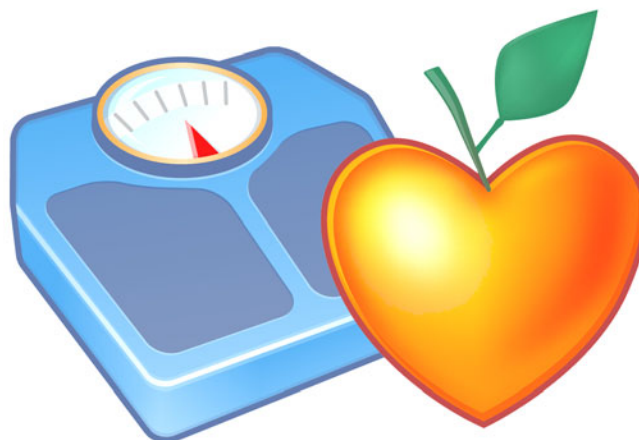


# Weight-By-Date Mobile Getting Started Guide



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## Introduction

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Weight-By-Date Mobile is software for your handheld PDA or phone that tracks your weight, exercises, nutritional intake, and body measurements, all in one place.

Weight-By-Date Mobile makes your diet and fitness program easier to maintain. You'll save time, versus keeping a hand-written journal, and you'll be able to stay on track more easily. You'll be able to spot the foods that are hurting your diet the most and you'll see which foods are helping you stay within your nutritional goals. You'll be able to keep a log of your exercises and workouts, and see if your body is burning more calories than you consume. And most importantly, you'll stay motivated and committed to succeed.



## **System Requirements**

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Weight-By-Date Mobile is compatible with just about every modern Palm OS handheld available. The primary requirements are:

- Palm® Operating System, version 3.5 or greater. Palm OS 3.5 was released in 1999, so if you've purchased your handheld recently, you won't have a problem.
- 2.3 MB of free space on your handheld device. If your device has Palm's new "Non-Volatile File System" (NVFS), such as the Tungsten T5, E2, or Treo 650, you'll need 8.3 MB of free space. Data-heavy applications, such as Weight-By-Date, consume much more space on NVFS devices.

## **Trial Version Limitations**

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The trial version of Weight-By-Date Mobile is fully functional on your device, however it contains the following limitations:

- The trial period is limited to 15 days of use. When this period expires, you will need to purchase Weight-By-Date Mobile if you wish to continue using it. Also, you will not be allowed to enter any new data into the program once the trial period expires.
- The trial version of Weight-By-Date Mobile does not synchronize with Weight-By-Date Pro on the PC (a separate product). The synchronization conduit is only available after purchasing both Weight-By-Date Pro and Weight-By-Date Mobile.

## **Installing Weight-By-Date Mobile**

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### **Installing the Trial Version**

The easiest way to install the trial version of Weight-By-Date Mobile is by double-clicking on the "wbdpalm\_trial.prc" file. This will open the Palm Quick Install tool and add it to your handheld on the next HotSync. Alternatively, you can start the Quick Install tool yourself and click the Add button. Then, select the "wbdpalm\_trial.prc" file.

Please Note: Weight-By-Date Mobile will not run from a memory card (i.e. expansion card). You will need to install it into main memory on your device.

Immediately following the HotSync, your handheld will begin installing the program and data files necessary for Weight-By-Date Mobile. If you do not see this process begin, just tap on the "WBD Install" icon on the main Application launcher screen. This process takes about 1 minute to complete, depending on the speed of your device.

### **Installing Full, Unlimited Version**

To install the full version of Weight-By-Date Mobile after your purchase, double-click on the "wbdpalm\_install.exe" file that you downloaded (the actual file name may vary). This will bring up a series of step-by-step instructions to walk you through the installation and configure the conduit to your PC (if you also purchased Weight-By-Date Pro for Windows).

## Getting Started

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To start Weight-By-Date Mobile, tap on the “WBD Mobile” icon on your handheld’s Application launcher screen. You may have to go the “Unfiled” category if you have just installed the program.

### Introduction to the Main Menu

The Main Menu gives you quick access to each of the Journals in Weight-By-Date. When you select a date on the calendar you can see your weight, daily totals for a selected nutrient, and daily calories burned. Tap the left and right arrows to change months.



### Meals Journal

Tap the Meals Journal button to record what you've eaten each day. The Meals Journal also shows you the daily totals for ten nutrients in your diet.

