

## ***FITNESSGRAM 8.3* CD-ROM Readme File for District SQL Server Version Program**

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

1. Readme file for the district SQL Server program (FG83\_Readme\_District.doc)
2. PDA installers application and PDA readme files (PocketPC.pdf for PPC 2002 and FG8\_PDAREadme.doc for PPC 2003 and Mobile 5) for installation instructions.
3. Folder of static PDFs from the *FITNESSGRAM 8.3* program and the *FITNESSGRAM Test Administration Manual, Updated Third Edition*
4. *FITNESSGRAM 8.3* District SQL Server program for both server and client installations
5. End user license agreement for all versions
6. Two folders (for Windows and MAC) of FitnessGram software training videos, including a readme file in each folder

Listed in this Readme file for the district SQL Server program are

- system requirements,
- installation instructions for both the server and client applications,
- tech support information,
- and contact information for Human Kinetics.

## **System Requirements for the District SQL Server Version**

### **System requirements for server**

- Intel Pentium III or compatible 1 GHz processor or higher
- SQL Server 2000/2005 Enterprise Edition or Standard Edition, current Service Packs, running in mixed mode authentication
- Windows 2000/2003 server
- Memory: 512 MB
- Free disk space: 1 GB
- CD-ROM drive
- Color monitor
- 800x600 screen resolution
- Static IP address for server
- WAN connectivity

### **System requirements for Windows client computers**

- Intel Pentium II or compatible 233 MHz processor or higher
- Windows 98/2000/XP Professional only/Vista
- Memory: 32 MB
- Free disk space: 200 MB
- CD-ROM drive
- Color monitor
- 800x600 screen resolution
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended
- WAN connectivity

### **System requirements for Macintosh client computers**

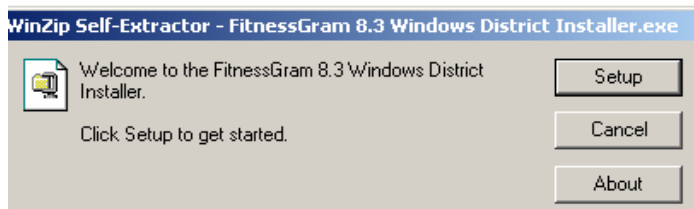
- G3, G4, or G5 processor
- OS 10.3/10.4/Intel MAC
- Memory: 128 MB
- Free disk space: 200 MB
- CD-ROM drive
- Color monitor
- 832x624 screen resolution
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended
- WAN connectivity

## Installation Instructions—District SQL Server

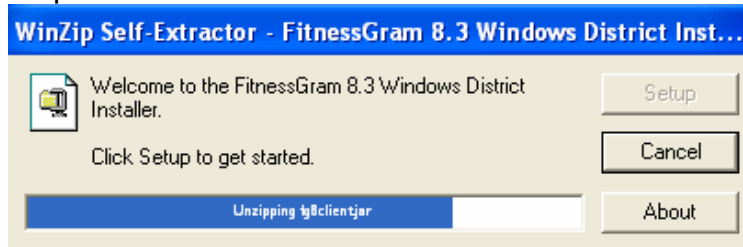
**Note:** *FITNESSGRAM 8.3* uses TCP/IP port 31047. The *Fitnessgram 8.3* District Server must be installed on the SQL server prior to any client installations.

Double-click on the ***FITNESSGRAM 8.3* Windows District Installer.exe** to begin installation.

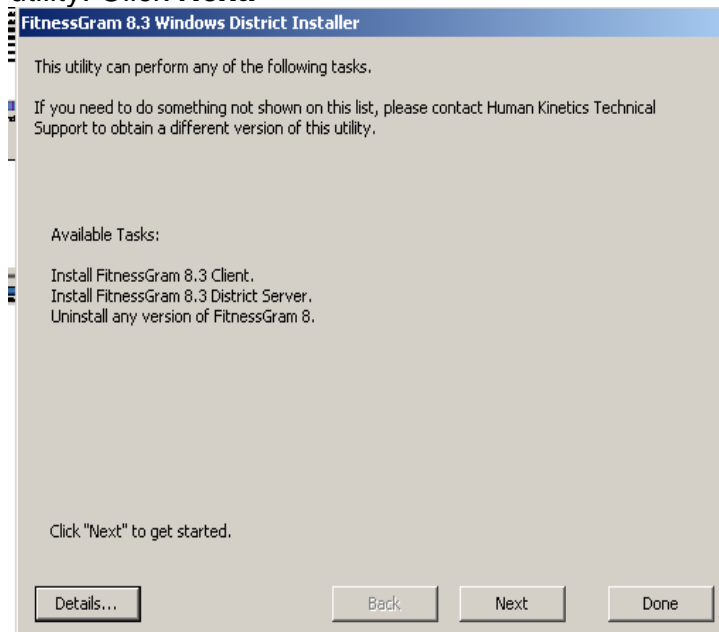
The **WinZip Self-Extractor** screen will open. Click on **Setup**.



