



PalmBFL 4.0c

A True Companion of Body-for-LIFE

INTRODUCTION	3
SYSTEM REQUIREMENTS	3
INSTALLATION.....	3
Palm Side.....	3
USING PALM SIDE.....	4
Common Controls.....	4
Starting Application	5
Planning Activities	7
Upper Body Workout	8
Aerobics Workout.....	10
Lower Body Workout	11
Planning Meal	12
Planning Supplement.....	13
Performing Activities	15
Upper Body Workout	16
Aerobics Workout.....	17
Lower Body Workout	18
Start Exercise.....	19
Actual Meal	21
Actual Supplement.....	22
Tracking Progress	24
Measurement Form	24
Measurement Details Form.....	25
Graph Form	26
Customize	26
Adding Exercise	27
Adding Weight.....	28
Adding Meal	28
Adding Supplement.....	30
Adding Users and Goals.....	32
Setting Preferences	32
TIPS.....	34
Palm Side Tips	34
SUPPORT.....	36
Frequently Asked Questions.....	36
Technical Support	36
DISCLAIMER	37

Introduction

PalmBFL is software, which will help you manage the activities such as exercises and meals if you are following or planning Body-for-LIFE program. It has 2 components, the handheld application and desktop application. Body-for-LIFE program is a 12-week program to improve your mental and physical strength. The major steps in which the program helps you to achieve the strength are setting goals, doing strength training and aerobics, taking meals at regular intervals, and tracking progress. For more details about the program, Please refer to Body-for-LIFE book. You can purchase it online from link on our website <http://www.palmbfl.com>

This guide is addressed to the individual who is following Body-for-LIFE program or is planning to do so. It provides complete instructions for using PalmBFL software. It is assumed that reader is familiar with the basic features and operations of the Palm device, Graffiti as well as Microsoft® Windows® operating system, and using mouse.

System Requirements

Handheld devices running PalmBFL must meet the following specifications and requirements.

- Palm Operating System must be 3.5 or later
- Available memory for application must be at least 256KB
- Available memory per user must be at least 25KB

Installation

PalmBFL Provides automated setup, which takes care of all your installation needs of PalmBFL on Palm and Desktop. In order to install PalmBFL on your palm, you must have already downloaded the PalmBFL software from our partner Web site (<http://www.palmgear.com> or <http://www.handango.com>) to your hard disk drive.

Palm Side

Follow the next steps to install PalmBFL on your Palm.

1. Just run the setup given. Follows the steps.
2. Make sure that hotsync manager is running. You can verify this by looking at bottom right corner on the status bar. If you can see  there that means hotsync is running, otherwise click on **Start > Programs > Palm Desktop** and then select **HotSync Manager**.
3. Put your Palm handheld device in HotSync cradle.
4. Press the hotsync button of the cradle; this will install the PalmBFL Palm application on your Palm device.

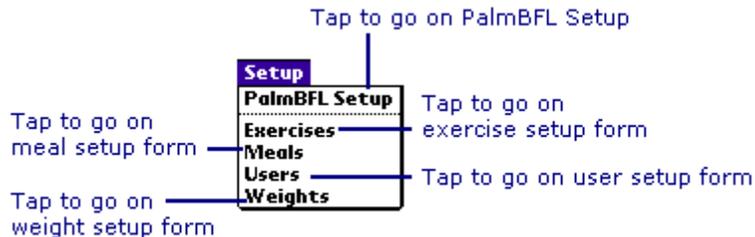
Palm Side

This section contains detailed instructions for managing various tasks for Body-for-LIFE program using PalmBFL on Palm handheld device. You can just roll on to specific topic of your need or just follow the documentation from top to bottom.

Common Controls

PalmBFL provides some operations, which are common in almost all screens, for example  button. Tap on this button and you will be on PalmBFL Home. Following images display some of the common button and menu controls available in PalmBFL.

	Return to the parent form.
	Go to Setup form.
	Leads to Note form where you can take notes on respective exercise, meals.
	Undo changes.
	Return to "PalmBFL Home".



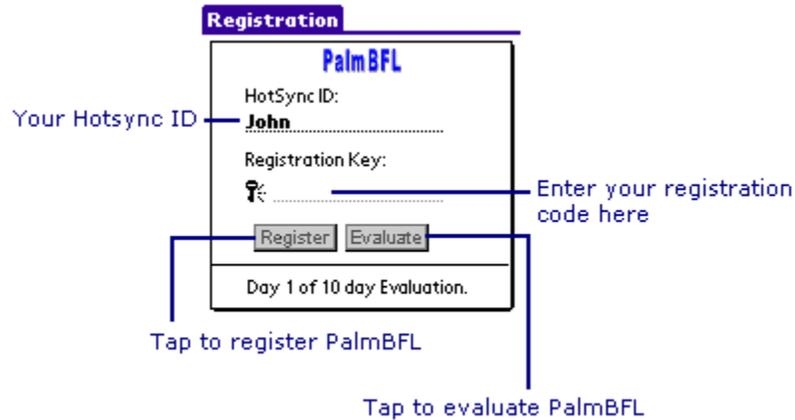


Starting Application

To start PalmBFL, tap the PalmBFL icon on Palm screen. This tap will lead you to either the goal or PalmBFL Home screen.

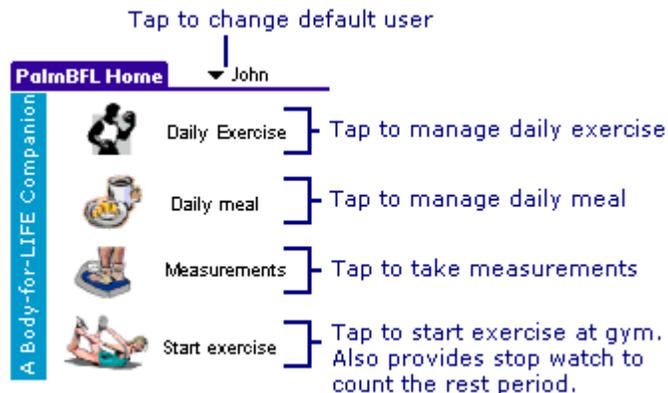


- If you are using PalmBFL for the first time, registration window appears where you can enter valid registration code or evaluate for specific amount of time.



- If you are using PalmBFL for the first time or set the preferences, Goal window appears which displays default goal. After few seconds or tapping on Continue button, leads to the PalmBFL Home. It is an editable form. You can use it to set your goal.
- You can register any time by selecting Registration from Options menu, after tapping on the Menu button on Palm silk-screen while you are on PalmBFL.

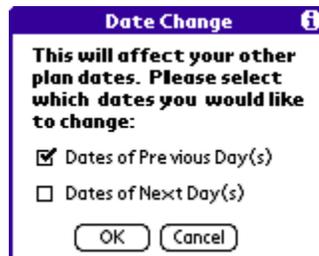
The screen, which appears after you start PalmBFL, is "PalmBFL Home". This screen provides central point from where you can go to different screens to manage your Body-for-LIFE program.



Planning Activities

Body-for-LIFE daily activities include planning and performing upper body or lower body or aerobic exercises. Meal and supplement intakes must also be very well planned and performed accordingly. PalmBFL Daily exercise has Plan Forwarding capabilities. For example, suppose you have created plan for day 1, which is for upper body. Now when you go for day 5, which is for upper body, then PalmBFL creates default plan for that similar to the plan of day 1. You do not have to enter the same values again. Plan forwarding capability is also present in Daily meal activity.

Exercise activity does have one more feature while you are preparing plans. It adjusts date according to days. For example, if day 1 has date Mar 25, 2002. Now If you select day 3 then date field changes automatically to Mar 27, 2002. Plan form of daily exercises also provides one more important date adjustment facility. Suppose you created exercise plan for day 1 on date Mar 25, 2002, day 2 on date Mar 26, 2002. Now you decided to plan day 3 on date Mar 25, 2002 that is already assigned to day 1. Simply change date of day 3 to Mar 25, 2002 and PalmBFL will prompt you to adjust dates of previous days automatically.



- **Auto Date adjustment function is only present with daily exercise activity planning.**



Daily Exercise

When you tap on  button on "PalmBFL Home" screen, you will see 84-Day Exercise calendar from where you can jump on specific day for upper body, lower body or aerobics.

Tap for previous day Tap for next day

◀ Month 1 of 3 ▶ John — Current user

Tap on any button will lead you to the respective form.

'U' for Upper body
'A' for Aerobics
'L' for Lower body

Numeric value represents day.

Selected button represents your current day.

Dotted black button represents worked-out day.

1-U	8-L	15-U	22-L
2-A	9-A	16-A	23-A
3-L	10-U	17-L	24-U
4-A	11-A	18-A	25-A
5-U	12-L	19-U	26-L
6-A	13-A	20-A	27-A
F	R	E	E

Setup 🏠

These button represents free days. Tapping on them won't lead you to anywhere.

Highlighted box shows your activity for today. Grayed boxes represent that you had performed those activities. Tapping on **1-U** button will lead you to the first day that is upper body exercise day. Tapping on **2-A** button will lead you to day two, which is aerobics exercise day. Tapping on **3-L** button will lead you to day three, which is lower body exercise day.

Tapping on those buttons first asks whether you want to perform Plan or Actual.

What do you want to do?

