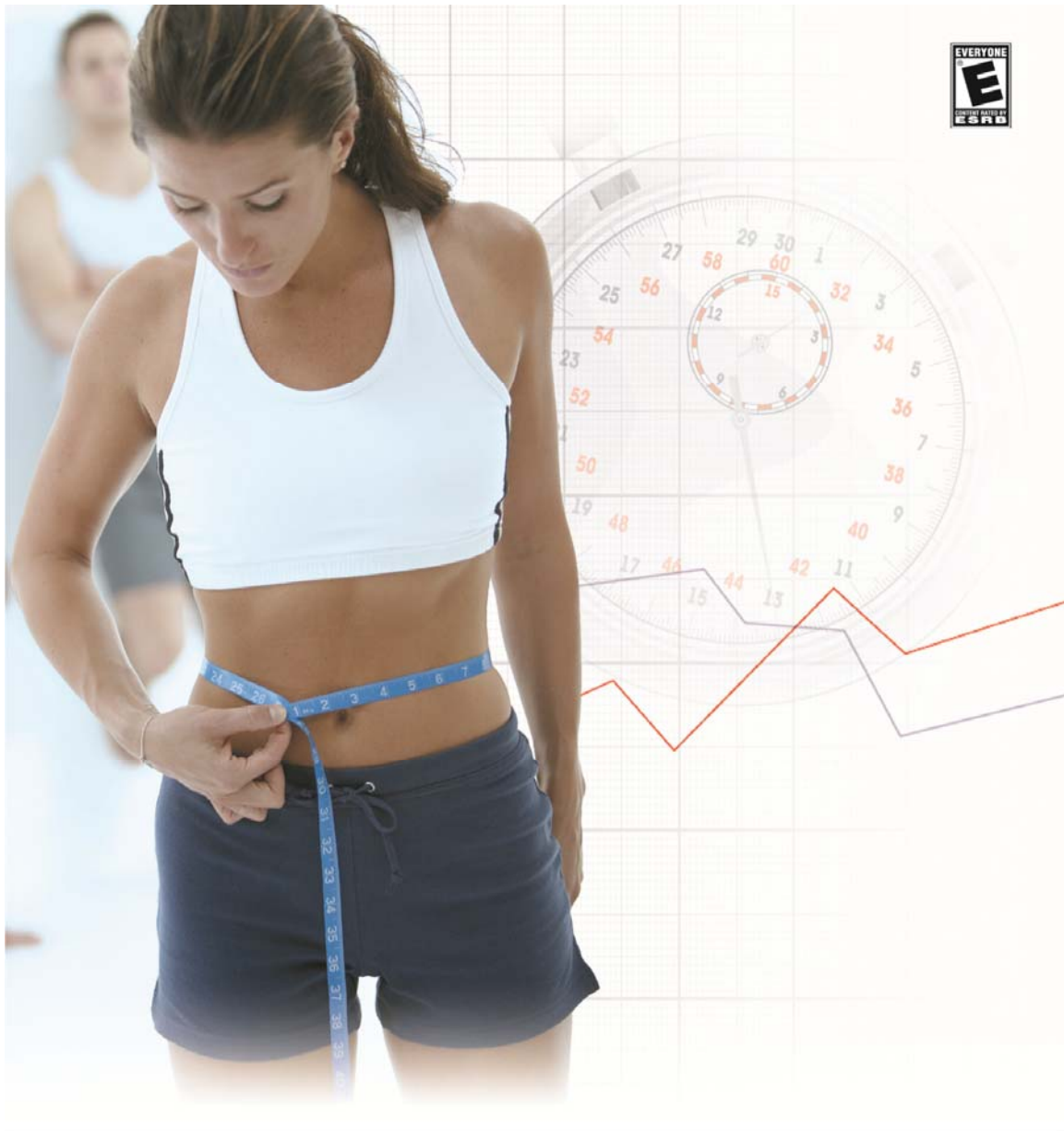


WEIGHTMANIA® PRO

USER GUIDE

For Windows, Mac and Online



Copyright © 2010 Edward A. Greenwood, Inc. All rights reserved

CONTENTS

WEIGHTMANIA® PRO.....	1
SECTION 1 – WELCOME	4
INTRODUCTION.....	4
GETTING STARTED	5
MAIN TOOL BAR	6
FEATURE LIST	7
CREATING AND EDITING PROFILES	11
SECTION 2 – MAIN TOOLS.....	16
JOURNAL TOOL	16
JOURNAL TOOL – OVERVIEW.....	16
JOURNAL TOOL – CUSTOMIZING MENUS	17
JOURNAL TOOL – EXERCISE TAB	18
JOURNAL TOOL – NUTRITION TAB	23
JOURNAL TOOL – MEASUREMENTS TAB	28
JOURNAL TOOL – MEDICAL TAB.....	31
JOURNAL TOOL – GENERAL TAB.....	32
JOURNAL TOOL – PHOTO TAB.....	34
JOURNAL TOOL-MEAL INPUT WIZARD	35
JOURNAL TOOL-WEIGHT TRAINING INPUT WIZARD	38
JOURNAL TOOL-CARDIO INPUT WIZARD	39
CALENDAR TOOL	40
CHART TOOL	42
STATISTICS TOOL	46
NUTRITION TOOL.....	48
REPORT TOOL.....	52
FIND TOOL	54
NAVIGATION CALENDAR.....	56
SUMMARY TOOL.....	57
SECTION 3 - SPECIAL TOOLS.....	59
CREATING PREDEFINED MEALS (PROGRAMS)	59
CREATING PREDEFINED WORKOUTS (PROGRAMS)	61
ADDING CUSTOM FOODS	63
RECIPE MANAGER	65
GROCERY LIST MANAGER	68
WEB LINK MANAGER	70
TRAINING EQUIPMENT MANAGER	72
COURSE AND ROUTE MANAGER	75
SECTION 4 – FITNESS CALCULATORS	78
BASAL METABOLIC RATE (BMR) CALCULATOR	78
BODY FAT CALCULATOR	79
BODY MASS INDEX (BMI) CALCULATOR	81
CALORIES BURNED CALCULATOR	83
CALORIES REQUIRED CALCULATOR	84
DISTANCE, TIME, PACE, SPEED CALCULATOR	86
HEART RATE TIMER AND CALCULATOR	87
MATH AND CONVERSION CALCULATOR	89
ONE REPETITION MAXIMUM WEIGHT CALCULATOR	91
SPLITS CALCULATOR	93
TARGET HEART RATE CALCULATOR	95
TARGET WEIGHT CALCULATOR	96

SECTION 5 – OTHER	98
CREATING AND RESTORING BACKUPS.....	98
PREFERENCES.....	99
PRINTING	100
DATABASE IMPORT WIZARD – WEIGHTMANIA® MOBILE.....	101
DATABASE IMPORT WIZARD - DESKTOP.....	103
DATABASE EXPORT WIZARD.....	104
IMPORTING ATHLETE’S DATABASE LOGBOOKS.....	105
SECTION 6 – TEN TIPS FOR SAVING TIME	106

SECTION 1 – WELCOME

INTRODUCTION

Thank you for choosing Weightmania® Pro. This user guide is for the Windows, Mac OS X and online version. Weightmania® is currently the most complete fitness and wellness tracking software on the market. Track 117 different things related to exercise, nutrition, dieting progress, diabetes, general health and more. It accommodates any workout or diet plan, can be used by multiple people, and has over 20 major tools.

When it comes to fitness and nutrition, tracking progress is critical to your success. In fact, according to government studies, by keeping a journal, you're almost twice as likely to reach your goals and (on average) you will cut the time to reach those goals by almost half. Weightmania® Pro motivates you, keeps you organized, and makes workouts and dieting fun. Easily track and visualize progress, know if your diet and workouts are effective, and reach goals faster.

Weightmania® includes a journal for recording information and five major tools to view and analyze progress. We also added twelve fitness calculators, a large food database, 14,000 serving sizes, and tools to create meal programs, workout programs and your own custom food database. On top of this, there are five special databases that let you track and manage recipes, grocery lists, favorite Web links, equipment and routes.

Whether you're a body builder, cyclist, training for a marathon, or just want to monitor and manage your body weight, Weightmania® Pro has everything you need. It's designed for anyone interested in improving their health and well being.

GETTING STARTED

Use the journal to track workouts, meals, measurements, medical and general information. Each section is stored under its own file tab. Although there are many data fields, you only need to fill in the ones you want to track. The more information you enter, the more analysis you can do later with other tools. This tool is opened automatically on startup.

To track data for multiple users, use the "Setup..." button in the upper right corner of the main window to create additional profiles. You can then view data for any user by selecting their profile from the "User Profile" list.

Select the "Nutrition" tab to record your food intake for any day. Minimize typing and save time by creating a custom food database, creating predefined meals (programs), dragging and dropping foods from the favorites list and using copy and paste. Other tabs let you store daily measurements, medical and general information such as planned activities.

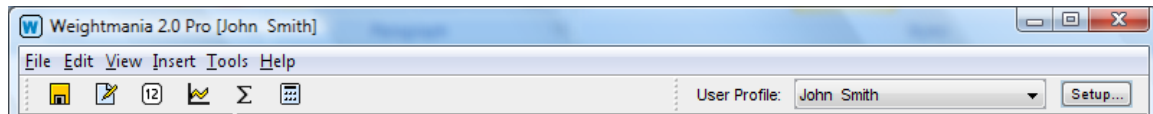
To record a cardiovascular workout (such as running and cycling), select the Exercise tab, then insert a "cardio" or weight training workout form using the appropriate buttons. There is also an option to insert both types of workouts under the main "Insert" menu. Workout forms can be renamed using the "type" selector at the top. Save time inputting workouts with the input wizard at the bottom of each form and by using copy and paste. For weight training workouts, you can also create predefined weight training programs. By inserting new forms, an unlimited number of workouts can be recorded for any day. For example, if you run in the morning, swim in the afternoon and lift weights at night, you would insert two "cardio" forms and one "weight training" form. There would be three tabs under the "Exercise" tab for the current day shown in the journal.







Use the arrow buttons on the navigation calendar in the upper left, to view previous or future dates in the journal. The date selected in the journal is always highlighted in orange, while the current date is shown in red. By default, the journal always opens to the current date. Information entered or modified will be saved in memory until you save it to disk. Every open tool is automatically updated when the journal is saved or when a different day is shown.

After data has been entered, it can be viewed on a monthly calendar, plotted on a chart or analyzed using the statistics tool. By default all of the calendars are color-coded by workout and activity type. Use the summary in the lower left to view basic statistics for the current week, current month and entire journal database. Use the menus above to find and analyze information in the journal. Each tool is described in its own help section.

MAIN TOOL BAR

Weightmania®'s main tool bar has six icons that correspond to the tools you will likely use most often. These tools can also be found under the main "Tools" menu. Each control is described in the section below. At anytime, you can view a quick description of an item by positioning the mouse over it for one second.



Option	Description
	Saves information and updates the display.
	Displays the journal tool. Use this tool to record and track exercise, meals, measurements, medical and general information. This tool is opened automatically on startup.
	Displays the calendar tool. Use this tool to view information recorded in the journal by month or year.
	Displays the chart tool. Use this tool to graph information recorded in the journal.
	Displays the statistics tool. Use this tool to view statistics for information recorded in the journal. Includes minimums, maximums, averages, totals and counts.
	Displays the calculator tool. Use this tool to perform fast arithmetic and conversions between metric and English. It contains 42 keys with special functions for doing advanced math.

FEATURE LIST

Major benefits

- Motivates you to exercise and eat healthy.
- Helps you reach goals faster.
- Keeps you organized.
- Makes it easy to stick to any diet or workout routine.
- Know if your diet and workouts are effective.
- Easily track and visualize progress.
- Prevents you from missing and duplicating and workouts.
- Faster and more accurate than paper logs.

Track one or multiple users

- Great for families, personal trainers, coaches and fitness centers.
- Create profiles for each user.
- Store personal information, fitness assessments, goals and preferences.
- Share data between users (such as meal and workout programs).
- Store digital photos of each user.
- Sign-in/sign-out with a standard login prompt.
- Full password protection available for each user.
- View any user's data in one mouse click.

Track meals and nutrients

- Track meals, nutrients, supplements and special diets.
- Track calories, protein, carbohydrates, fat, sugar, sodium, cholesterol and fiber.
- Track daily water consumption.
- Track servings, points and food groups.
- Count calories and carbohydrates.
- Use drag and drop to enter food fast.
- "Favorites list" conveniently stores the foods you eat most often.
- Built in food database (includes USDA database with 50 nutrients per food).
- 14,000 serving sizes (standard food weights, sizes and portions).
- Create your own custom food databases and food groups.
- Create and save predefined meal programs.
- Enter and record meals for an entire day in one mouse-click.

Track workouts

- Track multiple weight training and cardiovascular workouts per day.
- Track average, resting and maximum heart rate.
- Track the difficulty of each workout and how you felt.
- Track weather, routes, injuries and equipment.
- Track up to 100 splits per workout.
- Print weight training programs that you can take to the gym.
- Create and save predefined workout programs.
- Enter and record a detailed workout in one mouse-click.

Track measurements and body weight

- Track up to 24 measurements including heart rate, body fat percent and BMI.
- Precisely track your body weight.
- Copy last recorded measurements to the current day in one click.
- Calculates the difference between current and last measurements.

Track diabetes and medical information

- Track blood pressure and pulse rate.
- Track and analyze daily sleep patterns.
- Track cholesterol (total, HGL, LDL and triglycerides).
- Track blood sugar and medication up to eight times per day.
- Print this information and share it with your doctor.

Store digital photos, maps and charts

- Visually track workout and dieting progress over time.
- Store up to 40 full color photos for each calendar day.
- Store maps of courses and routes plus digital charts.
- Import maps created with most GPS mapping applications.
- Automatically arranges photos in an album format.
- Lets you add text descriptions below each photo.
- Smoothly resize, rotate and print any image.

Reports, charts, statistics and calendars

- Create line, bar, area, pie and moving average graphs.
- Compare data on multiple graphs simultaneously.
- Zoom feature lets you enlarge graphs up to ten times.
- Create comprehensive reports in text or Web (HTML) format.
- Full size color-coded calendar for viewing data by month and year.
- Calculates minimums, maximums, averages and totals for all data.
- Calculates total nutrients for any date range.
- Calculates total weight lifted by muscle group, for any date range.
- Calculates maximum weight lifted for each exercise, for any date range.
- Calculates mileage, number of uses and use time for fitness equipment (such as running shoes).
- Counts workouts, courses and routes you ran, days missed, etc.
- Summarizes all workouts, meals and measurements by week and month.
- Filter lets you view specific types of workouts on graphs and charts.

Special databases

- Recipe manager (store recipes, instructions, ratings, photos and more).
- Grocery list manager (store shopping lists, track prices, store coupons and more).
- Web link manager (store your favorite Web links; view Web pages in one click).
- Course and route manager (store running/cycling routes, maps, photos and more).
- Equipment manager (track and manage equipment use such as mileage on running shoes).

Calculators

- Calculate calories burned for 240 different activities.
- Calculate % body fat (fast and accurate; requires no special tools).
- Calculate daily calories required for any activity level.
- Calculate Body Mass Index (BMI).
- Calculate Basal Metabolic Rate (BMR).
- Calculate distance, time, pace and speed.
- Calculate target heart rate zone.
- Calculate splits for any distance or time interval.
- Calculate resting heart rate.
- Calculate calories you must consume daily to reach a weight goal by a specific date.
- 42-key calculator performs math and Metric to English conversions.

Import, export and share data

- Database export wizard makes it easy to export data.
- Database import wizard makes it easy to import data.
- Export one or more databases to a single compressed ZIP file that can be e-mailed.
- Import one or more databases from a single compressed ZIP file.
- Easily share databases between clients and other Weightmania® users.
- Share meal programs, workout programs, exercises and custom food databases.
- Imports Athlete's Database logbooks dating back to 1997.

Special features to save time

- Powerful cut, copy and paste

Cut, copy and paste workouts, meals, measurements, tables, tabs and text.

Weightmania® even lets you paste formatted tables into Excel.

- Drag and drop plus favorites list

Store the foods you eat most often on a favorites list. Later, you can enter them by dragging and dropping them onto the meal table. Weightmania® does the rest by filling in all the nutrients for you.

- Create custom food database

Add to the built in food database by creating your own. In the future, when you're recording daily meals, a food and all of its nutrients can be entered in one mouse-click.

- Create meal programs

Enter a group of foods and nutrients then save it under a specific name. Later, you can enter meals for an entire day in one click. Since most people eat the same 20-30 foods each week, this lets you record daily food intake in seconds.

- Create workout programs

Enter a group of exercises, sets and repetitions then save it under a specific name. Later, you can enter an entire workout in one click. If you follow a routine, this lets you record a detailed workout in seconds.

- Meal input wizard

Use this tool to enter meals and nutrition fast. It searches a built in food database, previously entered meals, and your own custom food database if you have created one. After you look-up a food, the description and nutrients are automatically entered in one mouse-click.

- Weight training workout input wizard

Use this tool to quickly enter and modify weight training workouts. It makes it easy to record sets, weights, repetitions and comments.

- Cardiovascular workout input wizard

Use this tool to quickly enter and modify cardiovascular workouts, weight training workouts. It saves time by calculating and filling in distance, time, pace, speed and route fields.

- Speed menus and shortcuts

Access features fast by right-clicking on objects to display pop-up, context sensitive menus, or with keyboard shortcuts (on Mac OS X, hold the Command key and press the mouse button to simulate a right-click).

- Automatic backups

You no longer have to worry about backing up your data. Each time you exit, Weightmania® automatically creates a backup. It maintains up to 7 previous backups and automatically deletes the oldest.

General information

- Record data whenever you want – daily entry is not required.
- Can be customized for each user.

- Supports Metric and English (can be used internationally).
- Automatically backs up/restores data (saves up to 7 previous backups).
- Cut, copy and paste everything (tables, tabs, workouts, meals and forms).
- Paste tables and data directly into other applications like Excel.
- Uses familiar spreadsheets and easy forms.
- Record meals fast with drag and drop.
- Lots of space for recording personal diary and daily notes.
- Navigate fast with color-coded calendars.
- Support for workout and event planning.
- Automatically reminds you of planned activities.
- Includes powerful search tools for finding previously entered data.
- Print any chart, table, report or screen.
- Built-in, easy to use help system (uses familiar Web page format).
- Provides labeled muscle chart for reference.
- Provides images and detailed information about the new food pyramid.

CREATING AND EDITING PROFILES

A profile must be created for each user or person you want to track. Profiles include personal information, a fitness assessment, goals, names of databases, preferences and notes. They make it easy to track multiple users, share databases and monitor progress. All versions of Weightmania® let you create at least two profiles. To create and edit profiles, use the "Setup..." button in the upper right corner of the main application screen (next to the user profile selection menu). This option is also available on the main "Edit" menu.

The profile editor is divided into two parts. In the top half of the screen, existing profiles are listed in alphabetical order. The bottom half of the screen displays information for each profile using tabbed panels. These include "Personal", "Fitness", "General Goals", "Nutrient Goals", "Databases", "Preferences" and "Notes". It also provides buttons to create, modify and delete profiles. These are described in the sections below.

A sample screen is shown below:

Select "New" to create a blank profile. This clears and enables all of the tabbed panels. For each profile, you must enter a unique first or last name. All other fields are optional. When finished, select "Add" to add it to the list above. When a profile has been added correctly, all of the tab fields will clear and turn gray.

To view data for an existing profile, simply click on its name in the profile list. Data for that profile will be shown in the tabbed panels below. To modify an existing profile, click on its name in the profile list, change the information in the tabs below and select "Modify". When a profile has been modified correctly, all of the tab fields will clear and turn gray. To remove a profile, click on its name and select "Delete".

Profiles are automatically saved when you exit the profile editor. To properly use Weightmania®, at least one profile must always be defined. If all of the profiles are deleted, Weightmania® will prompt you to create a new, basic profile (like you did when you first used this software).

Button	Description
New	Clears and enables the fields below to allow you to enter a new profile. You must enter a unique first or last name, but all other fields are optional.
Add	Adds a new profile to the list above. Profiles are sorted alphabetically. When a profile has been added correctly, all of the tab fields will clear and turn gray.
Modify	Modifies the currently selected profile using the data specified in the tabs below. When a profile has been modified correctly, all of the tab fields will clear and turn gray.
Print Profile	Prints details of the selected profile on the default printer.
Print All Profiles	Prints details of all profiles on the default printer. Each individual profile is compressed to fit on one page.
Delete	Removes the selected profile from the list above. This also removes the journal database associated with this profile, but does not affect other databases since they may be shared.

PERSONAL TAB:

This tab stores personal information about each user. The data may be used by other tools to calculate age and pre-fill height and gender fields, so it's very important to enter this information accurately. **Note:** You must enter a unique first or last name, but all other fields on this and other tabs are optional.

Field	Description
First Name	Specifies first name.
Middle Initial	Specifies middle initial.
Last Name	Specifies last name.
Height	Specifies height in feet and inches or centimeters (you only need to enter one of the two). This field is used by other tools so it's very important to enter it accurately.
Date of Birth	Specifies the date this person was born. This field is used by other tools to calculate age.
Start Date	Specifies a start date. This is useful for tracking progress over time. By default, this field is initialized to the current date.
Photo	Right click on the white box on the right to add a digital photo. Images are automatically scaled to fit. Weightmania stores a copy of each image and does not reference or modify the original file.

FITNESS TAB:

This tab stores information related to a person's current fitness state. This can be used to record an initial fitness assessment. The fields on this tab are optional.

Field	Description
Weight	Specifies total body weight.
BMI	Specifies body mass index. This can be calculated using the BMI calculator under the main "Tools" menu.
BMR	Specifies basal metabolic rate (the calories a person burns at rest). This value is used by the meal table to calculate total calories burned each day. It can be calculated using the BMR calculator under the main "Tools" menu.
Rest. H. Rate	Specifies resting heart rate.
Body Fat %	Specifies percentage of body fat. This can be calculated using the body fat calculator under the main "Tools" menu.
SBP / DBP	Specifies blood pressure (systolic/diastolic). Adult blood pressure is considered normal at 120/80.
Notes	Specifies notes related to this tab.

GENERAL GOALS TAB:

This tab stores near or long-term goals. The fields on this tab are optional.

Field	Description
Weight	Specifies total body weight.
BMI	Specifies body mass index. This can be calculated using the BMI calculator under the main "Tools" menu.
Rest. H. Rate	Specifies resting heart rate.
Body Fat %	Specifies percentage of body fat. This can be calculated using the body fat calculator under the main "Tools" menu.
SBP / DBP	Specifies blood pressure (systolic/diastolic). Adult blood pressure is considered normal at 120/80.
Notes	Specifies notes related to this tab.

NUTRIENT GOALS TAB:

This tab stores daily nutrient goals. For example, total protein, carbohydrates and fat allowances for each day. These values will appear at the bottom of the journal Nutrition tab. The fields on this tab are optional.

Field	Description
Calories	Specifies total calorie goal for each day.
Protein	Specifies total protein goal for each day.
Carbs	Specifies total carbohydrate goal for each day.
Fat	Specifies total fat goal for each day.
Sugar	Specifies total sugar goal for each day.
Sodium	Specifies total sodium goal for each day.

Cholesterol	Specifies total cholesterol goal for each day.
Fiber	Specifies total fiber goal for each day.
Points	Specifies total point goal for each day.
Water	Specifies total water goal for each day.