The Self-Extractor will run a few minutes unzipping the installation files. Please be patient.

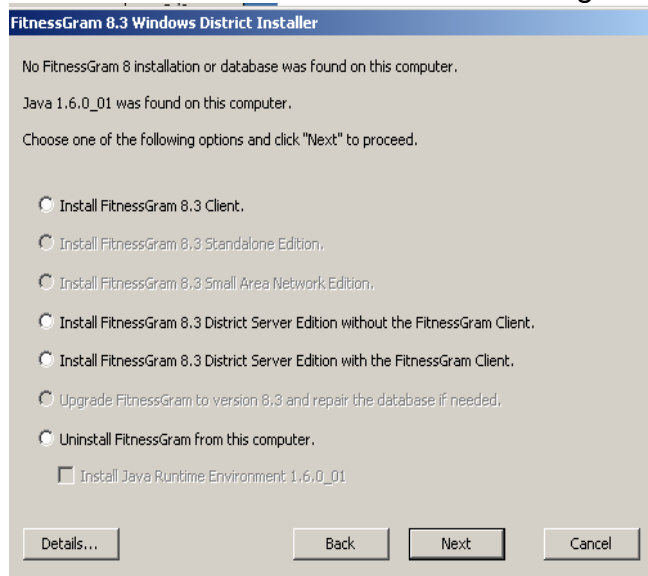


The following screen will appear explaining which tasks are available with this utility. Click **Next**.



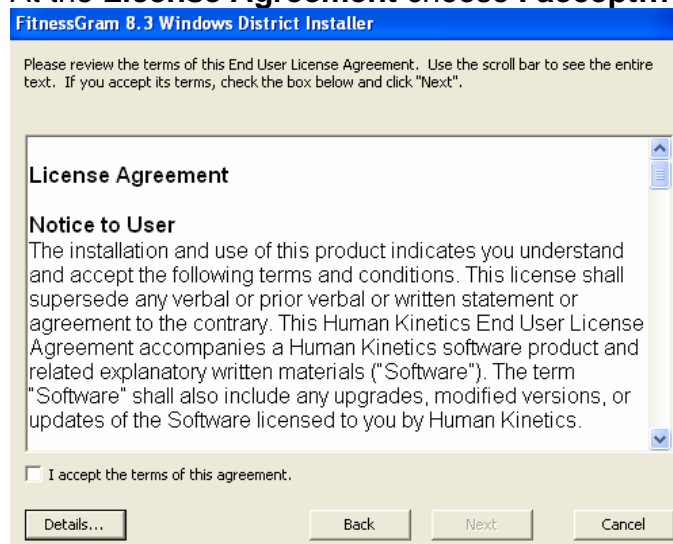
The **Installer** verifies whether or not there is anything related to FitnessGram 8 on the computer and the version of Java that is on the computer. Select the Install FitnessGram 8.3 District Server Edition with the FitnessGram Client and click **Next**. If another installation or database for FitnessGram 8 exists then the **Uninstall FitnessGram from the computer** item should be selected.

To install the District Server version please check ***Install Fitnessgram 8.3 District Server Edition*** with the Fitnessgram Client. Click **Next**.



**Note:** You also have the option of uninstalling previous installations of *Fitnessgram 8* from the computer. You can only select one task at a time during the installation wizard.

At the **License Agreement** choose **I accept...** then click **Next**.



On the **Destination Folder** screen, the default folder can be left selected or click **Browse** and install to a different folder. Select **Next** to continue.

The screenshot shows the 'FitnessGram 8.3 Windows Full Installer' window. It contains three sections for folder selection:

- FitnessGram 8 Client Folder:** A text box containing 'C:\Program Files\FitnessGram 8 Client' and a 'Browse...' button.
- FitnessGram 8 Server Folder:** A text box containing 'C:\Program Files\FitnessGram 8 Server' and a 'Browse...' button.
- FitnessGram 8 Database (FG8 MSDE Instance) Folder:** A text box containing '(Not applicable)' and a 'Browse...' button.