Plan

Actual

Cancel

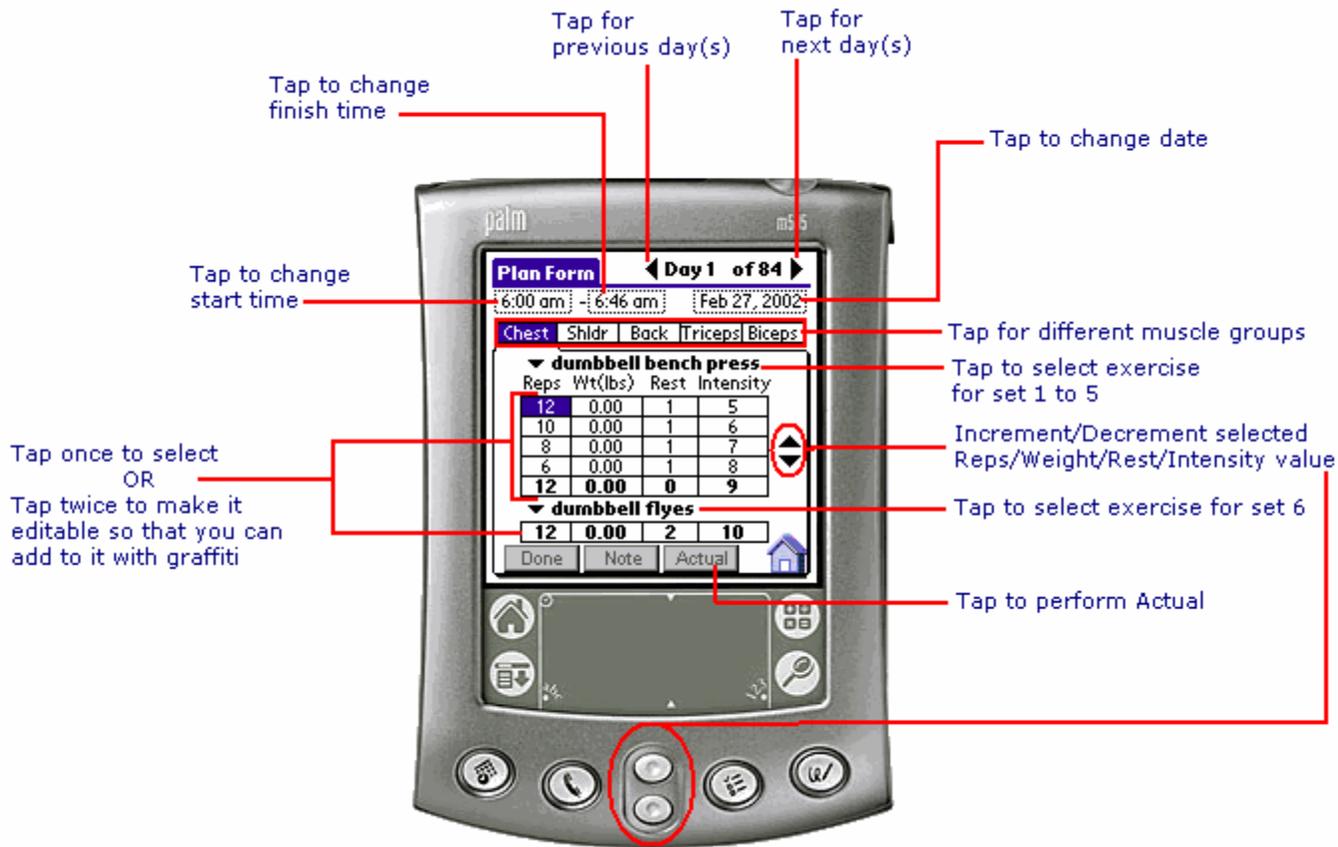
Tap to jump on "Plan form" of exercise

Tap to jump on "Actual form" of exercise

Tap to return to previous form

Upper Body Workout

Tap on **1-U** button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on Plan button and you will see the following upper body exercise screen:



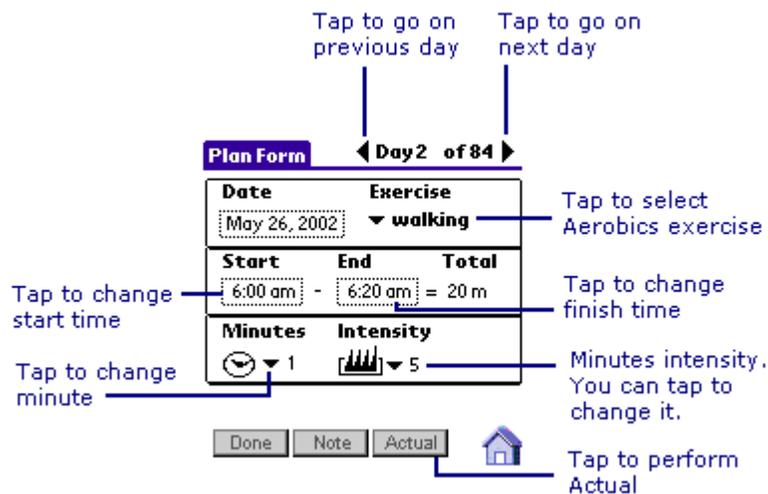
Perform following steps to create Plan:

1. Make sure the day and date is correct.
2. Select start and end time.
3. Select the muscle group by tapping on to Chest, Shldr, Back, Triceps or Biceps tabs for Chest, Shoulders, Back, Triceps and Biceps, respectively.
4. Select the first exercise by tapping on the exercise name, for example dumbbell flies. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
5. You can enter your exercise routine by tapping on Reps, Wt (lbs), Rest and Intensity boxes. You can enter values two ways: Tap twice on the appropriate box and use graffiti or keyboard to enter the value; or tap once, the value in the box is selected and tap on the increment/decrement buttons on the screen. You can also use Palm device's increment/decrement hard buttons to increment or decrement the selected value.
6. Select the second exercise for that particular muscle group, as described in step 3 above.
7. Select another muscle group by tapping on to Chest, Shldr, Back, Triceps or Biceps tabs.

8. Repeat steps 3 to 7 until you plan exercise for all the muscle groups for Upper Body.
9. Tap on  button to add any comments or reminders you have.
10. Tap on  button to finish planning upper body workout.

Aerobics Workout

Tap on  button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on Plan button and you will see the following aerobics exercise screen:

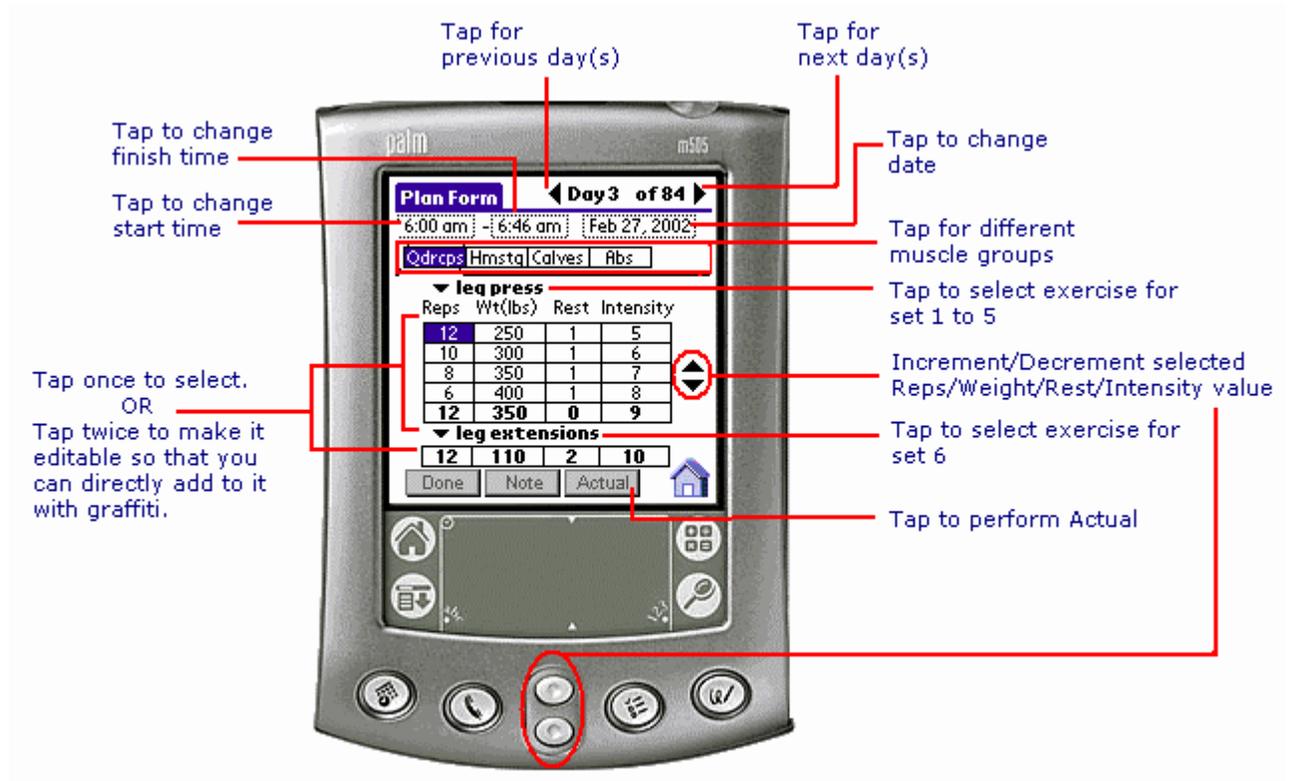


Perform following steps to create Plan:

1. Make sure the day and date is correct.
2. Select start and end time.
3. Select the exercise by tapping on the exercise name, for example walking. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
4. Set the intensity for the minute by first selecting the minute and then selecting the intensity value.
5. Repeat step 4 till you finish planning the intensity for every minute of Aerobics plan.
6. Tap on  button to add any comments or reminders you may have.
7. Tap on  button to finish planning the Aerobics workout.

