

Installing and Using Motivation

NOTE: Attempting to install Motivation without reading this guide is likely to result in failure. In particular, your computer **must be prepared**, as detailed below, before Motivation will install successfully.

Preparing for and Installing Motivation

Motivation is a *web site* that is installed on a server computer running a copy of Microsoft's Internet Information Service (IIS) software. Everyone using Motivation will access the program using their web browser (i.e. Internet Explorer). IIS is the program that takes the actual files from the Motivation site and makes them available to anyone on your network (or the Internet) that requests them. In most cases, it is best to run Motivation/IIS on the same computer that is hosting your BSDI (SQL Server) database.

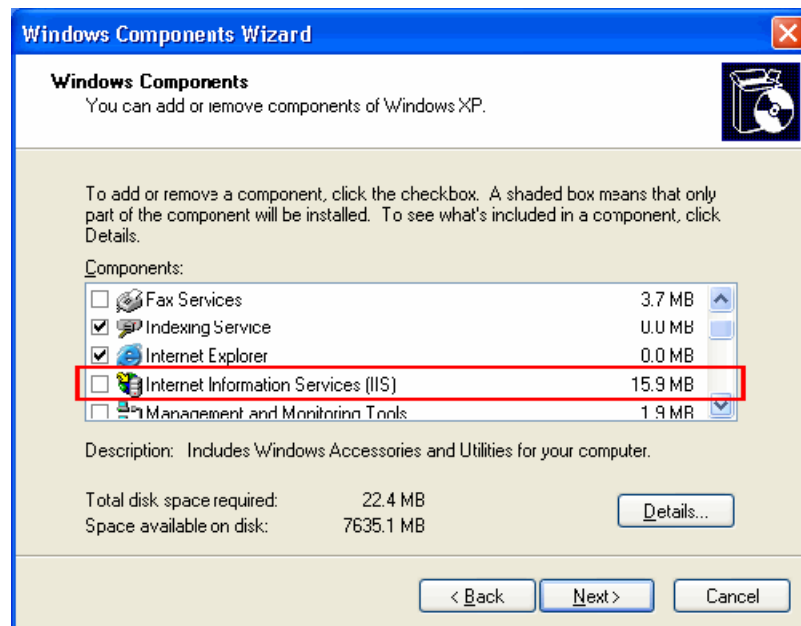
While it may seem a bit exotic to suggest that you host your own site, creating a web site is actually very easy. Making such a site *available on the public Internet* requires some specialized knowledge but simply setting up a web site for a local area network or corporate Intranet is not hard at all. We'll show you how to do it in a page or two!

The only trick, in any sense, to getting Motivation to run is to make sure that you install IIS (or verify that it is installed) **before installing** the Motivation software. Note that you must be running Windows 2000 or Windows XP Professional to run IIS. In particular, you cannot install the Motivation server software on Windows 95, 98, ME, or NT.

Once you have verified your version of Windows, you will install IIS. To do this, click on the "Start" button and then select "Control Panel." In the Control Panel, double-click the "Add or Remove Programs" icon.

This dialog shows the programs that have been installed on your computer. Down the left side, however, there is also an icon labeled "Add / Remove Windows Components." Click this icon to display the list of Windows components installed on your system as shown here.

You may have to scroll down a bit to see the entry for IIS. To install IIS, simply place a check next to it and press the "Next" button.



While installing IIS, your computer will probably prompt you for your Windows setup CD so be sure to have this handy before starting. Once the IIS installation is finished, your computer is now ready to serve web pages such as those found in Motivation!

The next step before actually installing Motivation is to install the Microsoft Data Engine (MSDE), the BSDI database and the Fitness Analyst software. Please consult the small booklet in your CD case for information on how to do this. You will not be able to run or test Motivation until the database is in place and you cannot license it until you do so via Fitness Analyst (or Check-In). As suggested above, you may want to install Motivation on the same server where you've installed the MSDE & database. This is, however, entirely optional.