### Food List

Tap the Food List button to look up nutritional information for any of the 8,500 foods in the program. You can also add your own custom food items to the database.

### Exercise Journal

Tap the Exercise Journal button to record your exercises, activities, and workouts. The Exercise Journal also shows you the total calories burned for each day.

### Exercise List

Tap the Exercise List button to see how many calories are burned for any of the 130 exercises. You can also add your own custom exercises and activities.

### Weight

Tap the Weight button to record your weight on any given day. You can also see real-time statistics based on your weight history, such as your projected target date.

### Measurements

Tap the Measurements button to enter your body measurements for any given day. You can also see your measurements history and calculate your body fat percentage.

### Notes

Tap the Notes button to enter personal notes each day. For example, you might want to record advice that you received from your doctor, dietician, or personal trainer.

## Tracking Your Meals and Nutritional Intake

To go to the Meals Journal, tap the Meals Journal button on the Main Menu. The Meals Journal lists the foods that you've eaten, along with your water intake and daily totals for each nutrient. To change the date for the Journal, you can either use the left and right arrows or tap directly on the date to select a new one.

As you add foods to your Journal, the program automatically counts your calories, carbs, and the other nutrients. By default, daily totals for the first six nutrients are displayed. To see all ten nutrients, tap on the arrow at the bottom of the nutrients shown.



Your water intake (in glasses or cups) is listed at the bottom of the Journal's food list. Tap on the Today's Water Intake entry to increase or decrease the amount of water that you've consumed.

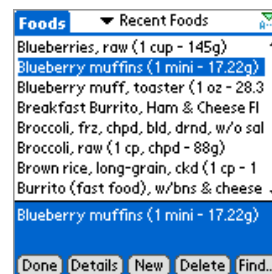
Tap the New button to add a food or meal to the Journal for the selected day. You'll be able to select from the list of 8,500 foods, along with your custom/favorite food items.

Tap the Details button to view/edit a selected food in your Journal. Tap the Delete button to delete a selected Journal entry.

### Adding a New Food to Your Journal

When you tap the New button in your Meals Journal, you can select a food from the list shown. Simply tap on a food item and then tap the OK button.

When you tap on a food item, you can see the complete description for the food, which includes the serving size. This is displayed below the food list.



The foods are listed alphabetically. To quickly advance the list to a particular starting letter, tap the little green arrow at the top-right corner of the screen.

There are three ways to find a food:

1. Looking for it by food group. If you know which food group the food belongs to, you can select the food group from the selection at the top of the screen. Only foods for that group will be displayed.
2. Selecting an item from your Recent Foods list. Weight-By-Date keeps track of the foods that you eat, and you'll find those items in the Recent Foods list. Just select Recent Foods from selection at the top of the screen.
3. Doing a search on all or part of the food name. Tap the Find button to search for a food item by all or part of the food's name. You can search all food groups or just selected groups.

## Viewing and Editing Meal Details

The Meal/Food Details screen is where you record the number of servings (or grams) for a selected food that you've eaten.

If applicable for the food item, you will be able to enter the servings by the number of grams, which is helpful if you weigh your foods.

Note: Not every food has a gram weight (but most do). If a food does not have a gram weight defined for it, then the program will only let you enter a number of servings for that food.

**Meal/Food Details** ▾ Morn. Snk  
Granola bar, soft, uncoated, choc chip  
(1 bar - 42.5g)  
# Srv: 1 Update

<b>Cal:</b> 178 cal	<b>Chol:</b> 0.42 mg
<b>Pro:</b> 3.1 g	<b>Sod:</b> 115.6 mg
<b>Carb:</b> 29.37 g	<b>Fib:</b> 2.04 g
<b>TFat:</b> 7.06 g	<b>CF:</b> 59 cal
<b>SFat:</b> 4.326 g	<b>Sug:</b> 0 g

OK Cancel

After changing the servings or grams tap the Update button to update the totals below. This step is not required, as the program will automatically do this when you tap OK.

If needed, you can also change any of the nutrient values directly. Just tap on a nutrient to do so. This is not recommended, but is available in special cases where you need to override any of the values.

## Tracking Your Exercises and Calories Burned

To go to the Exercise Journal, tap the Exercise Journal button on the Main Menu. The Exercises Journal lists the exercises and activities that you've recorded, along with daily totals for calories burned and number of minutes. To change the date for the Journal, you can either use the left and right arrows or tap directly on the date to select a new one.