Lower Body Workout

Tap on **3-L** button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on Plan button and you will see the following lower body exercise screen:



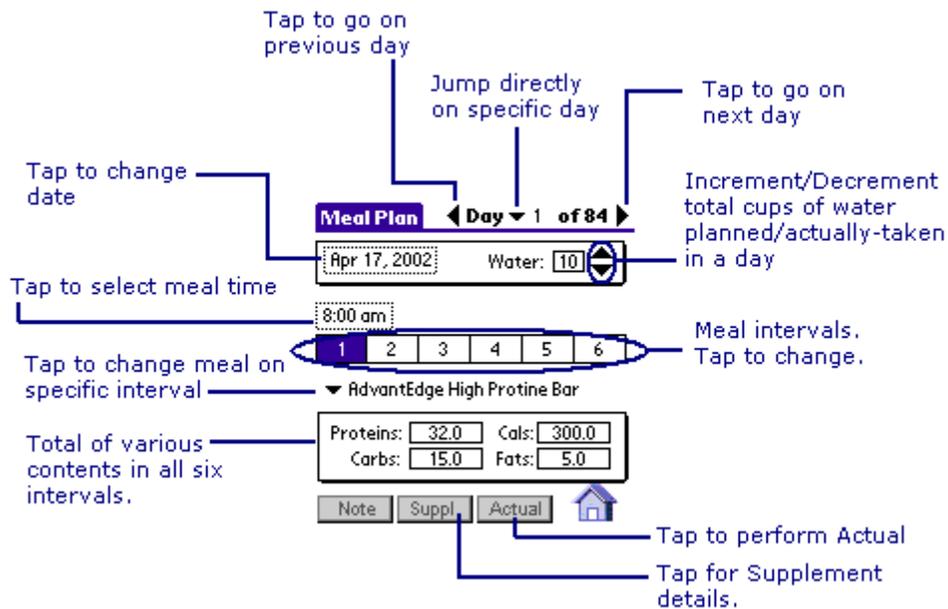
Perform following steps to create Plan:

1. Make sure the day and date is correct.
2. Select start and end time.
3. Select the muscle group by tapping on to Qdrcps, Hmstg, Calves or Abs tabs for Quadriceps, Hamstrings, Calves and Abdomen, respectively.
4. Select the first exercise by tapping on the exercise name, for example leg press. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
5. You can enter your exercise routine by tapping on Reps, Wt (lbs.), Rest and Intensity boxes. You can enter values two ways: Tap twice on the appropriate box and use graffiti or keyboard to enter the value; or tap once, the value in the box is selected and tap on the increment/decrement buttons on the screen. You can also use Palm device's increment/decrement hard buttons to increment or decrement the selected value.

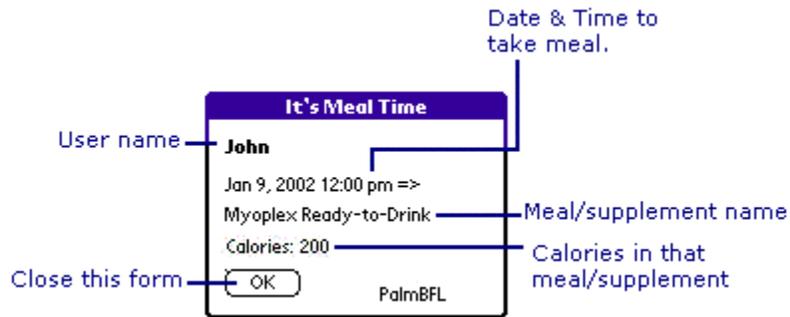
6. Select the second exercise for that particular muscle group, as described in step 3 above.
7. Select another muscle group by tapping on to Qdrcps, Hmstg, Calves or Abs tabs.
8. Repeat steps 3 to 7 until you plan exercise for all the muscle groups for Upper Body.
9. Tap on **Note** button to add any comments or reminders you may have.
10. Tap on **Done** button to finish planning the lower body workout.

Planning Meal

Tap on  **Daily meal** button on "PalmBFL Home" screen. After tapping on that button, it asks to perform Plan or Actual. Tap on Plan button and you will see following screen:



Meal & Supplement planning is supported with alarming facility. You get alarms on the time you set the meal intervals. Meal Alarm screen has information like User name, date and time and Meal to take. Sample of meal alarm screen is shown below:

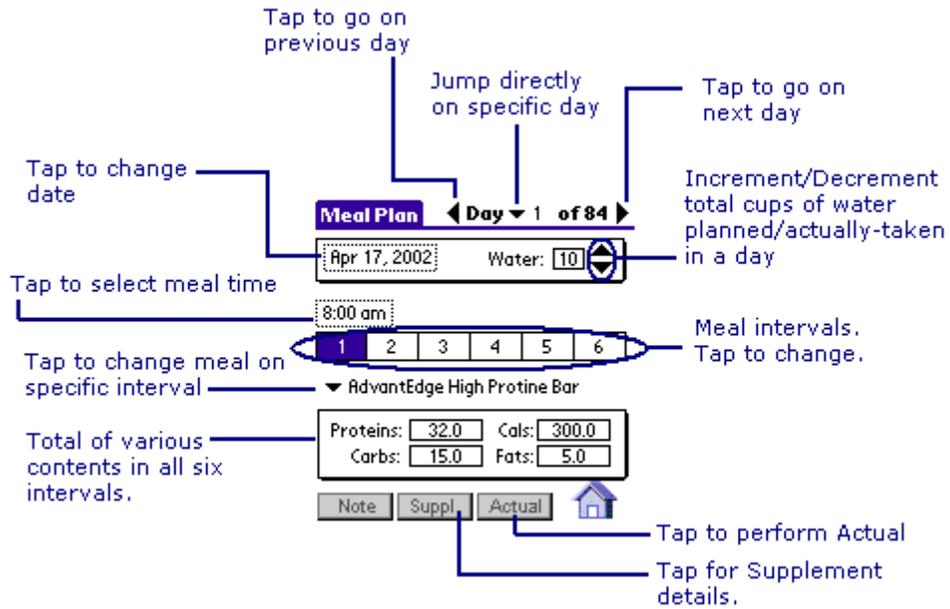


Perform following steps to create Plan:

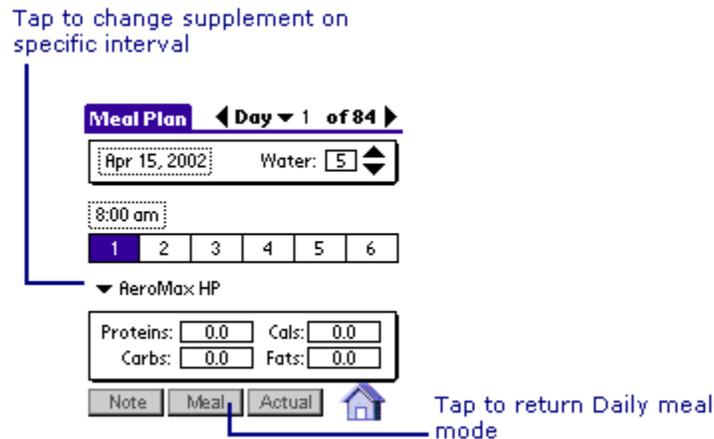
1. Select the meal from 1 to 6. Tap on the time, for example 8:00AM, to set time for that meal. This will set the alarm for the meal at the time.
2. Tap on meal popup to bring up drop-down list. Select the meal from the drop-down lists for example AdvantEdge High Protein Bar. If the meal you want to eat is not there in that list, you can select **Other...** from that list to add a new meal and its nutritional values.
3. Repeat steps 1 and 2 until you plan all your meals.
4. Tap on  button to add any comments or reminders you may have.
5. Tap on  button to finish meals planning.

Planning Supplement

Tap on  **Daily meal** button on "PalmBFL Home" screen. After tapping on that button, it asks to perform Plan or Actual. Tap on Plan button and you will see following screen:



Tap on **Suppl.** button at the bottom of the screen. After tap, you will see similar screen for supplement as follows:



Meal & Supplement planning is supported with alarming facility. You get alarms on the time you set the supplement intervals. Meal Alarm screen has information like User name, Date and time and Supplement to take.

Perform following steps to create Plan:

1. Select the supplement from 1 to 6. Tap on the time, for example 8:00AM, to set time for that supplement. This will set the alarm for the supplement at the time.
2. Tap on supplement popup to bring up drop-down list. Select the supplement from the drop-down list, for example AeroMax HP. If the supplement you want is not there in that list, you can select **Other...** from that list to add a new supplement and its nutritional values.
3. Repeat steps 1 and 2 until you plan all your supplements.
4. Tap on  button to add any comments or reminders you may have.
5. Tap on  button to finish supplements planning.

Performing Activities

You had created plans for your Body-for-LIFE activities. Now its time to record the actual you performed. This section describes how to record actual values for different Body-for-LIFE activities like - daily exercise, daily meal in takes.

When you tap on  **Daily Exercise** button on "PalmBFL Home" screen, you will see 84-Day Exercise calendar from where you can jump on specific day for upper body, lower body or aerobics.

Tap for previous day Tap for next day

◀ **Month 1 of 3** ▶ John — Current user

Tap on any button will lead you to the respective form.

'U' for Upper body
'A' for Aerobics
'L' for Lower body

Numeric value represents day.

Selected button represents your current day.

Dotted black button represents worked-out day.

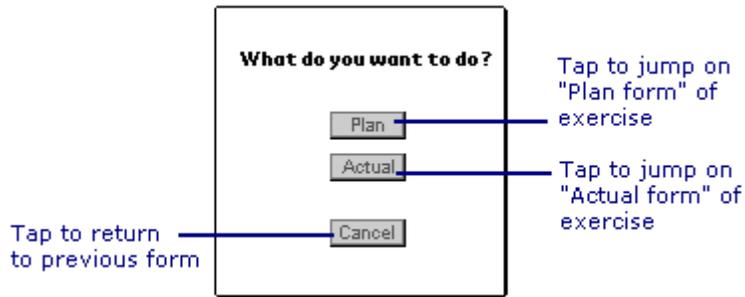
1-U	8-L	15-U	22-L
2-A	9-A	16-A	23-A
3-L	10-U	17-L	24-U
4-A	11-A	18-A	25-A
5-U	12-L	19-U	26-L
6-A	13-A	20-A	27-A
F	R	E	E

These button represents free days. Tapping on them won't lead you to anywhere.