DATABASES TAB:

This tab stores database filenames. Filenames are created automatically the first time a profile is created. To share a database between several profiles, use the same name. Use a unique name to keep it private. For example, you can share a favorites list, custom food database or list of exercises, but keep each person's journal private. By default, all of the databases are shared, except the journal. Use the "Browse..." button to locate a database or enter a new name. **Note: Changing database filenames is not recommended unless you need to make them private for each profile.**

Field	Description
Journal	Specifies the name of the journal database. This database stores workouts, meals, measurements, general information and photos. Use the journal tool to edit this database. By default, this database is always assigned a unique name to prevent it from being shared.
Custom Foods	Specifies the name of the custom food database. This database stores custom foods not included in the built-in USDA food database. To edit this database, select the "Custom Food Database..." option under the main "Edit" menu.
Meal Programs	Specifies the name of the custom food database. This database stores pre-defined meal programs. This lets you save a group of foods or meals under one name. Later, they can be inserted into any meal table to save time. To edit this database, select the "Meal Programs..." option under the main "Edit" menu.
Grocery List	Specifies the name of the grocery list database. This database stores detailed grocery shopping lists. To edit this database, select "Recipe Manager" under the main "Tools" menu.
Equipment	Specifies the name of the equipment database. This database stores and tracks equipment. To edit this database, select "Equipment Manager" under the main "Tools" menu.
Routes	Specifies the name of the course and route database. This database stores cycling and running routes. To edit this database, select "Course and Route Manager" under the main "Tools" menu.
Workout Programs	Specifies the name of the custom food database. This database stores pre-defined weight training programs. This lets you save a weight training workout under one name. Later, an entire workout can be entered in one-mouse click. To edit this database, select the "Predefined Workouts (Programs)..." option under the main "Edit" menu.
Favorites	Specifies the name of the custom food database. This database stores a list of the foods (and all of their nutrients) that you eat most often. To edit this database, drag and drop food between the meal table and favorites list on the journal tool Nutrition tab.
Exercises	Specifies the name of the exercise database. This database stores a list of exercises. For now, these are used in weight training tables. To

	edit this database, select the "Add Exercises..." button on any weight training workout form or select the appropriate option under the main "Edit" menu.
Recipes	Specifies the name of the course and route database. This database stores cycling and running routes. To edit this database, select "Course and Route Manager" under the main "Tools" menu.
Web Links	Specifies the name of the Web link database. This database stores Web links. To edit this database, select "Web Link Manager" under the main "Tools" menu.

PREFERENCES TAB:

This tab stores user preferences. For convenience, global and color preferences are specified under the main "Edit" menu (see the "Preferences" help section for more information). The fields on this tab are optional.

Field	Description
Block Access To Other Profiles	Specifies whether to prevent this user from viewing and editing other profiles. Note: At least one user must always have permission to edit other profiles. If not, Weightmania will display a warning message. By default, this option is unchecked. If a profile is for a system administrator, leave this box unchecked.
Block Access To Global Preferences	Specifies whether to prevent this user from accessing global preferences (these are specified under the main "Edit" menu). Global preferences affect every user and include things like backup settings. By default, this option is unchecked.
Color-Code Navigation Calendar	Specifies whether to color code the navigation calendar by workout type (for a description of each color, see the Calendar Help section). By default, this option is checked.
Color-Code Full-Sized Calendar	Specifies whether to color code the full-sized calendar tool by workout type (for a description of each color, see the Calendar help section). By default, this option is checked.
Re-Open Last Tools Used On Startup	Specifies whether to re-open all of tools that were open when this profile was last saved. By default, this option is checked.
Use Password Protection	Specifies whether to use password protection. Selecting this option will require user to enter a password on startup.
Password	Specifies password to use on startup. This is only applies when the password protection option is selected.

NOTES TAB:

This tab stores notes related to this profile. Information that does not fit or apply to other tabs can be stored here. This tab is optional.

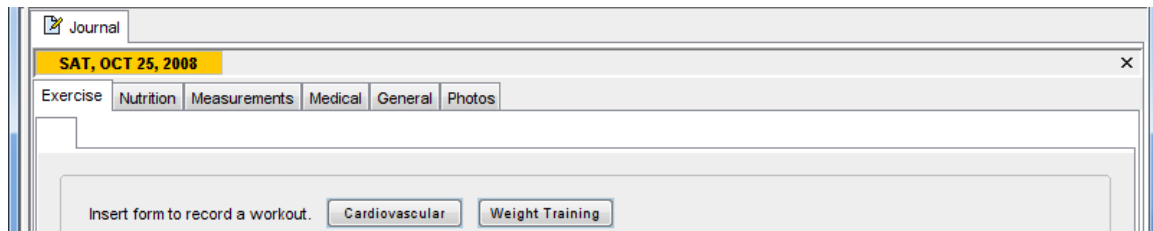
SECTION 2 – MAIN TOOLS

JOURNAL TOOL

JOURNAL TOOL – OVERVIEW

Use the journal to enter and record information for each calendar day. This tool is opened automatically on startup.

Daily information is divided into six sections including "Exercise", "Nutrition", "Measurements", "Medical", "General" and "Photos".



The "Exercise" tab tracks cardiovascular and weight training workouts. This tab can store up to ten different workouts per day. Use the "Nutrition" tab to track daily meals and nutrients. The "Measurements" tab records weight, waist, heart rate, body fat and other measurements. Up to 24 different measurements can be tracked. Medical information, including sleep, blood pressure, blood sugar and cholesterol, is stored under the "Medical" tab. Digital photos, charts and maps can be stored under the "Photos" tab. Everything else is recorded under the "General" tab. This records miscellaneous things that don't fit in other categories, such as weather and planned activities. Although there are many data fields, you only need to fill in the ones you want to track. The more information you enter, the more analysis you can do later with other tools.

When you add data to the journal, the corresponding day will appear on the color-coded calendar in the upper left corner. Use this tool to navigate and visualize activity by month. For example, as you enter workouts, the squares will change color to indicate the type of workout (weight training, cardiovascular or both). Click on any calendar square to view that day in the journal. The day currently selected in the journal is always highlighted in orange while the current date is shown in red. Information entered in the journal also appears in "Summary" window in the bottom left corner. This tool shows the number days entered, days missed, cardiovascular workouts, weight training workouts, average body weight and more. It was designed to help you quickly assess your progress. To view more detailed statistics, use the statistics tool under the main "Tools" menu.

In the journal, almost everything can be customized. For example, any drop-down menu can be modified by clicking on the "Add" button on the right. You can save time entering information by using copy and paste, and by creating predefined workout and meal programs. To create predefined programs, select the appropriate options under the main "Edit" menu. There is also strong support for printing. Any chart, table or screen can be printed. Right-click (on Mac OS X, hold the Command key and click the mouse) on tables and other objects to view a pop-up menu with detailed options.

JOURNAL TOOL – CUSTOMIZING MENUS

Nearly all journal menus can be customized using the Edit List tool. This includes all of the drop-down menus on workout forms. You can edit meal types, workout types, locations, muscle groups, exercises and more. For example, you can create a custom list of Sfood categories or meal types.

Click on the "Add" button next to any drop-down menu to invoke the editor. For weight training and meal table menus, the "Add" buttons appear at the bottom. By default, some menus are pre-initialized when the journal is created. For example, the "Meal Type" menu already contains "Breakfast", "Lunch", "Dinner" and "Snack". These choices can be modified or removed at any time.

Custom lists are stored in the journal database. If more than one person is using the same copy of Weightmania®, each journal will have its own custom menus. You can create gray comments in any list by adding two minus signs (--) before an item description. Fields and buttons tool are described below.

Note: Right-click on the item list to display a pop-up menu with more options. This makes it easy to add and arrange new items.

Option	Description
Item List	Specifies the list of custom menu options. To modify, remove, or change the order of any item, select it with the mouse and use the appropriate buttons below.
Edit Field	Specifies a new option you want to add or lets you change an option currently listed. Enter new text in this field, then use the appropriate buttons below.
Add	Adds the value specified in the "Edit" field to the end of the list above.
Modify	Changes any item selected on the list above to the value specified in the "Edit" field.
Delete	Removes any item selected on the list above.
Up	Moves any item selected on the list above up one row. This is useful for moving menu options you select frequently to the top or changing the list order.
Down	Moves any item selected on the list above down one row. This is useful for moving menu options you seldom use to the bottom or changing the list order.
Cancel	Cancels any changes made to the current list then closes the edit tool.
Ok	Saves changes made to the current list in memory then closes the edit tool. <u>Note:</u> Changes will not be permanently stored until the journal database is saved.

JOURNAL TOOL – EXERCISE TAB

Use the journal "Exercise" tab to record cardiovascular and weight training workouts. You only need to fill in the fields you want to track. The more information you enter, the more analysis you can do later with other tools.

To record a workout, insert a cardiovascular or weight training form using the cardiovascular and weight training buttons, or options under the main "Insert" menu. Enter and track up to ten workouts per day. Each workout will appear as a separate file tab that can be cut, copied, pasted and renamed. Save time by using the input wizard at the bottom of each workout form. There is one for entering cardiovascular workouts and one for weight training (for more information see the input wizards described in the journal help section).

The screenshot shows the Weightmania 2.0 Pro software interface. The main window is titled "Journal" and displays the date "THU, JUL 17, 2008". The interface is divided into several sections:

- Navigation:** A calendar on the left shows the month of July 2008. The 17th is highlighted in orange, indicating the current date.
- Summary:** A window on the left provides a summary of workouts for the selected date. It shows "Days Stored: 17.0", "Days Missed: 14.0", "Days Left: 12", "C. Workouts: 12.0", "W. Workouts: 6.0", "Total Workouts: 18", "Workout Time: 06:38:30", "Min. Distance: 003.50", "Max. Distance: 008.00", "Total Distance: 00052.50", "Min. Weight: 165.00", "Max. Weight: 170.00", and "Avg. Weight: 167.50".
- Workout Entry:** The main area is titled "Exercise" and contains a "Summary" section with fields for "Chest" (selected), "Add...", "Time" (Start: 06:00 AM, Total (H:M:S): 01:30:00), "Workout Rating" (with smiley face icons), and "Difficulty" (Easy, Mod., Hard). Below this is a "Weight Training" table with columns for #, Muscle Group, Exercise, Sets, and five weight/rep columns (Wt. 1, Reps., Wt. 2, Reps., Wt. 3, Reps., Wt. 4, Reps., Wt. 5, Reps.). The table is currently empty, and a dropdown menu is open showing exercise options like "Bench Dips", "Cable Crossover Flys", "Close Grip Bench Presses", "Decline Bench Press", "Decline Presses", "Dips", "Dumbbell Flys", and "Dumbbell Presses".

Copyright © 2003 - 2008 Edward A. Greenwood, Inc.


Use the color-coded calendar on the left to navigate and view workouts entered and workouts missed. It also helps you visualize progress and avoid missing and duplicating workouts. As you enter workouts, the squares will change color to indicate the type of workout stored for each day. Blue-gray denotes cardiovascular workouts, purple represent weight training workouts and bright blue squares indicate both (a color key is provided at the bottom of the full-size calendar tool). Click on any calendar square to view that day in the journal. The day currently selected in the journal is always highlighted in orange while the current date is shown in red. Workouts also appear in "Summary" window in the bottom left corner. This tool shows the number days entered, days missed, cardiovascular workouts, weight training workouts and more. It was designed to help you quickly assess your progress. To view more detailed statistics, use the statistics tool under the main "Tools" menu.

Recording a weight training workout is potentially very time consuming. In addition to copy and paste and the input wizard, we created a special tool to create predefined weight training workouts (programs). It lets you enter more rows in a weight training table and save them under a specific name. Later, you can insert an entire weight training workout (or group of rows) in a single mouse click! For more information, see "Creating Predefined Workouts (Programs)" in the help table of contents. This is ideal for anyone who follows a regular routine and useful for planning. Personal trainers can also use it to create workout programs for their clients.

Table columns can be resized and re-arranged in any order. To move any column, simply drag its header to the new location and drop it. Resize the width of any column by slowly moving the mouse pointer over the left or right edge of the header. When the cursor changes to a horizontal arrow, you can adjust the column width. Weightmania® will remember these changes in the future. However, they only affect the currently selected user profile. Use the right mouse button pop-up menu to restore the table to its default layout. The table layout has no effect on the input wizard, cut and paste, or drag and drop.

Individual workouts or the entire "Exercise" tab can be cut, copied and pasted to any day in the journal. The weight training table itself can be copied into other applications such as Excel. Any drop-down menu can be modified using the "Add..." button on the right or the buttons at the bottom. Right-click (on Mac OS X, hold the Command key and click the mouse) directly on the weight training table to view a pop-up menu with special options.


WEIGHT TRAINING WORKOUT FORM:

Field/Button	Description
Type	Specifies the type of weight training workout this form represents. For example, this could be "Back" or "Chest" from the default selection list, or a custom value that you choose. To edit the list of choices, click on the "Add" button on the right. Changes you make to this list will be stored in the same file where your data stored.
Start Time	Specifies the time you started this workout. This should be entered in hours and minutes. The first drop down menu represents hours, the second minutes, and the third AM or PM.
Total Time	Specifies the total workout time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds.
Workout Rating	Specifies the quality of a workout, your feelings about it, or how satisfied you are with it. From left to right, there are three choices, "Excellent", "Good", or "Poor". 
Difficulty	Specifies the difficulty of a workout. From left to right, there are three choices, "Easy", "Moderate", and "Hard".
Total Calories	Specifies the total number of calories consumed before, during, or after this workout.
Total Water	Specifies the amount of water or fluids consumed before or during this workout.
Temperature	Specifies the temperature during this workout.

Location	Specifies the location where this workout took place. This could be your home, or the name of the gym. Use the "Add" button on the right to add or modify locations.
Equipment Used	Specifies the equipment used during this workout. Use the "Equipment Manager" under the main "Tools" menu to add, modify or delete items. Data from this field is used by the statistics tool to count the number of times each item was used, the total time it was used, average use time, total mileage (for running shoes and bicycles), etc.
Notes	Specifies notes related to this workout. For detailed comments, use the notes field under the "General" journal tab.
Weight Training Table	Use the table at the bottom to record each exercise and the weight you lifted. The first column ("#"), is used to represent the number of each exercise and cannot be edited. Column two ("Group") represents the muscle group. When you select this column, a drop-down list will appear. Use the "Add Groups" button at the bottom to edit this list. Column three ("Exercise") specifies the name of the exercise. When you select this column, a drop-down list will appear. Use the "Add Exercises" button at the bottom to edit this list. Column four ("Sets"), represents the number of sets completed for the exercise. The remaining columns are used to store weights, repetitions and notes related to each exercise. For example, "W1" specifies the first weight and "R1" specifies the number of repetitions you did at that weight. It is not necessary to fill in every field. You may just want to enter the number of sets and the maximum weight lifted.
More	Displays a pop-up window with additional weight training workout fields.
Add Groups	Lets you edit the list of muscle groups available on the menu that appears in the "Group" table column.
Add Exercises	Lets you edit the list of exercises available on the menu that appears in the "Exercise" table column. This option is also available under the main "Edit" menu.
Input Wizard	Displays a tool to help you enter or modify one row in the weight training table. For more information, see "Input Wizards" in the Journal help section.

CARDIOVASCULAR WORKOUT FORM:

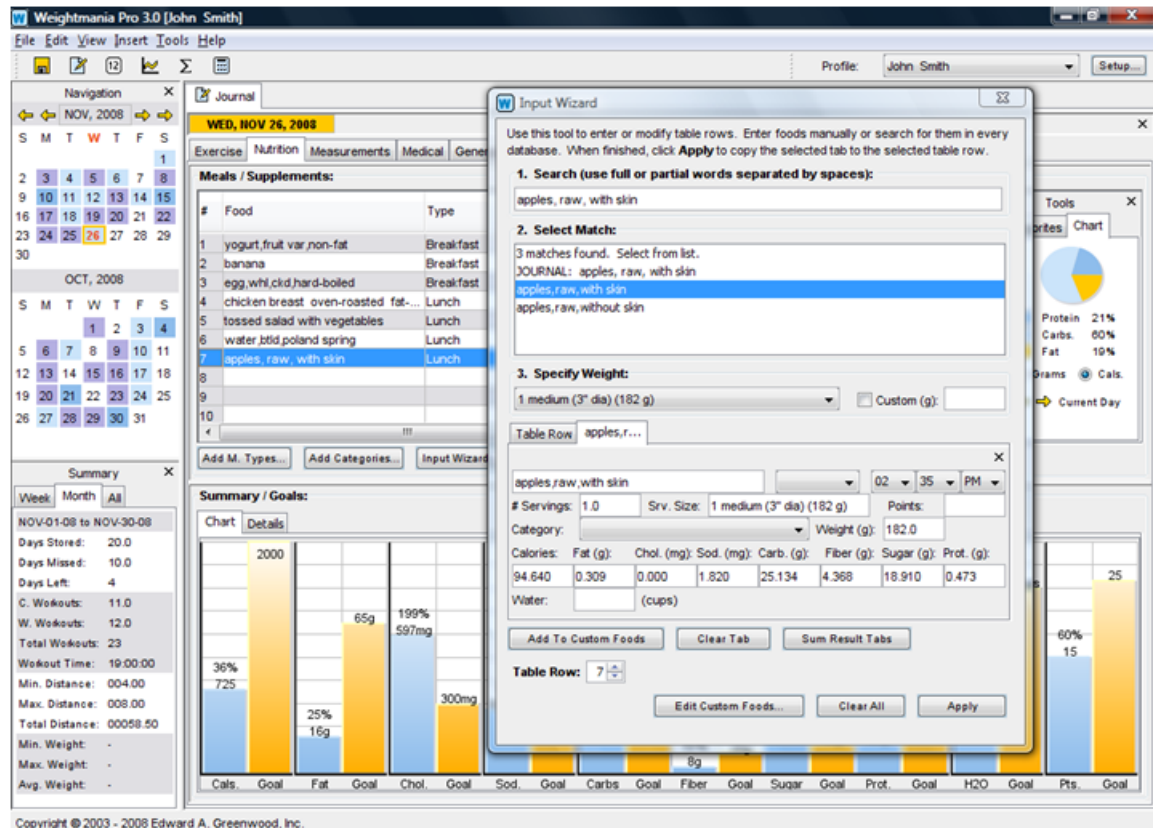
Field/Button	Description
Type	Specifies the type of weight training workout this form represents. For example, this could be "Back" or "Chest" from the default selection list, or a custom value that you choose. To edit the list of choices, click on the "Add" button on the right. Changes you make to this list will be stored in the same file where your data stored.
Start Time	Specifies the time you started this workout. This should be entered in hours and minutes. The first drop down menu represents hours, the second minutes, and the third AM or PM.
Total Time	Specifies the total workout time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds.

Distance	Specifies the quality of a workout, your feelings about it, or how satisfied you are with it. From left to right, there are three choices, "Excellent", "Good", or "Poor".
Laps / Steps	Specifies the difficulty of a workout. From left to right, there are three choices, "Easy", "Moderate", and "Hard".
Pace	Specifies the total number of calories consumed before, during, or after this workout.
Avg. Speed	Specifies average speed.
Max. Speed	Specifies maximum speed.
Avg. H. Rate	Specifies your average heart rate during this workout.
Max. H. Rate	Specifies your maximum heart rate during this workout.
Incline (%)	Specifies maximum or average incline in percent, for this workout. This mostly applies to treadmills.
Cadence	Specifies average or maximum cadence. This is a common way to measure cycling performance. Values are specified in revolutions per minute (RPM).
Total Calories	Specifies the total number of calories consumed before, during, or after this workout.
Total Water	Specifies the amount of water or fluids consumed before or during this workout.
Temperature	Specifies the air or water temperature during workout. For example, it could be the indoor temperature, outdoor temperature or pool temperature.
Cardio Sub-Type	Specifies the exact type of cardio. you did. For example, for a running workout, you can use this field to record whether it was hills, long distance, or a track workout. This field is different from the initial "type" field in the upper left corner, because it is more specific. Information you provide can be used by other tools, such as the statistics tool. For example, it can count the number of track workouts or the number of long distance workouts you completed during a season. To edit the list of choices, click on the "Add" button on the right. Changes you make to this list will be stored in the same file where your data stored.
Course or Route	Specifies the course you used for this workout. For example, for a cycling or running workout, you might use a name that represents the streets or area you used. To edit the list of choices, click on the "Add" button on the right. Changes you make to this list will be stored in the same file where your data stored.
Workout Rating	Specifies the quality of a workout, your feelings about it, or how satisfied you are with it. From left to right, there are three choices, "Excellent", "Good", or "Poor". 
Difficulty	Specifies the difficulty of a workout. From left to right, there are three choices, "Easy", "Moderate", and "Hard".
Competition	Specifies whether this workout represents a competition such as road race.
Equipment Used	Specifies the equipment used during this workout. Use the "Equipment Manager" under the main "Tools" menu to add, modify or delete items. Data from this field is used by the statistics tool to

	count the number of times each item was used, the total time it was used, average use time, total mileage (for running shoes and bicycles), etc.
Weather	Specifies the weather conditions during this workout. From left to right, there are five choices, "Sunny", "Partly Sunny", "Cloudy", "Rain", or "Snow". The first weather type is always selected by default. Each type is assigned a numeric value between 1 and 5 so weather can be plotted in the chart tool. From left to right, "Sunny" is assigned a value of 5 and "Snow" is 1.
Wind speed	Specifies the overall wind conditions during this workout. This field uses standard wind descriptions ranging from calm to near gale. The speed in miles and kilometers per hour is shown on the right of each description.
Notes	Specifies notes related to this workout. For detailed comments, use the notes field under the "General" journal tab.
More	Displays a pop-up window with additional cardiovascular workout fields.
Input Wizard	Displays a tool to help you enter or modify a cardiovascular workout. For more information, see "Input Wizards" in the Journal help section.

JOURNAL TOOL – NUTRITION TAB

Use the journal "Nutrition" tab to track and record daily meals, supplements and nutrients. You only need to fill in the fields you want to track. The more information you enter, the more analysis you can do later with other tools.



About Our Food Database...

Every major diet and nutrition product on the market, including Weightmania®, uses (or is based on) a food database created by the U.S. Department of Agriculture (USDA). This database has over 50 nutrients per food. At a cost of nearly \$2000.00 per food to develop, it's more accurate than information on most food labels. Along with popular brand names, our database contains thousands of general foods and thousands of serving sizes. If you can't find an exact match, it's designed so you can always find something close. For example, if you can't find a specific brand of yogurt, you could lookup "low fat yogurt with fruit" and choose from several sizes. You can also add an unlimited number of new (custom) foods, or lookup foods and add their nutrients together. In other words when you can't find a particular food, you can look-up each basic ingredient, sum the nutrients in one click then save it as a custom food. Weightmania® is the only leading product to offer this, and its food search is faster than any competing product.

Notes:

1. Some products advertise larger food databases, but since most people eat the same 20 to 30 foods year round, and there are millions of foods on the market, a few hundred or even a few thousand extra foods usually makes no difference. Once Weightmania® learns what you eat, you can record meals in seconds using drag and drop.
2. Weightmania® tracks the most important nutrients common to all food labels — those nutrients which have the most impact on weight loss and health. For most people, it isn't necessary to track less common things because any deficiency can usually be corrected by taking a multivitamin.

Track exactly what you eat, including total calories, protein, carbohydrates, fat, sugar, sodium, cholesterol and fiber. You can also track water, serving sizes, food groups and points (for diet plans that use them). Use the input wizard to automatically enter foods and nutrients, or drag and drop them from your favorites list. The input wizard searches every available database including a large built in food database. As food is entered, totals are automatically calculated at the bottom and the chart on the right is updated. Use the color-coded calendar on the left to navigate and visualize the days you recorded data. The chart on the right makes it easy to visualize progress.

The table at the bottom shows totals for each nutrient. It also shows calories burned by exercise, calories burned by BMR (your basal metabolic rate), and total calories burned for the day. BMR is the number of calories your body burns at rest. To include this in the summary, edit your profile and enter it on the fitness tab. If you don't know this value, it can be calculated using the BMR calculator under the main "Tools" menu. To increase viewable space in this table, adjust the divider (the separator that divides the top half of the window from the bottom half) up or down with the mouse.

In addition to copy and paste, the input wizard, and a favorites list, we also created a special tool to create predefined meals (programs). It lets you enter one or more rows in a meal table and save them under a specific name. Later, you can insert an entire meal table (or group of rows) in a single mouse click! For more information, see "Creating Predefined Meals (Programs)" in the help table of contents. Since most people eat the same foods each month, this can also be used for planning. For personal trainers, dieticians and nutritionists, it can be used to create meal plans for clients.

Table columns can be resized and re-arranged in any order. To move any column, simply drag its header to the new location and drop it. Resize the width of any column by slowly moving the mouse pointer over the left or right edge of the header. When the cursor changes to a horizontal arrow, you can adjust the column width. Weightmania® will remember these changes in the future. However, they only affect the currently selected user profile. Use the right mouse button pop-up menu to restore the table to its default layout. The table layout has no effect on the input wizard, cut and paste, or drag and drop.

The journal "Nutrition" tab can be cut, copied and pasted to any day in the journal. The meal table itself can also be copied into other applications such as Excel. Any drop-down menu can be modified using the buttons at the bottom. Right-click (on Mac OS X, hold the Command key and click the mouse) directly on the meal table to view a pop-up menu with special options.

