P.E. 111 – Wellness
TriFIT Health-Related Fitness Assessment/Health Risk Appraisal

Instructions for Use:

The TriFIT software is installed only on the computers in the Instructional Technology Center (ITC) Computer Lab. *ITC Hours:  M-TH 8am-10pm, F 8am-5pm, SUN 6pm-10pm

Log On using your own Username and Password.
Click on the ♥ HealthFirst TriFIT icon on the desktop

From the tool bar at the top of the page, click on Student,
From the drop down menu, click on New Student,
Enter your I.D. # (use the last 4 digits of your student I.D.),
Enter your First Name, Last Name, Birth Date (use 1987 or earlier),
Enter Gender, Click OK.

Back to the tool bar at the top of the page, click on Testing,
From the drop down menu, click on Edit Record,
From the Edit Record make sure the Edit records for the current student is selected,
Click OK,
Enter your Health-Related Fitness data.

To access Health Risk Appraisals, go back to the tools bars at the top of the screen,
From the second tool bar down, click on the single person icon near the right side of the screen (it now becomes a 3 person icon…),
Click on Health Risk Appraisals down the left column of that screen,
Choose 2 or more topics of interest/concern and complete the surveys.

Back to the tool bar at the top of the page, click on Print
From the drop down menu, click on Personal Profile,
Click on Preview (Preview your Personal Profile Reports),
Click on Print.
Close Personal Profile Report
Return to the tool bar at the top of the page, click on Student
Click Delete Student (this will delete your data from the program and ensure that your data will remain confidential).
Exit the program.
Log off the computer