**Exercise Journal**  
◀ Thursday, Aug 18, 2005 ▶

Exercise/Activity	Min	Cal
Aerobics	30	274
Swimming	30	205
Swimming	15	55

Totals: 75 534

Done Details New Delete

Tap the New button to add an exercise, activity, or workout to the Journal for the selected day. You'll be able to select from the list of 130 exercises, along with your own custom exercises.

Tap the Details button to view/edit a selected exercise in your Journal. Tap the Delete button to delete a selected Journal entry.

### Adding a New Exercise to Your Journal

When you tap the New button in your Exercise Journal, you can select an exercise from the list shown. Simply tap on an exercise and then tap the OK button.

When you tap on an exercise, you can see the complete description for the exercise, the pace, the minutes, and the calories burned. This is displayed below the food list.

The exercises are listed alphabetically. To quickly advance the list to a particular starting letter, tap the little green arrow at the top-right corner of the screen.

**Exercises** B-2

- Basketball
- Basketball (shooting baskets)
- Bicycling
- Bicycling
- Bicycling
- Bicycling (stationary)
- Bicycling (stationary)
- Billiards

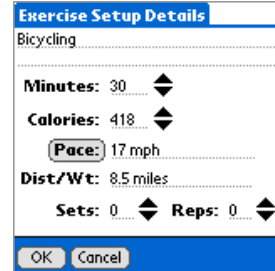
Basketball (shooting baskets) (Casual, 30 min, 157 cal)

Done Details New Delete

## Viewing and Editing Exercise Details

The Exercise Details screen is where you record the number of minutes for the activity, along with the pace and distance (if applicable). When you change the number of minutes, tap the Calculate button to automatically calculate the calories burned.

**IMPORTANT:** The more you weigh, the more calories you will burn for a particular exercise. Weight-By-Date automatically adjusts the calories burned to match your weight for that day. The program can do this, because the exercises in Weight-By-Date are based on a person weighing 150 pounds (68 kg).



Exercise Setup Details	
Bicycling	
Minutes:	30
Calories:	418
Pace:	17 mph
Dist/Wt:	8.5 miles
Sets:	0
Reps:	0
OK Cancel	

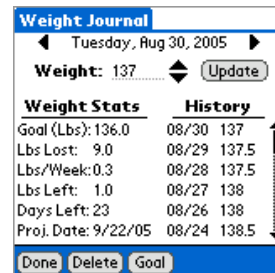
Use the Pace field to record the intensity of the exercise or workout. This is a text field, so you can type whatever you want here. If you are running, for example, you might put your speed here.

If you are lifting weights or a similar workout, you can record the weight lifted in the Dist/Wt field, along with the number of Sets and Repetitions.

## Tracking Your Weight

To go to the Weight Journal, tap the Weight button on the Main Menu. The Weight Journal is where you record your weight and check on your weight loss progress. Weight-By-Date does not require you to record your weight each day, so you can weigh yourself as often as you like.

Simply enter your weight into the field provided. Enter your weight figure only (do not include the unit of measure). Your weight is in terms of Lbs or Kg, depending on the measurement system that you chose in the Profile options.



Weight Journal		
Tuesday, Aug 30, 2005		
Weight: 137		Update
Weight Stats	History	
Goal (Lbs): 136.0	08/30	137
Lbs Lost: 9.0	08/29	137.5
Lbs/Week: 0.3	08/28	137.5
Lbs Left: 1.0	08/27	138
Days Left: 23	08/26	138
Proj. Date: 9/22/05	08/24	138.5
Done Delete Goal		

The Weight Stats are real-time statistics that update when you click the Update button or when you enter the weight screen. The statistics are based on your weight history and become more accurate as you lose weight.

Weight-By-Date will project the days left to reach your goal, along with your projected target date (Proj. Date). These are calculated figures -- not something that you can change.

Tap the Goal button to change your weight loss goal (if you have one). To delete a weight entry, you can tap the Delete button or erase the value in the Weight field.

To change the date for the Journal, you can either use the left and right arrows or tap directly on the date to select a new one.

## Tracking Your Body Measurements

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To go to the Body Measurements Journal, tap the Measurements button on the Main Menu. The Measurements Journal is where you record the measurements for seven key areas of your body. You can record your measurements on a weekly basis, daily basis, or as often as you like.

To change the date for the Journal, you can either use the left and right arrows or tap directly on the date to select a new one. Tap the History button to quickly see how your body measurements have changed over time. Tap the Delete button to delete a set of measurements for the current date.