Meal Input Wizard

When searching for foods with the input wizard, enter full or partial words separated by blank spaces. Do not use quotes, commas or punctuation. The order of search terms is irrelevant. Usually the first three or four letters of each word is enough. This means you can type "app" to find all foods containing "apple". Use more words to narrow the search results. For example, "apple" will generate more matches than a search for "apple raw skin". When searching for fruits, vegetables and whole foods, we recommend adding the word, "raw" to narrow the results. For example use "raw app" to quickly find apples. Searches are interactive. As you type, a list of matches will appear in the "match list" below. Matches are sorted in alphabetical order.

NUTRITION TAB:

Button	Description
Calories	Specifies the total calories consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Protein	Specifies the total protein consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Carbs.	Specifies the total carbohydrates consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Fat	Specifies the total fat consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Sugar	Specifies the total sugar consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Sodium	Specifies the total sodium consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Cholest.	Specifies the total cholesterol consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Fiber	Specifies the total fiber consumed for the current journal day. This field is calculated automatically using data from the meal table above. If the corresponding meal table column is empty, you can enter a value directly in this field.
Points	Specifies the total number of food points used, for diet and meal plans that use them. This field is calculated automatically using data from the meal table above. If the corresponding meal table

	column is empty, you can enter a value directly in this field.
Water	Specifies total water consumed in cups or glasses. Regardless of the label, you can track other values too, such as the number of liters or gallons.
Meal-Table	Use this table to record every meal and snack you ate during the day. The first column ("#"), is used to represent the meal number and cannot be edited. Column two ("Type") represents the type of meal. When you select this column, a drop-down list will appear. Use the "Add M. Types" button at the bottom to edit this list. Column three ("Time") represents the time you ate each food. For best results, time should be entered in the form, "HH:MM", where the first box represents hours and the second minutes. In the food column, enter a short description of the food, drink, or snack. The next column specifies the number of servings. You can enter a whole number or fraction. The remaining columns are used to store the serving size, points (for diet plans that use them), food category (food group), and the amount of each nutrient in grams, milligrams, or ounces. Click on the "Add Categories" button to edit the food categories. Nutrient values will be multiplied by the number of servings specified for the given row. If a units field is left blank, it is assumed to be grams. When the journal is saved, each column will be totaled and the results will be displayed in the boxes below. Totals are always shown in grams.
Favorites Tab	This tab appears on the right side of the meal table and contains an alphabetized list of the foods you eat. Each name represents an entire row in the meal table. The list is created automatically and updated every time you save. By dragging and dropping foods onto the meal table, you record all of your meals in seconds. Drag and drop one or multiple foods at the same time. Since most people eat the same 20 to 30 foods year-round, you can use this tool to record meals every day.
Chart Tab	This tab appears on the right side of the meal table. Use it as a quick reference to gauge protein, fat and carbohydrates consumed for up to 30 days. Anytime you modify a table row, change total values at the bottom, or save the journal, it will automatically update. Use the arrows at the bottom to view other charts. Seven different charts can be selected, including a summary of the current day, a 7, 14 and 30 day average, and specific charts for protein, carbohydrates, and fat. There is also an option to view data by weight (in grams) or total calories. By default, all charts are based on weight. If you select "Cals." (calories) all charts will be based on calories. In this case, 1 gram of fat equals 9 calories, 1 gram of protein equals 4 calories, and 1 gram of carbohydrates equals 4 calories.
Add M. Types	Lets you edit the list of meal types available on the menu that appears in the "Type" table column.
Add Categories	Lets you edit the list of food categories available on the menu that appears in the "Category" table column
Input Wizard	Displays a tool to help you input or modify one row in the meal table. Enter food information manually or search for it in three databases. For more information, see the Meal Table Input Wizard help section.

JOURNAL TOOL – MEASUREMENTS TAB

Use the journal "Measurements" tab to record measurements such as weight, waist size, and body fat. You only need to fill in the fields you want to track. However the more information you enter, the more analysis you can do later with other tools. This tab can be cut, copied and pasted to any day in the journal. The following is a screen shot of the Measurements tab:

The screenshot shows the 'Weightmania 2.0 Pro [John Smith]' application window. The 'Journal' tab is active, and the 'Measurements' sub-tab is selected. The main data entry area is titled 'SAT, JUL 19, 2008'. It contains two sections: 'Primary' and 'General'. The 'Primary' section includes fields for Weight (165.00, -005.00), Waist (32.00, 000.00), Rest. H. Rate (40.00, 000.00), BMI (21.77, 000.00), and Body Fat % (10.03, 000.00). The 'General' section includes fields for Neck (16.00, 000.00), Upper L. Arm (17.00, 000.00), Left Thigh (24.00, 000.00), Chest (40.00, 000.00), Upper R. Arm (17.00, 000.00), Right Thigh (23.00, 000.00), Mid-Section (32.00, 000.00), Left Forearm (11.00, 000.00), Left Calf (16.00, 000.00), Hips/Buttocks (34.00, 000.00), Right Forearm (10.00, 000.00), and Right Calf (17.00, 000.00). A note at the bottom states: 'Note: Bold numbers indicate change since measurements were last recorded.' Below the note are 'Copy Previous' and 'Clear' buttons. The left sidebar shows a calendar for July 2008, with the 19th selected. A summary section on the left provides statistics for the period JUL-13-08 to JUL-19-08, including Days Stored (7.0), Days Missed (0.0), Days Left (0), C. Workouts (5.0), W. Workouts (2.0), Total Workouts (7), Workout Time (04:26:30), Min. Distance (004.00), Max. Distance (006.00), Total Distance (00023.00), Min. Weight (170.00), Max. Weight (170.00), and Avg. Weight (170.00). The copyright notice at the bottom reads: 'Copyright © 2003 - 2008 Edward A. Greenwood, Inc.'

Primary:	
Weight:	165.00 -005.00
Waist:	32.00 000.00
Rest. H. Rate:	40.00 000.00
BMI:	21.77 000.00
Body Fat %:	10.03 000.00

General:	
Neck:	16.00 000.00
Upper L. Arm:	17.00 000.00
Left Thigh:	24.00 000.00
Chest:	40.00 000.00
Upper R. Arm:	17.00 000.00
Right Thigh:	23.00 000.00
Mid-Section:	32.00 000.00
Left Forearm:	11.00 000.00
Left Calf:	16.00 000.00
Hips/Buttocks:	34.00 000.00
Right Forearm:	10.00 000.00
Right Calf:	17.00 000.00

Track up to 24 measurements, including seven body fat caliper measurements. Use the "Copy Previous" button to save time by copying the last measurements recorded to the current day. Bold numbers on the right show even the smallest positive or negative change since values were last entered. Use this tab every day or periodically to measure progress and monitor your workout and diet plan. For example, you may want to record your measurements once a week.

MEASUREMENT TAB:

Field/Button	Description
Weight	Specifies total body weight.
Waist	Specifies waist measurement.
Body Fat %	Specifies percentage of body fat. This can be calculated using the body fat calculator under the main "Tools" menu.
BMI	Specifies your body mass index. This can be calculated using the BMI calculator under the main "Tools" menu.
Rest. H. Rate	Specifies resting heart rate.
Neck	Specifies neck measurement (circumference).
Chest	Specifies chest measurement.
Mid-Section	Specifies mid-section measurement.
Hips/Buttocks	Specifies hip and buttock measurement.
Upper L.-Arm	Specifies upper left arm measurement.
Upper R.-Arm	Specifies upper right arm measurement.
Left Forearm	Specifies left forearm measurement.
Right Forearm	Specifies right forearm measurement.
Left-Thigh	Specifies left thigh measurement.
Right-Thigh	Specifies right thigh measurement.
Left-Calf	Specifies left calf measurement.
Right-Calf	Specifies right calf measurement.
Caliper Measurements...	Opens a dialog to record and view up to seven body fat caliper (skin fold) measurements. See table below for a description of the fields and buttons.
Copy Previous	Copies the last measurements entered in the journal to the measurement fields for the currently selected day.
Clear	Clears all of the measurement fields for the currently selected day; this is useful if you want to clear the results of the "Copy Previous" button.

MEASUREMENT TAB (FAT CALIPER WINDOW):

Field/Button	Description
Chest	Specifies the diagonal skin fold halfway between the nipple and upper armpit.
Abdominal	Specifies the vertical skin fold one inch to the right of the navel.
Thigh	Specifies the vertical skin fold halfway between the knee cap and top of thigh.
Tricep	Specifies the vertical skin fold halfway between the elbow and shoulder.
Subscapular	Specifies the diagonal skin folder directly below the shoulder blade.
Suprailiac	Specifies the diagonal skin fold directly above the iliac crest (top of hip bone).
Midaxillary	Specifies the vertical skin fold directly below the armpit.
Clear	Clears all of the measurement fields in this dialog. This will not erase other measurements on the main measurement tab.
OK	Closes this dialog.

JOURNAL TOOL – MEDICAL TAB

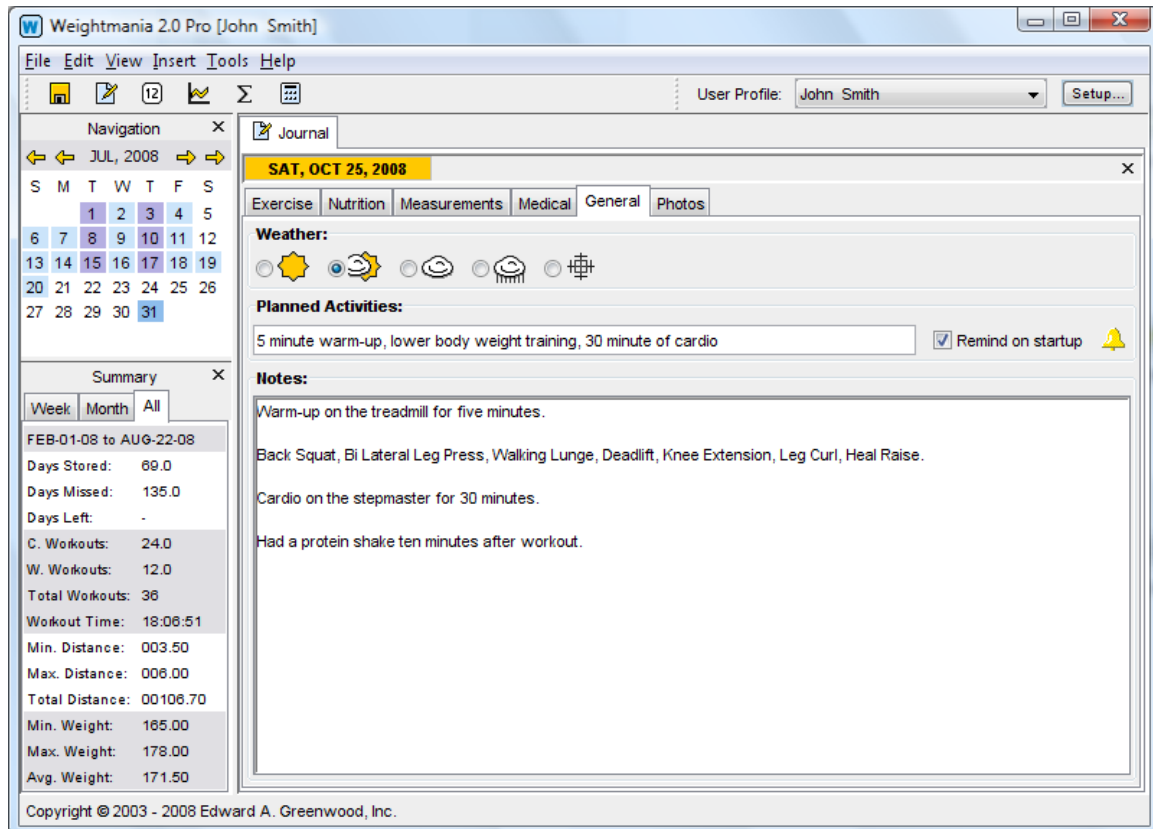
Use the journal "Medical" tab to record sleep, blood pressure, cholesterol, injuries and diabetes related information. You only need to fill in the fields you want to track. However the more information you enter, the more analysis you can do later with other tools. This tab can be cut, copied and pasted to any day in the journal.


MEDICAL TAB:

Field	Description
Sleep	Specifies total hours of sleep. This value can be entered as a fraction.
SBP	Specifies systolic blood pressure. For normal blood pressure, this value would be 120 (adult blood pressure is considered normal at 120/80)
DBP	Specifies diastolic blood pressure. For normal blood pressure, this value would be 80 (adult blood pressure is considered normal at 120/80).
Total Cholesterol	Specifies total cholesterol. An ideal value would be less than 200.
HDL	Specifies HDL cholesterol. This is also known as "good" cholesterol. A value of 40 or greater is considered normal.
LDL	Specifies LDL cholesterol. This is also known as "bad" cholesterol. A value less than 130 is ideal.
Triglycerides	Specifies triglycerides. Any value less than 150 is considered normal.
Blood Sugar	This section lets you enter up to eight blood sugar tests and record any medication you took.
Injuries	Specifies whether an injury occurred on this day, or whether you are still recovering from a previous injury. By default, this option is set to "No".
Notes	Use this field to record detailed notes about any of fields above.

JOURNAL TOOL – GENERAL TAB

Use the journal "General" tab to record miscellaneous things that don't fit in other categories, including weather, planned activities and special notes. You only need to fill in the fields you want to track. However the more information you enter, the more analysis you can do later with other tools. This tab can be cut, copied and pasted to any day in the journal.



Field	Description
Weather	<p>Specifies the weather conditions for this day or during a given workout. From left to right, there are five choices, "Sunny", "Partly Sunny", "Cloudy", "Rain", or "Snow". The first weather type is always selected by default. Each type is assigned a numeric value between 1 and 5 so weather can be plotted in the chart tool. From left to right, "Sunny" is assigned a value of 5 and "Snow" is 1.</p> 
Planned Activities	<p>Specifies activities planned for this day. To enter activities for a future date, go to a future day in the journal and enter a description in this field. The activities planned for an entire month can be shown in the calendar tool. Select the check box on the right if you want Weightmania® to remind you of this activity on startup.</p>

	<div>Planned Activities: 5 minute warm-up, lower body weight training, 30 minute of cardio</div>
Notes	Use this field to record detailed notes for any calendar day. It can be used to record information that does not apply to other tabs.

JOURNAL TOOL – PHOTO TAB

Use the journal "Photos" tab to store progress photos, charts and maps. This tab can be cut, copied and pasted to any day in the journal. Store up to 40 digital photographs, maps or charts for any calendar day. This makes it easy to visualize progress over time. Record diet and weight training photos, competition photos, and maps of courses and routes. Add text labels, arrange, rotate, resize and print any image. Supports most popular image formats including JPG (JPEG), GIF and PNG. Right-click (on Mac OS X, hold the Command key and click the mouse) on any image to view options.

Notes:

1. Weightmania® stores copies of each image and does not reference or modify original files.
2. The number of images that can be stored per day is based on available memory and other system resources.

Button	Description
Add Image	Adds a new image to the space above. You can also add new images by right-clicking on the display area (on Mac OS X, hold the Command key and click the mouse). By default, images are added from left to right and shown in reduced size. Right-click on any image to change its attributes. Weightmania® stores images in their original size and format to preserve the original quality.
Clear	Clears all of the images from the space above.

JOURNAL TOOL-MEAL INPUT WIZARD

The meal table input wizard helps you enter and modify rows in any meal table. It can significantly reduce the time it takes to record meals. To open this tool, click on the "Input Wizard" button at the bottom of any meal table. By default, the wizard displays the contents of the currently selected row. You can enter foods manually or search for them in every available database. This includes previous journal entries, a large built in food database, the recipe database, and your own custom food database if you have created one. This tool can remain open until you're done editing the meal table. It is not necessary to close and reopen it for each table row.

Note: For best results, always select table rows by clicking on the left-most cell.

When searching for foods, enter full or partial words separated by blank spaces. Do not use quotes, commas or punctuation. Usually the first three or four letters of each word is enough. This means you can type "app" to find all foods containing "apple". Use more words to narrow the search results. For example, "apple" will generate more matches than a search for "apple raw skin". When searching for fruits, vegetables and whole foods, we recommend adding the word, "raw" to narrow the results. For example use "raw app" to quickly find apples. Searches are interactive. As you type, a list of matches will appear in the "match list" below. Matches are sorted in alphabetical order.

Searches are interactive. As you type, a list of matches will appear in the "match list" below. Matches are sorted in alphabetical order. Search results from other journal tables are preceded by the word, "JOURNAL", results from the custom food database are preceded by the phrase, "CUSTOM FOOD", and matches in the recipe database begin with "RECIPE". All other matches are from the USDA food database. Select any item in the list to display a selection of food weights (serving sizes) for that food. The built-in USDA database has more than 14,000 serving sizes. Choose a weight to display the nutrients for the specified food below. You can also specify your own weight in grams, using the box labeled, "custom" on the right.

Each time you select a match, its nutrients will be displayed in a new file tab at the bottom. Up to 25 tabs can be open at the same time. To copy the contents of any tab to the currently selected table row, select that tab then click "Apply". To close a tab, use the close button in the upper right corner. Nutrients from the current table row are always shown in a tab called, "Table Row". If you close this tab, it will automatically be reopened when you go to a different table row.

The fields in each tab can be edited. When a nutrient is not available, the corresponding text box will be left blank. You can modify or fill in missing values without affecting the original data source. Use the "Clear Tab" button to enter a new food from scratch. For example, you may want to enter the contents of a new food label. Anytime you enter a new food, or modify an existing one, you can add it to the custom foods database by clicking "Add To Custom Foods". This can also be used to replace a food that already exists in this database. You never have to enter the same food twice. When adding foods to the custom foods database, you must specify a name and a weight in grams. If you do not know the weight, we recommend entering a default value of 100. Everything else is optional. To view and edit the contents of the custom foods database, click on the "Edit Custom Foods" button. This option is also available under the main Edit menu. The built-in USDA database cannot be edited. Use the "Sum Result Tabs" button to add the nutrients in all of the open tabs together. The

result is shown in a new tab. This feature is extremely useful when you cannot find a food in the database. Since our database contains thousands of basic foods, you can look up each individual ingredient then add them together. For example, if you cannot find a specific sandwich, you can look up components such as the type of lettuce, tomato, cheese and bread. In one click, you can add these together. Then in a second click, you can add this as a new food to the custom foods database. The new food will immediately appear in searches above.

Some Faster Ways to Enter Meals

In the future, another way to save time is to use the favorites list on the right side of the meal table. It lets you drag and drop a food and all of its nutrients directly into the table, in one step. Drag and drop one or multiple foods at the same time. The favorites list is created automatically and updated after each save. You can also create pre-defined meals (programs). By saving a list of meal table rows under a specific name, you can enter those foods again in one mouse click. For more information, see the help section titled, "Predefine Meals (Programs)" under "Special Tools". Since most people regularly eat the same foods, these two methods are faster than the input wizard.

Field/Button	Description
Search	Specifies the food that you want to find nutrients for. Searches are performed against a built in food database, your own custom food database (if you have created one), previously entered meals, and the recipe database. To narrow the list of choices, make your search more specific by including more search words. Enter full or partial words separated by blank spaces. For more results, try entering a single word or the first three letters.
Select Match	Specifies a list of matches for the food you searched for. Search results are displayed in alphabetical order. Select any item from the list to display a list of food weights (serving sizes) for that item in weight menu below. Each search result will indicate the database it originated from. Results from other journal meal tables are preceded by the word, "JOURNAL" and results from the custom food database are preceded by the phrase "CUSTOM FOOD DATABASE". All other matches are from the USDA food database.
Specify Weight	Specifies a list of food weights (serving sizes) for the item you selected in the list above. Select a weight to display the nutrients for that item.
Custom	Specifies whether or not to use a custom weight when determining the quantity each nutrient in the food selected. The custom weight must be entered in grams using the box on the right. Uncheck this item to use the default serving size for the selected food.
Table Row	Specifies the major nutrients from the selected table row. Each search will appear in its own tab to the right of this. A maximum of ten nutrient tabs can be open at the same time.
Add To Custom Foods	Adds the food in the selected tab to the custom foods database. You must specify the food weight in grams. The new food will immediately appear in searches, so you never have to manually enter it again.
Clear Tab	Clears the contents of the selected tab. This does not remove tabs. To remove a tab, use the close button in the upper right corner.

Sum Result Tabs	Sums the nutrients in all of the open tabs and displays the result in a new tab. This feature is extremely useful when you cannot find a food in the database. Since our database contains thousands of basic foods, you can look up each individual ingredient then add them together. Enter a name for this new food, then in one click, you can add it to the custom foods database. It will immediately be visible in searches above.
Edit Custom Foods	Opens a tool to edit the custom foods database. This editor can also be opened from the main Edit menu.
Apply	Copies information from the selected tab to the selected meal table row.

JOURNAL TOOL-WEIGHT TRAINING INPUT WIZARD

The weight training workout input wizard helps you enter or modify a weight training workout. Use this tool to automatically fill in weight training table rows. It can significantly decrease the time it takes to record workouts.

Start this tool with the "Input Wizard" button at the bottom of any weight training workout form. By default, it displays data from the currently selected row. Edit or fill in the fields shown, then select a table row and click "Apply". This tool can remain open until you're done recording your workout. It isn't necessary to close and reopen it for each row.

Note: For best results, always select table rows by clicking on the left-most cell.

Field/Button	Description
Group	Specifies the muscle group targeted.
Exercise	Specifies the exercise.
Sets	Specifies the number of sets completed for the exercise.
Notes	Specifies any special notes that apply to the exercise.
Wt. 1 - Wt. 6	Specifies the weight or setting used for each set.
Reps. 1 - Reps. 6	Specifies the number of repetitions completed for each set.
Add Groups...	Displays a tool to add, modify or remove muscle group names.
Add Exercises...	Displays a tool to add, modify or remove exercise names.
Apply	Copies the information to the selected table row.

JOURNAL TOOL-CARDIO INPUT WIZARD

The cardiovascular workout input wizard helps you enter or modify a cardiovascular workout. Use this tool to automatically fill in fields. This tool can dramatically decrease the time it takes to record workouts.

The screenshot shows a window titled "Input Wizard" with a close button (X) in the top right corner. Inside the window, there is a text box that says: "Use this tool to enter or modify distance, time, pace, speed and routes on the form below. When finished, select **Apply**." Below this, there are two sections. Section 1, "1. Select Course/Route:", contains a dropdown menu with "Charles River (4 mile loop)" selected. Section 2, "2. Enter Distance, Time or Pace (Any Two):", contains four input fields: "Distance:" with the value "4.10", "Time (H:M:S):" with the value "00 : 32 : 09", "Pace (H:M:S):" with the value "00 : 07 : 50", and "Speed:" with the value "7.65". At the bottom of the window, there are three buttons: "Calculate" (highlighted with a dashed border), "Clear", and "Apply".

