Physical Activity Logs

1. Login to your T.R.A.I.L. Online Reporting Site home page at https://firstpic.force.com/trail/

 https://instpic.iorce.com/train/login?c=idz1xpAt/dnewiwb 	и походияелимоновенниксистищоофирациюети и biv/scwiw_аот охносиомоченсобяковаты выглим у о	IUGDAMULCTGGAROGDTZ011115g	4 0 x w α
	I.R.A.I.L.a		
	Utabetes Prevention		
	Please check your username and password. If you still can't		
	log in, contact your TRAIL administrator.		
	Username		
	cclemens@firstpic.org		
	Password		
	Log In		
	COS III		
	Remember me		
	Remember me		
	Forgot Your Password?		

option under the "Program" Tab.

TRAIL BGC of Example Land			Dashboard	About	Applications	Program -	Monthly PA	A Logs	Progress Reports	Youth Data	Chapter Reports	Help	Logout
HELLO EXAMPLE F	PERSON.				Monthly	PA Logs							
What's New/System Update	25				Youth Da	ata							
Clicking Update Budg chooses to continue The default sort orde	get from within the Sub-Grar the budget will move to "Inco r for all Reimbursement List	nt detail page will omplete" status. pages will now b	trigger a warni e Request Date	ng message e (was previo	tha Chapter ously request r	Reports	it requests ca	an be sub	mitted until the bud	get has been re	viewed and approv	ed. If the u	Jser
Incomplete Applications						Incomplete	Progress Re	eports					
Application Id APP-00354 APP-00358 APP-00407	Status In Progress In Progress Sent to Applicant	Si	ubmitted Date			Report Nam ES Q3 Progr ES Q1 Progr ES Q4 Progr	e ess Report ess Report ess Report	Site Example Example Example	s Site II Site II Site N	tatus n Progress n Progress lot Started	Submitte	d Date	
Incomplete PA Logs													
Report Title March 2018 PA Logs October 2018 PA Logs	Site Example Site Example Site	Month March October	Year 5 2018 II 2018 N	Status n Progress Not Started									

3. In the *Monthly PA Logs* Section, click on the month under the "Report Title" column that corresponds with the month you will be entering data for. Example Site will be entering data for October 2018.

MONTHLY PA LO	OGS						Site:	Month: Sort By: Report	Vear: 2018 Title Update Clear
PA Log Count 3	Days Repor	rted Open	Minutes Re	aported / 345.00	Average per Da / 3.97	ay Boys	Reported / Average per Day 785 / 9.02	Girls Repo	rted / Average per Day 212 / 2.44
Reports									
Report Title Example February 2018 March 2018 PA Logs October 2018 PA Logs	8 PA Logs	Site Example Site Example Site Example Site	Month February March October	Year 2018 2018 2018	Days Open 22 2 0	# of Boys / Average 664 / 30.18 121 / 60.50 0 / 0.00	# of Girls / Average 114 / 5.18 98 / 49.00 0 / 0.00	Minutes / Average 165.00 / 7.50 180.00 / 90.00 0.00 / 0.00	Status Revisions Needed In Progress Not Started

4. Data should be entered into each day of the selected month. Please note that data entry will not show up for dates that have not yet occurred. Therefore, because the data in this example is being entered in mid-October, the text boxes for data entry stop after 10/15.

EXAMPLE SITE				OCTOBER 2018 PA LOGS
Grant: BGC Example Land	Month: October	Year: 2018	Status:	Not Started
Average # of Boys: 0.00	Average # of Girls: 0.00	Average Minutes of Activity: 0	0.00 Total Da	ys Reported Open: 0
PA Logs				
Date 10/1/2018 10/2/2018 10/3/2018 10/4/2018 10/6/2018 10/6/2018 10/7/2018 10/10/2018 10/10/2018 10/11/2018 10/12/2018 10/14/2018 10/14/2018 10/14/2018 10/15/2018 10/15/2018	-None- * -None- *	# of Boys #	of Girls	Minutes of Activity
10/16/2018 10/17/2018 10/18/2018 10/19/2018 10/20/2018	NORE Y			

- 5. On each date, go to the drop-down menu under "Activity Status" and choose either "Club Activity", "Club Closed", or "No Activity".
 - a. "Club Activity" indicates that the Club was open and physical activity occurred.
 - b. "Club Closed" indicates that the Club was not open.
 - c. "No Activity" indicates that the Club was open but no physical activity occurred

EXAMPLE SITE				OCTOBER 2018 PA LOG
Grant: BGC Example Land	Month: October	Year: 2018		Status: Not Started
Average # of Boys: 0.00	Average # of Girls: 0.00	Average Minutes of Activi	ty: 0.00	Total Days Reported Open: 0
PA Logs				
Date	Activity Status	# of Boys	# of Girls	Minutes of Activity
10/1/2018	Club Activity 🔻	12	13	60
10/2/2018	Club Activity 🔻	15	7	75
10/3/2018	Club Activity 🔻	14	16	120
10/4/2018	No Activity 🔻	12	13	0
10/5/2018	Club Activity V	6	9	60
10/6/2018	Club Closed 🔻	0	0	0
10/7/2018	Club Closed 🔻	0	0	0
10/8/2018	No Activity 🔻	17	15	0
10/9/2018	Club Activity V	14	15	110
10/10/2018	Club Activity V	16	11	60
10/11/2018	Club Activity 🔻	12	11	50
10/12/2018	Club Activity 🔻	4	10	100
10/13/2018	Club Closed 🔻	0	0	0
10/14/2018	Club Closed 🔻	0	0	0
10/15/2018	No Activity 🔻	12	10	0

6. Once you have updated your PA Log information, take a moment to review the information for any mistakes. Once you have confirmed the information is correct, scroll down to the bottom of the page and hit "Save". Once this occurs, you can log out, and your progress will remain until you return to add further PA Log information.