Setup 

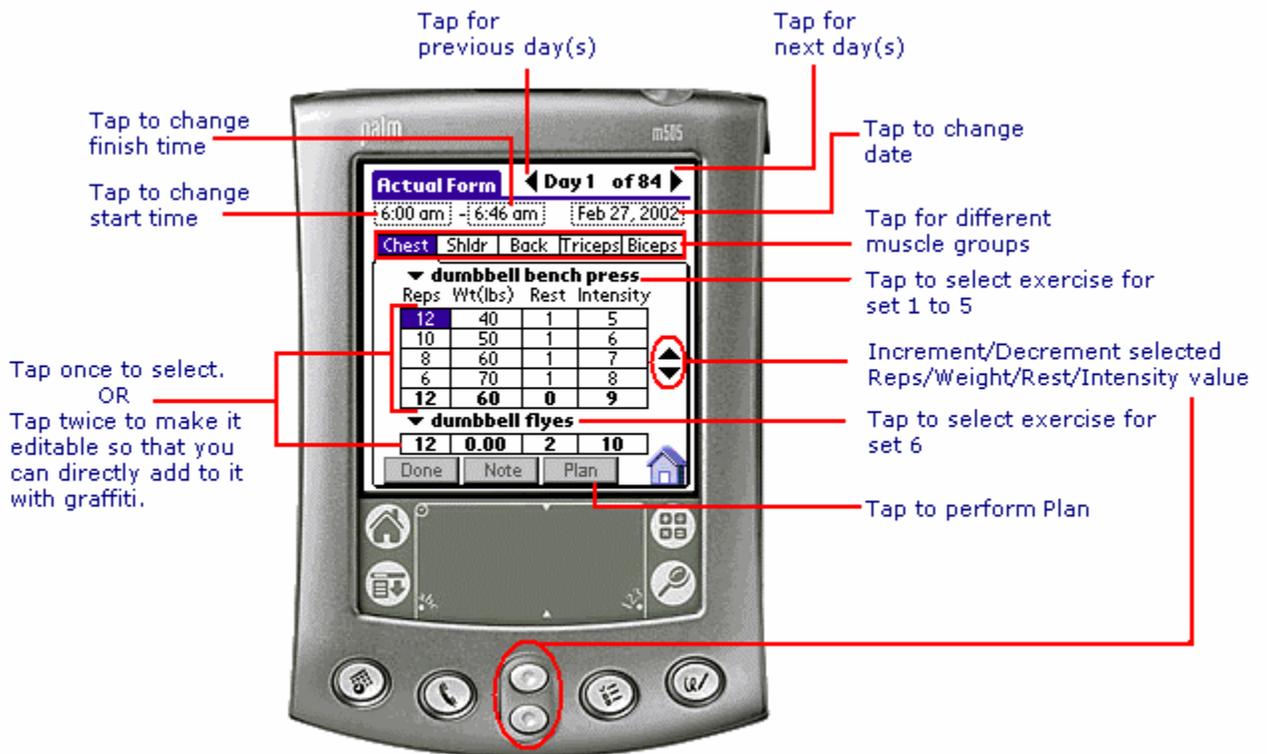
Highlighted box shows your activity for today. Grayed boxes represent that you had performed those activities. Tapping on  button will lead you to the first day, which is upper body exercise day. Tapping on  button will lead you to day two, which is aerobics exercise day. Tapping on  button will lead you to day three, which is lower body exercise day.

Tapping on those buttons first asks whether you want to perform Plan or Actual.



Upper Body Workout

Tap on **1-U** button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on **Actual** button and you will see the following upper body exercise screen:



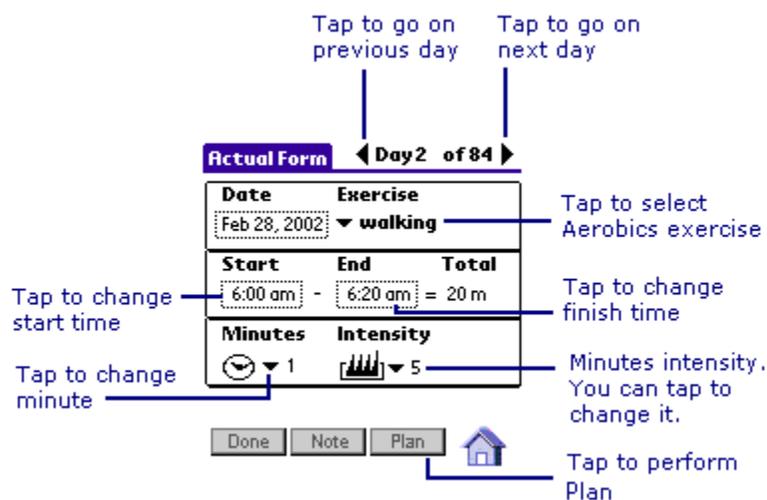
Perform following steps to create Actual:

1. Make sure the day and date is correct.

2. Select start and end time.
3. Select the muscle group by tapping on to Chest, Shldr, Back, Triceps or Biceps tabs.
4. Select the first exercise by tapping on the exercise name, for example dumbbell flies. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
5. You can enter your exercise routine by tapping on Reps, Wt (lbs.), Rest and Intensity boxes. You can enter values two ways: Tap twice on the appropriate box and use graffiti or keyboard to enter the value; or tap once, the value in the box is selected and tap on the increment/decrement buttons on the screen. You can also use Palm device's increment/decrement hard buttons to increment or decrement the selected value.
6. Select the second exercise for that particular muscle group, as described in step 3 above.
7. Select another muscle group by tapping on to Chest, Shldr, Back, Triceps or Biceps tabs.
8. Repeat steps 3 to 7 until you specify exercise for all the muscle groups for Upper Body.
9. Tap on button to add any comments or reminders you may have.
10. Tap on button to finish recording actual values for upper body workout.

Aerobics Workout

Tap on button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on **Actual** button and you will see the following aerobics exercise screen:

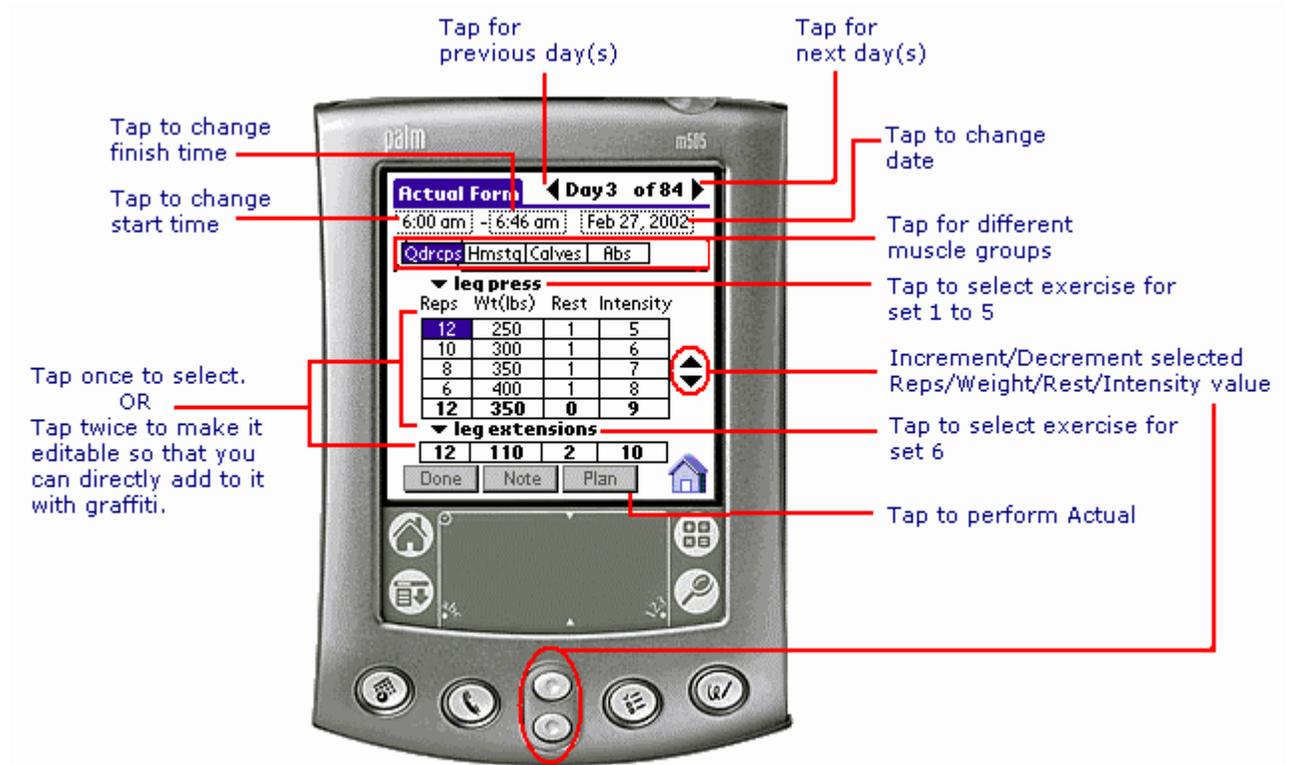


Perform following steps to create Actual:

1. Make sure the day and date is correct.
2. Select start and end time.
3. Select the exercise by tapping on the exercise name, for example walking. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
4. Set the intensity for the minute by first selecting the minute and then selecting the intensity value.
5. Repeat step 4 till you finish specifying actual value for intensity for every minute of Aerobics actual.
6. Tap on **Note** button to add any comments or reminders you may have.
7. Tap on **Done** button to finish recording actual values for Aerobics workout.

