WELNET® is a web-based software system used to assess fitness, health and movement through a collection of application modules. WELNET® enables educators to measure the five components of health-related fitness, check for understanding of fitness and health concepts, as well as track health-related habits and behaviors. WELNET® provides analysis of longitudinal data trends to support improved instruction, student learning, personal fitness and program analysis.

WELNET® is an easy-to-use, customizable, web-based software system that:

- Simplifies the process of gathering academic, fitness and health information while providing longitudinal data
- Allows educators to print individual and group reports and analyze the results from any internet-enabled device
- Permits access for student to enter fitness goals and complete academic unit assessments and behavioral logs (activity, nutrition, hydration, sleep and pedometer)
- Includes a Rubrics module allowing educators to track student skill development over time and create customized rubrics
- Offers Online Learning module including physical education courses and student portfolios to be delivered in a blended or virtual environment
- Provides student growth data, as required by many teacher effectiveness plans
- Saves district server space and technical support because the data and software are hosted on Focused Fitness servers
- Is accessible from any internet location, maximizing activity time