

Weight Tracker User Manual

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Indications

The Weight Tracker simplifies weight data logging. The software automatically saves weight, relationship to the meal, time of measurement, and comments. In addition to being a convenient data logger the software is also a valuable tool for weight longitudinal trends analysis. This longitudinal analysis may help you and your doctor decide on the best medicine and help adjust daily drug dosage.

Hardware Requirements



The Weight Tracker software can be installed on a PC running Windows 95/98/ME/NT/2000/XP.

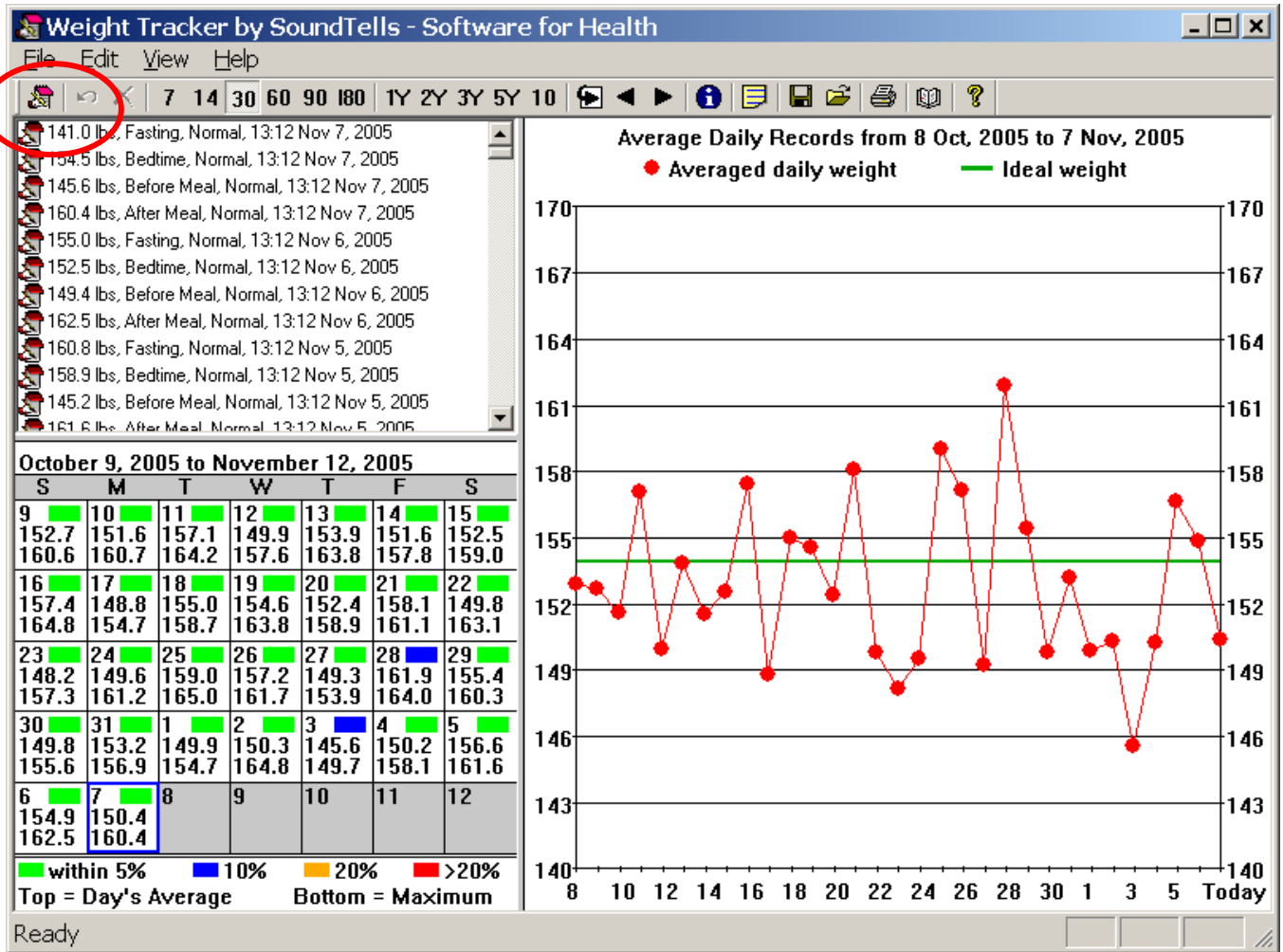
Weight Tracker software is also available for Pocket PC, Palm, and Smartphone. Installation on a Pocket PC, Palm, and Smartphone requires a separate installation package.