Lower Body Workout

Tap on **3-L** button on [84-Day Exercise calendar](#) screen. Then, It will ask whether to perform Plan or Actual. Tap on **Actual** button and you will see the following lower body exercise screen:



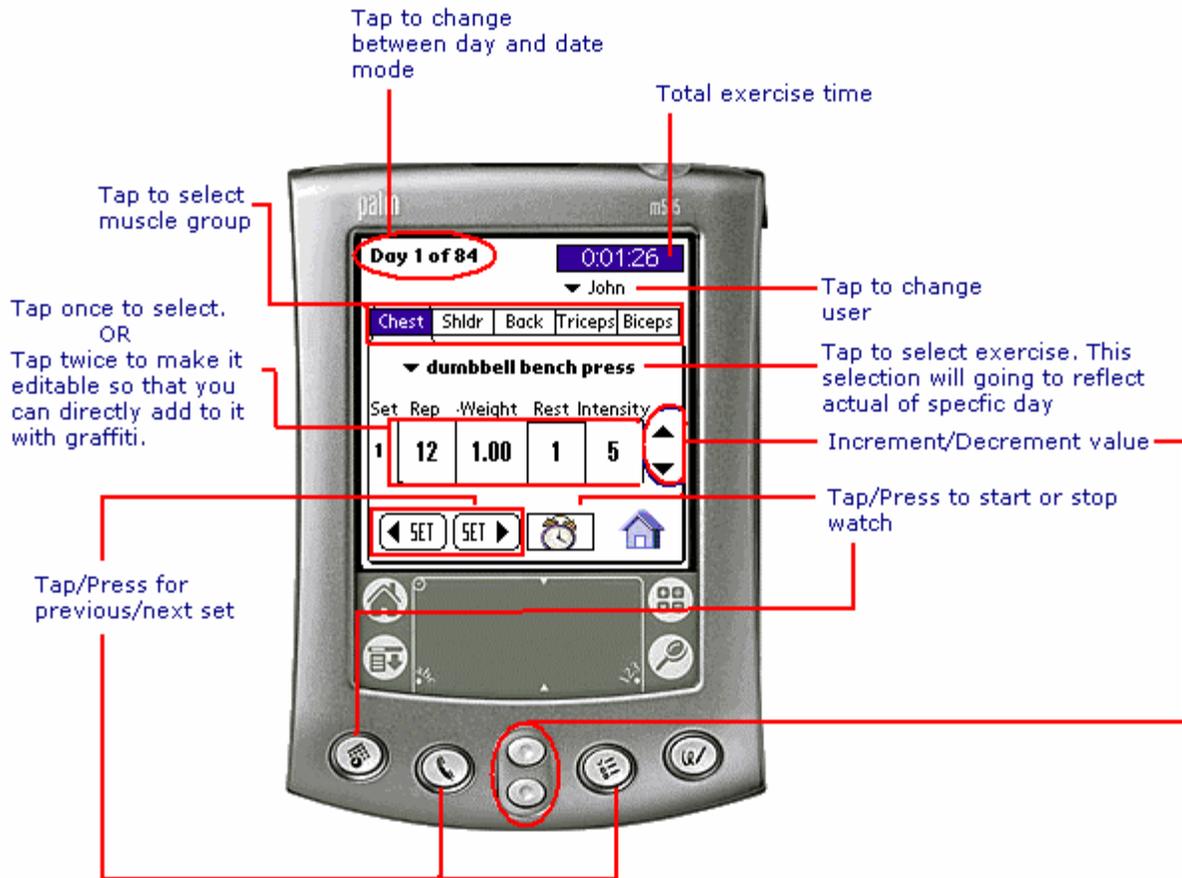
Perform following steps to create Actual:

1. Make sure the day and date is correct.
2. Select start and end time.
3. Select the muscle group by tapping on to Qdrcps, Hmstg, Calves or Abs tabs.
4. Select the first exercise by tapping on the exercise name, for example leg press. This should bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
5. You can enter your exercise routine by tapping on Reps, Wt (lbs.), Rest and Intensity boxes. You can enter values two ways: Tap twice on the appropriate box and use graffiti or keyboard to enter the value; or tap once, the value in the box is selected and tap on the increment/decrement buttons on the screen. You can also use Palm device's increment/decrement hard buttons to increment or decrement the selected value.
6. Select the second exercise for that particular muscle group, as described in step 3 above.
7. Select another muscle group by tapping on to Qdrcps, Hmstg, Calves or Abs tabs.
8. Repeat steps 3 to 7 until you specify exercise for all the muscle groups for Upper Body.
9. Tap on  button to add any comments or reminders you may have.
10. Tap on  button to finish recording actual values for lower body workout.

Start Exercise

There is one more way provided by PalmBFL to make your actual entries for upper and lower body workout section. We call it **Start Exercise** form. This form is designed in such a way that you can use it while you are actually performing your exercises and you don't need to tap on it more. This form even notifies you about your next exercise. It even works as your stopwatch for rest-period counting. Of course, How you utilize this form effectively is on you.

Tap on  **Start exercise** on PalmBFL Home. If you had planned Upper Body workout for that day, you will see screen similar to the screen in figure above:



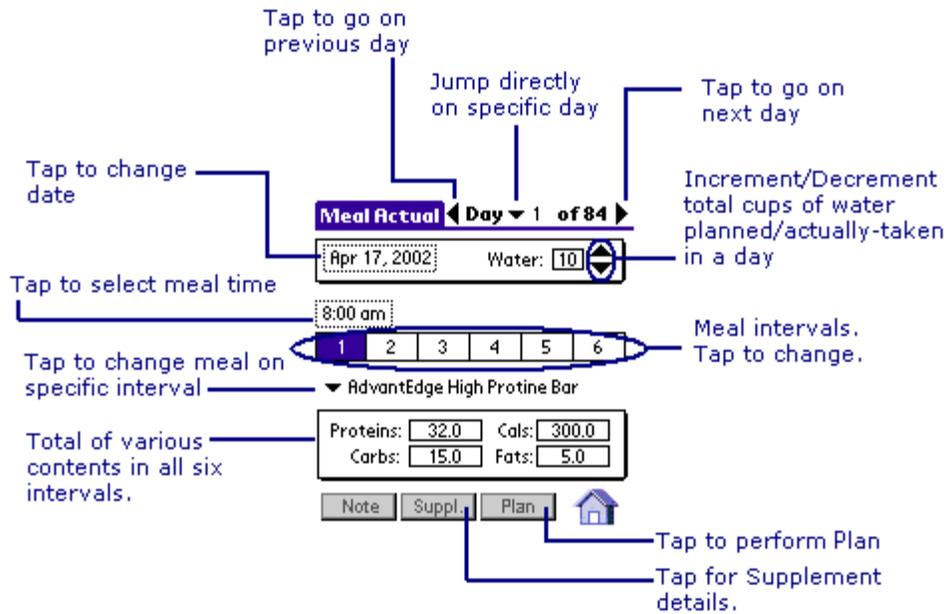
1. You will select the user by tapping on the drop-down list of users in upper right hand corner, if you are not the default user.
2. If you want you can change the exercise you had planned. For this, select the first exercise by tapping on the exercise name, for example **dumbbell flyes**. This will bring the list of exercise from which you can select the exercise you want to perform. If the exercise you want to perform is not there in that list, you can select **Other...** from that list to add a new exercise.
3. If you want you can change the exercise values such as repetitions, weights, etc., which you had planned. You can enter your exercise routine values by tapping on Reps, Wt (lbs.), Rest and Intensity boxes. You can enter values two ways: Tap twice on the appropriate box and use graffiti to enter the value; or tap once, the value in the box is selected and tap on the increment/decrement buttons on the screen. You can also use Palm device's increment/decrement hard buttons to increment or decrement the selected value.
4. After completing the exercises for the first set just press  (**date book hard button**) or tap on  button to start rest period stopwatch.
5. The  button now changes its visual appearance and displays number of seconds remaining for rest. When rest stopwatch goes to zero, alarm sounds and next set or next muscle group would be automatically selected. This cycle continues until you perform all sets of all muscle groups. After all exercises

- for all muscle groups are performed,  button changes its appearance to  button.
6. Tap on this **Finish** button, which will lead you to the actual of daily exercise screen for the same day, which you just performed.
 7. You can also tap on Next set  button, to start the next set. Once all 5 sets for muscle groups are done, the first set for next muscle group is automatically displayed.
 8. You can even stop the rest stopwatch, at any time, simply by pressing  **(date book hard button)** or tapping  button. Change of muscle group or exercise will also going to stop rest stopwatch.
- This form is an alternative way to enter your actual entries for upper and lower body exercise with advantage of being on time (You can use this form when you are actually performing your exercises).
 - The changes made on this screen will be stored as actual values. So after you leave this screen, if you come to this screen later, you will see the actual values, not your plan values.

Actual Meal

Sometimes it is very difficult to eat what you planned earlier. PalmBFL can be used to record the actual meals you took. PalmBFL will assume that you took the planned meals at the set time, use following steps to record the meals, which you have eaten.

Tap on  **Daily meal** button on "PalmBFL Home" screen. After tapping on that button, it asks to perform Plan or Actual. Tap on **Actual** button and you will see following screen:

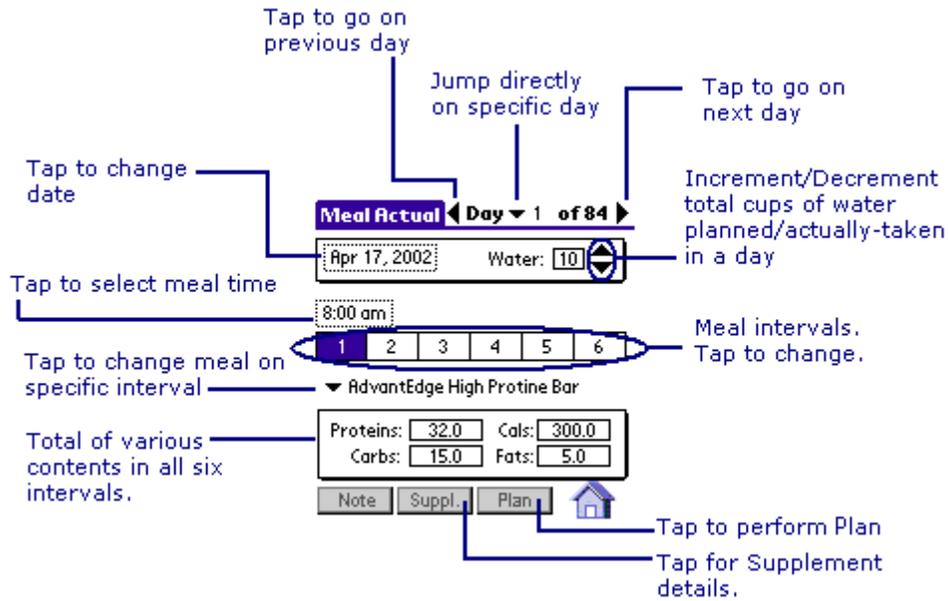


Perform the following steps to create Actual:

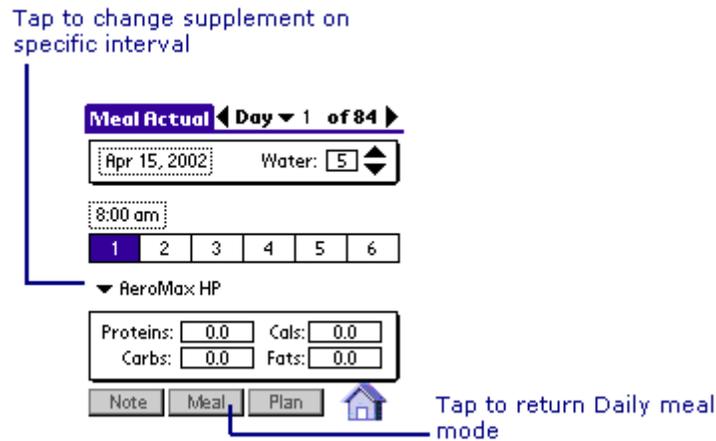
1. Select the meal from 1 to 6. Tap on the time, for example 8:00AM, to set time when you took the meal.
2. Tap on meal's popup to bring up drop-down list. Select the meal from the drop-down list, for example AdvantEdge High Protein Bar. If the meal you ate is not there in that list, you can select **Other...** from that list to add a new meal and its nutritional values.
3. Repeat steps 1 to 2 until you finish recording the meals you have already eaten.
4. Tap on  button to add any comments or reminders you have.
5. Tap on  button to finish recording the meals eaten.

