

Chapter 18

Fit Trak

FrontDesk v4.1.25


Fit Trak
Delete History Records

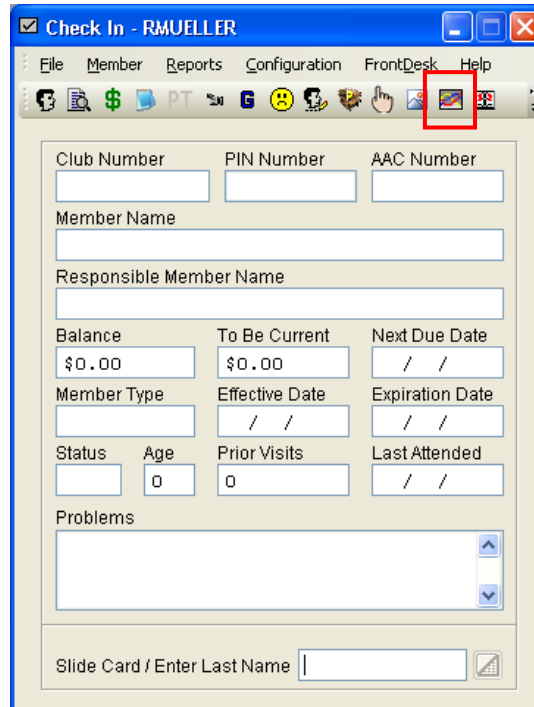
242 – 251
252 – 253





Fit Trak

The FitTrak program provides the ability to keep track of members' progress by tracking reps, miles, measurements, etc. for each member. To open the FitTrak program, click on the "Open FitTrak"  button in the Check-in application.



Check In - RMUELLER

File Member Reports Configuration FrontDesk Help

Club Number PIN Number AAC Number

Member Name

Responsible Member Name

Balance To Be Current Next Due Date

\$0.00 \$0.00 / /

Member Type Effective Date Expiration Date

/ / / /

Status Age Prior Visits Last Attended

0 0 / /

Problems

Slide Card / Enter Last Name

Figure 18-1.



Figure 18-2.

- | | | | |
|---|-------------------------|---|-------------------------|
|  | Locate a member. |  | Edit a member's record. |
|  | Save changes. |  | Undo current changes. |
|  | Preview history report. |  | Print history report. |
|  | Delete FitTrak history. |  | Close application. |

Member Id: Selected member's identification number for the AAC Front Desk System.

Default Measurement Area: Choose the area in which all measurements are based off.

Auto Open at Check-In: Check this box for the FitTrak window to open when the member checks in.

Days between Measurements: Set the number of days between measurements.

Next Date: Shows next date that measurements are due.