Instructions for Use

1. Basic Operating Instructions

1.1 Data Input Steps

1. Start the Weight Tracker software by double clicking the  icon on your desktop.
2. Click  to enter new weight record or use the 'Enter' key on the keyboard.



3. Click on the Weight drop-down list and click on an appropriate weight:

The dialog box titled "Please Enter Your Weight" contains the following fields: Exam Date (11/ 7/2005), Weight (140 .0 lbs), Part of Day (Fasting), Comments (Normal), and Text Comments. An "Add Data" button is at the bottom. The Weight field is circled in red.

The dialog box titled "Please Enter Your Weight" shows the Weight dropdown list open, displaying a list of weights from 140 to 150. The value 144 is selected and highlighted. The other fields (Exam Date, Part of Day, Comments, Text Comments) and the "Add Data" button remain visible. The dropdown list and the selected value are circled in red.

4. Enter Part of the Day that indicates the relationship of this Weight measurement to the last meal:

The dialog box titled "Please Enter Your Weight" shows the Part of Day dropdown menu open, with "Before Meal" selected. The other fields (Exam Date, Weight, Comments, Text Comments) and the "Add Data" button are visible. The Part of Day dropdown and its selection are circled in red.

The dialog box titled "Please Enter Your Weight" shows the Comments dropdown menu open, with "Before Meal" selected. The other fields (Exam Date, Weight, Part of Day, Text Comments) and the "Add Data" button are visible. The Comments dropdown and its selection are circled in red.

5. Optional: enter preconfigured Comments from the drop-down list or type in your own comments in the Text Comments field:

This screenshot shows the 'Please Enter Your Weight' dialog box. The fields are: Exam Date: 11/ 7/2005; Weight: 140 lbs; Part of Day: Before Meal; Comments: Normal (highlighted with a red oval); Text Comments: (empty). An 'Add Data' button is at the bottom.

