did you see the text "THIS TAB IS NOT FOR BEGINNERS"

anyway, you will need to fill in the details as explained.
example:
FTP upload informations
Host - ftp.wittebolx.com
User - wittebolx
Pass - somethingawesome
 and about the reporting path's.
example:
root/httpdocs/myrenegadeinfo/

ps. if you dont know what FTP is then please learn the basics before trying this!