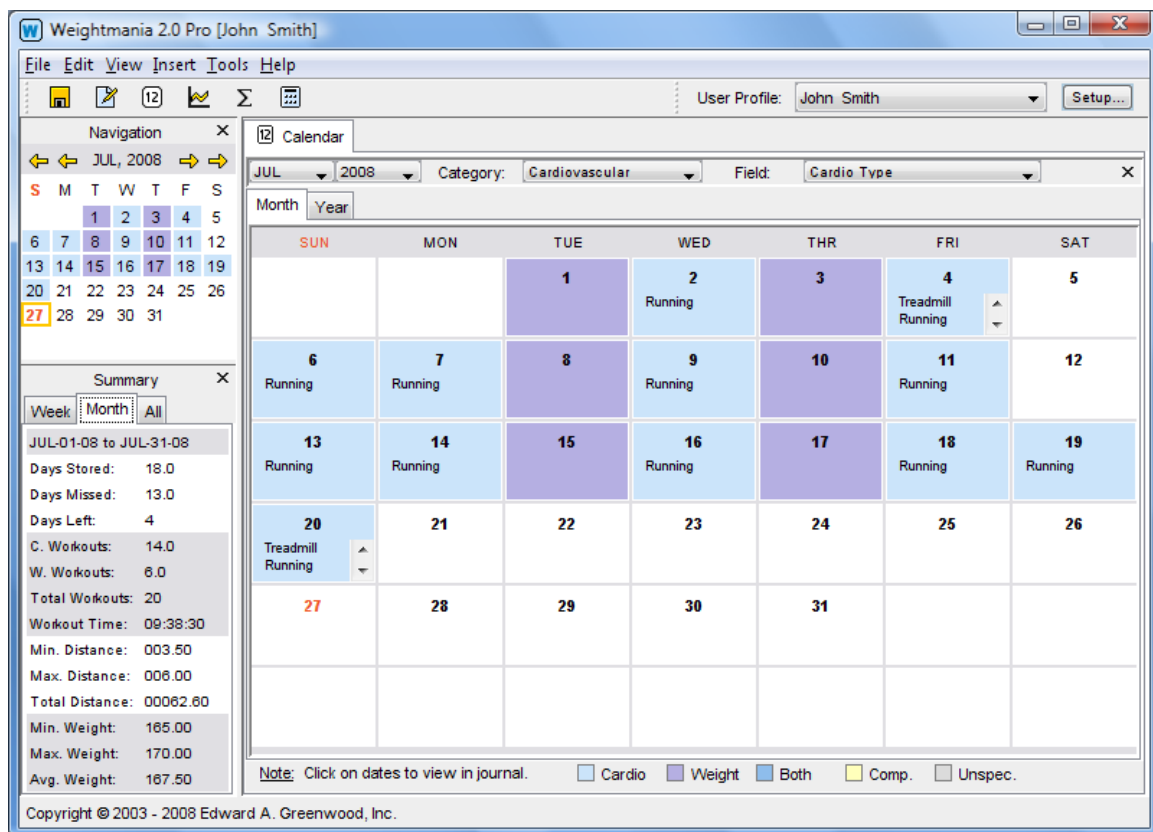
Start the tool with the "Input Wizard" button at the bottom of any cardiovascular workout form. Select a route then fill in the fields below. If you enter any two fields, the "Calculate" button can be used to calculate the remaining two. **Note: To properly use this tool, you should create a list of routes using "Course and Route Manger" under the main "Tools" menu.**

Field/Button	Description
Select Course/Route	Specifies the course or route to use. This will automatically fill in the "Distance" field below. To use this option, you must define a list of routes using the "Course and Route" Manager under the main "Tools" menu.
Distance	Specifies the total distance. This field will be automatically be filled in when you select a route.
Time	Specifies the time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes and the third seconds.
Pace	Specifies the pace. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes and the third seconds.
Speed	Specifies the speed. This value cannot be edited.
Calculate	Calculates distance, time, pace and speed. For example, to calculate pace and speed, enter a value for distance and time. Note: At least two fields must contain a non-zero value before selecting this button.
Clear	Clears the distance, time, pace and speed fields.
Apply	Copies the information entered to the cardiovascular workout form below.

CALENDAR TOOL

The calendar tool displays data for one month or an entire year. You can access each view using the "Month" and "Year" tabs at the top. It shows data for each day that corresponds to an entry in the journal, and can be used to navigate. Click once on any date to display that day in the journal.

By default, each calendar square is color-coded by workout type. Light blue denotes a cardiovascular workout, purple indicates a weight training workout, dark blue represents both, and gray means data has been recorded (such as meals or measurements), but no workouts were entered. Other squares are shown in the normal background color. The dates on each calendar square are also color-coded. A date with a yellow background means one of the workouts recorded on that day was a competition. The current date is always highlighted in red.

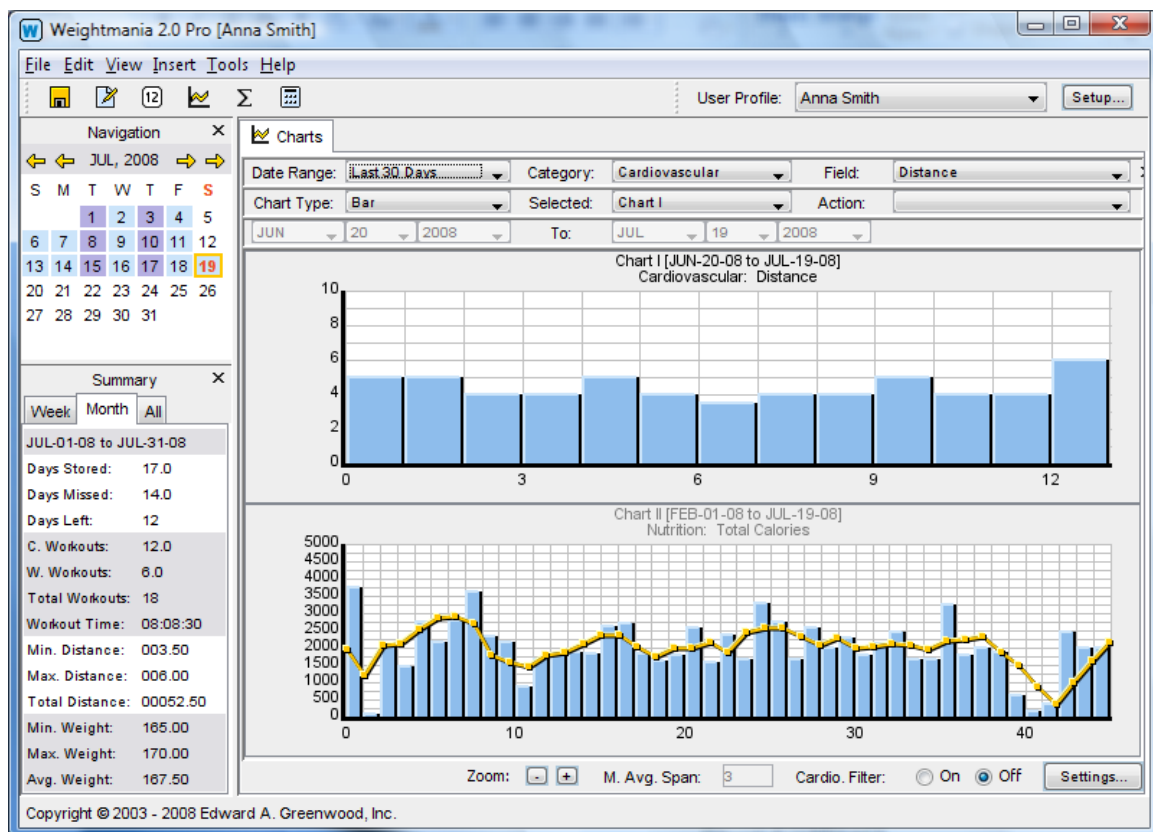


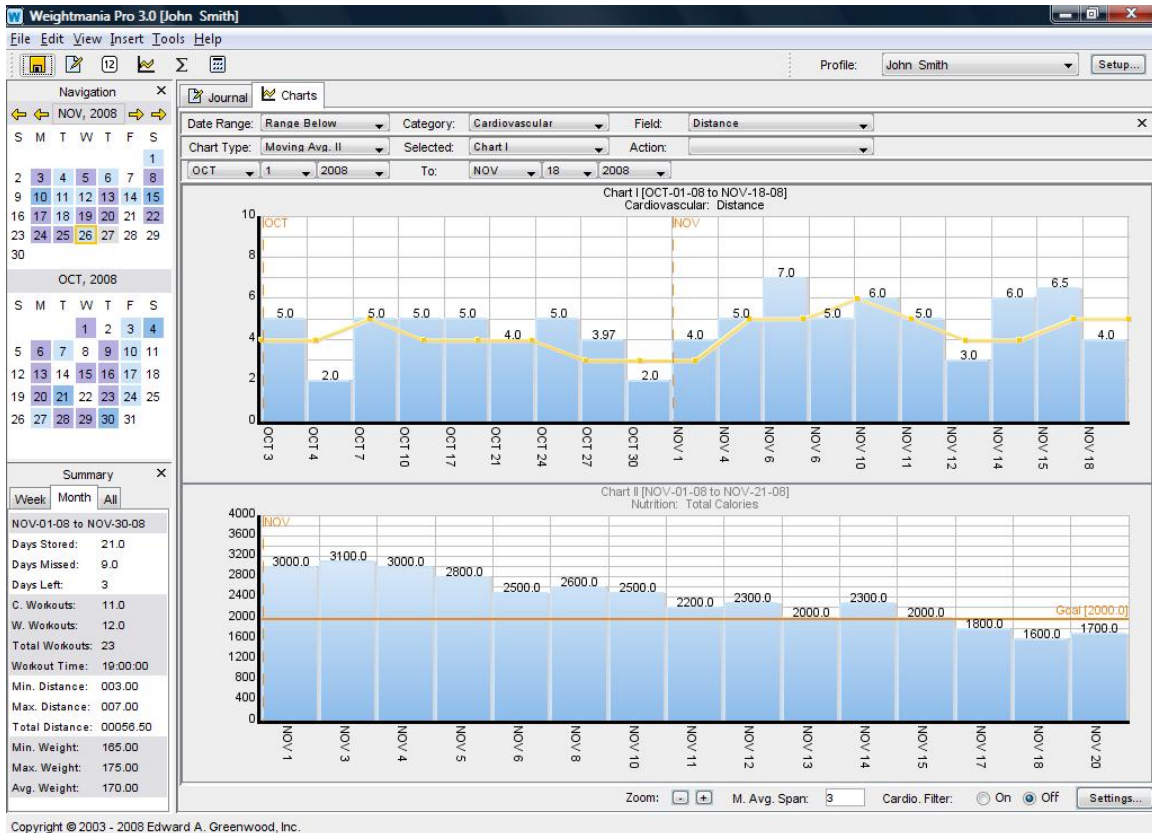
If color-coding is disabled (see the "Preferences" tab in the profile editor), every day that corresponds to an entry in the journal will appear gray. For convenience, there is a color key at the bottom of the screen. Only one data field can be shown at a time. The data displayed is determined by the "Category" and "Field" drop-down menus. If there is more than one workout on a given day, data values are listed in the same order the workout tabs appear in the journal. To ensure data can always be seen, scroll bars will automatically appear in calendar squares that have multiple lines of data.

Menu	Description
Month	Specifies the month to display on the calendar. By default, this is initialized to the current month.
Year	Specifies the year for which the currently selected month will be displayed on the calendar. By default, this is initialized to the current year.
Category	Specifies the journal category. This determines the journal fields that will be shown in the "Field" menu. For example, if "Cardiovascular" is selected, only fields related to a cardiovascular workout (such as running, cycling or swimming) will be listed.
Field	Specifies the journal data field to display in each calendar square that corresponds to a workout. The list of fields is determined by the category selected. Data displayed on the calendar will update instantly anytime a new field is selected.

CHART TOOL

The chart tool displays data with five types of graphs including a bar, line, area, line chart with moving average, and bar chart with moving average. Up to four graphs can be displayed at the same time for comparison. Use the "Action" menu to add and remove charts. Select individual charts using the "Chart Selected" menu, or by clicking on them directly with the mouse. Weightmania® keeps track of the individual menu settings for each chart displayed. Anytime an option is changed, the chart selected will instantly update. Use the small plus and minus buttons (bottom center) to enlarge (zoom in) or shrink (zoom out) the selected chart. This makes it easy to analyze data that may change slowly over time such as body weight.





Use a moving average chart to see quickly see long term trends, especially when the data appears very random. It works by averaging consecutive data points together over a period of time. The moving average is always drawn in yellow. By default, every point represents the average of the previous three. The number of data points averaged together is determined by the "M. Avg. Span" field. Increase this value to make the data appear more smoothed and decrease it to make it more sensitive.

Almost every data field in the journal can be plotted, including workout ratings, weather, injuries and difficulty. These entries are converted to numeric values to make this possible. For example, weather is converted to a number between 1 and 5. 5 is the best (sunny) and 1 and 2 are the worst (snow and rain). In this case, the chart will be labeled using words instead of numbers.

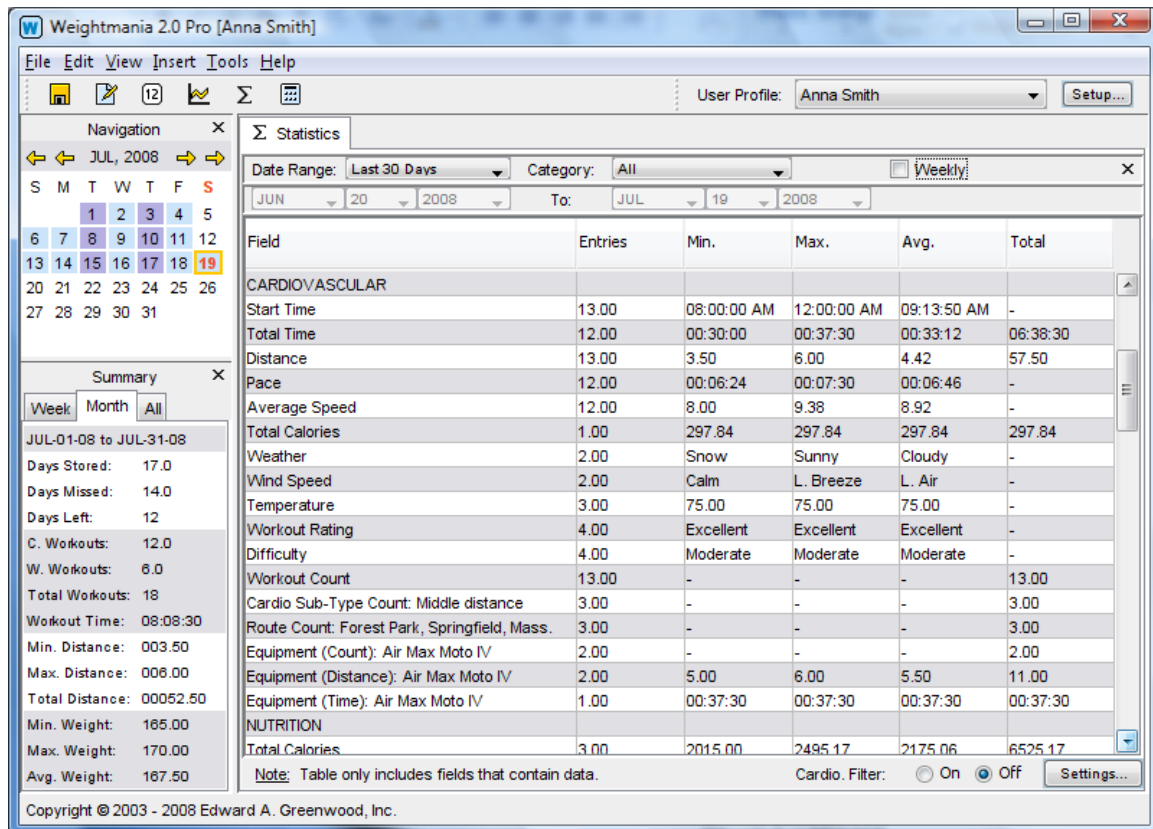
Graphs can include all the data in the journal, but to make them easier to read they only display a maximum of 365 data points. If there are more than 365, adjacent values are averaged together until the number of data points is less than or equal to 365. For example, the first and second values are averaged together, the third and fourth values are averaged, and so forth. Only days that were saved in the journal during the specified date range are included. If no data was entered for a particular day, or the data value is zero, it will be ignored.

Menu/Field	Description
Date Range	Specifies the date range to include on the specified chart. There are eight options which include, "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 3 months", "Last 6 months", "Last Year", "All Data", and "Range Below". "All Data" includes all of the data available in the database. The "Range Below" option uses the date range specified below.
Category	Specifies the journal category. This determines the journal fields that will be shown in the "Field" menu. For example, if "Cardiovascular" is selected, only fields related to cardiovascular workouts will be listed.
Field	Specifies the journal data field to include on the chart. Only a single data field can be plotted at one time and only non-zero values will be displayed. For example, if there are five workouts stored in a date range, and only two contain non-zero data for the field selected, then only two will points appear on the chart below.
Chart Type	Specifies the type of chart to display. There are five options which include, "Line", "Bar", "Area", "Moving Avg. I", and "Moving Avg. II". The first two options create a line and bar chart. "Area" generates a line chart with the area underneath it filled in. This is good for visualizing data that changes very slowly over time. "Moving Average I" combines a standard line chart and a moving average line chart. The two graphs are shown together. "Moving Average II" combines a bar chart and moving average line chart. Standard charts are drawn in blue, and moving averages appear in yellow.
Chart Selected	Specifies the chart to select. When a chart is selected, its title will appear in black and the titles above other charts will change to gray. Charts can also be selected by clicking on them directly with the mouse. All of the menu options apply to the currently selected chart. Weightmania® keeps track of the menu settings for each chart displayed.
Action	Specifies an action to perform. There are five options which include, "Add Chart", "Hide Grid", "Show Grid", "Remove Chart", and "Remove All". The first option adds a new chart. Up to four charts can be displayed at the same time. Options two and three hide and remove the chart grid. This may make it easier to view some charts. The last two options remove the currently selected chart or all the charts.
Start Date	Specifies a start date for the range of days to be included on the chart. To use this, you must select, "Range Below" on the "Date Range" menu.
End Date	Specifies an end date for the range of days to be included on the chart. To use this, you must select, "Range Below" on the "Date Range" menu.
Zoom (- / +)	Specifies the zoom level for the selected chart. The plus button enlarges (zooms in) and the minus button shrinks (zooms out) the selected chart. This makes it easy to analyze data that may change slowly over time such as body weight.
M.-Avg. Span	Specifies the number of consecutive data points to average together, for each point on a moving average. The range for this field is 0 to 200. By default, this value is set to three. This means every point on the moving average represents the average of the previous

	three. Increase this value to make the data appear more smoothed, and decrease it to make the moving average more sensitive.
Cardio. Filter Settings	Specifies a database filter. This option lets you create charts for specific types of cardiovascular workouts. For example, you can create a chart based on running workouts next to a chart that only includes cycling workouts. Each chart has its own filter. Click "On" to use the filter and "Off" to disable it.

STATISTICS TOOL

This tool calculates statistics using data entered in the journal during a specified date range. For each journal category, it creates a six-column table containing the name of each data field, the number of times that field was entered, followed by the minimum, maximum, average and total. In cases where certain columns do not apply, a dash ("-") is shown. Fields that have no data, and fields for which statistics cannot be generated, such as notes, are excluded. For example, if you only record distance and time for each workout, only two rows will appear in the statistics table.



Tables also include counts, such as the number of times you worked out at a particular gym, ran a certain route or did a specific exercise. You can easily see total hours and mileage for bicycles, running shoes and other equipment. Every custom list (lists that can be edited in the journal), will be included too. Use the "weekly" check box to show statistics for each week in the specified date range. Anytime an option is changed, the statistics table will instantly update. This table can be copied and pasted into other applications. Simply select the lines you want with the mouse, then use Ctrl-c to copy them.

Menu/Field	Description
Range	Specifies the date range to include in the statistics table. There are eight options which include, "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 3 months", "Last 6 months", "Last Year", "All Data", and "Range Below". "All Data" includes all of the data available in the database. The "Range Below" option, uses the date range specified

	below.
Category	Specifies the journal category to include in the table below. There are seven options including, "Nutrition", "Weight Training", "Cardiovascular", "Measurements", "Medical", "General" and "All". These values correspond to tabs in the journal. "All" displays data for every available category. By default, this field is initialized to "Nutrition".
Weekly	Specifies whether to show statistics by week in the specified date range. This is very useful for determining weekly mileage, tracking body weight and analyzing strength training.
Start Date	Specifies a start date for the range of days to be included in the statistics table. To use this, you must select, "Range Below" on the "Date Range" menu.
End Date	Specifies an end date for the range of days to include in the statistics table. To use this, you must select, "Range Below" on the "Date Range" menu.
Cardio. Filter Settings	Specifies a database filter. This option lets you view statistics for specific types of cardiovascular workouts. For example, you can view statistics for just running or cycling workouts. Click "On" to use the filter and "Off" to disable it.

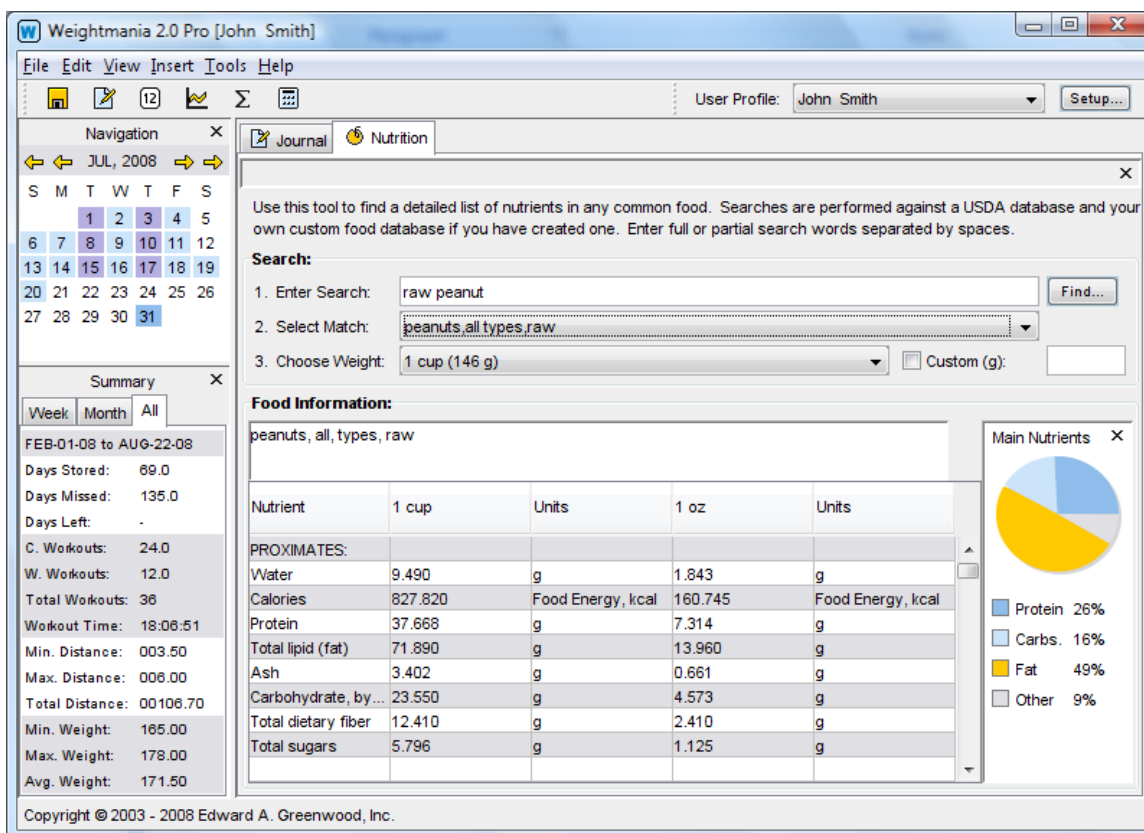
NUTRITION TOOL

The nutrition tool finds and displays nutrients in common food. Searches are performed against a built in food database, your own custom food database (if you have created one), previously recorded meals, and the recipe database. Find foods by their description or brand name. Up to 50 nutrients will be displayed for each food, which includes protein, carbohydrates, fat, calories, minerals and vitamins.

Note: This tool is for research and reference only. Use the meal input wizard located on the journal nutrition tab, to record record daily meals.

When searching for foods, enter full or partial words separated by spaces. Do not use quotes, commas or punctuation. The order of search terms is irrelevant. Usually the first three or four letters of each word is enough. This means you can type "app" to find all foods containing "apple". Use more words to narrow the search results. For example, "apple" will generate more matches than a search for "apple raw skin". We recommend entering the first three letters of each search term and using one or two words. When searching for fruits, vegetables and whole foods, we recommend adding the word, "raw" to narrow the results. For example use "raw app" to quickly find apples.

A list of matches will appear in the "match list" drop-down menu below. Matches are sorted in alphabetical order. Search results from other journal tables are preceded by the word, "JOURNAL", results from the custom food database are preceded by the phrase, "CUSTOM FOOD", and matches in the recipe database begin with "RECIPE". All other matches are from the USDA food database. Select any item in the list to display a selection of food weights (serving sizes) for that food. The built-in USDA database has more than 14,000 serving sizes. Choose a weight to display the nutrients for the specified food below. You can also specify your own weight in grams, using the box labeled, "custom" on the right.



Example:

If your search for *Raw Apple with Skin*, you will see results similar to the table below. This table can be copied and pasted into other applications. Simply select the lines you want with the mouse, then use Ctrl-c to copy them.