Club Activity * Club Activity * Club Activity * Club Activity * Club Activity * Club Activity * Club Closed * Club Closed * No Activity * Club Activity * Club Activity * Club Activity *	# of Boys 12 15 14 12 6 0 17 14 16 12	# of Girle 13 7 16 13 9 0 15 15 11 11 15 15 15 15 15	Minutes of Activity 60.00 75.00 120.00 0.00
Club Activity Club Activity Club Activity Club Activity Club Activity Club Closed Club Closed Club Activity Club	12 15 14 12 6 0 0 17 14 16 12	13 7 16 13 9 0 15 15 11 14	60.00 75.00 0.00 60.00 0.00 0.00 0.00 10.00 60.00
Club Activity Club Activity Club Activity Club Activity Club Activity Club Closed Club Closed Club Activity Club	15 14 12 6 0 0 17 14 16 12 - -	7 16 13 9 0 15 15 11	75.00 120.00 0.00 0.00 0.00 0.00 0.00 110.00 0.00
Club Activity • No Activity • Club Activity • Club Closed • Club Activity •	14 12 6 0 0 17 14 16 12 ,	16 13 9 0 0 15 15 14 15	120.00 0.00 0.00 0.00 0.00 10.00 110.00 6.00
No Activity • Club Activity • Club Closed • Club Closed • No Activity • Club Activity • Club Activity • Club Activity • Club Activity •	12 6 0 0 17 14 16 12 ,	13 9 0 15 15 14 15	0.00 60.00 0.00 0.00 0.00 110.00 60.00
Club Activity * Club Closed * Club Closed * Club Activity *	6 0 17 14 16 12	9 0 15 15 11 11	60.00 0.00 0.00 0.00 110.00 60.00
Club Closed Club Closed Club Closed Club Activity Club Activity Club Activity Club Activity Club Activity Club Activity Club Closed Club Club Club Club Club Club Club Club	0 0 17 14 16 12 -	0 0 15 15 11 11 11	0.00 0.00 110.00 60.00
Club Closed No Activity Club Activity Club Activity Club Activity Club Activity Club Activity Club Closed	0 17 14 16 12	0 15 15 11 11	0.00 0.00 110.00 60.00
No Activity Club Activity Club Ac	17 14 16 12	15 15 11	0.00 110.00 60.00
Club Activity Club Activity C	14 16 12	15 11	110.00 60.00
Club Activity Club Activity Club Activity Club Activity Club Activity	16 12	11	60.00
Club Activity Club Activity Club Activity Club Activity	12	44	
Club Activity	4	11	50.00
Club Closed .	4	10	100.00
Ciub Cioseu 🕴	0	0	0.00
Club Closed 🔻	0	0	0.00
No Activity 🔻	12	10	0.00
None *			
None *			

7. If it is not yet the end of the month, you will be unable to finalize the report until all data has been entered for each day. In the example above, you only have the option to save your progress. However, once the month is complete, you will have the option to "Submit". Once your full month of data is correct in the system, hit the submit button.

PA Logs				
Date	Activity Status	# of Boys	# of Girls	Minutes of Activity
3/1/2018	Club Activity •	45	32	90.00
3/2/2018	Club Activity V	43	43	60.00
3/3/2018	Club Closed 🔻	0	0	0.00
3/4/2018	Club Closed 🔻	0	0	0.00
3/5/2018	Club Activity V	56	45	120.00
/6/2018	No Activity 🔻	34	65	55.00
3/7/2018	Club Activity V	45	75	45.00
/8/2018	Club Activity •	66	54	60.00
3/9/2018	Club Activity •	23	55	90.00
3/10/2018	Club Closed 🔻	0	0	0.00
3/11/2018	Club Closed 🔻	0	0	0.00
3/12/2018	Club Closed 🔻	0	0	0.00
/13/2018	Club Closed V	0	0	0.00
3/14/2018	Club Activity V	33	42	60.00
3/15/2018	Club Activity V	23	31	95.00
3/16/2018	Club Activity V	25	36	100.00
3/17/2018	Club Closed V	0	0	0.00
/18/2018	Club Closed V	0	0	0.00
/19/2018	No Activity 🔻	34	27	60.00
/20/2018	No Activity 🔻	86	74	120.00
/21/2018	Club Activity V	54	43	100.00
3/22/2018	Club Activity V	42	66	90.00
3/23/2018	No Activity 🔻	11	41	55.00
3/24/2018	Club Closed V	0	0	0.00
3/25/2018	Club Closed V	0	0	0.00
3/26/2018	No Activity 🔻	58	36	60.00
3/27/2018	Club Activity •	66	36	80.00
/28/2018	Club Activity •	53	42	60.00
/29/2018	No Activity 🔻	54	11	75.00
/30/2018	Club Activity •	42	67	60.00
3/31/2018	Club Closed V	0	0	0.00

8. After you have submitted your report, FirstPic staff will review the logs for accuracy and either approve them or send them back for any necessary revisions.