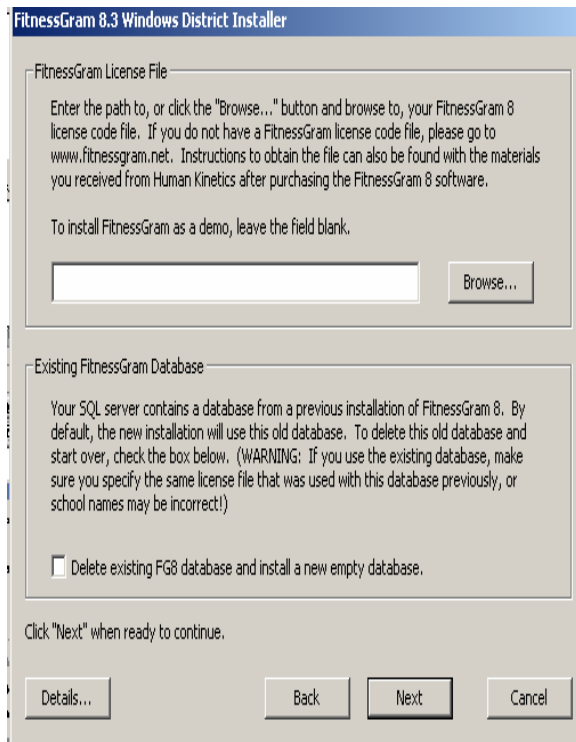
At the bottom, there are four buttons: 'Details...', 'Back', 'Next', and 'Cancel'.

Fitnessgram 8.3 District Server Edition requires a connection to an external SQL server so choose a server, enter the “sa” password. Click **Next**.

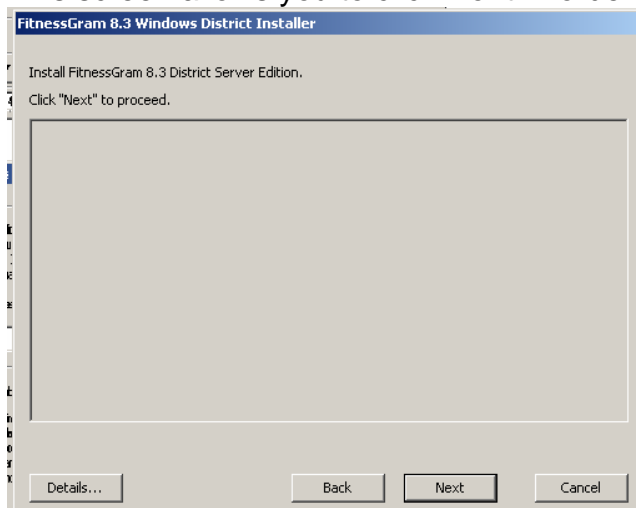
The screenshot shows the 'FitnessGram 8.3 Windows Full Installer' window for the District Server Edition. It contains the following elements:

- Text: 'FitnessGram 8 District Server Edition requires a connection to an external SQL server.'
- Text: 'Choose a server, or enter a server name or address.'
- Form: 'SQL Server:' followed by a dropdown menu.
- Text: 'Enter the "sa" password for the selected SQL server. This password will be used (during this session only) to access the SQL server in order to create or update the FG8 database. A separate unprivileged user (FG8) will be created with a random password, and used by the FitnessGram server in the future. The "sa" password you enter will not be stored.'
- Form: '"sa" Password:' followed by a text input field.
- Text: 'Click "Next" when you are ready to attempt to connect to the SQL server.'
- Buttons: 'Details...', 'Back', 'Next', and 'Cancel'.

Using the **Browse** button browse out and locate the Fitnessgram 8 License file. If there is an existing database note the warning. Click **Next**.



This screen allows you to click **Next** in order to complete the installation.



The **Installation Complete** screen appears and selecting **Next** closes the installer screens.

**FitnessGram 8.3 Windows District Installer**

Install FitnessGram 8.3 District Server Edition.

Done.

Starting district server installation.  
Fixing SQL security...done  
Preparing file list...done  
Installing FitnessGram files...done  
Adding to Add/Remove Programs list...done  
Installing license file...done  
Installing server registry key...done  
Updating database messages and type tables...done (9/23)  
Setting client password and reassociating login...done  
Cleaning up message files...done  
Creating shortcuts...done  
Registering service...done  
Starting FitnessGram server...done  
Installation complete.

Details...

