

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

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

1. Readme file for the Windows Stand-Alone program located in the Win8 folder -- (FG83\_Readme\_Win\_Standalone.txt)
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* Windows Stand alone program
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 Windows Stand-Alone program are

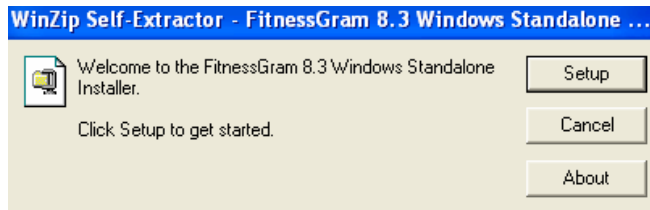
- system requirements,
- installation instructions for *FITNESSGRAM 8.3* Windows Stand-Alone program,
- tech support information,
- and contact information for Human Kinetics.

## **System Requirements—Windows Stand-Alone Program**

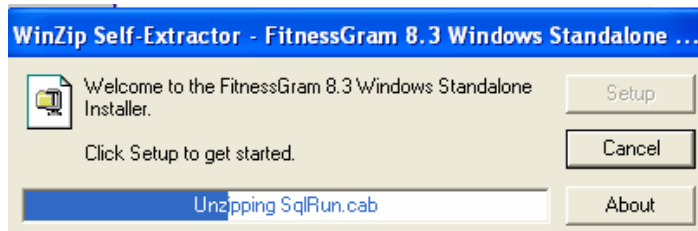
- Intel Pentium II or compatible 233 MHz processor or higher
- Windows 2000/XP Professional only/VISTA
- Memory: 256 MB
- Free disk space: 1 GB
- CD-ROM drive
- Color monitor
- 800x600 screen resolution
- Adobe Acrobat Reader® 6.0 or higher
- Laser printer recommended

## Installation Instructions

1. Double-click on the **FitnessGram 8.3 Standalone.exe** to begin installation.
2. *FITNESSGRAM* 8.3 Windows Standalone **Winzip Self-Extractor** will open. Click **Setup**.



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



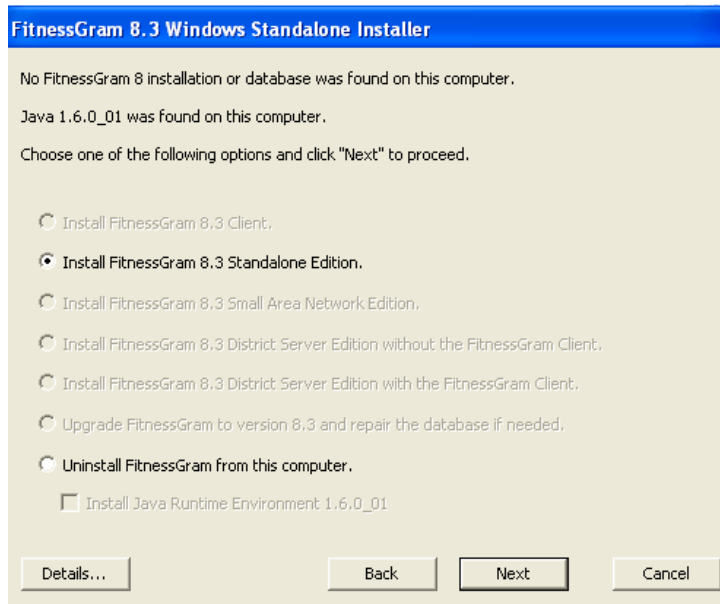
4. The following screen will appear explaining which tasks are available with this utility. Click **Next**.



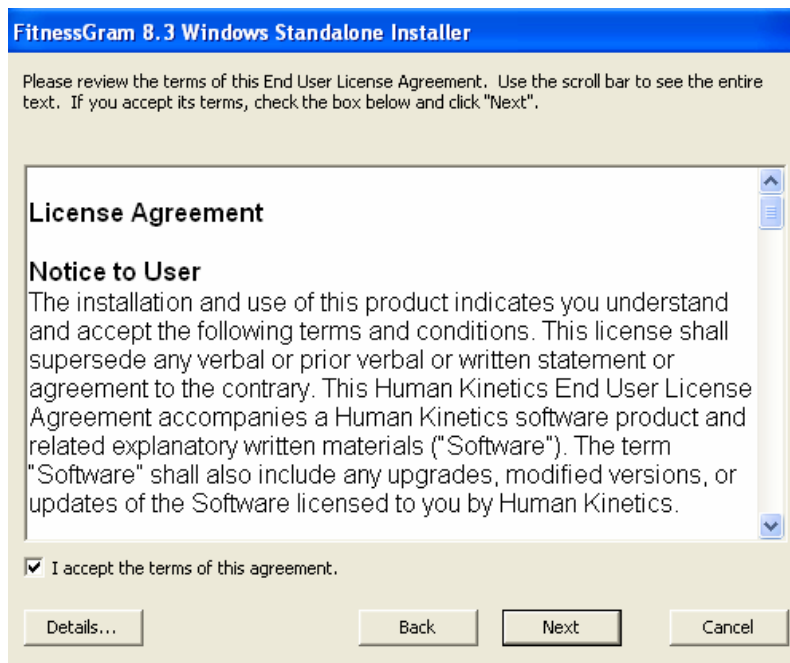
5. The **Installer** verifies whether or not there is anything related to FitnessGram 8 on the computer and the version of Java that is on the computer. Select the

Install FitnessGram 8.3 Standalone Edition 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 Standalone program please check the ***Install Fitnessgram 8.3 Standalone Edition***...then click **Next**.