Actual Supplement

Tap on  button on "PalmBFL Home" screen. After tapping on that button, it asks to perform Plan or Actual. Tap on **Actual** button and you will see following screen:



Tap on **Suppl.** button at the bottom of the screen. After tap, you will see similar screen for supplement as follows:



Perform the following steps to create Actual:

1. Select the supplement from 1 to 6. Tap on the time, for example 8:00AM, to set time when you took the supplement.
2. Select the supplement from the drop-down list. This should bring the list of Supplements from which you can select the supplements you ate. If the supplement you ate is not there in that list, you can select **Other...** from that list to add a new supplement and its nutritional values.

3. Repeat steps 1 to 2 until you finish recording the supplements you have already eaten.
4. Tap on  button to add any comments or reminders you have.
5. Tap on  button to finish recording the supplements eaten.

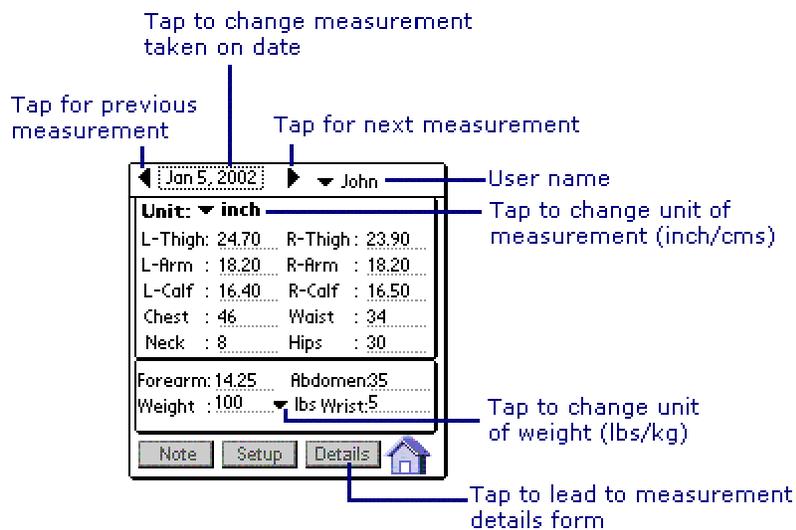
Tracking Progress

We provided various ways to keep track on your progress. You can record measurements with your photograph. It also generates chart so that you can compare your day-to-day progress.

Measurement Form

It is important to take measurements regularly to track your progress. This way you can alter the workout, meals to effectively follow the Body-for-LIFE program. PalmBFL enables you to record your weight and other measurements at a regular interval.

Tap on  Measurements button on "PalmBFL Home" screen. You will see the following screen:



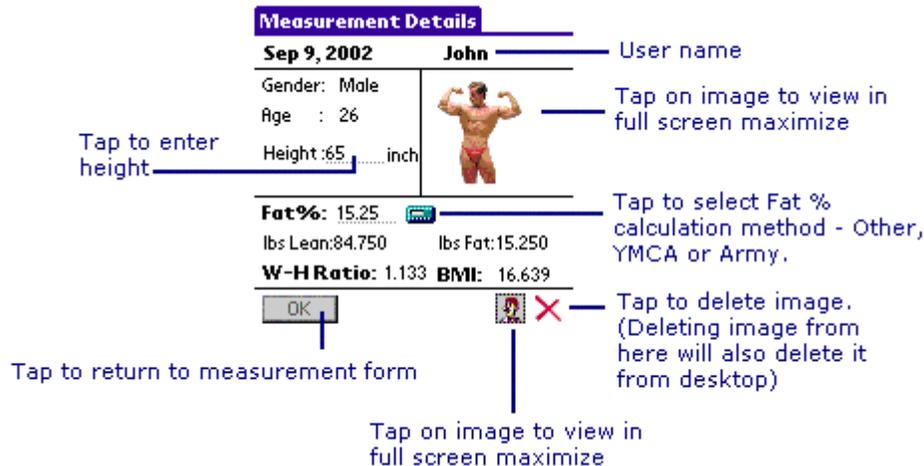
1. Make sure that date is the date you want to record the measurements on. If not, then tap on the date to change it. You can also use left and right arrows near the date to go to previous measurement or next measurement date.
2. Choose the units for length (inches or centimeters) and weight (lbs. or kilograms).
3. Enter weight and the fat percentage if known.

4. Enter measurements for left and right thigh, left and right arm, left and right calf, chest, waist, neck and hips.
5. Tap on  to add additional comments.
6. Tap on  to return to PalmBFL Home.

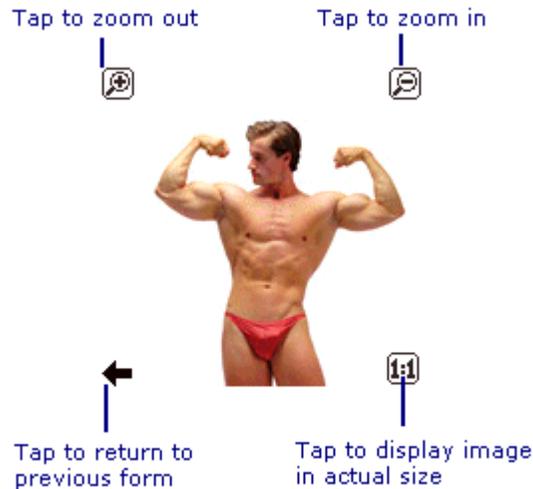
Measurement Details Form

Measurement details form is just like small calculator for you. It calculates your Body Fat %, lbs. lean, lbs. fat, Waist-to-Hip ratio and Body Mass Index. It also displays image (Which is selected at desktop end and transferred to Palm via Hotsync).

Just tap on  button on measurement form to lead to Measurement Details form. You will see the following screen:

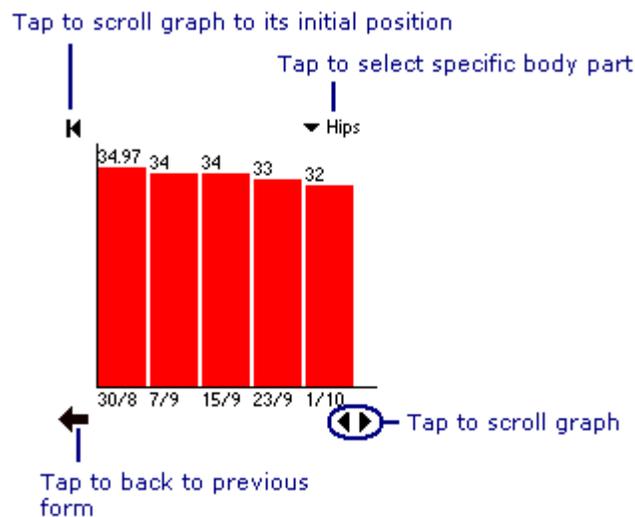


Enter the details like Height, Fat Percentage. You can calculate Fat Percentage automatically by methods like YMCA or US Army instead of manually entering it. You can even tap on image, if any, to view in full screen. Image is actually get selected at desktop PalmBFL Software. Hotsync process makes it available to PalmBFL on Palm for viewing. Tapping on that image opens it new window where you can perform various operations on it like - Zoom in, Zoom out. That form looks like as follows:



Graph Form

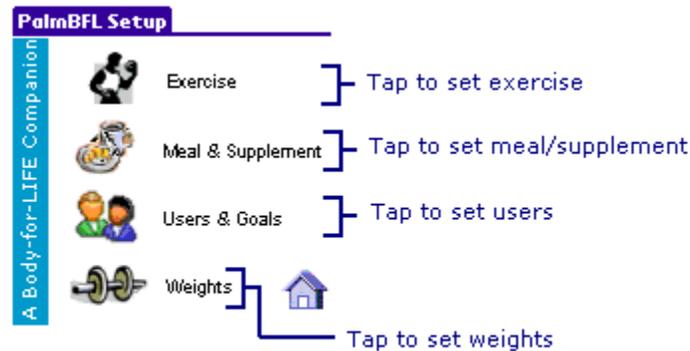
Graph form helps you to compare measurements taken on different days. It is really useful tool to keep track of your body improvement. Graphs help you to visualize improvements in your body. Bar chart is provided with dates on x-axis and measurement on y-axis for different body parts like **Chest, Arms** and etc. It can be accessed via Graph option from Main menu.



