

***FITNESSGRAM 8.3* CD-ROM Readme File for Macintosh Stand-Alone Program**

On your *FITNESSGRAM 8.3* CD are the following files:

1. Readme file for the Mac Stand-Alone program
(FG8_Readme_Mac_Standalone.pdf)
2. Folder of static PDFs from the *FITNESSGRAM 8.3* program and the *FITNESSGRAM Test Administration Manual, Updated Third Edition*
3. End user license agreement for all versions
4. Folder for FitnessGram software training videos for the MAC, including a readme file in detailing use of the video clips
5. *FITNESSGRAM 8.3* Mac Stand-Alone program

Listed in this readme file for the Stand-Alone program are

- System Requirements
- Installation instructions for *FITNESSGRAM 8.3* Macintosh Stand-Alone program
- Tech support information
- Contact information for Human Kinetics.

System Requirements—Macintosh Stand-Alone Program:

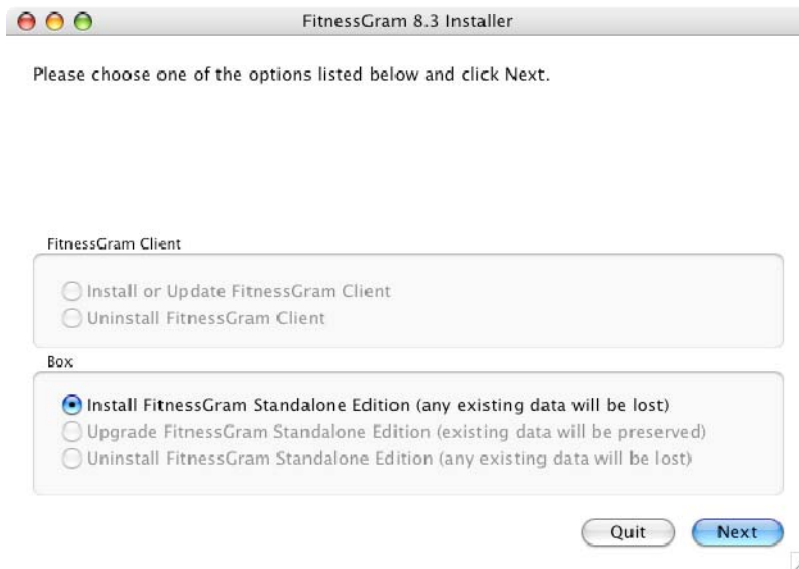
- G3, G4, or G5 processor
- MAC 10.3/10.4/Intel MAC
- Memory: 128 MB
- Free disk space: 1 GB
- CD-ROM drive
- Color monitor
- 832X624 screen resolution
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended

Installation Instructions:

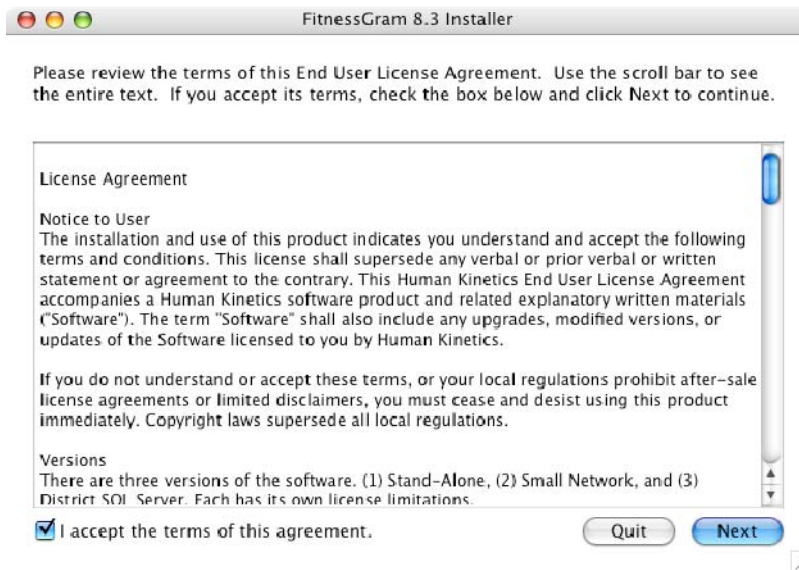
1. Insert the *Fitnessgram 8.3* CD-Rom into the CD-Rom drive of the computer.
2. Double click on the **Fitnessgram 8 Standalone** icon to initialize the Installer.