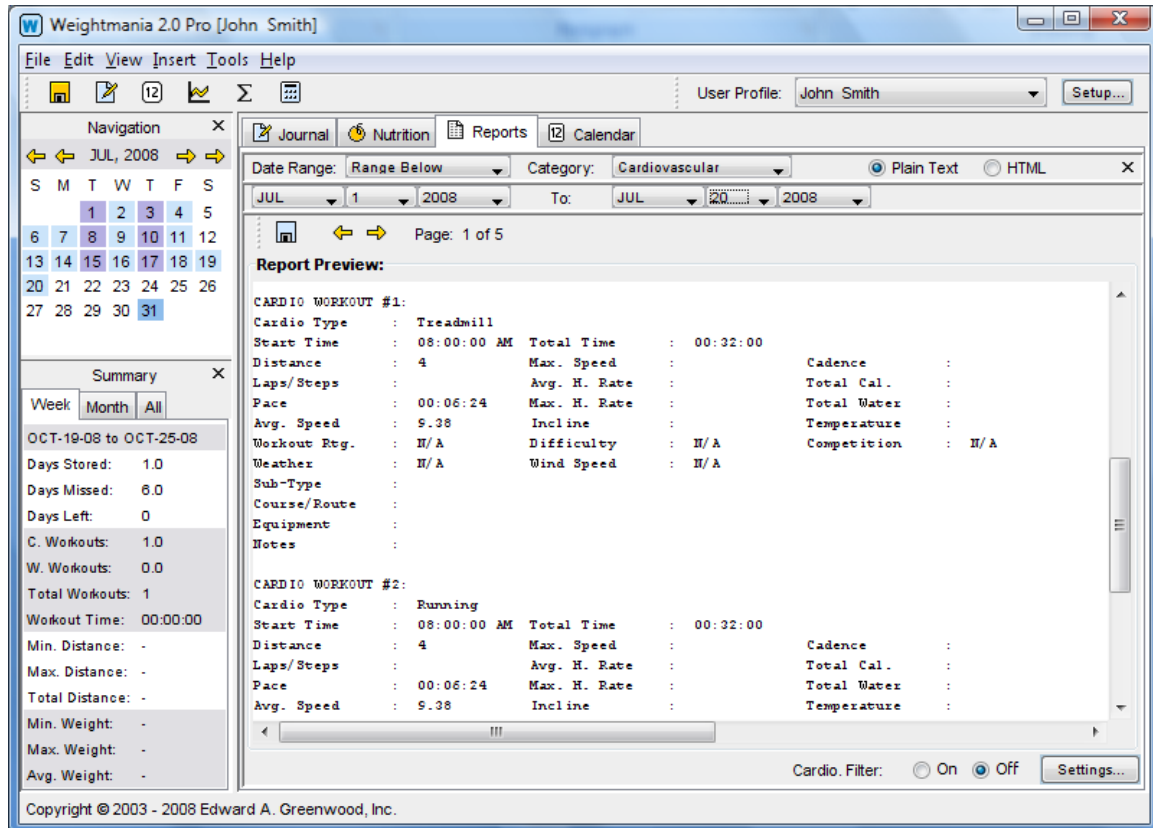
Nutrient	1 cup, quartered or chopped.		1 cup, slices	
PROXIMATES:				
Water	106.950	g	94.116	g
Calories	65.000	Food Energy, kcal	57.200	Food Energy, kcal
Protein	0.325	g	0.286	g
Total lipid (fat)	0.212	g	0.187	g
Ash	0.237	g	0.209	g
Carbohydrate, by difference	17.262	g	15.191	g
Total dietary fiber	3.000	g	2.640	g
Total sugars	12.987	g	11.429	g
MINERALS:				
Calcium	7.500	mg	6.600	mg
Iron	0.150	mg	0.132	mg
Magnesium	6.250	mg	5.500	mg
Phosphorus	13.750	mg	12.100	mg

Potassium	133.750	mg	117.700	mg
Sodium	1.250	mg	1.100	mg
Zinc	0.050	mg	0.044	mg
Copper	0.033	mg	0.029	mg
Manganese	0.043	mg	0.038	mg
Selenium	0.000	g	0.000	g
VITAMINS:				
Vitamin C	5.750	mg	5.060	mg
Thiamin	0.021	mg	0.018	mg
Riboflavin	0.032	mg	0.028	mg
Niacin	0.113	mg	0.100	mg
Pantothenic acid	0.076	mg	0.067	mg
Vitamin B6	0.051	mg	0.045	mg
Folate	3.750	g	3.300	g
Folic acid	0.000	g	0.000	g
Food Folate	3.750	g	3.300	g
Dietary Folate Equivalents	3.750	g	3.300	g
Vitamin B12	0.000	g	0.000	g
Vitamin A	67.500	IU	59.400	IU
Vitamin A	3.750	mg RAE	3.300	mg RAE
Retinol	0.000	g	0.000	g
Vitamin E (Alpha-tocopherol)	0.225	g	0.198	g
Vitamin K (phylloquinone)	2.750	g	2.420	g
LIPIDS:				
Saturated fatty acid	0.035	g	0.030	g
Monounsaturated fatty acids	0.008	g	0.007	g
Polyunsaturated fatty acids	0.063	g	0.056	g
Cholesterol	0.000	mg	0.000	mg
OTHER:				
Alpha-carotene	0.000	g	0.000	g
Beta-carotene	33.750	g	29.700	g
Beta-cryptoxanthin	13.750	g	12.100	g
Lycopene	0.000	g	0.000	g
Lutein+Zeaxanthin	36.250	g	31.900	g
Percent refuse (inedible parts; e.g seeds, bone, skin)	10.000	g	8.800	g

Menu/Field/Button	Description
Enter Food	Specifies the food that you want to find nutrients for. Searches are performed against a built in food database, your own custom food database (if you have created one), previously recorded meals, and the recipe database. Find foods by their description or brand name. To narrow the list of choices, make your searches more specific by including more key words. Enter full or partial words, separated by spaces. For more results, try entering the first three or four letters of each word.
Select Match	Specifies a list of matches for the food you searched for. Search results are displayed in alphabetical order. Select any item from the list to display a list of food weights (serving sizes) for that item in weight menu below.
Choose Weight	Specifies a list of food weights (serving sizes) for the item you selected in the list above. Select a weight to display the nutrients for that item in table below. This table will also show nutrients for a second common weight for comparison.
Custom	Specifies whether or not to use a custom weight when determining the quantity of each nutrient in the food selected. The custom weight must be entered in grams using the box on the right. Uncheck this item to use the default serving size for the selected food.
Food Information	Specifies a table of up to 50 nutrients in the food you selected. It also provides a more detailed description of the food item. When the quantity of a nutrient is unknown (not specified in the database), the value will be zero. This table can be copied and pasted into other applications. Simply select the lines you want the mouse, then use Ctrl-c to copy them.
Find	Searches for the food specified in the "Enter Food" field. The search results will be shown on the "Match" drop-down menu below. This is the same as pressing "Enter" in the "Enter Food" field.

REPORT TOOL




The report tool creates reports using data entered in the journal during a specified date range. Use the "Category" menu to specify nutrition, weight training, cardiovascular exercise, measurements, medical or general information.



Reports can be generated in plain text or HTML. They can be viewed on the screen, printed or saved to a file. This allows data to be exported to other applications or displayed on a Web site. In most cases, the printout will look exactly like it does in the print preview window.

Use the arrow buttons to view each report page. To print a report, select "Print..." from the main "File" menu. Whenever possible, information is compressed to maximize the data printed on each page. It is also arranged to keep each section on the same page (to prevent one section from overlapping two pages).

Pages are printed on the default printer using a one inch margin on all sides. Anytime an option is changed, the report displayed in the preview window will automatically update. Each report page can also be copied and pasted into other applications. Simply select the text you want with the mouse, then use Ctrl-c to copy them.

Menu/Button	Description
Date Range	Specifies the date range to include in the report. There are eight options which include, "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 3 months", "Last 6 months", "Last Year", "All Data", and "Range Below". "All Data" includes all of the data available in the database. The "Range Below" option, uses the date range specified below.
Category	Specifies the journal category to include in the report. There are six options including, "Nutrition", "Weight Training", "Cardiovascular", "Measurements", "Medical" and "General". These values correspond to tabs in the journal.
Start Date	Specifies a start date for the range of days to be included in the report. To use this, you must select, "Range Below" on the "Date Range" menu.
End Date	Specifies an end date for the range of days to be included in the report. To use this, you must select, "Range Below" on the "Date Range" menu.
Cardio. Filter Settings	Specifies a database filter. This option lets you create a report containing specific types of cardiovascular workouts. For example, you can create a report containing only running or cycling workouts. Click "On" to use the filter and "Off" to disable it.
	Saves the report displayed in the preview window to a text or HTML file. Use this option to create a file that can be imported into another application or displayed on a Web site.
	Displays the previous page day in the report preview window.
	Displays the next page in the report preview window.

FIND TOOL

The find tool searches for days containing a specified value in the journal. The journal tool must be open (and its tab must be selected) to use this tool.

Matches are shown in the "Results" field below. Each result includes a date and part of the field or fields that matched the search value entered. Double click on any match to display that day in the journal.

When searching for text (such as notes), select "Contains" in the "Comparison" drop-down menu. This will increase the chances of finding a successful match. To search for numeric values, enter a single number only. The number can be whole or decimal. For example, to find all days in the specified date range, where you ran more than five miles, enter a "5" (without quotes) in the "Value" field, then choose the "Greater Than" comparison option and click "Find".

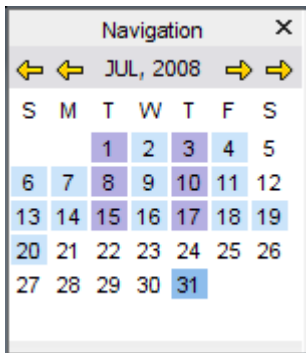
Menu/Field/Button	Description
Value	Specifies the data value to search for in the journal, using the search criteria below. If you are searching for text (such as notes), enter a word or phrase. Select "contains" on the "Comparison" menu to improve results. When searching for numeric values, enter a single number only. The number can be whole or decimal.
Find	Finds days in the journal that match the value specified, using the criteria below. Matches will be listed in the "Results" field below. If there are no matches, nothing will be shown.
Category	Specifies the journal category. This determines the journal fields that will be shown in the "Field" menu. For example, if "Cardiovascular" is selected, only fields related to a cardiovascular workout (such as running, cycling or swimming) will be listed.
Field	Specifies the journal data field to include in the search. Only a single data field can be searched for at one time and only non-zero values will be included. For example, if there are five workouts stored in a date range, and only two contain non-zero data for the field selected, then only two values will be included in the search.
Comparison	Specifies the type of comparison to use when searching for matches in the journal. This determines how the search value will be compared against data in the journal. There are seven options, which include, "Contains", "Equals", "Not Equal", "Less Than", "Less Than Or Equal", "Greater Than", and "Greater Than or Equal". When searching for text in a text field, select "Contains". This will increase the chances of finding a successful match. If you are searching for numeric values, any of the comparison options can be used.
Date Range	Specifies the date range to include the search. There are eight options which include, "Last 7 Days", "Last 14 Days", "Last 30 Days", "Last 3 months", "Last 6 months", "Last Year", "All Data", and "Use Range Below". "All Data" includes all of the data available in the database. The "Use Range Below" option, uses the date range

	specified below.
Start Date	Specifies a start date for the range of days to be included in the search. To use this, you must select, "Range Below" on the "Date Range" menu.
End Date	Specifies an end date for the range of days to be included in the search. To use this, you must select, "Range Below" on the "Date Range" menu.
Results	Specifies journal entries that match search criteria specified above. If there are no matches, nothing will be shown. Double-click on any of the results listed to display that day in the journal.

NAVIGATION CALENDAR

The small calendar in the upper left corner lets you navigate the journal and view days recorded. Use the inside arrow buttons to move forward or backward one day, and outside buttons to move one month at a time. Click once on any day to view it in the journal, or once on the date heading at the top to reset the calendar to the current month and date.

The day currently selected in the journal is highlighted in orange while today's date is shown in red. Calendar squares are color-coded. By default, any day information was recorded is set to gray. Light blue denotes cardiovascular workouts, purple indicates weight training and dark blue represents both. Normal squares are shown in white. If color-coding is disabled (see option under the main "Edit" menu), all days that correspond to entries in the journal will appear gray. For reference, there is a color key at the bottom of the main calendar tool. A sample screen is shown below.



Button	Description
←	Inside button displays previous day and outside button displays previous month in the journal.
→	Inside button displays next day and outside button displays next month in the journal.

SUMMARY TOOL

Summary		X
Week	Month	All
FEB-01-08 to OCT-25-08		
Days Stored:	70.0	
Days Missed:	198.0	
Days Left:	-	
C. Workouts:	25.0	
W. Workouts:	12.0	
Total Workouts:	37	
Workout Time:	18:51:51	
Min. Distance:	003.50	
Max. Distance:	006.00	
Total Distance:	00112.70	
Min. Weight:	165.00	
Max. Weight:	178.00	
Avg. Weight:	171.50	

The summary tool shows a quick summary of the journal database. This tool always displayed in the bottom left corner of the main application window. Data is separated into three tabs, "Week", "Month" and "All". The first tab shows data for the current week, the second tab summarizes data for the current month and the last tab includes data for the entire database. Date ranges for each tab are based on the current date and are not affected by the date displayed in the journal. Each tab only includes statistics for the date range shown. The data is updated each time the journal is saved. **Note: The "All" tab will not show any data until the journal is saved at least once.**

Field	Description
Days Stored	Specifies the number of days recorded in the date range above.
Days Missed	Specifies the number of days missed in the date range above.
Days Left	Specifies the number of days left in the date range above. This value is left blank on the "All" tab because it does not apply.
C.Workouts	Specifies the number of cardiovascular workouts stored in the date range above. Since multiple workouts can be stored per day, this value may be higher than the "Days Stored" field.
W.Workouts	Specifies the number of weight training workouts stored in the date range above. Since multiple workouts can be stored per day, this value may be higher than the "Days Stored" field.
Total Workouts	Specifies the total number of workouts stored in the date range above. This includes both cardiovascular and weight training workouts.
Workout Time	Specifies the total workout time in the date range above. This includes both cardiovascular and weight training workouts.
Min. Distance	Specifies the minimum distance recorded in the date range above. This only applies to cardiovascular workouts.
Max. Distance	Specifies the maximum distance recorded in the date range above. This only applies to cardiovascular workouts.

Tot. Distance	Specifies the total distance recorded in the date range above. This only applies to cardiovascular workouts.
Min. Weight.	Specifies your minium body weight in the date range above.
Max. Weight	Specifies your maximum body weight in the date range above.
Avg. Weight.	Specifies average body weight in the date range above.

SECTION 3 - SPECIAL TOOLS

CREATING PREDEFINED MEALS (PROGRAMS)

Use the "Predefined Meals (Programs)" option under the main "Edit" menu to create and modify predefined meals. These are also referred to as meal programs or templates. You can enter one or more rows in a meal table and save them under a specific name. Later, you can insert an entire meal table (or group of rows) in a single mouse click, instead of typing them by hand. This tool can significantly reduce the time it takes to record meals. Since most people eat the same foods each month, this can also be used for planning. For personal trainers, dieticians and nutritionists, it can be used to create meal plans for clients.

Enter repetitive information you want to avoid typing each time you record meals in the journal. You can even copy and paste meal tables you already entered in the journal with the right-click pop-up menu, or with Ctrl-c and Ctrl-v. Use the buttons at the bottom to create, modify and delete programs. "New" clears the table and lets you enter a new program, and "Add" inserts it into the program list above. When entering a new program, the buttons at the bottom will be disabled (grayed out) until you specify a name in the "Program Name" box. Select Save on the main tool bar menu to save the programs you have created to disk.

In the future, you can add predefined programs to any meal table with the "Insert" menu, or with the right-click pop-up menu. Both actions display a program selection window.

This window can be left open so you can move through the journal and insert meals for any day by selecting the "Apply" button. You can also insert programs by double clicking on them. All Weightmania® tables can be printed or copied to other applications like Excel. Right-click on any table for a speed menu with special options.

Note: For best results, always select table rows by clicking on the leftmost cell.

Field/Button	Description
Saved Programs	Specifies a list of the programs stored in the database currently open. Click on any program with the mouse to display it in the table below.
Program Name	Specifies the name of the program displayed in the table below. The buttons at the bottom will remain disabled (grayed out) until a valid name is entered. This is the name that will appear in the list above.
New	Clears the table and fields above, so you can enter a new program.
Add	Adds the program just created to the list above. If the program name entered already exists, you will be prompted to replace it.
Modify	Changes the attributes of any program selected to those specified in the table and fields above.
Delete	Removes the selected program from the list above.
Add M. Types	Lets you edit the list of meal types available on the menu that appears in the "Type" table column.
Add Categories	Lets you edit the list of food categories available on the menu that appears in the "Category" table column.
Input Wizard	Displays a tool to help you input or modify one row in the meal table. Enter food information manually or search for it in three databases. For more information, see "Input Wizards" in the journal help section.

CREATING PREDEFINED WORKOUTS (PROGRAMS)

Use the "Predefined Workouts (Programs)" option under the main "Edit" menu to create and modify predefined weight training workouts. These are also referred to as workout programs. You can enter one or more rows in a weight training table and save them under a specific name. Later, you can insert an entire table (or group of rows) in a single mouse click, instead of typing them by hand. Each workout program can include muscle groups, exercises, weights, sets and repetitions. This tool can significantly reduce the time it takes to record workouts. This is ideal for anyone who follows a regular routine and useful for planning. Personal trainers can also use it to create workout programs for their clients.

Edit Predefined Workouts (Programs)

Use this tool to edit predefined weight training workouts (programs). Programs can be inserted into any weight training workout form to save time entering data. To use a different database or create a new one, edit the selected profile.

Workout Programs (9 Items Listed):

- Arm Workout
- Back Workout
- Basic Back Workout
- Basic Chest Workout

Edit Program:

Program Name: Basic Chest Workout Summary: Chest

Weight Training:

#	Muscle Group	Exercise	Sets	Wt. 1	Reps.	Wt. 2	Reps.	Wt. 3	Reps.
1	Chest	Flat Bench Press	5.0	135.0	12.0	155.0	10.0	175.0	8.0
2	Chest	Dumbbell Flys	5.0	25.0	12.0	35.0	10.0	45.0	8.0
3	Chest	Incline Bench Press	5.0	135.0	12.0	155.0	8.0	175.0	8.0
4	Chest	Decline Bench Press	5.0	135.0	12.0	155.0	10.0	175.0	10.0
5	Chest	Dips	5.0	165.0	12.0	165.0	12.0	165.0	10.0
6									
7									
8									
9									

New Add Modify Delete Add Exercises... Input Wizard...

Note: After editing the table, select **Add** or **Modify** to add your changes to the list above.

Enter repetitive information you want to avoid typing each time you record workouts in the journal. You can even copy and paste weight training tables you already entered in the journal with the right-click pop-up menu, or with Ctrl-c and Ctrl-v. Use the buttons at the bottom to create, modify and delete programs. "New" clears the table and lets you enter a new program, and "Add" inserts it into the program list above. When entering a new program, the buttons at the bottom will be disabled (grayed out) until you specify a name in the "Program Name" box. Select Save on the main tool bar menu to save the programs you have created to disk.

When you are finished, you can add predefined programs to any weight training table with the "Insert" menu, or with the right-click pop-up menu. Both actions display a program selection window. This window can be left open so you can move through the

journal and insert weight training tables for any day by selecting the "Apply" button. You can also insert programs by double clicking on them. If any programs have been recorded, Weightmania® will automatically prompt you to insert one each time you create a new weight training workout form in the journal. All Weightmania® tables can be printed or copied to other applications like Excel. Right-click on any table for a speed menu with special options. **Note:** For best results, always select table rows by clicking on the leftmost cell.

Field/Button	Description
Workout Programs	Specifies a list of the programs stored in the workout program database currently open. Click on any program with the mouse to display it in the table below.
Program Name	Specifies the name of the workout program displayed in the table below. The buttons at the bottom will remain disabled (grayed out) until a valid name is entered. This is the name that will appear in the list above.
Type	Specifies the workout program type. This is the name that will appear at the top of the weight training form in the journal. For example, this could be "Back" or "Chest" from the default selection list, or a custom value that you choose. To edit the list of choices, click on the "Add" button next to the "Type" field on any weight training workout form. Changes you make to this list will be stored in the same file where your journal data is stored.
New	Clears the table and fields above, so you can enter a new program.
Add	Adds the workout program just created to the list above. If the program name entered already exists, you will be prompted to replace it.
Modify	Changes the attributes of any program selected to those specified in the table and fields above.
Delete	Removes the selected program from the list above.
Add Groups	Lets you edit the list of muscle groups available on the menu that appears in the "Group" table column.
Add Exercises	Lets you edit the list of exercises available on the menu that appears in the "Exercise" table column.
Input Wizard	Displays a tool to help you input or modify one row in the weight training table. For more information, see "Input Wizards" in the journal help section.

ADDING CUSTOM FOODS

Use the "Food Database (Custom Foods)" option under the main "Edit" menu to add your own custom foods to Weightmania®. By adding your own foods, you can reduce the time it takes to record meals in the journal. Your custom foods will appear in all searches (including the meal table input wizard), but they are stored separately from the built-in USDA database.

Use the buttons and fields at the bottom to create, modify and delete custom foods. "New" clears the input boxes and lets you enter a new food, and "Add" inserts it into the list above. When entering a new food, the buttons at the bottom will be disabled (grayed out) until you specify a name in the "Food Name" box. Select Save on the main tool bar menu to save this database to disk.

Edit Food Database (Custom Foods)

Use this tool to edit your own custom food database. This is included in the meal tab input wizard and nutrition tool searches. To use another, pre-existing custom food database, edit the selected profile.

Custom Foods (5 Items Listed):

- Bush's Baked Beans
- Healthy Choice Chicken Soup
- No Yolks Pasta**
- Pure Protein Bar
- Tuna Fish

Edit Food:

Name: # Servings: Serving Size:

Description:

Points: Category: Weight (g):

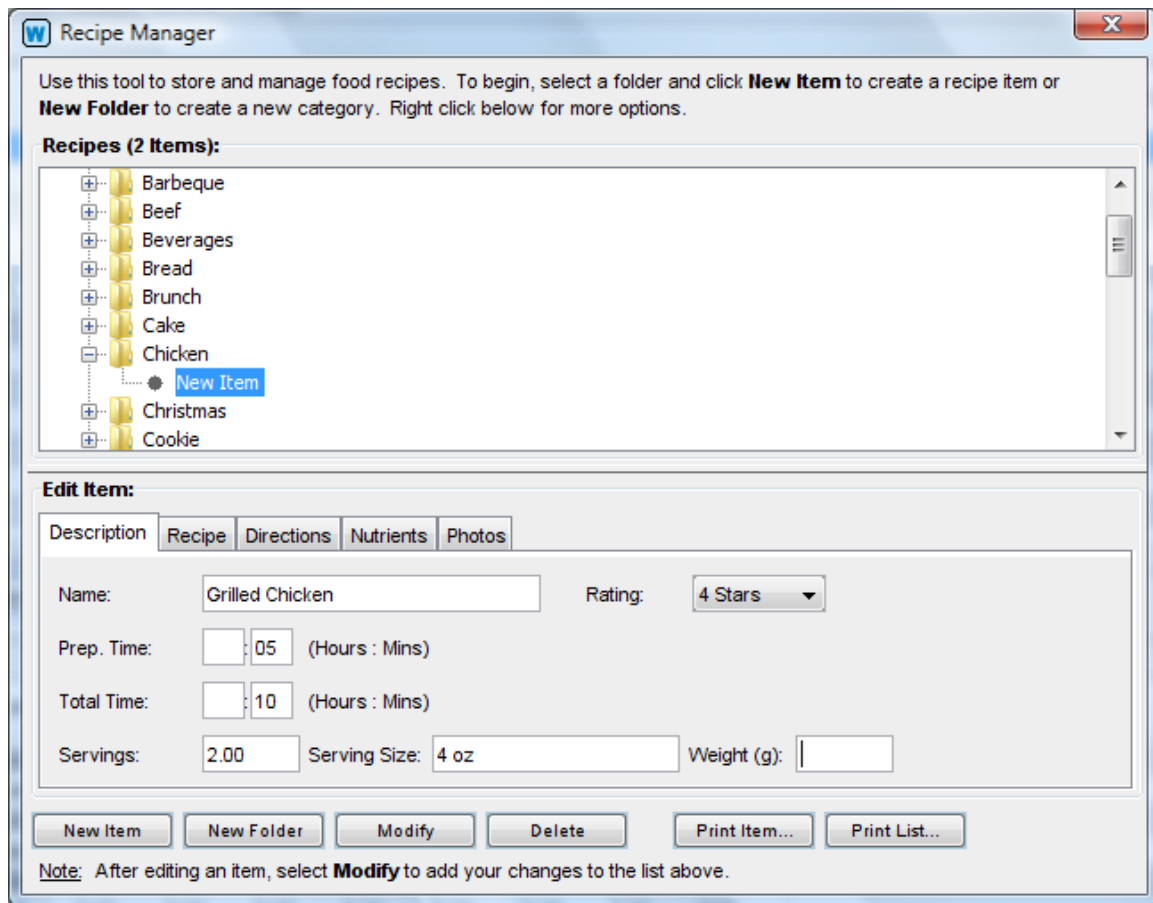
Calories: Prot. (g): Carb. (g): Fat (g): Sugar (g): Sod. (mg): Chol. (mg): Fiber (g):

Note: After editing a food, select **Add** or **Modify** to add your changes to the list above.

