

INSTRUCTIONS FOR THE IMPORT OF EXECISE LIBRARY PICTURES

This document will outline the steps necessary to import the Exercise Library pictures into the Fitness Analyst database. Please note that the exercise library pictures, when imported will update the database, therefore if you have setup your own digital pictures it is import to deselect these exercises from the list of pictures to be imported. Otherwise, you will over write your own digital pictures.

As the update is to the database, if you are running the Fitness Analyst on more than one PC, you will only have to do the update **once**. It does not have to be carried out on each PC running the Fitness Analyst.

Procedure

Please ensure that you have your BSDI software installation CD inserted into the CD ROM drive when you carry out the following:

- 1. Open the Fitness Analyst.
- 2. Select "Help" from the submenu

📶 Fitness Analyst Assessment &	Training System	
Participants Staff Configure Query	Nizard Help	
Current Participant: John Sample	👫 Search 🏻 🏠 New Participant	🛒 Exit
	Participant Demographics and Groups	
Contact/Other Information	👍 Change 🖄 Delete 🖹 Reports & Queries 👻 🛞 🔮 Upload	?
Notes and History	Status: Medical Restrictions Member of Groups:	_
😵 Medical Status	ID: 1 Scancard: 1	
Goals & Commitments	Name: John Sample DOB: 7/2/1975 Gender: Male	
Exercise Habits & Interests	Trainer: System Administrator	
🖓 Fitness Assessment	Remote Motivation ID: Location: Califon 1	_
🕞 President's Council Test	Address: John Sample 🗾 🏹 Add	
Weight		
Blood Pressure		
Body Circumferences	Password:	
Blood Chemistry	Staff Announcements:	
Energy		
Customize		
Visit the BSDI Web Site		
		7:56 PM 🔛

3. Select "Add/Restore Exercise Library Photos"

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- 4. This will display a list of all the Exercise Photos that will be imported into the Fitness Analyst.
- 5. By default all Exercises are selected. You can deselect all Exercises by clicking the "Select None" button.
- 6. You can select or deselect individual Exercises by checking/un-checking the checkbox next to the Exercise name. (Please note that if you leave an Exercise "checked" it will overwrite any existing photo you have in the library for that particular Exercise).
- 7. Click on "Start Copy" to begin the copy process.
- 8. A window will appear telling you that the copy is complete. Click "OK" to continue.

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