

Weight-By-Date Mobile Getting Started Guide



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Introduction

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

Weight-By-Date Mobile is compatible with just about every modern Pocket PC device available. It is not, however, compatible with the SmartPhone® brand of devices, as they run a modified version of the Pocket PC operating system. The primary requirements are:

- Pocket PC 2000, 2002, 2003, or 2003 Second Edition. Pocket PC 2003 is also referred to as Windows Mobile 2003.
- You will need to have approximately 5 MB of storage memory and 5 MB of program memory available. Although you can install the software to an external storage card, it is recommended that you avoid doing so if possible. Performance in general is much slower when installed on a memory card.

Trial Version Limitations

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 capability is only available after purchasing both Weight-By-Date Pro and Weight-By-Date Mobile.

Installing Weight-By-Date Mobile

Installing the Trial Version

The easiest way to install the trial version of Weight-By-Date Mobile is by double-clicking on the “wbdppc_trial.exe” file. This will trigger ActiveSync to install the software to your device.

Please Note: Although you can install the software to an external storage card, it is recommended that you avoid doing so if possible. Performance in general (and synchronization) is much slower when installed on a memory card.

Installing Full, Unlimited Version

To install the full version of Weight-By-Date Mobile after your purchase, double-click on the “wbdppc_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 synchronization with your PC (if you also purchased Weight-By-Date Pro for Windows).

For detailed installation instructions regarding the full edition of Weight-By-Date Mobile, please visit our Pocket PC support page online at: <http://www.weightbydate.com/pocketpc>

Getting Started

To start Weight-By-Date Mobile on your device, tap Start, tap Programs, and then tap on the “Weight By Date” icon.

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 on the down arrow to the right of 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. You'll see these nutrient totals at the bottom of the Meals screen.

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

Tap **New** 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 **Delete** to delete a selected Journal entry.

Adding a New Food to Your Journal

When you tap **New** 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.

The foods are listed alphabetically. To quickly advance the list to a particular starting letter, tap on the "A-Z..." selection at the bottom-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.

Meals Journal		04/20/05
1	Breakfast Burrito, Ham & Cheese	
1	Coffee, brewed from grounds, prep	
1	Crisped rice bar, chocolate chip (1	
1	Granola bar, soft, uncoated,	
1	Tomato soup, canned, condensed (1	
1	Crackers, saltines/oyster/soda/soup	
1	Strawberries, frozen, sweetened,	
1	Pears, canned, juice pack (1 cup -	

Details		Water: 3 cups	All Meals
Cal:	1789 cal	Pro:	44.17 g
CF:	481 cal	SFat:	15.845 g
Carb:	300.33 g	Sod:	3535.82 mg
Chol:	247.78 mg	Sug:	96.818 g
Fib:	15.967 g	TFat:	54.99 g

Main Menu | New Delete

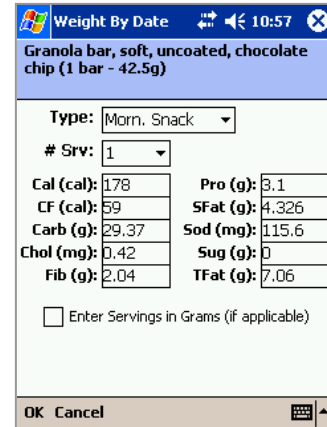
Viewing and Editing Meal Details

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.

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



The screenshot shows the 'Weight By Date' app interface. The title bar includes the app name, signal strength, and the time 10:57. The main content area displays the following information:

- Food: Granola bar, soft, uncoated, chocolate chip (1 bar - 42.5g)
- Type: Morn. Snack (dropdown menu)
- # Srv: 1 (dropdown menu)
- Cal (cal): 178
- CF (cal): 59
- Carb (g): 29.37
- Chol (mg): 0.42
- Fib (g): 2.04
- Pro (g): 3.1
- SFat (g): 4.326
- Sod (mg): 115.6
- Sug (g): 0
- TFat (g): 7.06

At the bottom, there is a checkbox labeled 'Enter Servings in Grams (if applicable)' which is currently unchecked. The bottom navigation bar contains 'OK' and 'Cancel' buttons.

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 on the down arrow to the right of the date to select a new one.

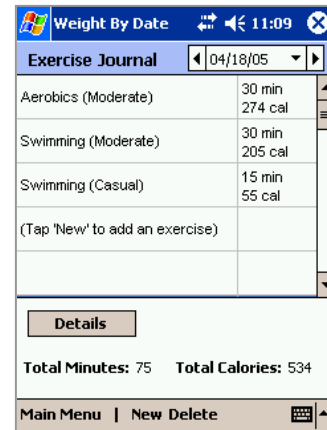
Tap **New** to add an exercise, activity, or workout to the Journal for the selected day. You'll be able to select from the list of 130 exercises, along with your own custom exercises.