Field/Button	Description
Custom Foods	Specifies a list of the foods stored in the custom food database currently open. Click on any food to display its attributes in the boxes below.
Name	Specifies the name of the food to be added or modified. This name may be used by other tools when searching the custom food database. It is also the name that will appear in the list above.
Serving Size	Specifies a short description of the serving size (for example, "1 Cup" or "1 Bowl").
Weight	Specifies the weight of the food in grams.
Description	Specifies a detailed description of the food.
Calories	Specifies the total calories in the food.
Points	Specifies the number of points this food represents (for point-based diet plans).
Protein	Specifies the total protein in the food.
Carbs.	Specifies the total carbohydrates in the food.
Fat	Specifies the total fat consumed in the food.
Sugar	Specifies the total sugar in the food.
Sodium	Specifies the total sodium in the food.
Cholest.	Specifies the total cholesterol in the food.
Fiber	Specifies the total fiber in the food.
Category	Specifies the main food group the food belongs to. This may be used by other tools when searching the custom food database.
New	Clears the input boxes so you can enter a new food.
Add	Adds the food just entered to the list above. If the food name already exists, you will be prompted to replace it.
Modify	Changes the attributes of any food selected on the list above.
Delete	Removes the food currently selected from the list above.
Add Categories	Lets you edit the list of food categories available. This is the same food category list that appears in the meal table and Meal Program Editor tool.

RECIPE MANAGER

Use the recipe manager to create and manage a list of food recipes. To manage a large number of items, information is organized in a tree view. Each category is represented by a folder and each recipe is shown as a bulleted item. Folders can hold an unlimited number of recipes and sub-folders.



This tool is divided into two parts. Recipes and folders are shown in the top half of the screen and details about each item are shown in the tabbed panels below. When you first install Weightmania®, the recipe manager is pre-initialized with a list of general categories. These folders are initially empty. You can use them to organize your recipes or delete them altogether. Any object can be renamed and any object can be deleted except the root folder. Folders and recipe items can also be cut, copied and pasted to other folders in the same tree. Right-click directly on the tree to view a pop-up menu with special options.

Use the buttons below to create, add, modify and delete recipes and folders. To begin, select "New Folder" or "New Item". This adds a new object to the folder selected above. Click once on the new item to modify it. This copies all of the information about the selected object to the fields below. Every object requires a name, but all other fields are optional. Names do not have to be unique (multiple folders and recipes can share the same name). When you are finished editing an item, select "Modify" to add your changes to the tree above. If an item has been modified correctly, all of the tab fields will clear.

In the recipe manager, there are four tabbed panes labeled "Description", "Recipe", "Directions" and "Photos". These tabs are described below. **Note: To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.**

Button	Description
New Item	Creates a new recipe item and adds it to folder selected above. By default, this item is labeled, "New Item". Use the fields below to change the name and add detailed information. A name is required, but all other fields are optional. When you are finished entering information, select "Modify".
New Folder	Creates a new recipe folder and adds it to folder selected above. By default, this item is labeled, "New Folder". Use the "Name" field below to change the folder name. This is the only required field. All other fields and tabs will be disabled. When you are finished entering information, select "Modify".
Modify	Modifies the object currently selected using information from the tabbed panes above. You can modify recipe items and folders. When an object has been modified correctly, all of the tab fields will clear and turn gray.
Delete	Removes the selected object. You can delete any object except the root folder. Deleting a folder automatically deletes all of the child objects in that folder.
Print Item	Prints details of the selected recipe.
Print List	Prints a list of all recipes.

DESCRIPTION TAB:

This tab stores basic information about each recipe. Note: You must enter a name, but all other fields on this and other tabs are optional

Field	Description
Name	Specifies the name of this folder or recipe item. Although it is recommended, names do not have to be unique (multiple folders and recipes can share the same name).
Rating	Specifies a one to five star rating for this recipe. Five stars is the best rating and one star is the lowest. You can also select "none" for no rating. This is the default selection.
Prep Time	Specifies the total time to prepare this recipe. This should be entered in hours and minutes, where the first box represents hours and the second minutes.
Total Time	Specifies the total time prepare and cook this recipe. This should be entered in hours and minutes, where the first box represents hours and the second minutes.
Servings	Specifies the number of servings this recipe makes. This field accepts a whole value or fraction.
Serving Size	Specifies a short description of the serving size (for example, "1 Cup" or "1 Bowl").
Weight	Specifies the weight of the food in grams.

RECIPE TAB:

This tab stores the recipe itself.

DIRECTIONS TAB:

This tab stores directions for preparation and cooking. The field on this tab is optional.

NUTRIENTS TAB:

This tab stores the basic nutrients in this recipe. The fields on this tab are optional.

Field	Description
Calories	Specifies total calorie goal for each day.
Fat	Specifies total fat goal for each day.
Cholesterol	Specifies total cholesterol goal for each day.
Sodium	Specifies total sodium goal for each day.
Carbs	Specifies total carbohydrate goal for each day.
Fiber	Specifies total fiber goal for each day.
Sugar	Specifies total sugar goal for each day.
Protein	Specifies total protein goal for each day.
Points	Specifies total point goal for each day.

PHOTOS TAB:

This tab stores digital photographs. The field on this tab is optional. To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.

Right-click directly on the display area to add new images. By default, images are added from left to right and shown in reduced size. Right-click on any image to change its attributes. You can add text labels, arrange, rotate, resize and print any image. Weightmania® supports most popular image formats including JPG (JPEG), GIF and PNG. Images are stored in their original size and format to preserve the original quality.

Notes:

1. Weightmania® stores copies of each image and does not reference or modify original files.
2. The number of images that can be stored per day is based on available memory and other system resources.

GROCERY LIST MANAGER

Use the grocery list manager to create and manage a grocery shopping list. To manage a large number of items, information is organized in a tree view. Each category is represented by a folder and each grocery item is shown as a bulleted name. Folders can hold an unlimited number of grocery items and sub-folders.

This tool is divided into two parts. Grocery items and folders are shown in the top half of the screen and details about each item are shown below. When you first install Weightmania®, the grocery list manager is pre-initialized with a list of general food categories. These folders are initially empty. You can use them to organize your shopping list or delete them altogether. Any object can be renamed and any object can be deleted except the root folder. Folders and grocery items can also be cut, copied and pasted to other folders in the same tree. Right-click directly on the tree to view a pop-up menu with special options.

The screenshot shows the 'Grocery List Manager' application window. At the top, there is a title bar with a 'W' icon and a close button. Below the title bar, a text box provides instructions: 'Use this tool to create and manage a grocery shopping list. To begin, select a folder and click **New Item** to create a grocery item or **New Folder** to create a new category. Right click below for more options.' Below this, a section titled 'Grocery List (6 Items, Total Cost = 0.00):' contains a tree view. The tree view shows a root folder 'Grocery List' with sub-folders: 'Bread', 'Fruits', 'Produce', 'Meat', 'New Folder', 'Dairy', 'Sweets', 'General', and 'Coupons'. Under the 'Meat' folder, there are two items: 'hamburger' and 'chicken'. The 'hamburger' item is selected and highlighted. Below the tree view, there is an 'Edit Item:' section with three input fields: 'Name:' (containing 'hamburger'), 'Quantity:' (containing '3.00'), and 'Price:' (containing '2.99'). At the bottom of the window, there are six buttons: 'New Item', 'New Folder', 'Modify', 'Delete', 'Print Item...', and 'Print List...'. A note at the very bottom states: 'Note: After editing an item, select **Modify** to add your changes to the list above.'

Use the buttons below to create, add, modify and delete grocery items and folders. To begin, select "New Folder" or "New Item". This adds a new object to the folder selected above. Click once on the new item to modify it. This copies all of the information about the selected object to the fields below. Every object requires a name, but all other fields are optional. Names do not have to be unique (multiple folders and grocery items can share the same name). When you are finished editing an item, select "Modify" to add your changes to the tree above. If an item has been modified correctly, all of the fields

will clear. The input fields for this manager are described below. **Note:** To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.

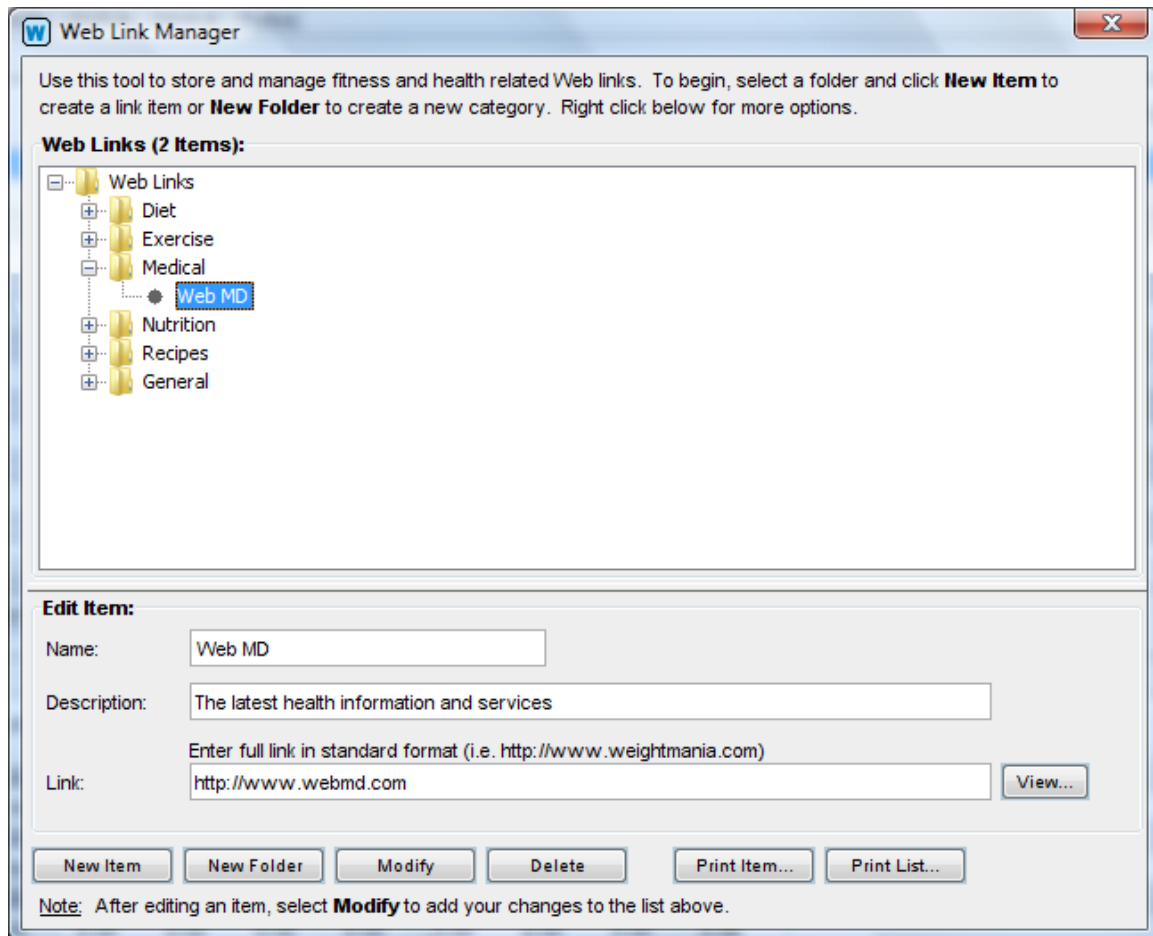
Button	Description
New Item	Creates a new grocery item and adds it to folder selected above. By default, this item is labeled, "New Item". Use the fields below to change the name and add detailed information. A name is required, but all other fields are optional. When you are finished entering information, select "Modify".
New Folder	Creates a new grocery folder and adds it to folder selected above. By default, this item is labeled, "New Folder". Use the "Name" field below to change the folder name. This is the only required field. All other fields and tabs will be disabled. When you are finished entering information, select "Modify".
Modify	Modifies the object currently selected using information from the fields above. You can modify grocery items and folders. When an object has been modified correctly, all of the tab fields will clear and turn gray.
Delete	Removes the selected object. You can delete any object except the root folder. Deleting a folder automatically deletes all of the child objects in that folder.
Print Item	Prints details of the selected item on the default printer.
Delete	Prints a list of all of the items above on the default printer.

There are three fields for storing basic information about each grocery item. **Note:** You must enter a name, but all other fields are optional.

Field	Description
Name	Specifies the name of this folder or grocery item. Although it is recommended, names do not have to be unique (multiple folders and products can share the same name).
Quantity	Specifies the quantity of this item you plan to purchase. If no value is specified, this value defaults to "1".
Price	Specifies the total cost of this item. This value is multiplied by the value in the quantity field. Total cost is always shown at the top of the screen.

WEB LINK MANAGER

Use the Web link manager to create and manage a list of health and fitness related Web links. To manage a large number of items, information is organized in a tree view. Each category is represented by a folder and each link is shown as a bulleted item. Folders can hold an unlimited number of links and sub-folders.



This tool is divided into two parts. Links and folders are shown in the top half of the screen and details about each item are shown below. When you first install Weightmania®, the Web link manager is pre-initialized with a list of general categories. These folders are initially empty. You can use them to organize your Web links or delete them altogether. Any object can be renamed and any object can be deleted except the root folder. Folders and links can also be cut, copied and pasted to other folders in the same tree. Right-click directly on the tree to view a pop-up menu with special options.

Use the buttons below to create, add, modify and delete links and folders. To begin, select "New Folder" or "New Item". This adds a new object to the folder selected above. Click once on the new item to modify it. This copies all of the information about the selected object to the fields below. Every object requires a name, but all other fields are optional. Names do not have to be unique (multiple folders and links can share the same name). When you are finished editing an item, select "Modify" to add your changes to the tree above. If an item has been modified correctly, all of the text fields will clear.

The input fields for this manager are described below. **Note:** To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.

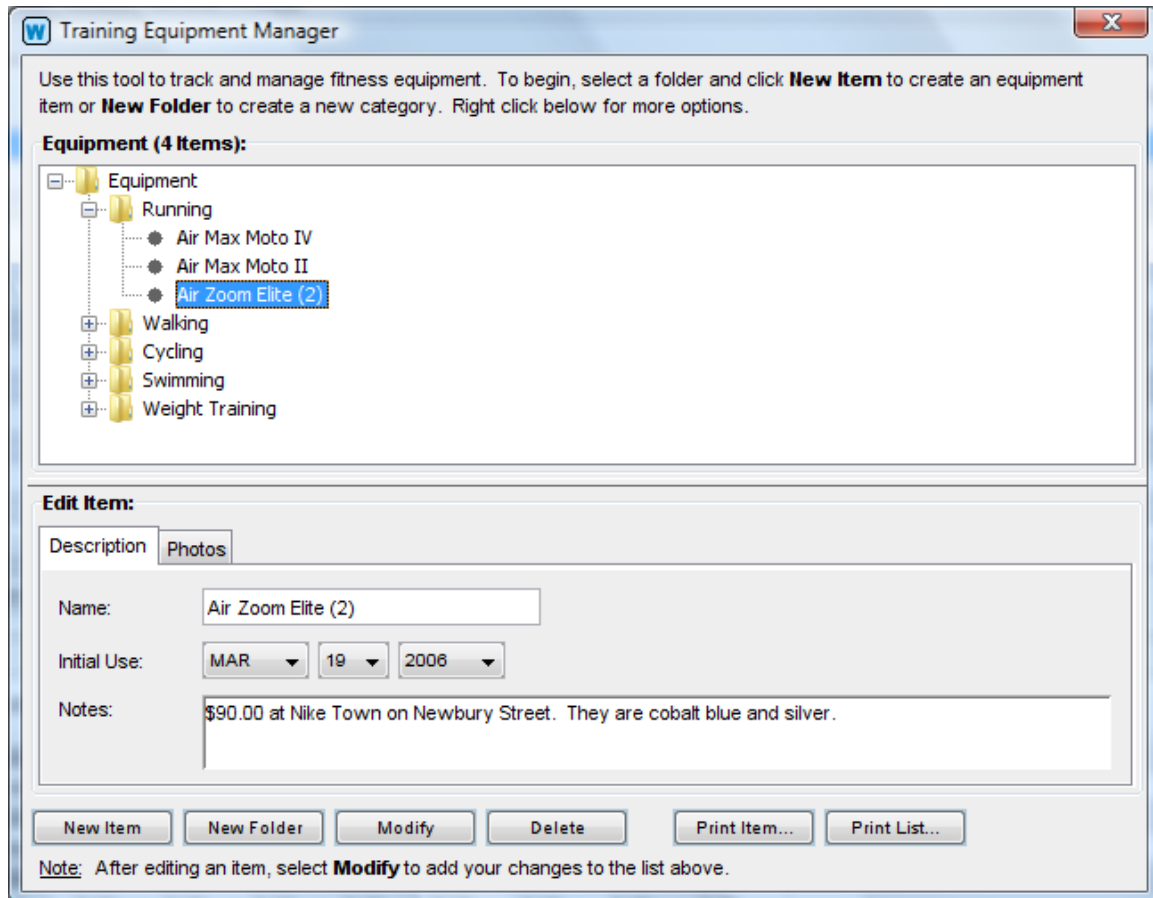
Button	Description
View...	Displays the specified link in the default Web browser. Note: This requires an active Internet connection.
New Item	Creates a new link item and adds it to folder selected above. By default, this item is labeled, "New Item". Use the fields below to change the name and add detailed information. A name is required, but all other fields are optional. When you are finished entering information, select "Modify".
New Folder	Creates a new link folder and adds it to folder selected above. By default, this item is labeled, "New Folder". Use the "Name" field below to change the folder name. This is the only required field. All other fields and tabs will be disabled. When you are finished entering information, select "Modify".
Modify	Modifies the object currently selected using information from the fields above. You can modify links and folders. When an object has been modified correctly, all of the tab fields will clear and turn gray.
Delete	Removes the selected object. You can delete any object except the root folder. Deleting a folder automatically deletes all of the child objects in that folder.
Print Item	Prints details of the selected Web link.
Print List	Prints a list of all Web links.

There are three fields for storing basic information about each Web link. **Note:** You must enter a name, but all other fields are optional.

Field	Description
Name	Specifies the name of this folder or Web link. Although it is recommended, names do not have to be unique (multiple folders and links can share the same name).
Description	Specifies a short description of this link.
Link	Specifies the Web link (URL). If you are connected to the Internet, you can use the "View" button on the right to view this link in the default browser. Links can also be copied and pasted into other applications.

TRAINING EQUIPMENT MANAGER

Use the training equipment manager to create and manage a list of equipment. To view and manage a large number of items, information is organized in a tree view. Each category is represented by a folder and each piece of equipment is shown as a bulleted item. Folders can hold an unlimited number of equipment items and sub-folders.



This tool is divided into two parts. Equipment and folders are shown in the top half of the screen and details about each item are shown in the tabbed panels below. When you first install Weightmania®, the training equipment manager is pre-initialized with a list of general categories. These folders are initially empty. You can use them to organize your equipment or delete them altogether. Any object can be renamed and any object can be deleted except the root folder. Folders and equipment items can also be cut, copied and pasted to other folders in the same tree. Right-click directly on the tree to view a pop-up menu with special options.

Use the buttons below to create, add, modify and delete equipment and folders. To begin, select "New Folder" or "New Item". This adds a new object to the folder selected above. Click once on the new item to modify it. This copies all of the information about the selected object to the fields below. Every object requires a name, but all other fields are optional. Names do not have to be unique (multiple folders and equipment items can share the same name). When you are finished editing an item, select "Modify" to add

your changes to the tree above. If an item has been modified correctly, all of the tab fields will clear.

In the training equipment manager, there are two tabbed panes labeled "Description" and "Photos". These tabs are described below. Note: To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.

Button	Description
New Item	Creates a new equipment item and adds it to folder selected above. By default, this item is labeled, "New Item". Use the fields below to change the name and add detailed information. A name is required, but all other fields are optional. When you are finished entering information, select "Modify".
New Folder	Creates a new equipment folder and adds it to folder selected above. By default, this item is labeled, "New Folder". Use the "Name" field below to change the folder name. This is the only required field. All other fields and tabs will be disabled. When you are finished entering information, select "Modify".
Modify	Modifies the object currently selected using information from the tabbed panes above. You can modify equipment items and folders. When an object has been modified correctly, all of the tab fields will clear and turn gray.
Delete	Removes the selected object. You can delete any object except the root folder. Deleting a folder automatically deletes all of the child objects in that folder.
Print Item	Prints details of the selected equipment.
Print List	Prints a list of all equipment.

DESCRIPTION TAB:

This tab stores basic information about each equipment item. **Note:** You must enter a name, but all other fields on this and other tabs are optional.

Field	Description
Name	Specifies the name of this folder or equipment item. Although it is recommended, names do not have to be unique (multiple folders and equipment items can share the same name).
Initial Use Date	Specifies the date this equipment was first used. By default, these fields are initialized to the date the item was created in the tree.
Notes	Specifies notes related to this item. For example, this space can be used to describe the condition of the item or cost.

PHOTOS TAB:

This tab stores digital photographs. The field on this tab is optional. To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.

Right-click directly on the display area to add new images. By default, images are added from left to right and shown in reduced size. Right-click on any image to change its attributes. You can add text labels, arrange, rotate, resize and print any image. Weightmania® supports most popular image formats including JPG (JPEG), GIF and PNG. Images are stored in their original size and format to preserve the original quality.

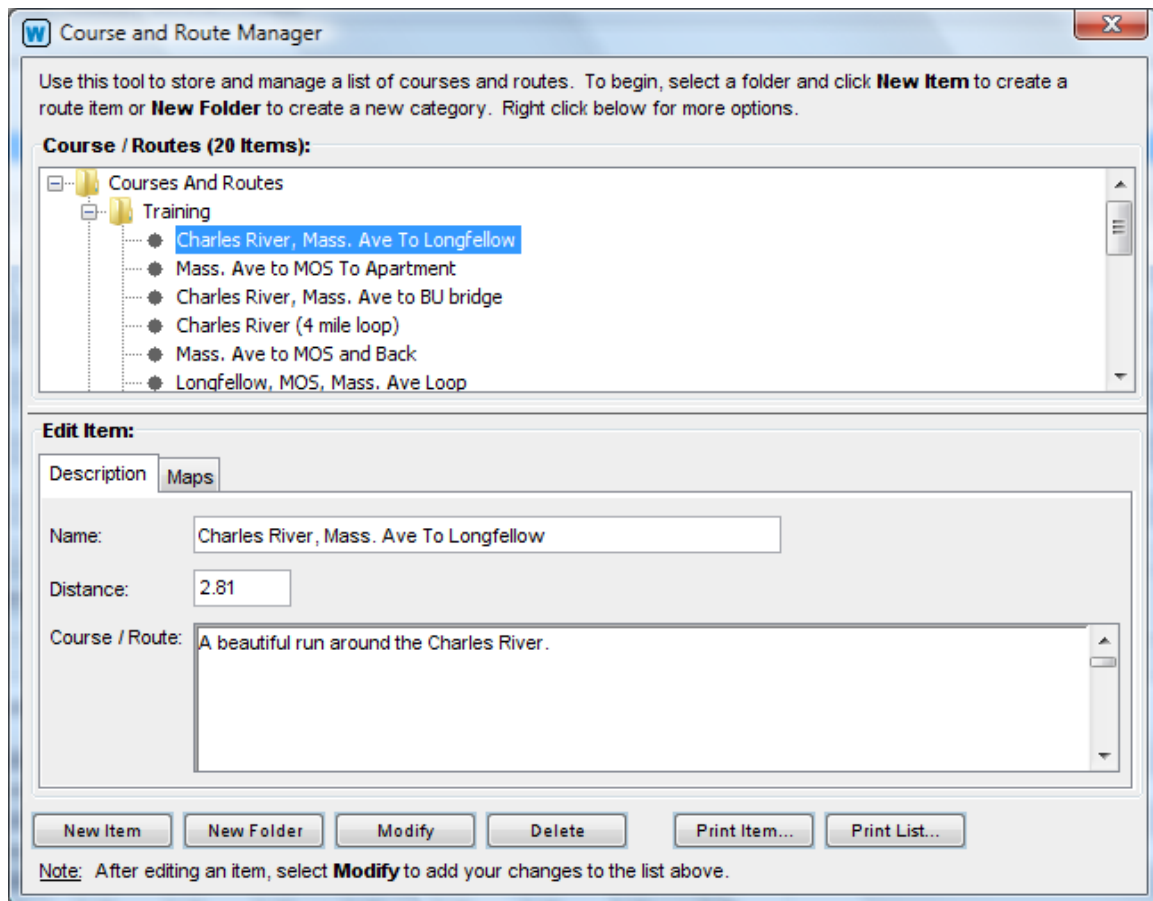
Notes:

- 1. Weightmania® stores copies of each image and does not reference or modify original files.**
- 2. The number of images that can be stored per day is based on available memory and other system resources.**

COURSE AND ROUTE MANAGER

Use the course and route manager to create and manage a list of courses and routes. This is most commonly used for running and cycling. In this help section, "route" refers to both courses and routes. A course generally refers to a route used for competition. By defining a list of the routes, you can save time recording cardiovascular workouts (when you use the cardio. workout input wizard).