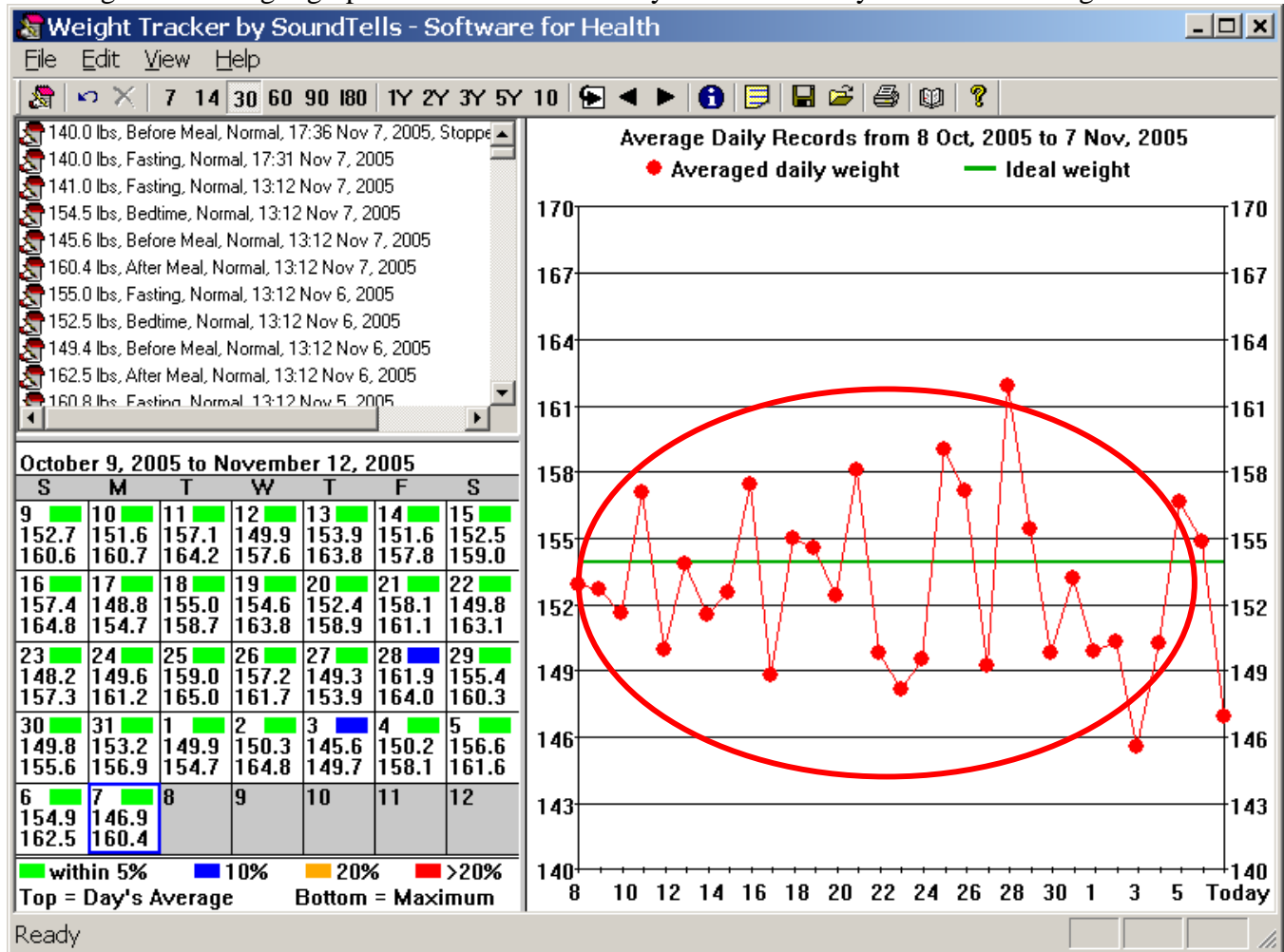
This screenshot shows the 'Please Enter Your Weight' dialog box. The fields are: Exam Date: 11/ 7/2005; Weight: 140 lbs; Part of Day: Before Meal; Comments: Normal; Text Comments: Stopped Medication... (highlighted with a red oval). An 'Add Data' button is at the bottom.

6. Finish entering data by clicking the OK button.

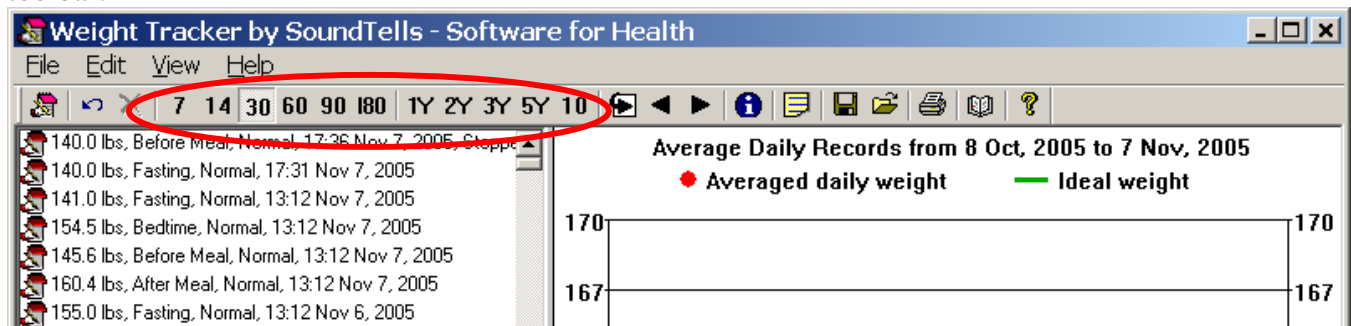
This screenshot shows the 'Please Enter Your Weight' dialog box with all fields filled: Exam Date: 11/ 7/2005; Weight: 140 lbs; Part of Day: Before Meal; Comments: Normal; Text Comments: Stopped Medication... The 'Add Data' button at the bottom is highlighted with a red oval.

