

Daily Fit Log Directions

1. Go to dailyfitlog.com
2. Username – [first.last.vhms](#)
3. Password –
4. Change password to birth date. Example March 8, 2001 = 050801 (no dashes or spaces)
5. Profile ([Green Icon](#) in the center)
6. Calendar icon- [click on today's date](#)
7. From the drop down box choose [Health Data](#). Enter Height, weight, resting heart rate, and gender, year of graduation from middle school, current grade and birthday. [Select save](#).
8. Class icon – [click on](#)
9. Click the [plus sign](#)
10. Select your PE teacher
11. Select the class you are in.
12. Click the icon for [Fitness Testing](#)
13. Choose [test #1](#)
14. Input test scores.
15. Go to calendar icon and log activity for the present week/ [click on the date](#) and choose log activity from the dropdown box.
16. From the calendar [choose today's date](#) and [click on set Goal](#) from the drop down box.
17. Set your fitness goal.

Daily Fit Log Directions

2. Go to dailyfitlog.com
2. Username – first.last.vhms
3. Password – vmspe
4. Change password to birth date. Example March 8, 2001 = 050801 (no dashes or spaces)
5. Profile (Green Icon in the center)
6. Calendar icon- click on today's date
7. From the drop down box choose Health Data. Enter Height, weight, resting heart rate, and gender, year of graduation from middle school, current grade and birthday. Select save.
8. Class icon – click on
9. Click the plus sign (+)
10. Select your PE teacher
11. Select the class you are in.
12. Click the icon for Fitness Testing
13. Choose test #1
14. Input test scores.
15. Go to calendar icon and log activity for the present week/ click on the date and choose log activity from the dropdown box.
16. From the calendar choose today's date and click on set Goal from the drop down box.
17. Set your fitness goal.