



FICIS Features for Windows95

- ❑ Windows95 Interface - ease of use, enhanced data entry – drop-down lists, look up tables, auto fill-in.
- ❑ Networkable:
Multiple users can access records simultaneously for reports, data entry, etc.
Can be linked with Log In – to track attendance in the same database. Fitness and attendance records all stored in the same place allowing immediate access to all data.
- ❑ Individual and group fitness test comparisons can be based on all prior fitness tests or specific date range.
- ❑ New fitness tests and corresponding norms - swimming, walking, rowing, running, etc.
- ❑ Multiple fitness tests, risk assessments, and goals.
- ❑ Record aerobic and fitness activities.
- ❑ Option to include in exercise prescriptions the specific seat pin settings appropriate for each participant on each weight machine.
- ❑ Personalized, progressive workout programs for individuals.

FICIS System Requirements and Specifications:

- ❑ PC with adequate memory and disk space
running Windows95 or Windows98
Pentium processor, 64 meg RAM minimum
 - Minimum 800 MB hard disk space
 - Network-compatible
 - Color monitor
 - Graphics printer
- ❑ Recommended additional software and hardware to enable file transfers: email, Internet capability, modem, unzip program - Winzip – most widely used and recognized, telephone near computer for means of obtaining technical support.