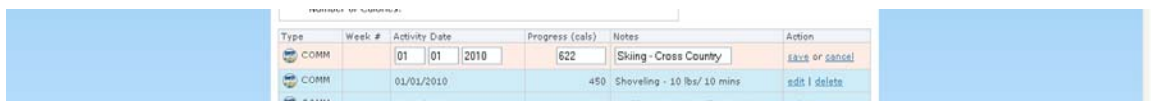
To check, edit or delete your entries, go back to the Community Home and click “Progress Log:”



It looks like this:



Edit an entry:



Your entries on the Community Home will update in real time:

The screenshot shows the PATH Community Home dashboard. At the top, there's a navigation bar with 'DASHBOARD', 'MY PROFILE', 'COOL TOOLS', and 'CONTACT US'. Below that, the 'PATH Community Home' logo is visible. The main content area includes:

- My Wellness**: A section with a 'Weekly Calories Burned' line graph showing data for the week of 11/14 to 11/20.
- Daily Standings**: A table listing participants and their progress.
- Keeping Fit 6-Months**: A progress indicator showing 192 days left to meet the goal, with 2 entries of 72 required.

Rank	Name	Team Name	Progress
286	n/a		0
287	n/a		0
288	Elizabeth Thompson	Choice Academy	0
289	stacey meunier		0
290	Robin Hubbard		0
291	n/a		0
292	n/a		0
293	n/a		0
294	Ja Luther	Colchester Lakers	0
295	Jerry Normandin		0

Once you've reached the proper number of entries (12 per month over 6 months) and 6 full months, SchoolCare will award your 125 points and you will be able to begin again.

If you have more questions about using the PATH Community and SchoolCare's *Good For You* Keeping Fit 6-month program, feel free to use the PATH "Contact Us" link. Please leave us as much detail as possible about your question or issue.