1.2 Weight Graph

The longitudinal weight graph is shown below. Today's data are always shown on the right.



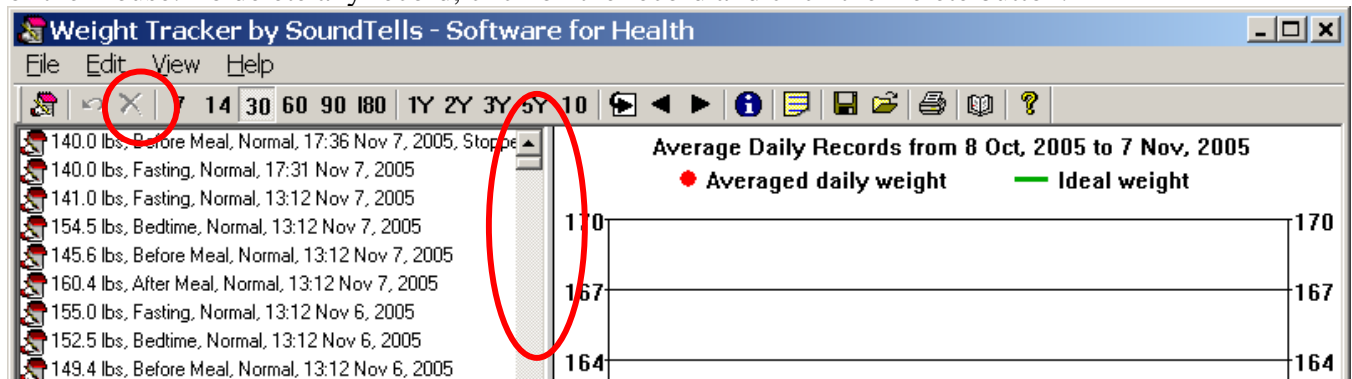
To change the number of days indicated on the graph from 7 days to 10 years, use the buttons on the toolbar:



Print the graph and take it to your physician by clicking File>Print Graph....