3. The **Installer for FITNESSGRAM 8 Stand-Alone** will open. Select, “Install FitnessGram Standalone Edition”. Click **NEXT** .

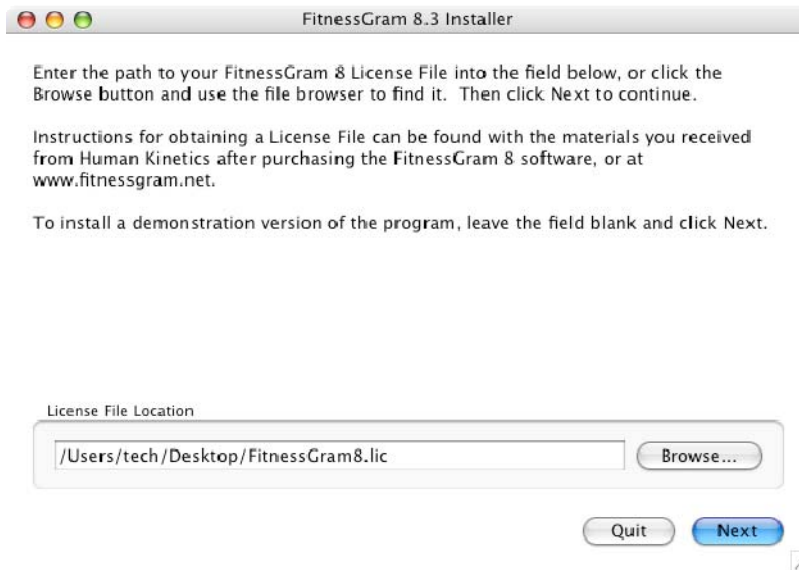


4. The License agreement will come up next. Read the agreement and chose I **accept the terms of the license agreement** and click **Next**.

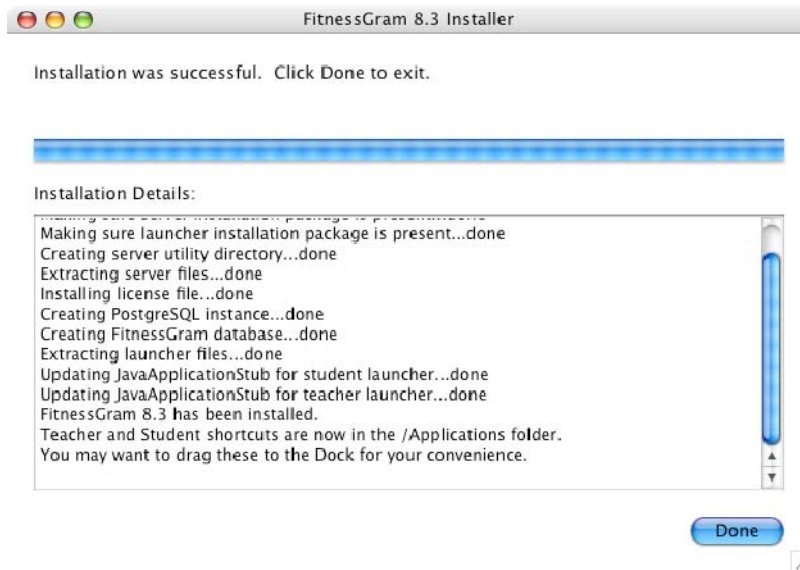


5. On the **Import License File** screen, browse to the *FITNESSGRAM 8.3* license code file that you received via email when you registered the program on the www.fitnessgram.net/licensing web site. Click **Next**.

Note: If you are running the program as a Demo there is NO license code file to import. Leave this field blank and click Next.



6. When the Installer has completed the installation, click **Done** to finalize the install.



7. Double click on the hard drive and open the Applications folder. You will see two icons for the FitnessGram 8 program: "Fitnessgram 8 Standalone Teacher" and "Fitnessgram 8 Standalone Student". Drag the icons to the desktop or docking bar.



Troubleshooting

Any time an error message is generated, the first thing to do is to reboot the machine.

If rebooting does not correct the problem, remove everything and reinstall after doing a backup of the database or a FitnessGram 8 export.

1. Drag the FG8SA_D folder, *FITNESSGRAM 8* Stand Alone Student and *FITNESSGRAM 8* Stand Alone Teacher icons to the trash.
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 8.0*
- 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

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 for latest information on the program, including software updates.

Contact Information for Human Kinetics

United States: Human Kinetics

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800-747-4457

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