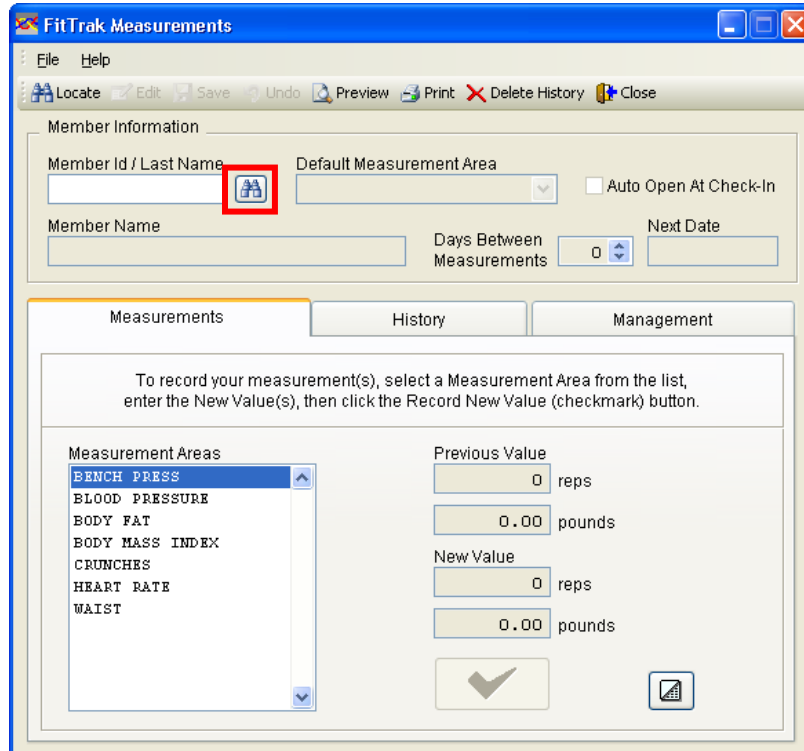




Figure 18-3.

Step 1: Look up the member by clicking on the “Binocular”  button or by typing their id/last name. Left click on the correct member name and then left click on the “Select”  button.

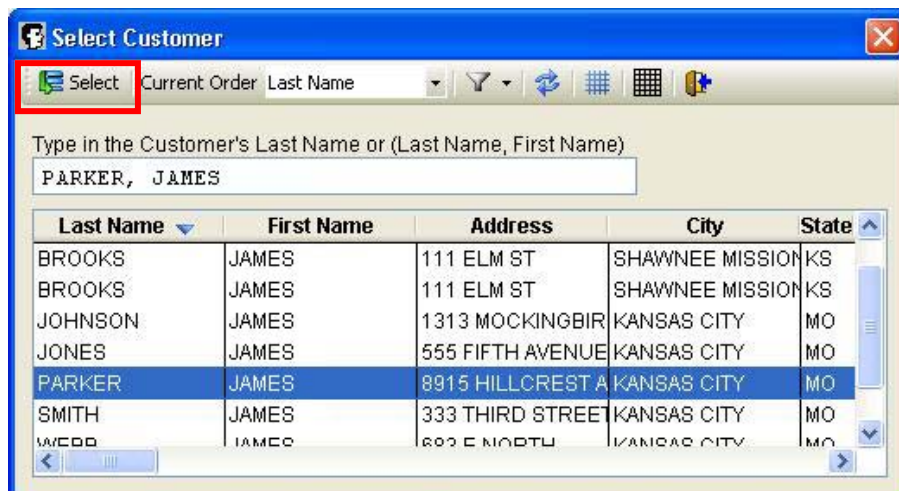



Figure 18-4.



Step 2: Click on the “Edit”  Button to begin setting up their FitTrak information. If the member is being set up for the first time, start with the “Management Tab”. Use the “Management Tab” to select all items being measured for the member. At any time, new measurement items may be added for any member by editing their FitTrak account.

The screenshot shows the 'FitTrak Measurements' application window. The title bar includes standard window controls. The menu bar contains 'File' and 'Help'. The toolbar features icons for 'Locate', 'Edit' (highlighted with a red box), 'Save', 'Undo', 'Preview', 'Print', 'Delete History', and 'Close'. Below the toolbar is the 'Member Information' section with the following fields:

- Member Id: 0002
- Default Measurement Area: (dropdown menu)
- Auto Open At Check-In:
- Member Name: JAMES SMITH
- Days Between Measurements: 7
- Next Date: 09/21/2007

At the bottom, there are three tabs: 'Measurements', 'History', and 'Management'. The 'Management' tab is selected. Below the tabs is a text box with instructions: 'To record your measurement(s), select a Measurement Area from the list, enter the New Value(s), then click the Record New Value (checkmark) button.' Below this is a list of 'Measurement Areas' with 'BENCH PRESS' selected. To the right of the list are input fields for 'Previous Value' and 'New Value', each with a unit (reps or pounds). A checkmark button is located below the input fields.

Figure 18-5.