Once IIS and the database have been installed, you will install Motivation by clicking the appropriate button on the BSDI installation screen and following the prompts. Note that if your computer does not yet have Microsoft's .NET framework, the Motivation software will install it first. The installation is completely automated.

IMPORTANT NOTE: If you are **upgrading** from a previous version of Motivation and you have made changes to the "Web.config" file then you'll want to save these changes somewhere safe before installing the new Motivation. You only need to worry about this if you've made changes to the file – which you will only have done if you did not install in the default location or if you are using a different computer as your SQL data source.

The information that you'll want to save is that found in the "Appsettings" section. To find your "Web.config" file, just navigate to the directory holding your Motivation files and use Windows notepad to open the "Web.config". After the new Motivation is installed, you'll do the same thing with a new instance of Notepad. If there are differences between the old and new "Appsettings" sections, you'll copy from the old file and replace this section in the new file (changes to other sections should not be copied as these are needed the new version).

Motivation and Database Access

The default Motivation installation assumes that the software will run on the same computer as your SQL Server database. If you have the two packages on different computers, you will need to modify your Motivation site to use a different database "connection string." To do this, simply navigate to the directory where Motivation was installed (by default: c:\inetpub\wwwroot\Motivation) and open/edit the "Web.config" file. On the third (or so) line in this file, you will see the "ConnectionString" line that defines the parameters used to connect to SQL Server (the database server/MSDE). You will need to change the attribute "Server='(local)'" to be "Server='<your SQL Server>'" where <your SQL Server> is the name of the server computer running the database. You may notice that this config file is in the same directory as the files that you are making publicly accessible over your network. This may lead to questions about whether the sensitive database access information found in this file can be downloaded by simply typing its name in the browser. Rest assured that this file is made invisible to all users by Microsoft's web handling software (ASP.NET) and is quite secure.

Licensing Motivation

To run Motivation, you must also be running either the Fitness Analyst or BSDI Check-In. These products share a common database and changes made in one product will be reflected in the others. You will license your copy of Motivation using Fitness Analyst or Check-In.

To license Motivation, you'll pull down the "Help" menu in the Fitness Analyst or Check-In and select "Register Software / Increase Database Size." In the resulting dialog, you'll register your software by entering the license codes provided by BSDI (you must call or write to us for the codes and provide your serial number as shown in the registration dialog). Assuming that your license covers Motivation, you'll find that when you now access Motivation, it will accept logins.

Running Motivation

You will run Motivation by using your internet browser (i.e. Microsoft Internet Explorer) even if you are simply accessing it over a local area network (LAN). To see Motivation, run your browser and enter the address: "http://<server name>/motivation", where <server name> is the network name of the computer on which you installed the software. After a moment, you should see the Motivation sign-in screen. To begin, we strongly recommend that you try this on the computer where Motivation is installed. If there is an error, you will receive more feedback when running on the server than when running from any other computer. Note that you can use "<http://localhost/motivation>" as the site name when running on the server (localhost substitutes for the name of the server).

By default, the BSDI software arrives with one participant account ("John Sample") and one staff account ("Admin"). John Sample's login ID for Motivation is the number 1 and his password is "password." To log in as a staff member, use "Admin" as the ID and "Fitness" as the password. When you log in as a participant, you'll be taken to the participant home page. When you log in as a staff member, you'll see the staff home page which will permit you to configure the software. In particular, you'll be able to specify whether to permit users to create their own account (which may or may not also require a medical screening and/or Consent Form) and whether to show the Incentive Program. You'll also be able to select which Health Risk Assessment questionnaires to display on the participant home page.

Any computer on your network (LAN, Intranet, Internet) that can "see" your server can log in to Motivation using the address given above. If you are using a publicly accessible server, you may also wish to set up the Motivation virtual directory under IIS so that a more descriptive web address can be used to access the site. If you do have a publicly-accessible server, we anticipate that you already know how to accomplish this task.