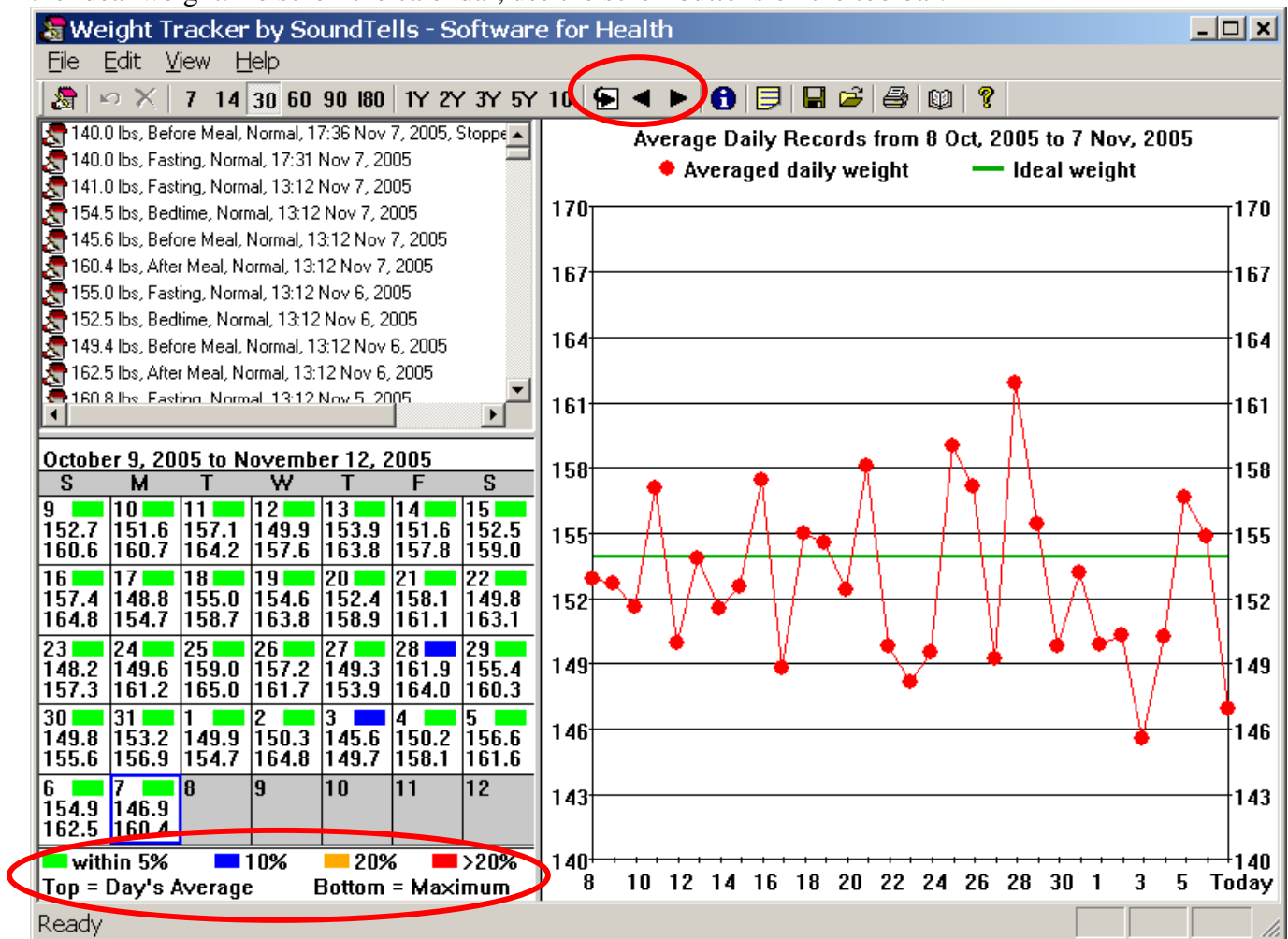
1.3 Weight Log

The log contains all weight records. Scroll through the log by moving the scroll bar or rotating the wheel of the mouse. To delete any record, click on the record and click the Delete button.



1.4 Calendar

The Calendar view shows day's average and maximum weight day by day. The color of the day indicates how close the measured weight is to your ideal weight. For example, if your ideal weight is 150lbs and your measured weight is 155lbs, the color is green indicating that measured weight is within 5% of the ideal weight. To scroll the calendar, use the scroll buttons on the toolbar.



1.5 Statistics

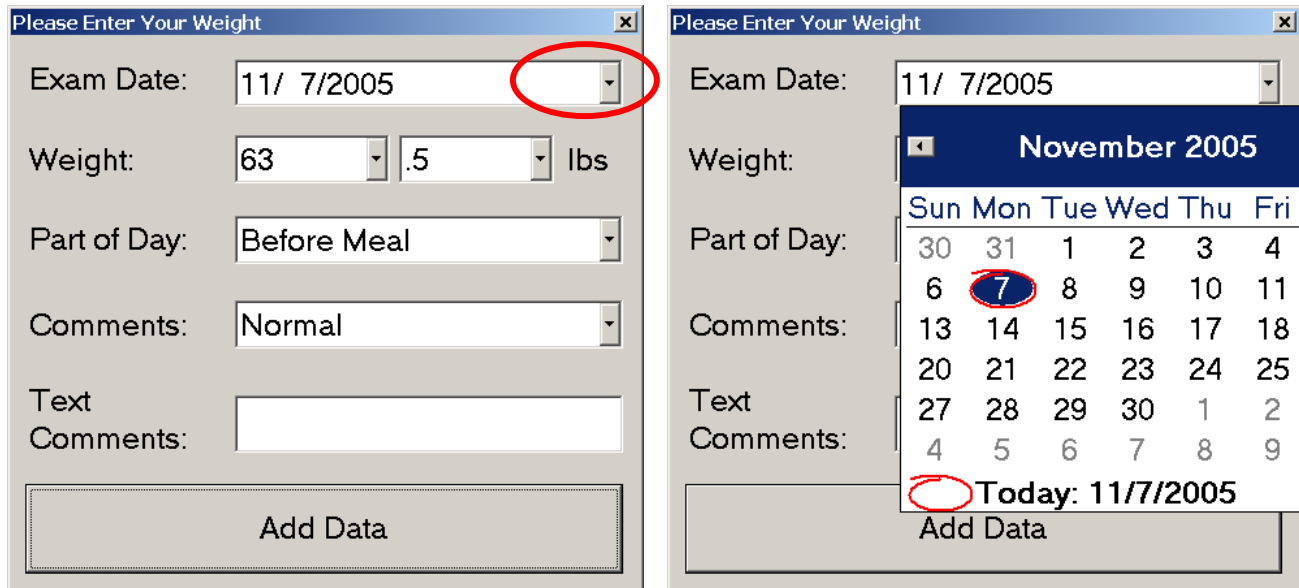
Weight statistics is provided by weeks, by months, and by years. Click View> View Statistics...