Step 3: The areas that will be evaluated can be selected individually or they can all be selected at one time. To select them individually, click on the listed item under the “Available Areas to Evaluate” section so that it is highlighted in blue. Then click on the “>” sign to add the item to the right hand window labeled “Areas Included in Evaluation”. Add all items by click on the “>>” button. Remove single items by clicking on the “<” button and all items may be removed by clicking on the “<<” button.




The delete icon  may be used to permanently remove items from the “Available Areas to Evaluate” list.

Figure 18-6.



Step 4: Evaluation items can be added to the selection list by using the bottom section of the “Management tab”. Create the name of the area and then select the measurement types. Click on the “Add” button to add the item to the selection list. It will automatically add it to the evaluation list as well.

FitTrak Measurements

File Help

Locate Edit Save Undo Preview Print Delete History Close

Member Information

Member Id: 0002 Default Measurement Area: Auto Open At Check-In

Member Name: JAMES SMITH Days Between Measurements: 7 Next Date: 09/21/2007

Measurements History Management

Available Areas to Evaluate

- BENCH PRESS
- BICEPS
- BICYCLE
- BLOOD PRESSURE
- BODY FAT
- BODY MASS INDEX
- CHEST

Areas Included in Evaluation

- BENCH PRESS
- BICEPS
- BLOOD PRESSURE
- BODY FAT
- BODY MASS INDEX
- CRUNCHES
- HEART RATE

To add your own Area, enter the Area's Name and Type(s), then click the 'ADD' button.

New Area Name: New Area Type 1: New Area Type 2:

Figure 18-7.



Step 5: Once evaluation items have been selected, click on the **“Measurements”** tab and began entry of the member’s first measurements for each evaluation item. All the evaluation areas previously picked on the **“Management tab”** will be shown in the Measurement Areas Section.

The screenshot shows the 'FitTrak Measurements' application window. At the top, there is a menu bar with 'File' and 'Help'. Below the menu bar is a toolbar with icons for 'Locate', 'Edit', 'Save', 'Undo', 'Preview', 'Print', 'Delete History', and 'Close'. The main area is divided into sections. The 'Member Information' section contains fields for 'Member Id' (0002), 'Default Measurement Area' (a dropdown menu), 'Member Name' (JAMES SMITH), 'Days Between Measurements' (7), and 'Next Date' (09/21/2007). There is also an 'Auto Open At Check-In' checkbox. Below this is a tabbed interface with 'Measurements', 'History', and 'Management' tabs. The 'Measurements' tab is active and contains a text box with instructions: 'To record your measurement(s), select a Measurement Area from the list, enter the New Value(s), then click the Record New Value (checkmark) button.' Below the instructions is a 'Measurement Areas' list box with a red border, containing the following items: BENCH PRESS, BLOOD PRESSURE, BODY FAT, BODY MASS INDEX, CRUNCHES, HEART RATE, and WAIST. To the right of the list are input fields for 'Previous Value' (0 reps) and 'New Value' (0 reps), both with 'pounds' units. There is a checkmark button and a small icon at the bottom right of the measurement input area.

Figure 18-8.



Step 6: Upon entry of first values, click on each individual evaluation item and enter the starting measurement values.

Figure 18-9.





Once the starting values have been entered, click on this symbol  (add new record icon), or hit **“Enter”** on the keyboard to record the starting values. The screen will change to reflect the new values that have just been entered.

Figure 18-10.

 Clear out the newly entered value and re-enter it.



After values have been entered on a regular basis, the **"History"** tab may be used to view the member's progress over time. The history screen will list the values for each evaluation item and the date.




The screenshot shows the 'FitTrak Measurements' application window. The 'Member Information' section contains the following fields:

- Member Id: 0002
- Default Measurement Area: (empty dropdown)
- Member Name: JAMES SMITH
- Days Between Measurements: 7
- Next Date: 09/21/2007
- Auto Open At Check-In: (unchecked checkbox)

The 'History' tab is selected, displaying a table with the following data:

Date	Area	Value	Value	Value
09/14/2007	BICEPS	20.00	inches	


Figure 18-11.