Also, if you already have an internal web site, you may wish to set up a link from your current home page to the Motivation site address.

Troubleshooting Your Installation

As noted above, it is best to start out by running Motivation in a browser on the same computer where it is installed. This is because you will receive a more complete error message if there is a problem.

Troubleshooting the “Not an Application” Error.

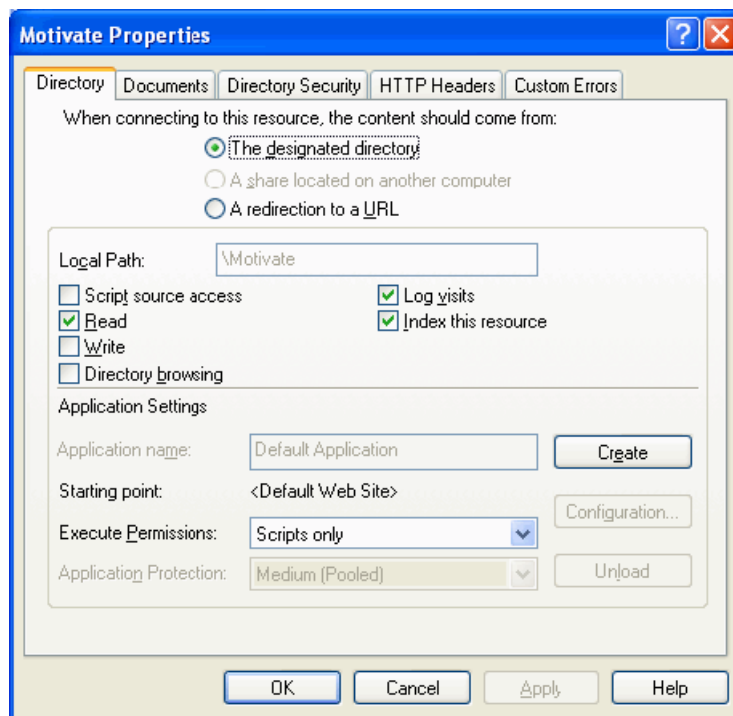
You may receive a “Configuration Error” when you attempt to access Motivation that reads:

Parser Error Message: It is an error to use a section registered as allowDefinition='MachineToApplication' beyond application level. This error can be caused by a virtual directory not being configured as an application in IIS.

This indicates that your Motivation site is not configured as an “application” in IIS

(perhaps because you have simply copied files rather than using our installation software).

To remedy this, you will need to run the IIS Management Console (“Start | Control Panel | Administrative Tools | Internet Information Services”). When this console starts up, you will click the “+” next to (in turn) the Server Name, the “Web Sites” folder and the “Default Web Site” icon. This will show a list of entries including “virtual folders” such as Motivation. Find the Motivation entry, right-click on it and select “Properties.” When you do, you’ll see this dialog:



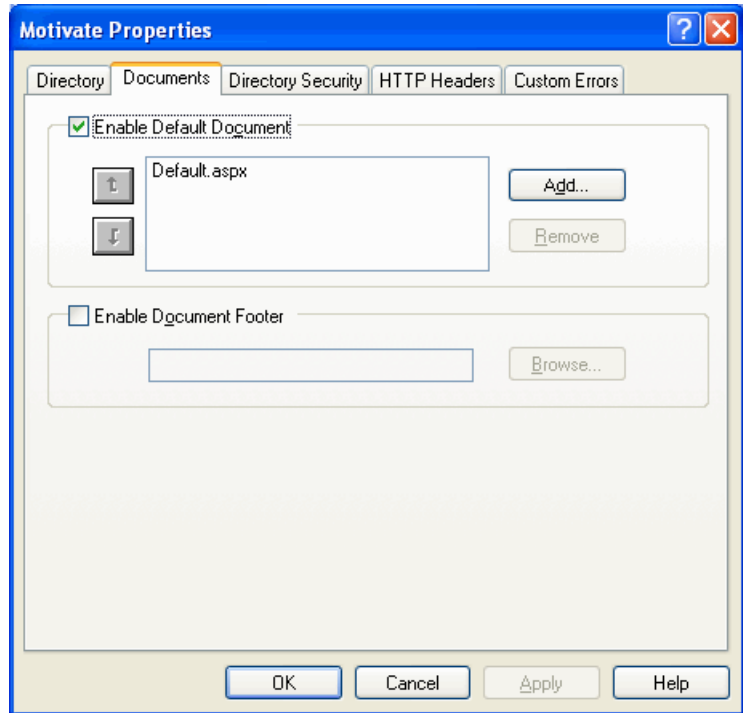
To enable the Motivation “application”, you need merely click the “Create” button in the lower right corner.