Customize

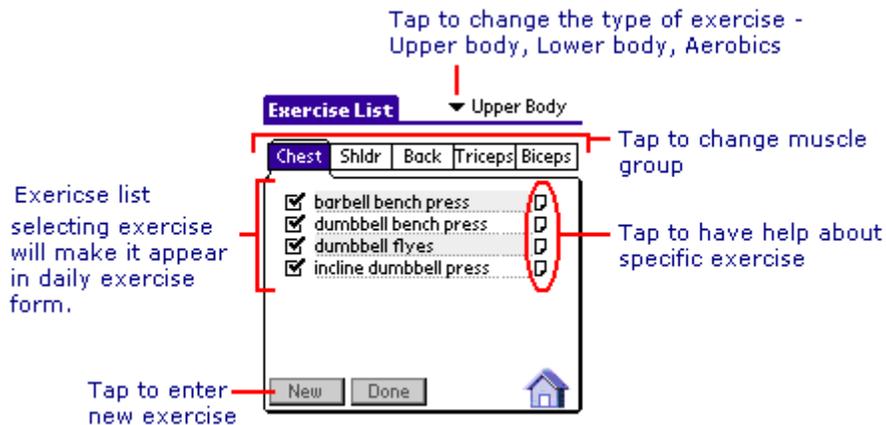
PalmBFL allows you to customize the software to suit your needs. PalmBFL allows you to **Add** your own **exercises, meals, and weights** as well as add **more users**. Select **PalmBFL Setup** menu option from **Setup** menu. It will lead you to PalmBFL Setup form. You can access each setup form for **Exercise, Meal, Users** and

Weights through Setup menu also.



Adding Exercise

1. Tap on  **Exercise** button on the **Setup** screen. The following screen appears.

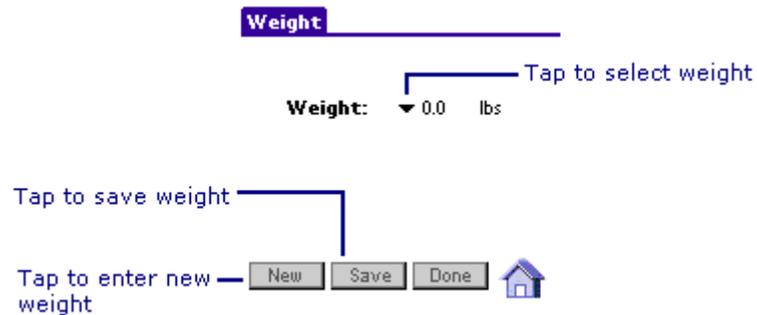


2. Tap on the down arrow in upper right corner to select from upper body, lower body and aerobics workout.
3. Select the muscle group by tapping on specific Tab. It can be Chest, Shldr, Back, Triceps or Biceps.

4. Tap on **New** to enter new exercise.
 5. You can then enter the name of the exercise.
 6. Tap on  button to add steps for that exercise or precautions to take while performing that exercise.
 7. If you want then you can select another workout and/or another muscle group to add the exercise for.
 8. Tap on  to return to setup screen.
- The exercise you select (indicated with checkbox) will appear in the drop-down list in Start Exercise and Daily Exercise screens.

Adding Weight

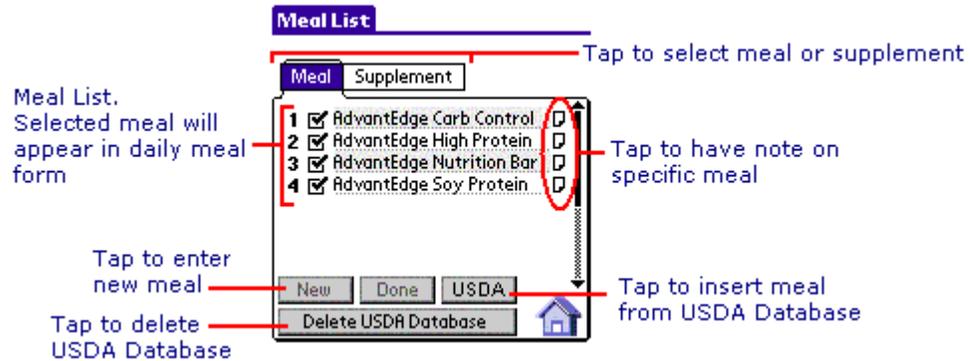
1. Tap on  **Weights** button on the **Setup** screen. The following screen appears.



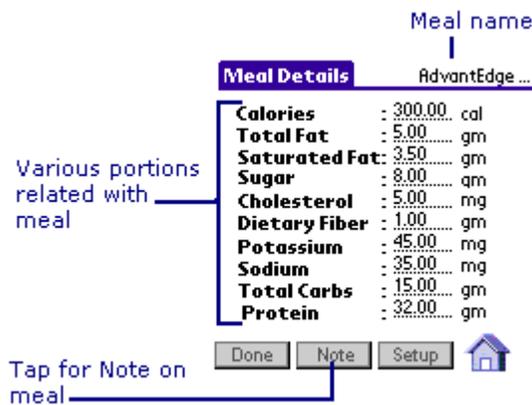
2. Tap on **New**, and then enter weight value.
3. Tap on **Save** to save it.
4. Repeat steps 2 and 3 to add more weights.
5. Tap on  to return to Setup screen or on  to return to PalmBFL Home screen.

Adding Meal

1. Tap on  **Meal & Supplement** from Setup screen. The following screen appears.

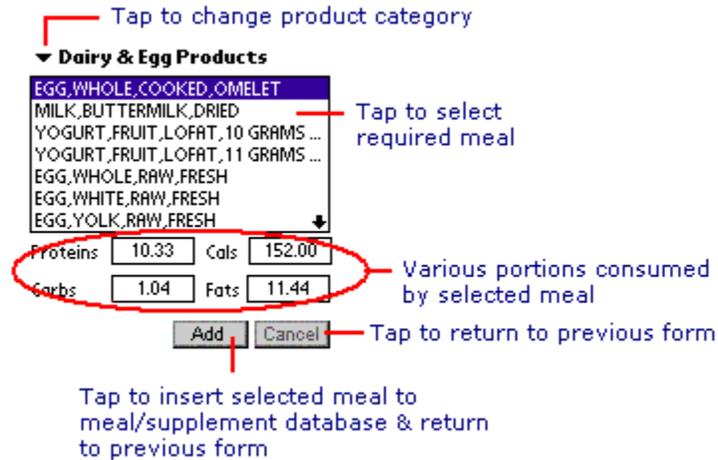


2. Tap on **Meal** tab.
3. Tap on **New**, and then enter new meal.
4. Tap on  to enter the nutrition information for the meal, as shown below.



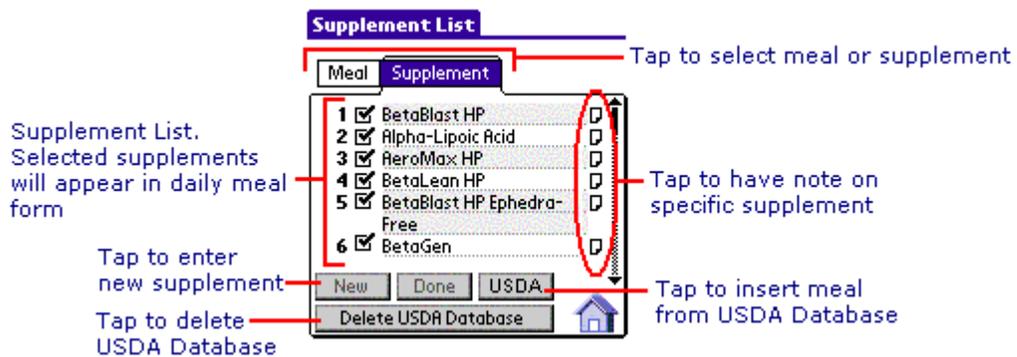
5. Tap on  on **Meal Details** form to return to **Meal List** form.
6. Repeat steps 3 to 5, to add various meals you take.
7. Tap on  on **Meal List** form to return to Setup screen or on  to return to PalmBFL Home screen.

- The meals you select (indicated with checkbox) will appear in the drop-down list on Daily Meal screen.
- You can add food from USDA Database as meal. Just tap on USDA button as given in figure and you will be led to form as follows:

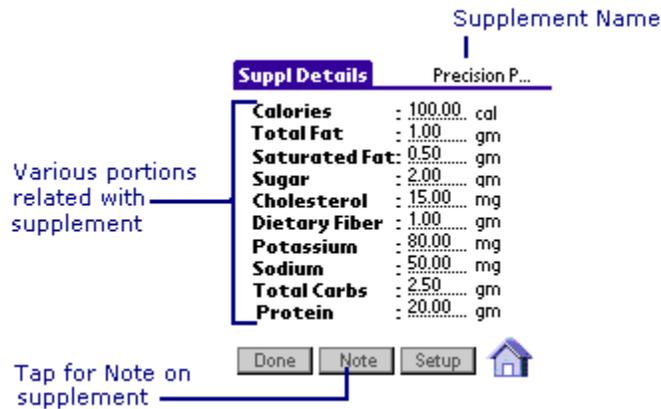


Adding Supplement

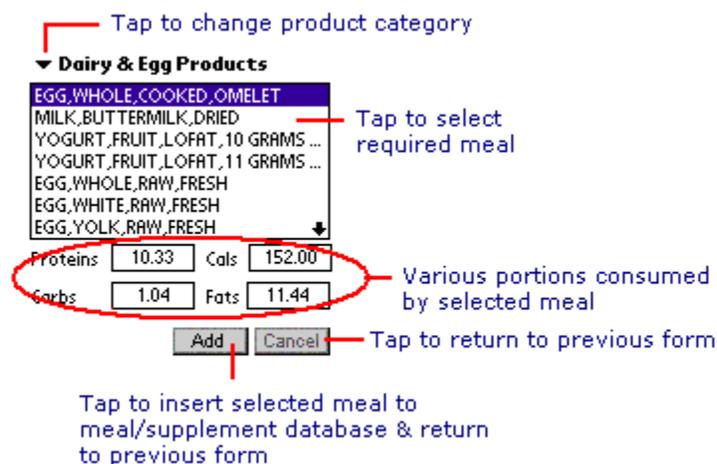
1. Tap on  Meal & Supplement from Setup screen. Tapping on that button displays **Meal List** form.
2. Tap on **Supplement** tab on the **Meal List** form. The form now displays **Supplement List**. **Supplement List** looks as follows:



3. Tap on **New**, and then enter new supplement name.
4. Tap on  to enter the nutrition information for the supplement, as shown below.