To view and manage a large number of items, information is organized in a tree view. Each category is represented by a folder and each route is shown as a bulleted item. Folders can hold an unlimited number of routes and sub-folders.



This tool is divided into two parts. Routes and folders are shown in the top half of the screen and details about each item are shown in the tabbed panels below. When you first install Weightmania®, the course and route manager is pre-initialized with a list of general categories. These folders are initially empty. You can use them to organize your routes or delete them altogether. Any object can be renamed and any object can be deleted except the root folder. Folders and routes can also be cut, copied and pasted to other folders in the same tree. Right-click directly on the tree to view a pop-up menu with special options.

Use the buttons below to create, add, modify and delete routes and folders. To begin, select "New Folder" or "New Item". This adds a new object to the folder selected above. Click once on the new item to modify it. This copies all of the information about

the selected object to the fields below. Every object requires a name, but all other fields are optional. Names do not have to be unique (multiple folders and routes can share the same name). When you are finished editing an item, select "Modify" to add your changes to the tree above. If an item has been modified correctly, all of the tab fields will clear.

In the course and route manager, there are two tabbed panes labeled "Description" and "Photos". These tabs are described below. **Note: To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half) up or down with the mouse.**

Button	Description
New Item	Creates a new route item and adds it to folder selected above. By default, this item is labeled, "New Item". Use the fields below to change the name and add detailed information. A name is required, but all other fields are optional. When you are finished entering information, select "Modify".
New Folder	Creates a new route folder and adds it to folder selected above. By default, this item is labeled, "New Folder". Use the "Name" field below to change the folder name. This is the only required field. All other fields and tabs will be disabled. When you are finished entering information, select "Modify".
Modify	Modifies the object currently selected using information from the tabbed panes below. You can modify routes and folders. When an object has been modified correctly, all of the tab fields will clear and turn gray.
Delete	Removes the selected object. You can delete any object except the root folder. Deleting a folder automatically deletes all of the child objects in that folder.
Print Item	Prints details of the selected route.
Print List	Prints a list of all routes.

DESCRIPTION TAB:

This tab stores basic information about each route. **Note: You must enter a name, but all other fields on this and other tabs are optional.**

Field	Description
Name	Specifies the name of this route. Although it is recommended, names do not have to be unique (multiple folders and routes can share the same name).
Distance	Specifies the length of this route. No units are specified to allow any value.
Course / Route	Specifies a description of the route.

MAPS TAB:

This tab stores digital maps and photographs. You can import maps created with most GPS devices. The field on this tab is optional. To increase viewable space, adjust the divider (the gray separator that divides the top half of the window from the bottom half)

up or down with the mouse.

Right-click directly on the display area to add new images. By default, images are added from left to right and shown in reduced size. Right-click on any image to change its attributes. You can add text labels, arrange, rotate, resize and print any image. Weightmania® supports most popular image formats including JPG (JPEG), GIF and PNG. Images are stored in their original size and format to preserve the original quality.

Notes:

- 1. Weightmania® stores copies of each image and does not reference or modify original files.**
- 2. The number of images that can be stored per day is based on available memory and other system resources.**

SECTION 4 – FITNESS CALCULATORS

BASAL METABOLIC RATE (BMR) CALCULATOR

This tool accurately estimates your basal metabolic rate (BMR) using common measurements. BMR is the number of calories your body burns at rest for an entire day. This includes sleeping. In other words, these are the calories your body consumes for respiration, pumping blood and maintaining body temperature. BMR increases with age and is directly related to lean body mass. High values mean you have more lean body mass and low values indicate more fatty tissue.

Basal Metabolic Rate (BMR) Calculator

Description:
This tool accurately estimates your basal metabolic rate (BMR) using common measurements. BMR is the number of calories your body burns at rest for an entire day. This includes sleeping. In other words, these are the calories your body consumes for respiration, pumping blood and maintaining body temperature. BMR decreases with age and is directly related to lean body mass. High values mean you have more lean body mass and low values indicate more fatty tissue.

Select:
English Male

Measurements:
Age: 39
Weight: 185.00 pounds kg
Height: 6 feet 2 inches cm

BMR:
1893.15

Calculate Clear

Field/Button	Description
Select	Specifies whether to use English or metric units in the fields below and specifies your gender (male or female).
Age	Specifies your current age.
Weight	Specifies your body weight in pounds or kilograms.
Height	Specifies your height in feet and inches or in centimeters.
Calories Required	Specifies the estimated number of calories you need based on age, weight, height and activity level.
Calculate	Calculates your basal metabolic rate (BMR).
Clear	Clears all data input fields.

BODY FAT CALCULATOR

This tool calculates your body fat percentage using simple measurements. It uses a very accurate formula based on Logarithms to estimate body fat without any special equipment. You just need a standard tape measure. For best results, measure to the nearest quarter inch or half centimeter. Source: United States Navy, United States Air Force and the American Council on Exercise.

W

Body Fat Calculator

X

Description:

This tool accurately estimates your percentage of body fat using common measurements. The table below provides suggested guidelines to follow. Source: U.S. Navy, U.S. Air Force and the American Council on Exercise.

	Men (Fat %)	Women (Fat %)
Essential	2-4	10-12
Athletes	6-13	14-20
Fitness	14-17	21-24
Acceptable	18-25	25-31

Select:

EnglishMale

Measurements:

Height:6feet2inchescm

Neck size at narrowest point:17.00inches

Waist size at naval:34.00inches

Abdomen at narrowest point:inches

Hip size at widest point:inches

Results:

Body Fat %:11.79Status: Athlete

CalculateClear

Field/Button	Description
English/Metric	Specifies whether to use English or metric units in the fields below. When this option is changed, the height fields not used will be grayed out and the unit labels for each field will update.
Gender	Specifies your gender, male or female. The formula used to calculate body fat is different for men and women. Measurement fields not used will be grayed out.
Height	Specifies your height. Enter a value in feet and inches or

	centimeters.																		
Neck size at narrowest point	Specifies the circumference of your neck at the narrowest point. For men, measure just below the Adam's apple. Enter a value in inches or centimeters.																		
Waist size at navel	Specifies the circumference of your waist horizontally across your navel. This value is required for men but grayed out if the selected gender is female. Enter a value in inches or centimeters.																		
Abdomen at narrowest point	Specifies the circumference of your abdomen at the narrowest point. The narrowest point is generally above the navel and below the rib cage. This value is required for women but grayed out if the selected gender is male. Enter a value in inches or centimeters.																		
Hip size at widest point	Specifies the circumference of your hips, horizontally, at the widest point. This value is required for women but grayed out if the selected gender is male. Enter a value in inches or centimeters.																		
	Specifies a fitness rating based on your percentage of body fat. Values are determined using the table below.																		
Status	<table><tr><th>Men (% Body Fat)</th><th>Women (% Body Fat)</th><th>Status</th></tr><tr><td>Less than 6</td><td>Less than 14</td><td>Very Low</td></tr><tr><td>6 - 13</td><td>14 - 20</td><td>Athlete</td></tr><tr><td>14 - 17</td><td>21 - 24</td><td>Fitness</td></tr><tr><td>18 - 25</td><td>25 - 31</td><td>Acceptable</td></tr><tr><td>Great than 25</td><td>Greater than 31</td><td>Very High</td></tr></table>	Men (% Body Fat)	Women (% Body Fat)	Status	Less than 6	Less than 14	Very Low	6 - 13	14 - 20	Athlete	14 - 17	21 - 24	Fitness	18 - 25	25 - 31	Acceptable	Great than 25	Greater than 31	Very High
	Men (% Body Fat)	Women (% Body Fat)	Status																
	Less than 6	Less than 14	Very Low																
	6 - 13	14 - 20	Athlete																
	14 - 17	21 - 24	Fitness																
	18 - 25	25 - 31	Acceptable																
Great than 25	Greater than 31	Very High																	
Calculate	Calculates your body fat using simple measurements.																		
Clear	Clears all data input fields.																		

BODY MASS INDEX (BMI) CALCULATOR

This tool calculates your Body Mass Index (BMI). BMI helps determine the weight status of adults by measuring the ratio of weight compared to height. It can be used to evaluate weight and overall fitness. For adults over age 20, a BMI less than 18.5 specifies you are underweight, anything between 18.5 and 24.99 is healthy, values between 25.0 and 29.99 mean you are overweight, and values greater than or equal to 30.00 indicate obesity. Athletes may have a higher than normal BMI due to muscle. To use the BMI calculator, specify whether you want to use English or Metric measurements, then enter your weight and height and select the Calculate button. Source: United States Centers for Disease Control and Prevention.

Body Mass Index (BMI) Calculator

Description:
Body Mass Index (BMI) helps determine the weight status of adults. It measures the ratio of weight compared to height. For adults over age 20, a BMI less than 18.5 specifies you are underweight, anything between 18.5 and 24.9 is healthy, values between 25 and 29.9 mean you are overweight, and values greater than or equal to 30.0 indicate obesity. Note: Athletes may have a higher than normal BMI due to muscle. Source: U.S. Centers for Disease Control and Prevention.

Select:
English

Measurements:
Height: 6 feet 2 inches Weight: 185.00 pounds
Height: meters Weight: kilograms

Results:
BMI: 23.75 Status: Healthy, normal range.

Calculate Clear

Field/Button	Description
English/Metric	Specifies whether to use English or metric units in the fields below. When this option is changed, fields not used will be grayed out.
Height	Specifies your height in Meters or height in feet and inches.
Weight	Specifies your body weight in pounds or kilograms.
BMI	Specifies your Body Mass Index. This value is computed when you select the Calculate button. It is a measurement of fitness based on your weight and height.
Status	Specifies a fitness rating based on your BMI. There are four possible values. For adults over age 20, these are based on the table below. Athletes such as body builders may have a higher than

normal BMI due to muscle.

BMI	Status
Less than 18.50	May be underweight
18.50 to 24.99	Healthy weight
25.00 to 29.99	May be overweight
30.00 or greater	May be obese

Calculate Calculates your Body Mass Index based on your height and weight.

Clear Clears all data input fields.

CALORIES BURNED CALCULATOR

This tool estimates calories burned for common activities based on body weight. It includes data for 240 common activities. Total calories burned is only an approximate value. Results will vary according to many factors, such as the intensity of the exercise and a person's fitness level. Source: Adapted from information provided by the United States government and data from Medicine and Science in Sports and Exercise, The Official Journal of the American College of Sports Medicine.

The screenshot shows a window titled "Calories Burned Calculator". It contains several sections: "Description" with a paragraph about the tool's purpose and source; "Select" with a dropdown menu set to "English"; "Measurements" with input fields for "Weight" (185.00) and units "pounds" and "kilograms"; "Activity" with a dropdown menu showing "Running, 7.5mph (8 min mile)"; "Total Time" with input fields for "Time (H:M:S)" showing "40" and "52"; and "Calories Burned" with a text box showing "715.32". At the bottom are three buttons: "Calculate", "Clear", and "Apply".

Field/Button	Description
English/Metric	Specifies whether to use English or metric units in the fields below. When this option is changed, fields not used will be grayed out.
Activity	Specifies a description of the exercise or activity. Activities are listed in alphabetical order.
Weight	Specifies your body weight in pounds or kilograms.
Time	Specifies the total exercise time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds.
Calories Burned	Specifies the estimated number of calories burned for the weight, time and activity selected.
Calculate	Calculates calories burned for the specified activity and time.
Clear	Clears all data input fields.

CALORIES REQUIRED CALCULATOR

This tool estimates the calories you need each day, based on your age, weight, height and activity level. To improve accuracy, this estimate is based on your basal metabolic rate (BMR). BMR is the number of calories your body burns at rest for an entire day. Activity levels include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy (extremely heavy exercise daily).

Calories Required Calculator

Description:
This tool estimates the calories you need each day, based on your age, weight, height and activity level. To improve accuracy, this estimate is based on your basal metabolic rate (BMR). BMR is the number of calories your body burns at rest for an entire day. Activity levels include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy (extremely heavy exercise daily). Note: To calculate calories for weight loss or gain, see "Target Weight Calculator".

Select:
English Male

Measurements:
Age: 39
Weight: 185.00 pounds kg
Height: 6 feet 2 inches cm

Activity Level:
Sedentary

Calories Required:
2271.78

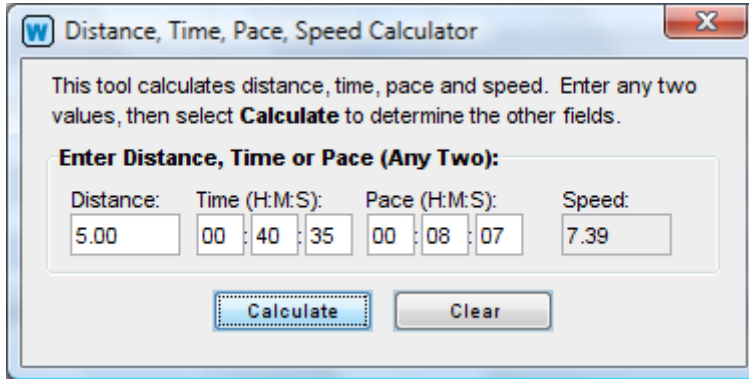
Calculate Clear

Field/Button	Description
Select	Specifies whether to use English or metric units in the fields below and specifies your gender (male or female).
Age	Specifies your current age.
Weight	Specifies your body weight in pounds or kilograms.
Height	Specifies your height in feet and inches or in centimeters.
Activity Level	Specifies your estimated activity level. There are five choices which include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy (extremely heavy exercise

	daily).
Calories Required	Specifies the estimated number of calories you need based on age, weight, height and activity level.
Calculate	Calculates the total calories you need each day.
Clear	Clears all data input fields.

DISTANCE, TIME, PACE, SPEED CALCULATOR

The distance, time, pace, speed (DTPS) tool calculates distance, time, pace and speed. A version of this tool is included in the cardiovascular workout input wizard. It can be used to evaluate cardiovascular workouts and find the pace, time, or speed necessary to reach a particular goal. Enter any two fields and it will calculate the remaining two.



Field/Button	Description
Distance	Specifies the distance. If the DTPS tool is opened from the journal while a cardio workout tab is displayed, it will be initialized the current value in the workout "Distance" field.
Time	Specifies the time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds. If the DTPS tool is opened from the journal while a cardio workout tab is displayed, it will be initialized the current value in the workout "Total Time" field.
Pace	Specifies the pace. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds. If the DTPS tool is opened from the journal while a cardio workout tab is displayed, it will be initialized the current value in the workout "Pace" field.
Speed	Specifies the speed. This value cannot be edited. If the DTPS tool is opened from the journal, while a cardio workout tab is displayed, it will be initialized the current value in the workout "Speed" field.
Calculate	Calculates distance, time, pace and speed (<u>Note</u> : At least two fields must contain a non-zero value before selecting this button). For example, to calculate pace and speed, enter a value for distance and time.
Clear	Clears all four data input fields.

HEART RATE TIMER AND CALCULATOR

DESCRIPTION:

Use this tool to help determine your heart rate. Heart rate is the rate at which your heart beats (contracts). It is usually expressed as "beats per minute" (BPM) and can be used to evaluate health and fitness level.

Select a time using the buttons below, click **Start**, then count your pulse rate (heart beats) until the timer reaches zero. If you select a time other than one minute, use the section below to calculate total beats per minute. At rest, the average adult's heart rate is about 70 BPM in men and 75 BPM in women. Athlete's usually have a much lower heart rate.

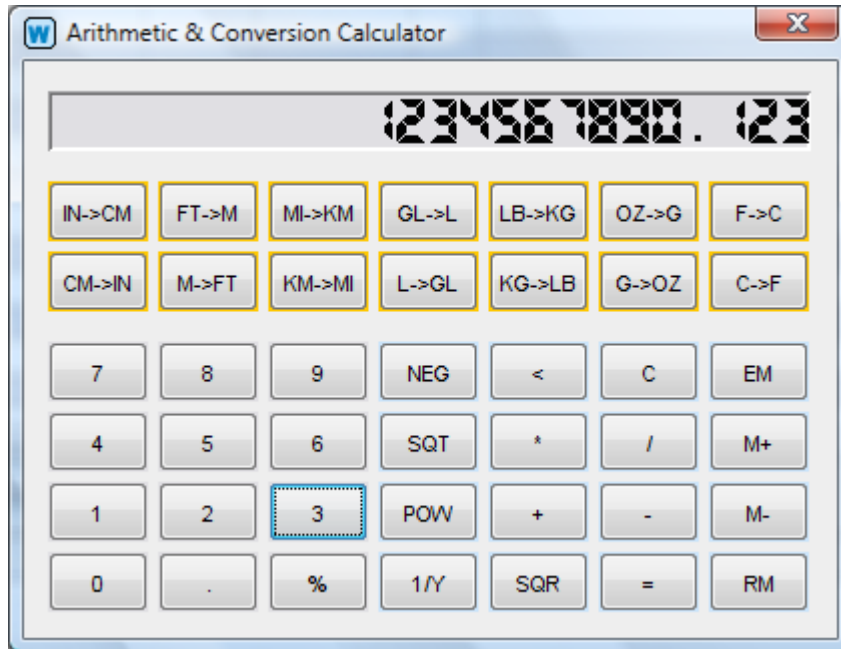
The screenshot shows a window titled "Heart Rate Timer and Calculator". Inside, there is a "Timer:" section with a digital display showing "00:00" and a progress bar below it. Below the timer is a "Select Time:" section with four buttons: "15 Seconds", "30 Seconds", "1 Minute", and "2 Minutes". Below these are three buttons: "Reset", "Start" (highlighted with a dashed border), and "Stop". At the bottom, there is a text instruction: "Enter the number of heart beats you counted then select **Calculate** to determine your heart rate per minute." Below this instruction is a form with "No. of Beats:" followed by a text input field, then "X 2 =", then a "Calculate" button, then "Heart Rate:" followed by another text input field.

Field/Button	Description
15 Sec.	Sets the timer to 15 seconds.
30 Sec.	Sets the timer to 30 seconds. Many fitness experts recommend this for the best accuracy.
1 Min.	Sets the timer to one minute (60 seconds).
2 Min.	Sets the timer to two minutes (120 seconds).
Reset	Resets the timer to the last starting value.
Start	Starts the timer. It will count down, one second at a time until it reaches zero.
Stop	Stops the timer, if it's active.
Calculate	Calculates your heart rate per minute using the value entered in the

	"No. of Beats" field.
Clear	Clears all fields and resets the timer.
No. of Beats	Specifies the number of heart beats you counted before the timer reached zero. This value will be multiplied by the number displayed on the right side. It will be four for a 15 second timer, two for a 30 second timer and one half for a two minute timer.

MATH AND CONVERSION CALCULATOR

This calculator is used to perform fast computations and convert between Metric and English. It contains 42 keys and has many special functions for doing advanced arithmetic. The conversion and function buttons are described below.



Conversion	Description
IN->CM	Converts inches to centimeters.
CM->IN	Converts centimeters to inches.
FT->M	Converts feet to meters.
M->FT	Converts meters to feet.
MI->KM	Converts miles to kilometers.
KM->MI	Converts kilometers to miles.
GL->L	Converts gallons to liters.
L->GL	Converts liters to gallons.
LB->KG	Converts pounds to kilograms.
KG->LB	Converts kilograms to pounds.
OZ->G	Converts ounces to grams.
G->OZ	Converts grams to ounces.
F->C	Converts degrees Fahrenheit to degrees Celcius.
C->F	Converts degrees Celcius to degrees Fahrenheit.

Function	Description
NEG	Calculates the negative value of the number currently displayed.
SQT	Calculates the square root of the number currently displayed.
POW	Calculates the value of the number currently displayed raised to any power. For example, to calculate 10 to the third power, you would enter "10", select this button, then enter "3" and press equal ("=").

1/Y	Calculates the inverse of the number currently displayed (one divided by the number).
<--	Deletes the last digit entered. By pressing this multiple times, you can backup and remove digits in the order they were entered.
SQR	Calculates the square of the number currently displayed. For example, to calculate 10 squared, you would enter "10", select this button, then enter "2" and press equal ("=").
C	Clears the calculator display. This does clear the calculator memory.
EM	Erases the calculator memory. This does not erase the value displayed.
M+	Add the value currently displayed to the value stored in the calculator memory. If there is no value stored in memory, this will set it.
M-	Subtract the value currently displayed from the value stored in the calculator memory.
RM	Recalls the value stored in calculator memory and displays it.
%	Calculates a percentage. For example, to calculate 50 percent of 30, you would enter "50", select this button, then enter "30" and press equal ("=").

ONE REPETION MAXIMUM WEIGHT CALCULATOR

Use this tool to determine your one-repetition maximum weight ("one-rep. max."), and percentages of that weight, for any weight training exercise. One-rep. max. is the maximum weight for which you can do one repetition. For example, the most weight you can bench press one time. It is widely used to measure overall strength and determine how much weight to use in many weight training programs. The percentages calculated below are useful for estimating weight needed for each set.

To use this calculator, enter the maximum weight you can lift for ten repetitions (ten times) in the first box on the left. This will calculate your one-rep. max, then display 20 percentages of that below. Or, leave the first field blank and manually enter a value for the second field to simply calculate percentages. All Weightmania® tables can be printed or copied to other applications like Excel. Right-click for a speed menu with special options.

W One Repetition Maximum Weight Calculator

Description:

Use this tool to determine your one-repetition maximum weight ("one-rep. max."), and percentages of that weight, for any weight training exercise. One-rep. max is the maximum weight for which you can do one repetition. For example, the most weight you can bench press one time. It is widely used to measure overall strength and determine how much weight to use in many weight training programs. The percentages calculated below are useful for estimating weight needed for each set.

To use this calculator, enter the maximum weight you can lift for ten repetitions (ten times). This will calculate your one-rep. max, then display 20 percentages of that below. Or, leave the first field blank and manually enter a value for the second field (One-Rep. Max. Weight) to simply calculate percentages.

Weight:

Max. Weight (10 Reps.): One-Rep. Max. Weight:

Percentages:

#	Percent	Weight
1	100.0	240.5
2	95.0	228.48
3	90.0	216.45
4	85.0	204.42
5	80.0	192.4
6	75.0	180.38
7	70.0	168.35
8	65.0	156.33

Field/Button	Description
Max. Weight (10 Reps.)	Specifies the maximum weight you can lift for ten repetitions (ten times) for a given exercise. If you already know your one-rep. max., leave this field blank and enter it in the field on the right. When you select Calculate, this will display 20 percentages of that weight in the table below.
One-Rep. Max. Weight	Specifies your one-repetition maximum weight. To have Weightmania® calculate this for you, leave this field blank and enter a value in the first field, "Max. Weight (10 Reps)". When you select Calculate, this will determine your one-rep. max., then display 20 percentages of that weight in the table below.
Percentages	In a table format, this specifies 20 percentages of your one-repetition maximum weight above. For example, it shows 100 percent, 95 percent, 90 percent and so forth. These values can be used to estimate how much weight to use for each set. This table can be copied to other applications like Excel. Right-click directly on it for a speed menu with special options.
Calculate	Calculates your one repetition, maximum weight and displays 20 percentages of that weight in the table below.
Clear	Clears all data input fields.