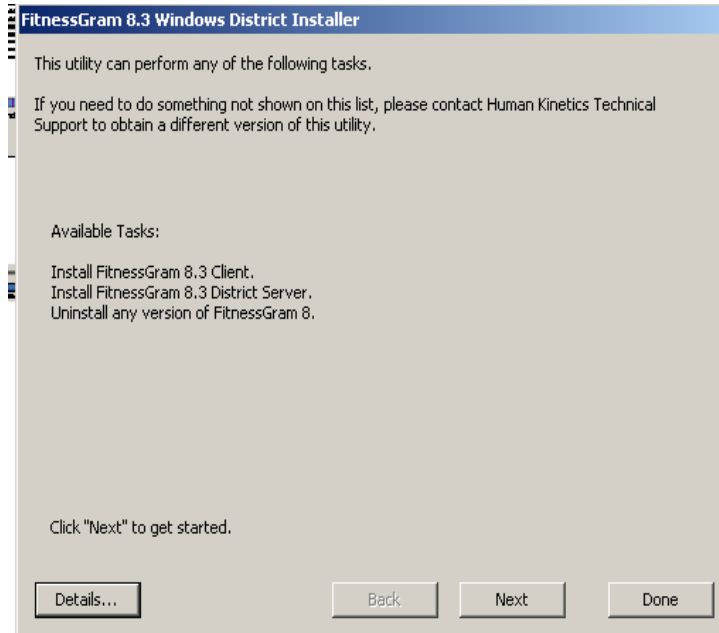
Again

Next

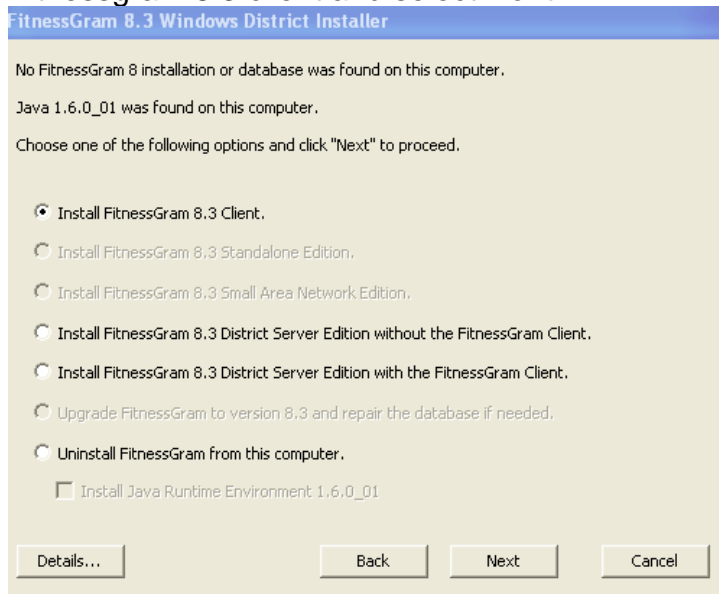
Cancel

## Installation Instructions—*FITNESSGRAM* 8.3 Windows Client

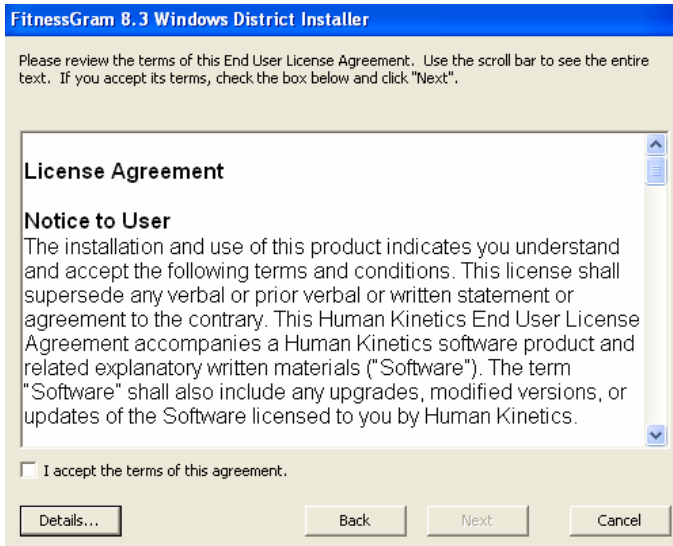
Double-click on the *FITNESSGRAM* 8.3 Windows District.exe to begin installation.