The screenshot shows the 'Measurements Journal' interface for Wednesday, August 24, 2005. It lists seven body measurements: Chest (35.75), Bicep (11), Waist (29.75), Fore (8.75), Hips (36.5), Thigh (23.5), and Calf (13). Below these is a 'Body Fat %' field with the value 25.89 and a 'Calculate' button. At the bottom, it states 'All measurements are in inches' and has 'Done', 'History...', and 'Delete' buttons.

The measurement values are in terms of inches or centimeters, depending on the measurement system that you selected in the Profile options. Weight-By-Date can calculate your body fat for you (when you tap the Calculate button) or you can enter the value yourself if you have taken your own body fat measurement.

Note: The Body fat calculation needs your weight, waist measurement, and gender (male/female). For this reason, be sure that you have selected the correct gender in the Profile options.

## Recording Your Daily Notes

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To go to the Notes Journal, tap the Notes button on the Main Menu. The Notes Journal is where you can enter personal notes each day. For example, you might want to record advice that you received from your doctor, dietician, or personal trainer. Or you might want to keep track of additional information on a daily basis, such as your blood pressure.

The Notes Journal is similar to the Memos application in the Palm OS. You can enter as much information as you need for a given note, but you can only have one note per day.

The screenshot shows the 'Notes Journal' interface for Monday, August 22, 2005. It contains a text entry: 'Another busy day. Didn't get a chance to go to the gym again. But... aerobics class is Wednesday.' Below the text are several horizontal lines for additional input. At the bottom, there are 'Done', 'History...', and 'Delete' buttons.

To change the date for the Journal, you can either use the left and right arrows or tap directly on the date to select a new one. Tap the History button to quickly see your previous notes. Tap the Delete button to delete the notes that you have entered for the current date.

## Preferences and Profile Options

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There are several options available that change the behavior of the program on your device. To access these options from the Main Menu, tap on the top of the screen (where it says "Weight-By-Date") or tap on the Menu button on your device, which is commonly located on the graffiti writing area.

### Options → Preferences

**Nutrient for the Calendar:** This setting changes the nutrient that is shown at the right of the calendar on the Main Menu. You can select any one of your ten nutrients and the daily totals will appear next to the calendar.

**Default Food Group:** This setting defines which food group comes up by default when you are adding a new food to your Journal, such as Recent Foods.

**Enter Servings in Grams:** If you normally weigh your food, you will probably want to select this option. When checked, your Meals Journal will default to Grams instead of servings for new journal entries. Not every food has a gram weight (but most do). If a food does not have a gram weight defined for it, then the program will only let you enter a number of servings for that food.



### Options → Edit Profile

**Measurement System:** This selection determines how you enter your weight and body measurements. The "US/Imperial" option sets your weight in pounds and your measurements in inches. The "Metric" option sets your weight to be in kilograms and your body measurements in centimeters.

**Weight Goal:** This is your weight loss goal (if you have one). This figure is used in the Weight Stats area of the Weight Journal.

**Gender:** Select your gender here (Male or Female). This is used primarily for the Body Fat calculation in the Measurements Journal, as those calculations are different depending on your gender.



## Frequently Asked Questions

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### Will Weight-By-Date Mobile run on my PDA/Phone?

Weight-By-Date Mobile is compatible with just about every modern Palm OS handheld available. The biggest requirement is the version of Palm OS on the device -- it needs to be Palm OS 3.5 or greater. Since Palm OS 3.5 was released in 1999, there aren't many incompatible Palm devices in use today.

### **How much memory do I need?**

For most Palm OS handhelds, you'll need 2.3 MB of free space. Some newer Palm devices, such as the Tungsten T5, E2, and Treo 650, have Palm's new "Non-Volatile File System" (NVFS). For these devices you'll need 8.3 MB of free space, as data-heavy applications consume much more space on NVFS devices.

### **Can I run Weight-By-Date Mobile from a storage card?**

No, Weight-By-Date Mobile will only run from main memory on Palm OS devices.

### **Is this software easy to use?**

It is extremely easy to use. Weight-By-Date Mobile is intuitive -- it was designed to work the way other programs on your handheld work. You may have noticed that programs on Palm devices work differently than programs on Pocket PC devices. For this reason, there are separate Palm and Pocket PC versions of Weight-By-Date Mobile. So there will be very little learning curve and you will be up and running quickly.