-  Preview Member's FitTrak History
-  Print Member's FitTrak History
-  Delete history for one member or all members over a date range.

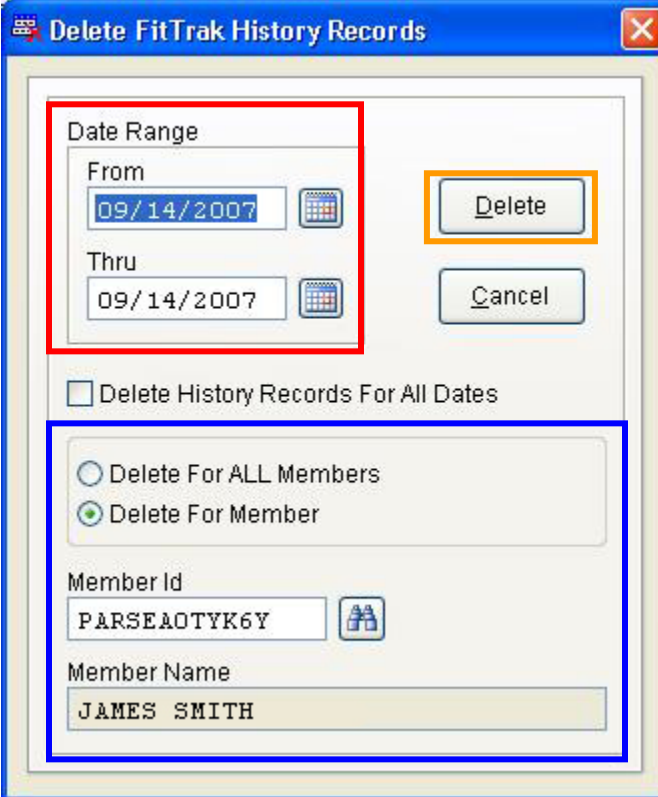


Deleting History Records

Step 1: Choose the date range.

Step 2: Choose to delete all members or a particular member. Pick an individual member by clicking on the “Binocular”  button and selecting the member from a list, or type in their member id if known.

Step 3: Click on the “Delete” Button to delete the requested history records.



The image shows a dialog box titled "Delete FitTrak History Records". The dialog box contains the following elements:

- Date Range:** A section with two date pickers. The "From" date is 09/14/2007 and the "Thru" date is 09/14/2007. This section is highlighted with a red border.
- Buttons:** "Delete" and "Cancel" buttons are located to the right of the date range section. The "Delete" button is highlighted with an orange border.
- Checkboxes:** A checkbox labeled "Delete History Records For All Dates" is located below the date range section.
- Radio Buttons:** Two radio buttons are located below the checkbox: "Delete For ALL Members" (unselected) and "Delete For Member" (selected). This section is highlighted with a blue border.
- Member Id:** A text field containing "PARSEAOTYK6Y" and a binocular icon to its right.
- Member Name:** A text field containing "JAMES SMITH".

Figure 18-12.



Delete History Records for All Dates: If checked, all members' FitTrak history will be deleted. Date range does not apply.

A screenshot of a software dialog box titled "Delete FitTrak History Records". The dialog has a blue title bar with a close button. It contains several input fields and controls:

- Date Range:** A section with "From" and "Thru" labels. The "From" field contains "09/14/2007" and the "Thru" field contains "09/14/2007". Each field has a calendar icon to its right.
- Buttons:** "Delete" and "Cancel" buttons are located to the right of the date range fields.
- Checkboxes:** A checkbox labeled "Delete History Records For All Dates" is highlighted with a red rectangular border. Below it are two radio buttons: "Delete For ALL Members" (unselected) and "Delete For Member" (selected).
- Member Id:** A text field containing "PARSEAOTYK6Y" with a search icon to its right.
- Member Name:** A text field containing "JAMES SMITH".

Figure 18-13.