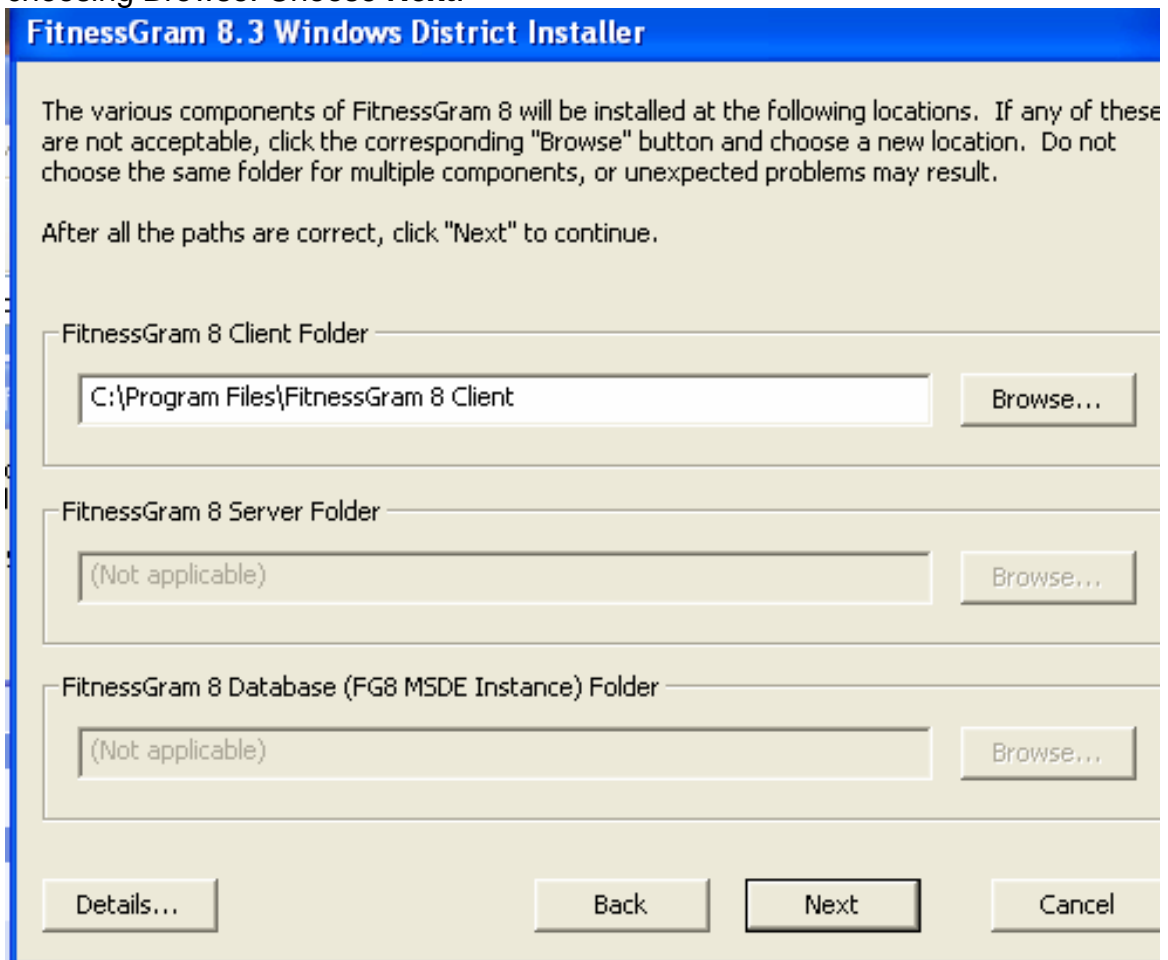
On **Fitnessgram 8.3 Windows District Installer** screen choose Install Fitnessgram 8.3 client and select **Next**.



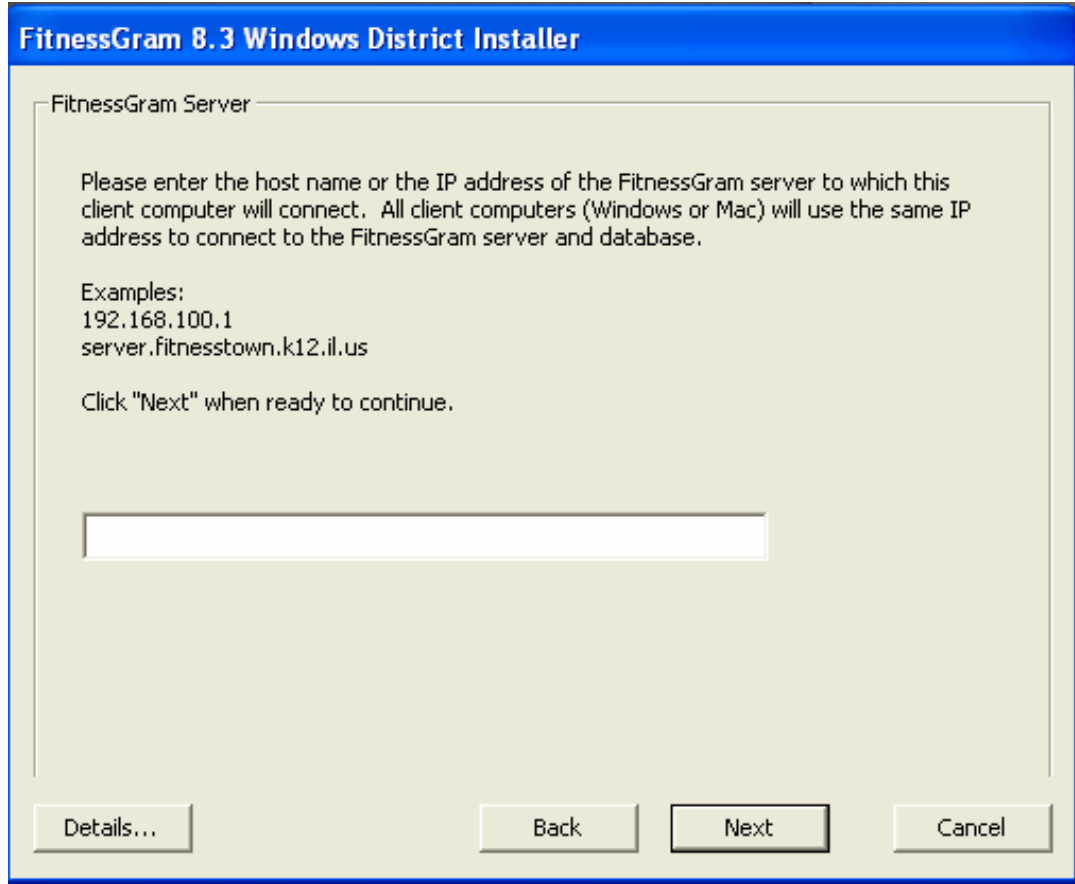
The **License Agreement** screen will appear. Select **I agree...** and click **Next**.