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

Adding a New Exercise to Your Journal

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

The exercises are listed alphabetically. To quickly advance the list to a particular starting letter, tap on the "A-Z..." selection at the bottom-right corner of the screen.



The screenshot shows the 'Exercise Journal' app interface. The title bar includes the app name, signal strength, and the time 11:09. The main content area displays the following information:

- Date: 04/18/05 (with left and right arrows)
- Exercise List:
 - Aerobics (Moderate): 30 min, 274 cal
 - Swimming (Moderate): 30 min, 205 cal
 - Swimming (Casual): 15 min, 55 cal
 - (Tap 'New' to add an exercise)
- Details button
- Total Minutes: 75
- Total Calories: 534
- Main Menu | New Delete (bottom navigation bar)

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).

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 choose in the program Options (from the main menu).

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 History	
04/30/05	137
04/29/05	137.5
04/28/05	137.5
04/27/05	138
04/26/05	138
04/25/05	138

Weight Loss Statistics			
Goal (Lbs):	120	Lbs Left:	17
Lbs Lost:	9	Days Left:	54
Lbs/Week:	2.2	Proj. Date:	06/23/05

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 **Goal** to change your weight loss goal (if you have one). To delete a weight entry, you can tap **Delete** 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 on the down arrow to the right of the date to select a new one

Tracking Your Body Measurements

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 on the down arrow to the right of the date to select a new one. Tap **Delete** to delete a set of measurements for the current date.

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.

Body Measurements History			
04/24/05	Ch: 35.75	B: 11.00	Ca: 13.00
	W: 29.75	F: 8.75	BF: 25.89
	H: 36.50	T: 23.50	
04/18/05	Ch: 35.75	B: 11.00	Ca: 13.00
	W: 30.25	F: 9.00	BF: 27.40
	H: 36.50	T: 24.00	

Recording Your Daily Notes

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. You can enter as much information as you need for a given note, but you can only have one note per day.

To change the date for the Journal, you can either use the left and right arrows or tap on the down arrow to the right of the date to select a new one. Tap **Delete** to delete the notes that you have entered for the current date.

Options and Color Schemes

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 options menu at the bottom of the screen.

Options → Options

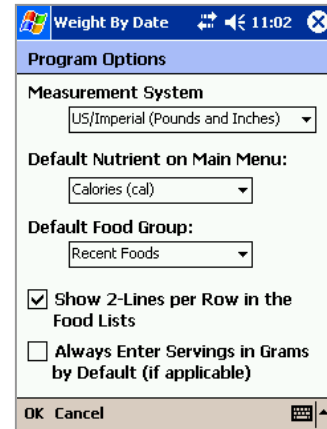
Measurement System: This selection determines how you enter your weight and body measurements. The "US/Imperial" option sets your weight in pounds and your measurements in inches. The "Metric" option sets your weight to be in kilograms and your body measurements in centimeters.

Default Nutrient on the Main Menu: This setting changes the nutrient that is shown below the calendar on the Main Menu. You can select any one of your ten nutrients and the daily totals will appear below 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.

Show 2-Lines per Row in the Food Lists: This option allows you to see most (if not all) of the food description when selecting from the list of foods. The food's description is wrapped to two lines of text in the list. By turning this option off, you will see only one line of the food description, but you will be able to see more foods at a time on the screen.

Always Enter Servings in Grams by Default: 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 → Color Scheme

This menu allows you to select from ten different color schemes. These are two-color schemes that will change the dominant colors in the main menu and the other screens of the program.



Frequently Asked Questions

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

Weight-By-Date Mobile is compatible with just about every modern Pocket PC handheld available. It will also run on any Pocket PC phone that is running Pocket PC "Phone Edition". Weight-By-Date Mobile will not work on Pocket PC phones branded as SmartPhone® devices, however.

How much memory do I need?

You will need to have approximately 5 MB of storage memory and 5 MB of program memory available. You can adjust the memory settings on your device by tapping Start -> Settings -> the System tab -> Memory.

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

Although you can install the software to an external storage card, it is recommended that you avoid doing so if possible. Performance in general is much slower when installed on a memory card.

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 Pocket PC devices work differently than programs on Palm 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

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

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
- Web Site at: <http://www.weightbydate.com/contact.htm>
- Phone, by calling: (919) 303-3455 M-F 9AM-6PM EST