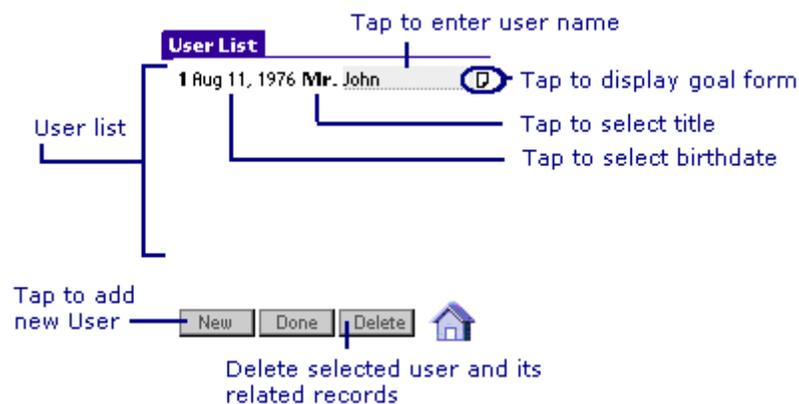
5. Tap on **Done** on **Suppl Details** form to return to **Supplement List** form.
 6. Repeat steps 3 to 5, to add various supplements you take.
 7. Tap on **Done** on **Supplement List** form to return to Setup screen or on  to return to PalmBFL Home screen.
- The supplements you select (indicated with checkbox) will appear in the drop-down list on Daily Meal screen under Supplements category.
 - You can add food from USDA Database as supplement. Just tap on USDA button as given in figure and you will be led to form as follows:



Adding Users and Goals

PalmBFL allows you to use the same Palm device to manage Body-For-LIFE program for additional users, for example your spouse or your partner. Up to 5 users can use PalmBFL at a time.

1. Tap on  Users & Goals from **Setup** screen.
2. You will see following screen.



3. If you want to change the goal for the existing user, tap on the . You will see the goal, which you can change. Make the changes and tap on  button to save the changes.
4. Tap on **New** button to add a new user, and tap on the  to add the goal for that user.
5. Repeat step 4 to add users and their goals.
6. Tap on  button to return to Setup screen or on  button to return to PalmBFL home screen.

- **PalmBFL allows 5 users at a time.**

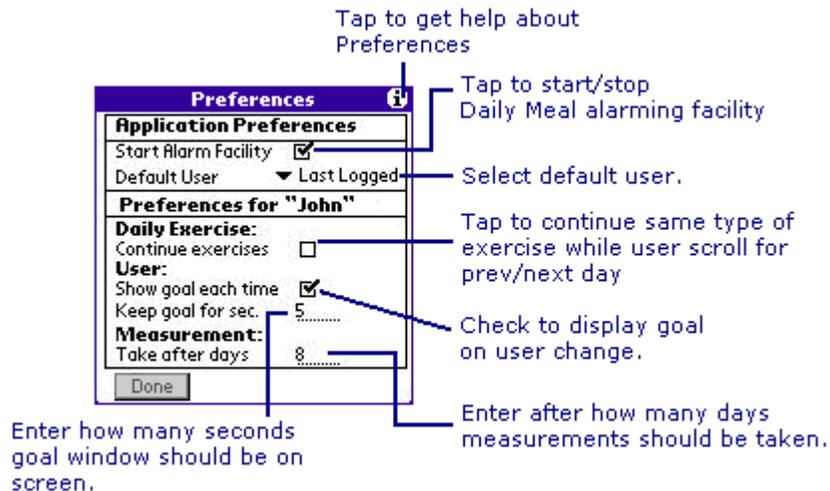
Setting Preferences

PalmBFL allows you to further customize. The preferences screen allows you to set interval between the measurement to take days, enable or disable alarms for meals, set the primary user of the PalmBFL application, etc.

1. Tap on Menu button on your Palm's silkscreen. After Tapping, You will see the following screen.



2. Select **Preferences** from **Options** menu. After Selecting, You will see following screen.



- **Enabling or disabling meal and supplement alarms**

Tap on the checkbox for **Start Alarm Facility** to enable or disable the meal and supplement alarms. **If you disable the alarm facility, it will disable daily meal and supplement alarms for all the users.**

- **Select default user**

Tap on drop down list for the user for which the application will maintain the state. If you selected **Last Logged**, then the application will start from the place where last user left off. If you selected the user other than the **Last Logged**, next time, the application will start for that particular user maintaining it's previous state. If that particular user was not working last time, application will start from goal screen for that user.

- **Daily Exercise Form Continuing**

Tapping on this option will enable you to scroll on the same type of exercise. e.g. You scroll forward from day 1(upper body) it will jump to day 5(upper body) or from day 5 to day 1 on reverse scroll. The same is applicable for aerobics and lower body.

- **Enable or disable the goal display**

Tap on the checkbox for **Show goal each time** to enable or disable display goal every time when user is changed from PalmBFL Home page.

- **Setting timeout for goal display**

Enter the number of seconds you want the goal to be displayed when you traverse from PalmBFL home page. **If you tap on the goal text when goal is being displayed, then PalmBFL will not display the next screen, and will **continue** to display that goal. You will have to tap on Continue button to move forward.**

- **Set measurement interval**

Enter the number of days for **Measurement: Take after days**. If you scroll on to next measurement, these many days will be added to date of measurement for new one.

Tips

You can use the tips given below so that you can work efficiently with PalmBFL.

Palm Side Tips

1. Use Up and Down hard buttons on Daily Upper and Lower body exercise screens to enter Reps, Weight, Rest and Intensity values.
2. You can tap twice to enter repetitions, weight, rest period and intensity on the Daily Exercise and Start Exercise screens using Palm's Graffiti.

3. Use Menus, which are provided on all screens for faster navigation.
4. You can add user with **Users and Goals** setup screen or by directly accessing popup list, which appears to upper right side of the daily activity screens.
5. You change the goal with **Users and Goals** setup screen or by directly accessing popup list, which appears to upper right side of the daily activity screens.
6. You can turn on or off alarm facility from **Preferences** screen, which can be accessed from **Options** menu on PalmBFL. This will turn on or off alarm for all users.
7. You can use **Start Exercise** screen while you are working at gym. You can use various hard buttons on your Palm for entering the values or navigation."
8. On **Start Exercise** screen, you can use Date Book Hard button to start or stop rest period clock.
9. On **Start Exercise** screen, you can use Address Book Hard button for previous set.
10. On **Start Exercise** screen, you can use To Do Hard button for next set.
11. Use Up and Down hard buttons on **Start Exercise** screen to enter Reps, Weight, Rest and Intensity values.
12. It is possible that only selected meals and exercises will appear on Daily Meal and Daily Exercise screen. This can be done by selecting/deselecting checkbox in front of meal/exercise name in respected setup forms.
13. When you click on Daily Exercise button, 3 Month Calendar appears. Selected button on this calendar represents your current day.
14. Buttons with dotted shade represents actual values for your workout are entered.
15. Default user for PalmBFL can be set with Preferences screen, which appear while you tap on **Preferences** option of **Options** menu.
16. If you want to show the goal every time user changes then select **Show goal each time** on Preferences screen which appears while you tap on **Preferences** option of **Options** menu.
17. To enter the duration between measurements, Tap **Preferences** option of **Options** menu and enter **Take after days** field.
18. You can select for how long goal window should be displayed on the screen from **Preferences** screen, which appears by tapping **Preferences** option of **Options** menu.
19. You can scroll on the same type of exercise by selecting **Continue exercise** on Preferences screen, which appears while you tap on **Preferences** option of **Options** menu.
20. Weights, which you add through editing on forms like **Start Exercise** or **Daily Exercise** form, are saved for later access. So next time you scroll weight values, those values would be available to you.
21. You can toggle between day and date mode on Start Exercise screen by tapping on Upper Left corner of the screen.
22. All the Body related computations are done in new form **Measurement Details** that can be loaded by tapping on graphical button near the **Setup** button in the **Measurement** form.
23. You can view the photograph by tapping on the **Male** graphical button on the **Measurement Details** form.
24. You can delete the photograph on the palm on tapping on **Delete** icon the lower right corner of photograph window in the **Measurement Details** form.
25. Now PalmBFL has **charting** feature for your progress tracking. You can access this feature by visiting to **Graphs** form by selecting **Graphs** from the **Main** Menu.

26. You can scroll the graph by to the left or right by using the left and right button, which are at the lower right corner on the Graph form. You can achieve the same functionality by dragging using the stylus.

Support

Frequently Asked Questions

Frequently Asked Questions (FAQ) are questions that our customers routinely ask us or email about. We divided it in two different sections.

Palm

1. **I am having problem installing Palm component of PalmBFL software. I ran the PalmBFLSetup.exe for installation. After that I hotsynced. But PalmBFL will not install on the Palm device. What should I do to install it?**

Start your Palm desktop application. Click on Install button, which is at left-down corner, to launch Install tool. Select user. Click **Add** button on it and select PalmBFL.prc from folder where setup has copied all files. Then click on **Done** button. Now, PalmBFL is ready to hotsync. Insert Palm in cradle and press hotsync button on the cradle.

2. **I put in the registration code to both the desktop and the Palm and it says invalid code.**

We generate the registration code based on your "Hotsync ID". It is case sensitive. On desktop, you can enter it in "Welcome/Registration Screen" and Click on "Register" button. This screen appears each time application starts, if you are unregistered user. On Palm Handheld, you can register PalmBFL at any time during the evaluation period as follows. On PalmBFL Home, open the menu by tapping on Palm's silk-screen menu button. Select "Registration" from "Options" menu. There you can enter registration code in the provided space and tap on "Register".

Technical Support

All questions regarding PalmBFL can be submitted to support@cellica.com. PalmBFL is an unofficial software product, for Body-for-LIFE, of Cellica Software Services. It is not affiliated with or endorsed by: Bill Philips, BodyForLife.com <http://www.bodyforlife.com/>, EAS <http://www.eas.com/> or Muscle Media <http://www.musclemedia.com>. Please do not contact Mr. Bill Philips, EAS or Muscle Media for questions regarding **PalmBFL**.

Disclaimer

PalmBFL is independently developed software. Please, do not contact Mr. Bill Phillips, EAS Inc, or any related authority of Body-for-LIFE, regarding PalmBFL. Please consult with your physician before using PalmBFL. Cellica Software Services do not assume any responsibility for the use of this software.

[Cellica Software Services. © 2002 All Rights Reserved.](#)