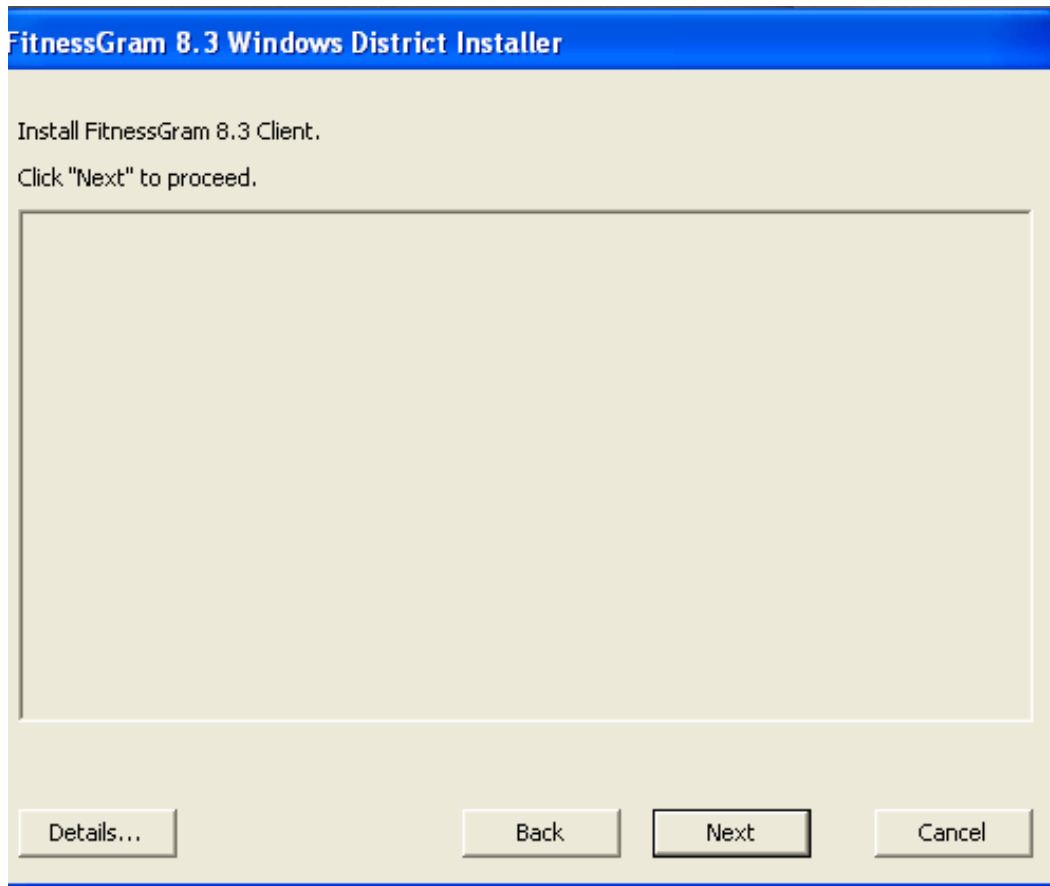
The **Destination Folder** screen will open. The Destination Folder defaults to C:\Program Files\FitnessGram 8.3 Client. The location can be changed by choosing Browse. Choose **Next**.