2. Frequently Asked Questions

2.1 How can I enter previously collected data?

One way to enter previously collected data is to enter the data one record at a time. Click the 'Enter' key on your keyboard, click on the Exam Date drop-down box, enter the Exam Date, enter Weight, and click the Add Data button.

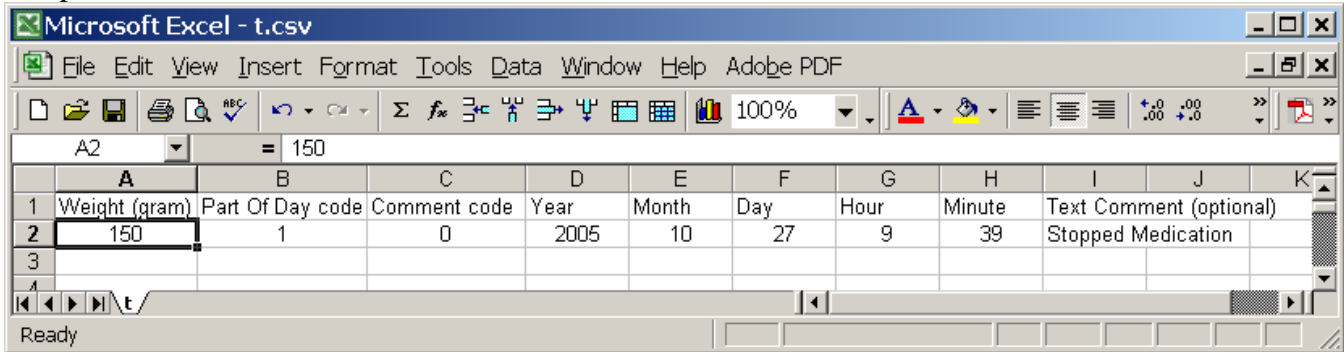


Another way to enter previously collected data is via CSV file (comma separated values). Please read 'How to edit CSV file'.

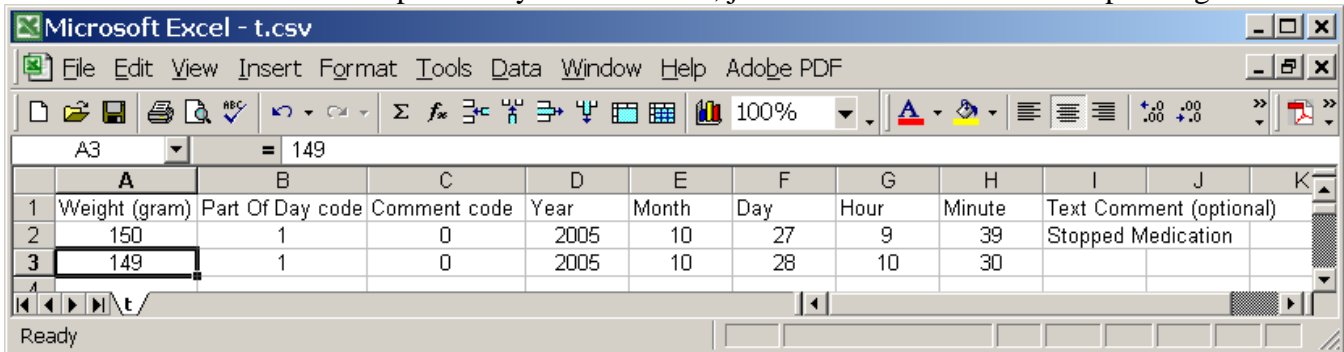
2.2 How to edit a CSV file?