### **Is there a desktop PC version of Weight-By-Date?**

There certainly is, and it's our most popular product. It's called Weight-By-Date Pro and it adds a whole new dimension to Weight-By-Date -- flexibility. You can tailor the program to fit the needs of your diet by selecting the nutrients that you want to track and you can define daily limits (or targets) for each nutrient. These same nutrients are sent to your PDA (if you also have Weight-By-Date Mobile).

With Weight-By-Date Pro you can also:

- Spot problems with your diet more quickly
- Create and manage recipes
- Plan ahead by scheduling your meals in advance
- View and print colorful progress charts
- Print and export your journal data
- Track the progress for your entire family from the same PC

And above all, Weight-By-Date Pro is fully integrated with Weight-By-Date Mobile for the most complete PC/PDA combination available in diet and fitness software.

[Click here to learn more about Weight-By-Date Pro.](#)

### **Does Weight-By-Date Mobile synchronize with my PC?**

Yes, if you also have Weight-By-Date Pro (see above question). Synchronization is quick and easy.

### **Is there a discount if I buy the Mobile version and PC version together?**

Absolutely. When you order directly from our site, we offer the "Weight-By-Date Pro/Mobile Combo" and it saves you \$5.00 for the download versions or \$10 for the CD-ROM versions. You can order the Weight-By-Date Pro/Mobile Combo [here](#).

Similar discounts are available from many of our resellers.

### **Does Weight-By-Date Mobile come with a database of foods and nutritional values?**

Weight-By-Date Mobile contains a database of over 8,500 foods, based largely on research from the USDA. Each food contains data for the 10 nutrients that you are tracking.

### **What nutrients can I track for each food?**

You can track ten nutrients: Calories, Calories from Fat, Carbs, Cholesterol, Fiber, Protein, Saturated Fat, Sodium, Sugar, and Total Fat.

If you also have Weight-By-Date Pro on your PC, you can select different nutrients that are specific to your diet. Those nutrient selections will then be sent to your handheld.

### **Does Weight-By-Date Mobile come with a database of exercises?**

Yes. We have included about 130 commonly used exercises in Weight-By-Date Mobile. It's easy to add your own exercises as well.

### **Can I add my own foods and exercises?**

Yes! Weight-By-Date Mobile gives you a way to add your own foods and exercises for use in the journal. There is no limit to the number of foods and exercises that you can add. So, if you have the food label for a particular food that is not already in the list, just add it to the database. Likewise, if you know the calories burned for an exercise or workout that is not in the list, it's easy to add that as well.

### **Does Weight-By-Date Mobile track calories burned through exercise?**

Yes, and it does it more accurately than you might think. For a given exercise, a person that weighs 200 pounds will burn more calories than a person that weighs 120 pounds. Weight-By-Date Mobile smartly accounts for this. For each exercise, Weight-By-Date Mobile adjusts the calories burned to the correct number for your current weight.

### **I like to lift weights and work on certain areas of my body. Can I track this workout information as well?**

Absolutely. The exercise journal is in a format that allows you to log several aspects of each type of activity. For workouts, you'll have individual fields for recording the number of sets and repetitions, along with the amount of weight lifted.

### **Can I keep track of the nutritional supplements that I'm taking?**

Yes -- these are treated as foods that you log into your meals journal. The pre-loaded foods database doesn't come with many supplements, but you can add them to the database yourself very easily.

### **Can I keep track of my water intake?**

Yes. You'll have a special area in your meals journal where you can enter the number of glasses that you drank each day.

### **Will Weight-By-Date Mobile allow me to use metric units of measure?**

Yes. Weight-By-Date Mobile supports both the US/Imperial and Metric measurement systems. With support for the metric system, you can record your weight in kilograms and body measurements in centimeters.

### **Does Weight-By-Date Mobile come with a money-back guarantee?**

Weight-By-Date Mobile comes with a 30-day, money-back guarantee. If you purchase the software and decide you don't like it, just contact us within 30 days for a full refund. Click here to find out more about our guarantee policy.

## **Where to Go for Help**

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If you have a technical problem with your version of Weight-By-Date Mobile, please check the Weight-By-Date Palm Support Page at: <http://www.weightbydate.com/palm>

If the information on our support page does not address your problem, you can contact Quite Healthy Technologies by:

- E-Mail at: [support@quitehealthy.com](mailto:support@quitehealthy.com)
- Web Site at: <http://www.weightbydate.com/contact.htm>
- Phone, by calling: (919) 303-3455 M-F 9AM-6PM EST