The **Server Selection** dialog box will open blank. Enter the IP address for the *FITNESSGRAM* 8.3 Server. Choose **Next**.



The **Ready to Install** screen will appear. Choose **Next** to complete the *FITNESSGRAM* 8.3 Client installation.



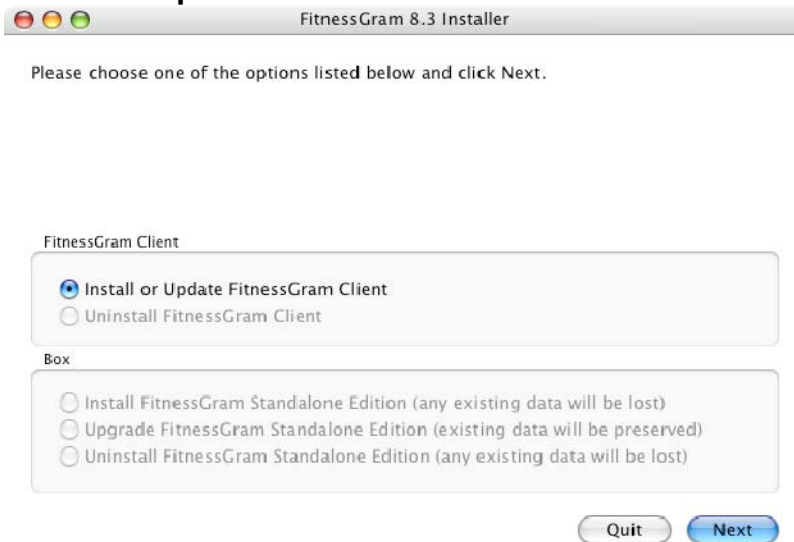
Installer will install the *FITNESSGRAM* 8.3 client and the **Complete** screen will appear. Click **Next**. Install of *Fitnessgram* 8.3 client is finished.

## Installation Instructions—*FITNESSGRAM* 8.3 MAC Client

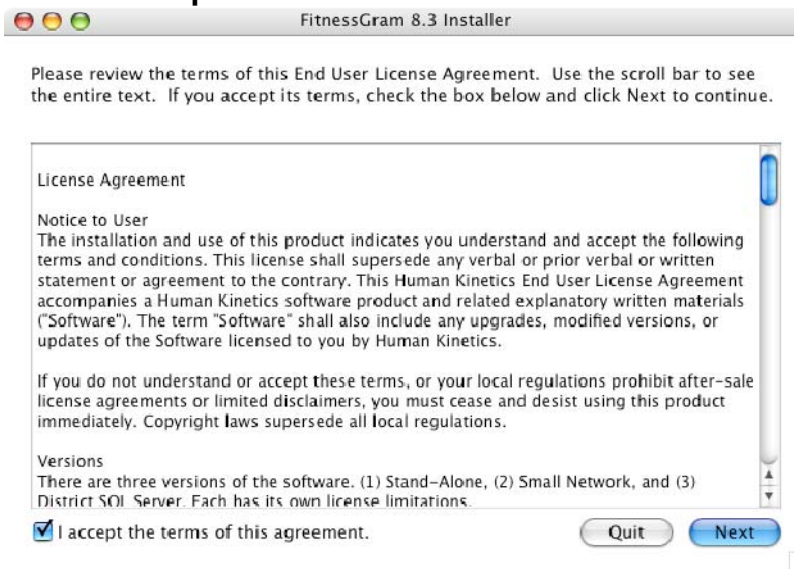
1. Double click on the ***FITNESSGRAM* 8 Client Installer** to begin installation.



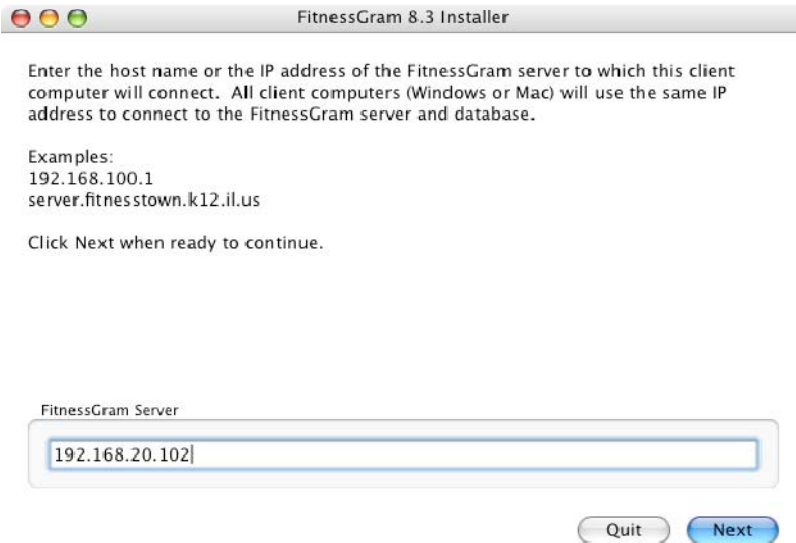
2. The beginning screen for the **FitnessGram 8.3 Installer** will open. Select **'Install or Update FitnessGram Client'** and choose **Next**.