The CSV file is a text file in which all values are separated by comma.

1. Click File>Save Data into CSV File....
2. Open the CSV file in Microsoft Excel.



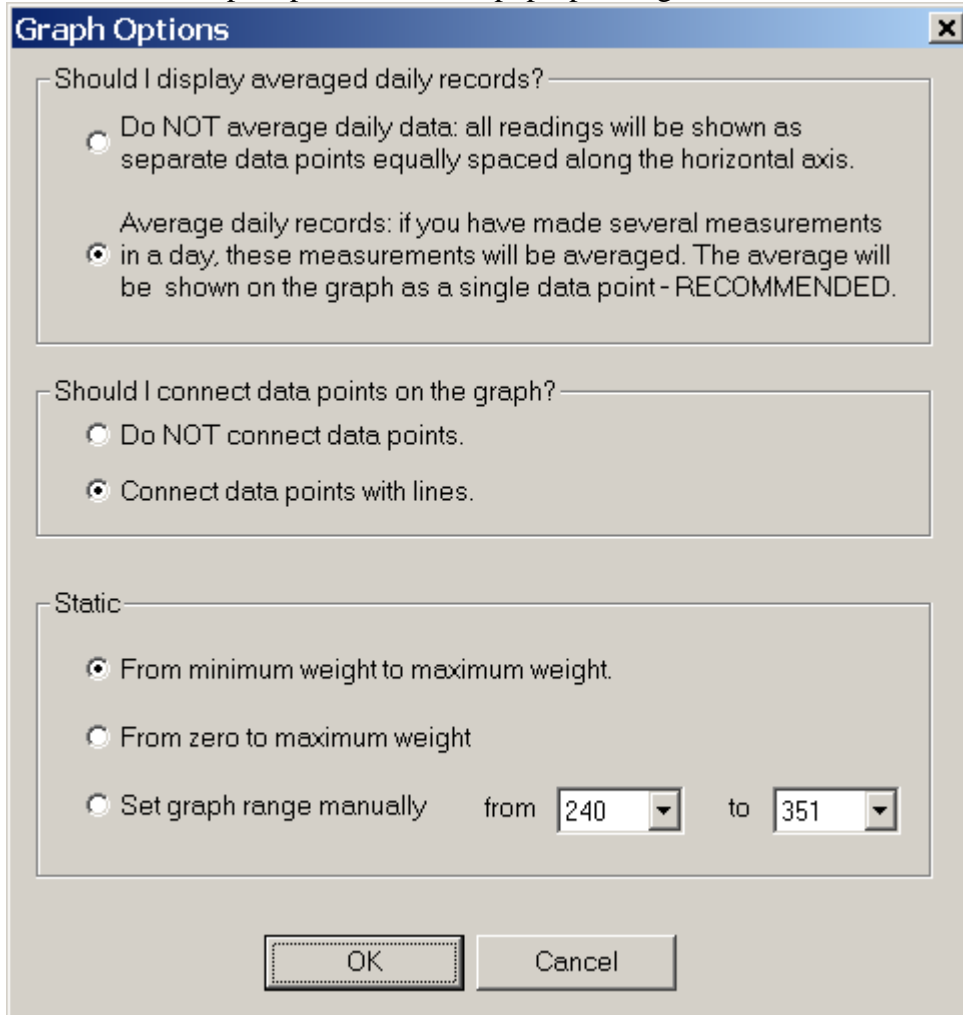
3. Edit the CSV file. To insert previously recorded data, just fill in the data into corresponding cells.



4. Save the CSV file.
5. Click File> Load Data from CSV File..., to load data into the Weight Tracker.

2.3 How to view all data on a graph?

Click View> Graph Options... On the pop-up dialog choose 'Do NOT average daily data'. Click OK.



3. Support

If you have any questions or require any technical assistance, please e-mail us at support@soundtells.com. Normally we are able to respond to your email on the same business day.