SPLITS CALCULATOR

The splits calculator determines your target split times for the distance and time specified. Use this tool for race planning or anytime you want to maintain an even pace. For example, to see the mile times you need to run a marathon in three hours, you would enter "26.219" for distance (if you want the results in miles), "03:00:00" in the time field and "1.0" for the split distance. The results are shown below. In order to calculate splits every 5 miles, you would enter "5" in the split distance field. For half miles, enter a value of "0.5", and so forth. You must enter a value for all three input fields. The distance and split-distance fields can accept very large values, which allows you to perform calculations using meters or feet if necessary. All Weightmania® tables can be printed or copied to other applications like Excel. Right-click for a speed menu with special options.

Description:
Use this tool to determine your target split times for the distance, time and split distance specified. It displays up to 100 splits in the table below. This is useful for race planning or anytime you want to maintain an even pace.

Goal:
Distance: 26.20 Time (H:M:S): 00:40:35 Split Distance: 1.0

Results:

#	Split	Time
1	1.0	00:01:33
2	2.0	00:03:06
3	3.0	00:04:39
4	4.0	00:06:12
5	5.0	00:07:45
6	6.0	00:09:18
7	7.0	00:10:51
8	8.0	00:12:24

Calculate Clear

Example: If you are planning a marathon, and want to finish in three hours, this tool will generate the result below.

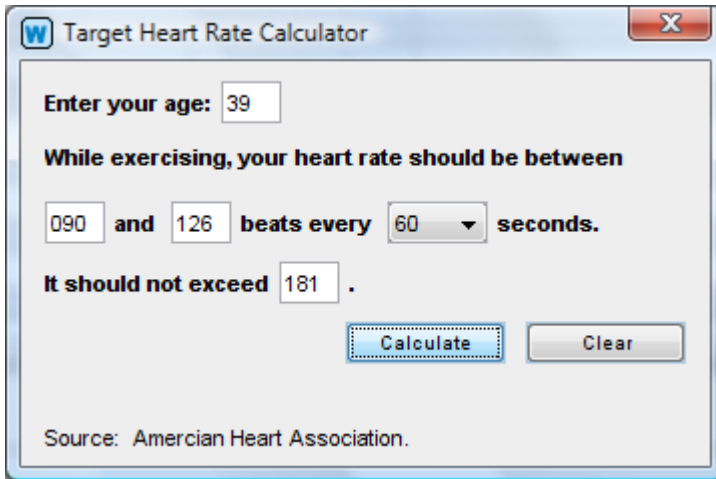
#	Split	Time
1	1.0	00:06:52
2	2.0	00:13:44
3	3.0	00:20:36
4	4.0	00:27:29
5	5.0	00:34:21

6	6.0	00:41:13
7	7.0	00:48:06
8	8.0	00:54:58
9	9.0	01:01:50
10	10.0	01:08:43
11	11.0	01:15:35
12	12.0	01:22:27
13	13.0	01:29:19
14	14.0	01:36:12
15	15.0	01:43:04
16	16.0	01:49:56
17	17.0	01:56:49
18	18.0	02:03:41
19	19.0	02:10:33
20	20.0	02:17:26
21	21.0	02:24:18
22	22.0	02:31:10
23	23.0	02:38:02
24	24.0	02:44:55
25	25.0	02:51:47
26	26.0	02:58:39

Field/Button	Description
Distance	Specifies the total distance. This value must be greater than zero and less than 99000.
Time	Specifies the total time. This should be entered in the form "HH:MM:SS", where the first box represents hours, the second minutes, and the third seconds.
Split-Distance	Specifies the distance for each split. This value must be greater than zero and less than or equal to half the distance.
Calculate	Calculates splits using the distance, time, and split-distance specified. Results are displayed in the table below.
Clear	Clears the input fields and the results table.

TARGET HEART RATE CALCULATOR

The target heart rate calculator determines your target heart rate based on your age. This tool helps you get the most from your cardiovascular workouts. Enter your age, then choose the number of seconds and select the "Calculate" button. The tool calculates the range your heart rate should be in while exercising. Your heart rate should not exceed the maximum specified at the bottom. For example, if you enter an age of 34 and select "15 seconds", the tool will calculate a range from 23 to 32, and a maximum rate of 46. Source: American Heart Association.



The screenshot shows a window titled "Target Heart Rate Calculator" with a close button (X) in the top right corner. Inside the window, there is a text input field labeled "Enter your age:" with the value "39" entered. Below this, a message states: "While exercising, your heart rate should be between". This is followed by two input fields: the first contains "090" and the second contains "126", with the text "and" between them. Then, it says "beats every" followed by a dropdown menu showing "60" and the word "seconds.". Below this, it says "It should not exceed" followed by an input field containing "181" and a period. At the bottom right, there are two buttons: "Calculate" (highlighted with a dashed border) and "Clear". At the bottom left, it says "Source: Amercian Heart Association." (note the typo).

Button	Description
Calculate	Calculates target heart rate based on age. When exercising, your heart rate should fall within the recommended range for the time specified. It should not exceed the maximum value shown at the bottom.
Clear	Clears all of the data fields.

TARGET WEIGHT CALCULATOR

This tool estimates the calories you need to consume daily to reach a target weight by a specific date. Target weight can represent weight loss or weight gain. It is based on the general guideline one pound (.45 kilograms) equals 3500 calories. Activity levels include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy. For most people, it is generally considered safe to lose 1-2 pounds (1/2 to 1 kilogram) per week.

W

Target Weight Calculator

X

Description:

This tool estimates the calories you need to consume daily to reach a target weight by a specific date. It is based on the general guideline one pound equals 3500 calories. Activity levels include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy. For most people, it is generally considered safe to lose 1-2 pounds a week.

Select:

English ▼ Male ▼

Measurements:

Age: 39

Height: 6 ▼ feet 2 ▼ inches cm

Current Weight: 185.00 pounds kg

Target Weight: 175.00 pounds kg

Activity Level:

Moderate ▼

Target Date:

JUN ▼ 4 ▼ 2009 ▼

Results:

To lose **10.0** pounds in **70** days (10.00 weeks), you must reduce daily calories by **500.00**. Consume about **2434.38** calories a day to reach your goal.

Field/Button	Description
Suggest Date	Estimates a target date to reach your weight goal, at 1-2 pounds (1/2 to 1 kilogram) per week. You can specify another target date by manually selecting it.
Calculate	Calculates the total calories you need to consume daily to reach a target weight.
Clear	Clears all data input fields.
Select	Specifies whether to use English or metric units in the fields below and specifies your gender (male or female).
Age	Specifies your current age.
Height	Specifies your height in feet and inches or in centimeters.
Current Weight	Specifies your current body weight in pounds or kilograms.
Target Weight	Specifies your goal weight in pounds or kilograms. This can be weight loss or gain.
Activity Level	Specifies your estimated activity level. There are five choices which include sedentary (no exercise), light (light exercise 2-3 days/week), moderate (moderate exercise 3-5 days/week), heavy (heavy exercise daily) and extremely heavy (extremely heavy exercise daily).
Target Date	Specifies the estimated date you want to reach your weight goal. It is generally considered safe to lose 1-2 pounds (1/2 to 1 kilogram) per week.
Results	Specifies the number of calories you need to consume daily, and the number of days (and weeks) required, to reach a target weight goal.

SECTION 5 – OTHER

CREATING AND RESTORING BACKUPS

If data was saved, Weightmania® will automatically back up every database when the application is exited. Data is backed up for every profile. By default, it stores a copy of the last three versions of each database. If you have multiple databases, or Weightmania® is being used by multiple people in the same household, those databases will be backed up in the same way. You can also manually request a backup at any time with the option, "Backup All Databases Now", under the "File | Backup" menu. This will backup all databases for every profile.

Individual databases can be restored using the "Restore Database..." menu option under the "File | Backup" menu. When selecting a backup to restore with the file chooser, use the "Date Modified" option on the top right to view files by date. Backup files are also numbered, where 1 indicates the most recent backup. After restoring a database, you must exit Weightmania® and restart it to see the changes. If prompted to save, select "No".

Backups are stored under a folder called, "backups", in the root directory where Weightmania® is installed. This is the root backup folder. Within the root backup folder, one sub-folder is created for each active database. When databases are backed up, they are copied to the appropriate backup sub-folder. File names are automatically renamed to include a number that indicates "newest to oldest". For example, if the journal is called, "journal.xml", the backups would be named, "journal_1.xml", "journal_2.xml", "journal_3.xml" and so forth. "journal_1.xml" is always the most recently stored backup. When the maximum number of backups (either three, five, or seven) is exceeded, the oldest file will be automatically be deleted.

You can modify settings using the "Backup Preferences" option under the main "Edit" menu. There are options to enable or disable automatic backups, specify the location of the root backup folder, and keep the last three, five or seven backups.

PREFERENCES

Most preferences are specified under the "Preferences" tab in each user's profile (see the "Creating & Editing Profiles" help section). However for convenience, some preferences are specified under the main "Edit" menu. This includes background color and backup settings. Preferences accessible from the "Edit" menu are described below.

BACKGROUND COLOR:

This preference is specific to each user profile (each user can select their own color scheme).

Option	Description
Background Color	Specifies the background color to use for the entire application. The color you select will automatically be saved and selected on startup. Anytime you change the background color, all currently open tools will be reset to their default state.

BACKUPS:

These preferences are global (they affect all users). For security, access to global preferences can be blocked by selecting the appropriate check box in each user's profile.

Option	Description
Automatically Create Backups	Specifies whether or not to automatically create backups when you exit Weightmania®. This option is selected by default.
Specify Root Backup Folder	Specifies the root folder where backups are stored. Within this folder, there is a sub-folder for each Weightmania® database. By default, this folder is called, "backups", and stored in the folder where Weightmania® is installed.
Keep Last 3 Backups	Specifies that the last three backups of every database will be stored. Backups are stored under the root backup folder and automatically numbered from 1 to 3, where "1" indicates the most recent backup and "3" denotes the oldest. Every time a backup file is created, the files are renamed and the oldest one (if there are more than three) will be deleted. This option is selected by default.
Keep Last 5 Backups	Specifies that the last five backups of every database will be stored. Backups are stored under the root backup folder and automatically numbered from 1 to 5, where "1" indicates the most recent backup and "5" denotes the oldest. Every time a backup file is created, the files are renamed and the oldest one (if there are more than five) will be deleted.
Keep Last 7 Backups	Specifies that the last seven backups of every database will be stored. Backups are stored under the root backup folder and automatically numbered from 1 to 7, where "1" indicates the most recent backup and "7" denotes the oldest. Every time a backup file is created, the files are renamed and the oldest one (if there are more than seven) will be deleted.

PRINTING

Weightmania® lets you print tables, graphs, charts, reports, photos and screens. For example, you can print a grocery list, bar chart, or the contents of a tool window (such as the one-month or full year calendar).

To print the contents of a tool window, select the appropriate tool tab, then choose "Print..." under the main "File" menu. Print specific objects by positioning the mouse over them and using right-click. This displays a special pop-up menu with options for printing. For example, to print a meal or weight training table, right-click directly on the table. All printing occurs on the default printer. Pages are printed in portrait or landscape orientation with a one inch margin on all sides. Whenever possible, information is always scaled to fit the page.

Note: For best results printing tables, photos and maps, right-click directly on the item, then select Print from the pop-up menu. This will print a larger version, scaled to fit the page. It is the best way to print meal and weight training tables.

DATABASE IMPORT WIZARD – WEIGHTMANIA® MOBILE

The screenshot shows a window titled "Mobile Database Import Wizard" with a standard Windows XP-style title bar. Inside the window, there is a "Description:" section with text explaining the tool's purpose. Below this is a "Palm Software Folder:" section with a text box containing "C:\Users\Edward\Documents\Palm OS Desktop" and a "Browse..." button. The next section is "1. Select Palm User Account:" with a dropdown menu showing "egreen". This is followed by "2. Select Date Range:" with "From:" and "To:" labels and date pickers for "SEP 26 2008" and "OCT 25 2008". The final section is "3. Import Data:" with an "Import Data" button.

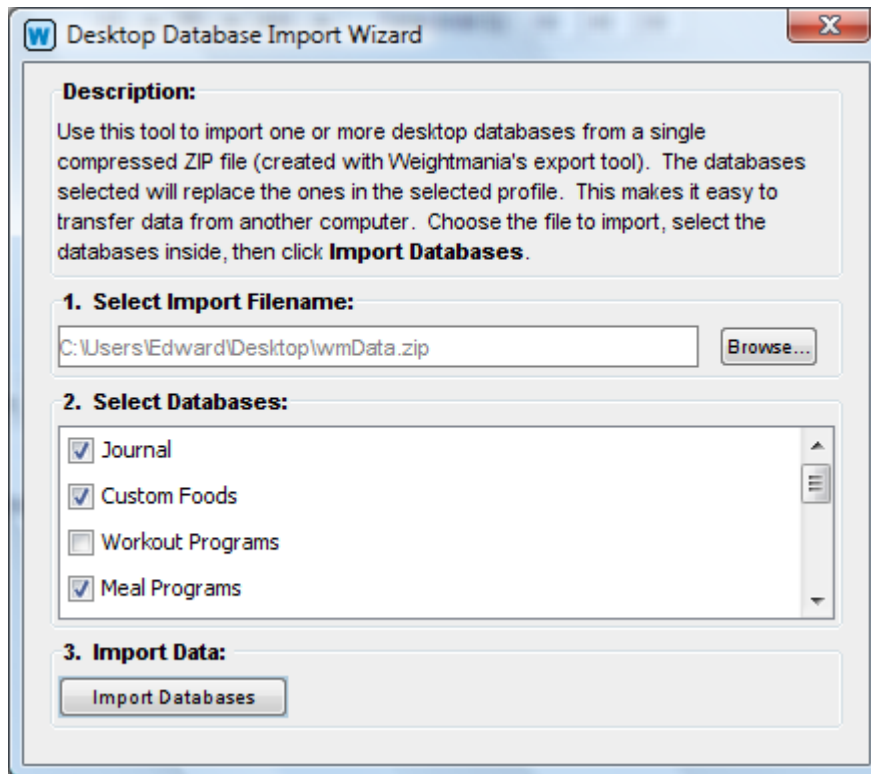
Use this tool to import data from Weightmania® Mobile. The imported data will affect the journal in the currently selected profile. Data is imported one tab at a time. Tabs in the desktop journal will be overwritten if the corresponding tab in Weightmania® Mobile contains data (a duplicate entry), otherwise they will not be affected. For example, if Weightmania® Mobile contains a workout entry for January 1st, 2009, it will replace any workouts entered on that day in the desktop journal (under the Exercise tab).

To begin, connect your Palm device to your computer and perform a HotSync operation. When this is complete, select a Palm user account and Weightmania® Mobile Profile, then specify a date range and click "Import Data". Only user accounts associated with Weightmania® Mobile will be listed. You will see a confirmation dialog when the files have been successfully imported. **Note:** In this version, data cannot be exported to Weightmania® Mobile.

Field/Button	Description
Palm Software Folder	Specifies the name and location of your Palm installation folder. This folder was created when you installed the software that came with your Palm device. By default, this folder is set to: C:\Program Files\Palm folder . For Windows Vista, change this to: C:\Users\username\Documents\Palm OS Desktop (username is your Windows Vista username). We recommend using the "Browse..." button on the right to enter or change this setting. Weightmania® will save your selection in the currently active profile, so you only need to set this once.

Select Palm User Account and Weightmania® Mobile Profile	<p>This field contains two drop-down menus. The left menu specifies the Palm user account associated with the data you want to import. Weightmania® creates this list by searching the Palm Software Folder. If no accounts are listed, verify this folder is correct and initiate a HotSync. Only user accounts associated with Weightmania® Mobile will be listed.</p> <p>The menu on the right specifies the Weightmania® Mobile profile to import. In Weightmania® Mobile 1.7 and higher, multiple profiles can be created on your handheld device. Profiles let you track several people at the same time or let several people can share one Palm device. If you're importing data from Weightmania® Mobile 1.6 or earlier, select, "Default Profile" (older versions can only record information for one user). This is selected automatically.</p>
Select Date Range	<p>Specifies the date range to include when importing data. By default this range is set to the last 30 days.</p>
Import Data	<p>Imports all of the available data in the date range specified above. The imported data will affect the journal in the currently selected profile. Duplicate entries in the desktop journal will be overwritten.</p>

DATABASE IMPORT WIZARD - DESKTOP

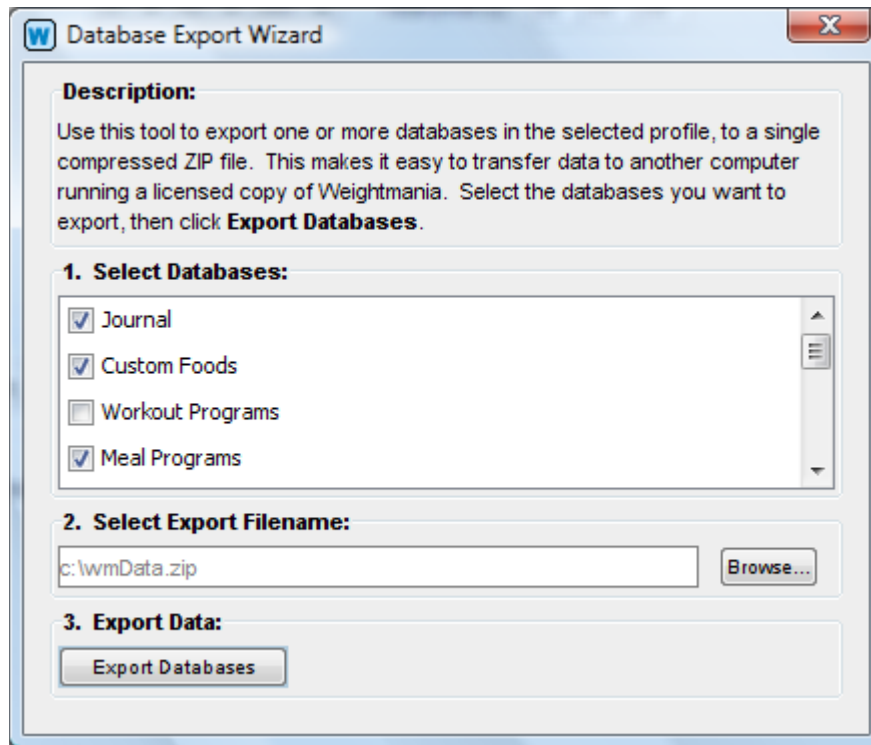


Use this tool to import one or more desktop databases from a single compressed ZIP file (created with Weightmania®'s export wizard). The databases selected will replace the ones in the active profile. This makes it easy to transfer data from another computer running a licensed copy of Weightmania®.

To begin, select the filename to import. Then select the databases you want to import and click "Import Databases". You will see a confirmation dialog when the files have been successfully imported. **Note:** Do not modify the import file with other ZIP utility programs.

Field/Button	Description
Select Import Database	Specifies the name of the file to import. This must be a ZIP file created with Weightmania®'s export wizard.
Select Databases	Specifies the names of the databases to import from the compressed ZIP file specified above.
Browse...	Displays a dialog to locate an input filename. This must be a ZIP file created with Weightmania®'s export wizard.
Import Databases	Imports the databases selected from the specified ZIP file. These databases will replace the ones in the currently active profile.

DATABASE EXPORT WIZARD



Use this tool to export one or more databases in the active profile, to a single compressed ZIP file. The exported file can then be imported using Weightmania®'s import wizard. This makes it easy to transfer data to another computer running a licensed copy of Weightmania®.

To begin, select the databases you want to export. When you are finished, click "Export Databases". You will see a confirmation dialog when the selected databases have been successfully exported.

Notes:

1. In this version, data cannot be exported to Weightmania® Mobile.
2. Do not modify the export file with other ZIP utility programs.

Field/Button	Description
Select Databases	Specifies the names of the databases to export from the currently active profile.
Select Export Filename	Specifies the name of the export file. The filename must end in ".ZIP".
Browse...	Displays a dialog to select an export filename. The filename must end in ".ZIP". If the filename currently exists, Weightmania® will prompt you to replace it.
Export Databases	Exports the databases selected to the specified export filename. The export file can be imported by any licensed version of Weightmania® (version 1.7 or higher).

IMPORTING ATHLETE'S DATABASE LOGBOOKS

Weightmania® can import any Athlete's Database logbook. This includes version 1.0 (released in 1997) up to the latest version. To begin, select "Athlete's Database Logbook" under the "File | Import" menu. Use the file chooser to select a logbook to import. Athlete's Database logbooks end in the extension, ".adw".

When you import a file, the contents will be read and copied to the active profile's journal database. Duplicate days will be overwritten. For each day imported, a new workout tab labeled "cardio" will be created. Most of the data will be copied to fields in this tab. However, body weight, resting heart rate and hours slept will be copied to other tabs. Workout types will also be added to the current workout type list stored in Weightmania®.

When a file is successfully imported, you should see a confirmation dialog like the one below. No permanent changes will be made to the Weightmania® journal until it is saved. Also, importing the same file more than once will have no effect. **Note: This tool is intended to import Athlete's Database 3.2 or earlier databases. It cannot import Athlete's Database Gold files.**

SECTION 6 – TEN TIPS FOR SAVING TIME

Here are some easy ways to minimize typing and save time.

1. Use cut, copy and paste to reduce typing.

You can cut, copy and paste nearly anything!

- Any text field
- Rows on any weight training table
- Rows on any meal table
- Cardiovascular workout forms
- Weight training workout forms
- Nutrition tabs
- Measurement tabs
- Medical tabs
- General tabs
- Photo tabs

2. Use speed menus

Speed menus are small pop-up menus that appear when you right-click on objects. Some objects that have them are listed below.

- Weight training tables
- Meal tables
- Chart tool
- Statistics tool
- Report tool
- Favorites list
- Photos tab

3. Drag and drop foods from the favorites list

The favorites appears on the right side of the meal table. It contains an alphabetized list of the foods you eat. Each name represents one food and all of its nutrients (an entire row in the meal table). The list is created automatically and updated every time you save. By dragging and dropping foods onto the meal table, you can record all of your meals in seconds. Drag and drop one or multiple foods at the same time. Since most people eat the same 20 to 30 foods year-round, you can use this tool to record meals every day.

4. Use keyboard short-cuts

Keyboard shortcuts are a fast way to access tools and program features. For example, to save data, hold the "Ctrl" key and press "s" (on Mac OS X, use the Command key instead of the Ctrl key). Shortcuts are shown on the right side of the most commonly used menu items. Some examples are listed below.

Ctrl and c = Copy selected object.

Ctrl and v = Paste selected object.

Ctrl and x = Cut selected object.

Ctrl and a = Selects (highlights) an entire table or text box.
Ctrl and s = Save all data.
Ctrl and h = Display help tool.
Ctrl and p = Print selected object.

5. Create predefined meals (programs).

To create predefined meals, select the "Predefined Meals (Programs)..." option under the "Edit" menu. Enter a group of foods and nutrients, then save it under a specific name. Later, you can insert that information into any meal table with one mouse click. This saves time and provides a fast, consistent way to record food intake.

6. Create predefined weight training programs.

To create a predefined weight training program, select the "Predefined Workouts (Programs)..." option under the main "Edit" menu. Enter a group of exercises, repetitions and weights, then save it under a specific name. Later, you can insert that information into any weight training table with one mouse click. This saves time and provides a fast, consistent way to record workouts.

7. Create a custom food database.

To create a custom food database, select the "Food Database (Custom Foods)..." option under the main "Edit" menu. Enter the foods you eat most often. Later, these foods can be added to any meal table in one mouse click using the meal table input wizard.

8. Use the meal table input wizard.

The meal table input wizard makes it easy to enter or modify table rows. It searches previously entered foods, a built in food database, recipes, and your own custom food database if you have created one. Use this tool to quickly change serving sizes and nutrients or add the nutrients in several foods together.

9. Enter workouts with the cardio. and weight training input wizards.

Use the weight training and cardiovascular input wizards to enter and modify workouts. The cardiovascular workout input wizard is even more effective if you define a list of routes with the "Course and Route" manager under the main "Tools" menu. Both tools automatically fill in fields and significantly reduce data input time.

10. Transfer data to other applications using cut, copy and paste.

Weightmania® lets you copy and paste formatted tables and text into other applications like Excel. This can save time if you need to do further analysis, need more extensive print options, or want to include the information in an e-mail.