7. At the **License Agreement** screen, choose **I accept....** and click **Next**.



8. On the **Destination Folder** screen, leave the file path indicated or select **Browse** and choose another file path. Click **Next**.

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

- FitnessGram 8 Client Folder:** Text box contains 'C:\Program Files\FitnessGram 8 Client' with a 'Browse...' button.
- FitnessGram 8 Server Folder:** Text box contains 'C:\Program Files\FitnessGram 8 Server' with a 'Browse...' button.
- FitnessGram 8 Database (FG8 MSDE Instance) Folder:** Text box contains 'C:\Program Files\Microsoft SQL Server' with a 'Browse...' button.

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

9. On the **Import License File** screen, browse to your *FITNESSGRAM 8.3* license file. Click **Next**.

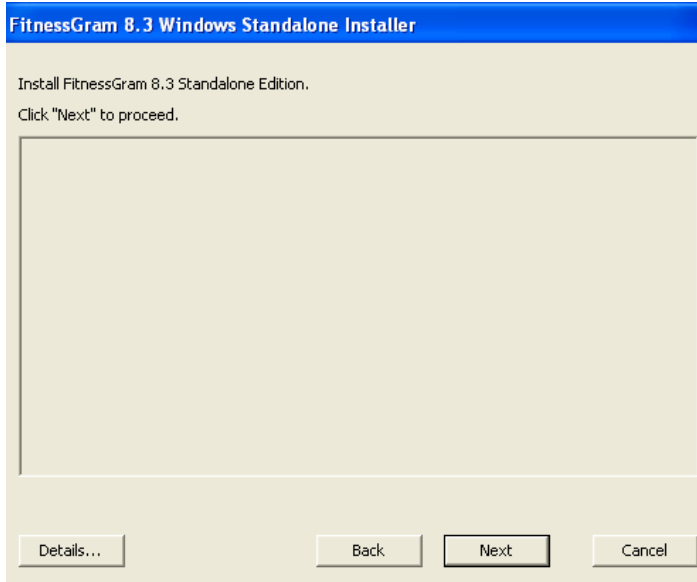
The screenshot shows the 'FitnessGram 8.3 Windows Standalone Installer' window. It contains two main sections:

- FitnessGram License File:** Text box is empty. A 'Browse...' button is to its right. Below the text box, it says: 'To install FitnessGram as a demo, leave the field blank.'
- Existing FitnessGram Database:** Text box contains 'A new FitnessGram database will be created on your computer.' Below this, there is a checkbox labeled 'Delete existing FG8 database and install a new empty database.'

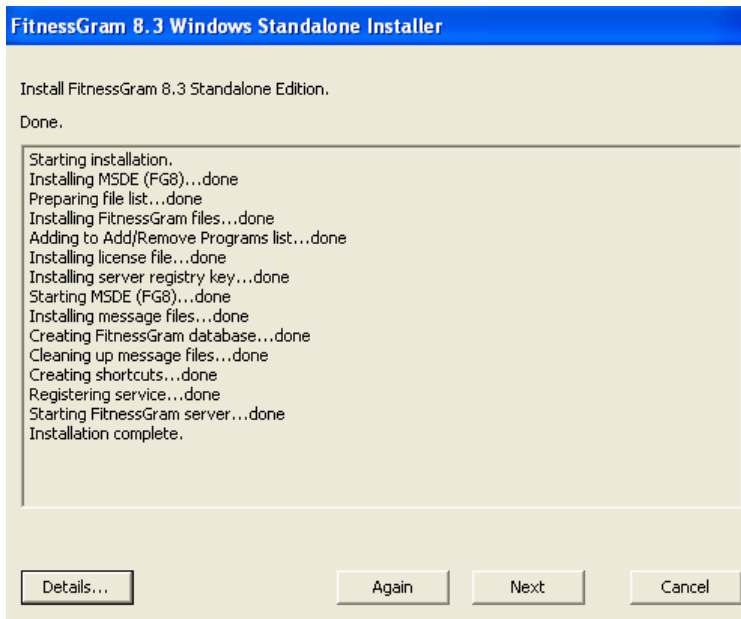
At the bottom, there are four buttons: 'Details...', 'Back', 'Next', and 'Cancel'.

**Note:** As a Demo there is no license code file to import. Leave this field blank and click Next.

10. On the **Ready to Install the Program** screen, click **Next**.



11. The following screen will appear when the installation is completed. Select **Next** and the **Installer** will close. You will then see two icons on the server desktop, one for ***Fitnessgram 8.3 Teacher Edition*** and one for the ***Fitnessgram 8.3 Student Edition***.



**Note:** If your installation does not state “complete” but instead reports that the installation “failed”, please copy the information in the dialog box to help tech support trouble shoot the installation.

## Troubleshooting

Any time an error message is generated, the first thing to do is to reboot the machine. Sometimes there is a failure during the installation process and a reboot fixes things.

If an error message is still appearing, right click the **My Computer** icon. Select **Manage** and when the Computer Management screen comes up, expand **Services and Applications**.

**Note:** the computer has to have the **Windows Server Service** installed and running (File and Print Sharing Service). If not, the information needed can be found in the documentation shipped with the computer or by going to [www.Microsoft.com](http://www.Microsoft.com)

Select **Services** and look for the **FG8Server** in the list on the right. 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 **MSSQL\$FG8** and 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.***

1. Use the Winzip Self-Extractor to Uninstall all components of Fitnessgram 8.3.
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* 8.3
- 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)