Fixing the “You Are Not Authorized to View this Page” Error

The most likely reason for an error authorizing access is that the site has not been configured to open a specific document when it is accessed. The browser will thus attempt to open a listing of the directory contents (which is not permitted) and receive this error. Again, this error should not occur if you use BSDI’s installation routine.

To fix this, follow the steps listed above to open the properties dialog for the Motivation virtual directory.

In this dialog, click on the “Documents” tab so that your dialog looks like the screen shot on the right (this dialog will look a bit different if you are running Windows 2000 or 2003 server but this specific screen should be the same). The “default document” on this screen is the page that should be shown when someone first navigates to the site. You must change your document settings so that they match those shown here. That is, remove any default documents currently shown and add the “Default.aspx” document to the list. When finished, click the “Ok” button to save these changes and then test the site again.



NOTE: On a Windows 2000 or 2003 server, you may also receive this error if permissions to the directory holding the Motivation files have not been granted to the anonymous Internet user. In this case, you will have to provide such permissions in order for the site to operate.

Eliminating the Windows Login Dialog

In some server configurations, you may find that users attempting to access the system receive the “Connect to” dialog as shown here. This occurs because the web server is set up to require authentication for anyone attempting to access the site. To fix this, you must tell IIS to use only “anonymous” access.

To do so, run the IIS Management Console (“Start | Control Panel | Administrative Tools | Internet Information Services”). When this console starts up, you will click the “+” next to (in turn) the Server Name, the “Web Sites” folder and the “Default Web Site” icon. This will show a list of entries including “virtual folders” such as Motivation. Find the Motivation entry, right-click on it and select “Properties.” When you do, the dialog properties dialog will be displayed.



To change the authentication mode, click on the “Directory Security” tab and then press the “Edit” button in the top area (“Anonymous access and authentication control”). In

the resulting dialog, make sure that there is a check-mark in the box marked “Anonymous access” and that there is **not** a check-mark in any of the boxes in the “Authenticated access” area. Click Ok to get out of each dialog box and try accessing Motivation again.

What to Do if the Web Site Just Looks Like “Raw Code”

If you bring up the web page by typing in the “<http://localhost/motivation>” web address but the result looks like a mass of raw HTML code (lots of “<” and “>” characters) then one piece of software that we rely on has not been registered. It is very easy to do this registration and it needs to be performed just once on your web server (the computer where Motivation was installed). First, using the “Start” menu, select “All Programs” (or “Programs”) and then “Accessories” and then click on “Command Prompt.” This will bring up the Windows command prompt where you will enter two commands. Note that each command should be followed by the enter key and that each must be entered exactly as shown.

```
cd \windows\microsoft.net\framework\v1.1.4322
```

```
aspnet_regiis.exe -i
```

The first command will change directory (“cd”) to the location of the .NET framework (installed when you installed Motivation). The second will actually run the configuration utility. Note that there will be a delay after entering the second command before it completes so please be patient.

After configuring these two steps, you can close the command prompt window and refresh the Motivation Web page. This time, the page should appear as a normal web site.