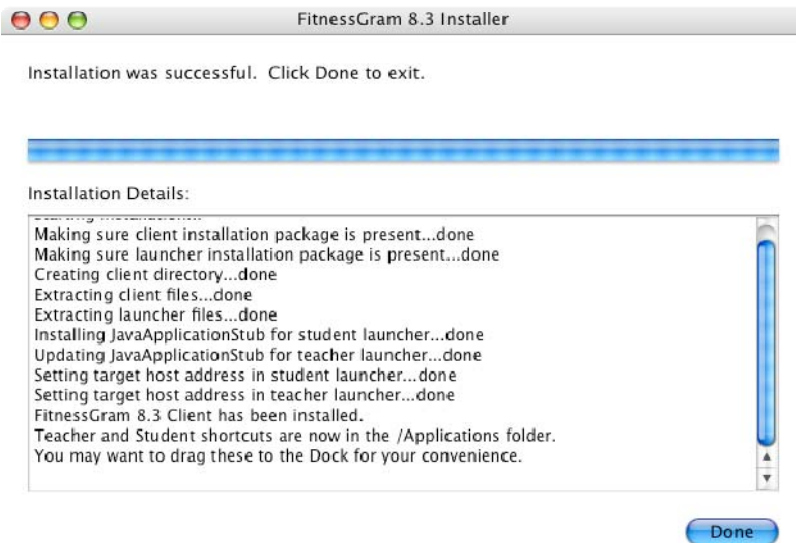
3. The **License Agreement** screen will appear. Read through the agreement, Select **I accept...** and click **Next**.



4. The **Installer** will then ask for the **Host Name** or **IP address** of the computer which will serve as the server for the FitnessGram client. Input the server information and click **Next**.



5. The Installer will install the **FITNESSGRAM 8.3 Client** and the final screen will appear. Choose **Done**.



6. In the Applications folder you will find the icons for launching **Fitnessgram**. You can place these icons on the Desktop or the Docking bar.



### **Trouble Shooting/Technical Information**

If an error message appears while trying to access the Teacher or Student version of *FITNESSGRAM* 8.3 on the client machine, go to Start→Programs→FitnessGram 8→FitnessGram 8 Client (Teacher) or *FITNESSGRAM* 8 Client (Student) and right click. Choose **Properties** and the **Shortcut** tab. Look in the **Target:** field and confirm the TCP/IP address and that the port being used is 31047.

If an error message appears stating the *FITNESSGRAM* 8.3 server cannot be found or is not available, go to the machine with the *FITNESSGRAM* 8.3 Server. Right click the **My Computer** icon. Select **Manage** and when the Computer Management screen comes up, expand **Services and Applications**.

Select **Services** and look for the **FG8Server** in the list. Look at Status to see if it is **Started**. If it is not Started, highlight **FG8Server** and select **Restart the Service** (XP) or go to Action on the menu and select **Start** (2000).

Scroll down the list and find **MSSQLSERVER**. Check that the service status is **Started**. If not, highlight it and do the same as for the **FG8Server**.

***If none of these steps correct the problem you will need to remove everything and reinstall.***

Use Add/Remove programs to remove elements in this order:

1. Remove *FITNESSGRAM* 8 Server
2. Remove *FITNESSGRAM* 8 Client

Open SQL Server Enterprise Manager:

1. Drill down the SQL instance where FitnessGram is installed
2. Open the databases folder and delete the FG8 database if it is present
3. Open the Security folder and highlight Users
4. Delete the FG8 user if it is present

Reboot the machine and go through the install process again.

## Human Kinetics Technical Support

If you need software technical support for *FITNESSGRAM* 8.3, please contact Human Kinetics. When you call, fax, or e-mail, please provide the following:

- ❑ Version of *FITNESSGRAM* 8.3
- ❑ 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](mailto: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](http://www.fitnessgram.net) for latest information on the program, including software updates.

### Contact Information for Human Kinetics

*United States:* Human Kinetics

P.O. Box 5076

Champaign, IL 61825-5076

800-747-4457

e-mail: [humank@hkusa.com](mailto:humank@hkusa.com)