



FitFanatic 1.2

Users Guide



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Introduction

FitFanatic is an application used to track and analyze aerobic activities, strength training, and vital statistics for one or more people. For example, if you are a runner and like to see if you are improving, you could record the details of every run you do. This can include many details such as distance, time, calories burned, average heart rate, etc. Then you can view graphs and lists to see how your performance is changing over time. You can do the same for vital statistics (blood pressure, weight, etc), and strength training (weight lifting, sit ups, etc).

This manual applies to FitFanatic and FitFanatic Lite. The following shows what each product supports:

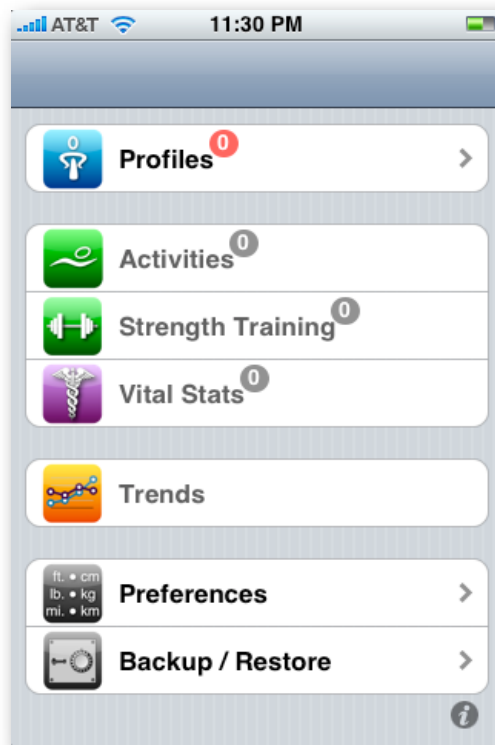
- FitFanatic - all features are supported
- FitFanatic Lite - all features are supported, but there is a limit of 10 aerobic activity entries, 10 strength training entries, and 10 vital stat entries.

To protect your personal data, you can use AppSafe to backup/restore your data. Backing up should be done on a regular basis, especially when you update the app via iTunes.

If you purchase FitFanatic Lite and then you decide to upgrade to FitFanatic, you can backup your information with AppSafe, then when you get FitFanatic, then restore the information in FitFanatic using AppSafe.

Getting Started

When using FitFanatic for the first time, there will be no profiles set up, and no activities, strength exercises, or vital statistics recorded:



The number's next to 'Profiles', 'Activities', 'Strength Training', and 'Vital Stats' will increase as you add these items.

Managing Profiles

This chapter will go over adding, modifying, and removing profiles. You create profiles in preparation to add activities, strength exercises, or vital statistics for a particular person.

Create A Profile

To create a profile do the following set of taps from the main menu:

1. Tap 'Profiles'
2. Tap 'Create New Profile'

A profile consists of name, gender, birth date, height, and ideal weight. Set each of those attributes for the profile (ideal weight is calculated for you).



Once you have completed entering the details of the profile just tap 'Done'. That's all there is to creating a new profile. You can back up to the main screen to see that the profile count has increased.

Modify A Profile

If you need to modify a profile (e.g. change the name or height), just follow the steps:

1. From the main menu, tap 'Profiles'.
2. Tap on the appropriate profile from the profile list.
3. Tap 'Edit' to start editing the profile.
4. Change the appropriate details.
5. Tap 'Done'.

All activities and vital statistics associated with that profile will remain unchanged.

Delete A Profile

You can delete any profile that has been created.

WARNING: Deleting a profile will permanent remove all aerobic activities, strength exercises, and vital statistics associated with that profile.

To delete a profile:

1. From the main menu, tap 'Profiles'.
2. Tap 'Edit'.
3. Tap the minus symbol next to the profile you want to delete.
4. Tap 'Delete'.
5. Tap 'Done' to get out of the delete mode.

Activities

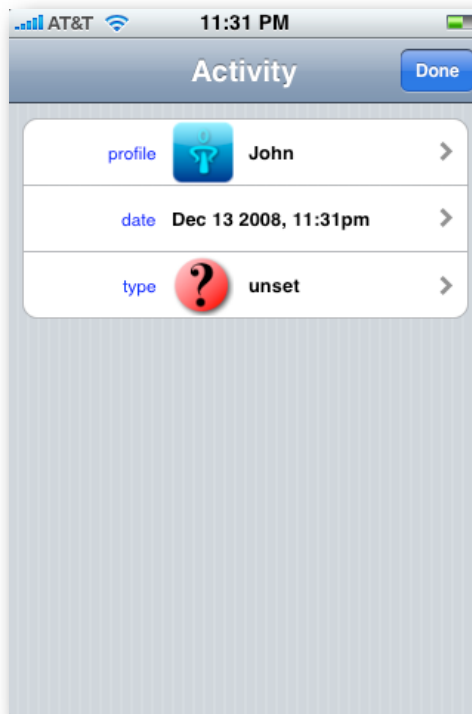
This chapter will go over adding, modifying, and removing activities. An activity contains the details for a single instance of the selected activity type. An activity is associated with a profile (person), so the appropriate profile must already exist.

Add An Activity

To add an activity:

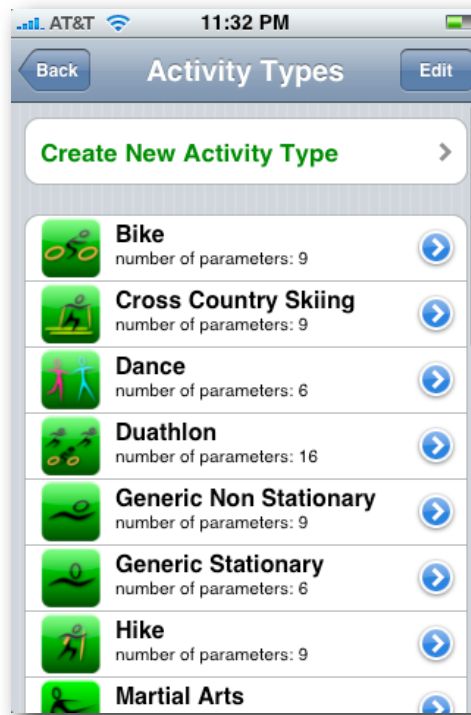
1. From the main menu, tap 'Activities'.
2. Tap 'Create New Activity'.

You will see the something similar to:



To change the profile, tap on the profile name to change it.

Then select the activity type you want (running, biking, swimming, etc). You should see something similar to:



If you don't see the aerobic activity type that you would like to use then you can create your own. For example, if you want an activity type for tennis, you can create one. Also, if what you want is in the list but you'd like to change some of the parameters (time, distance, speed, calories, etc), then you can edit the existing activity type.

Add an Activity Type

To add an activity type:

1. Tap 'Create New Activity Type'
2. Set the activity type name.
3. Set the activity type icon.
4. Set the activity type parameters that you would like to track.
5. Tap 'Done'.
6. Back up one screen to see the activity type list.
7. Find the new type in the list, and tap it.

Modify an Activity Type

To modify an activity type:

1. Tap the icon to the right of the activity name.
2. Tap 'Edit'
3. Modify the appropriate values.
4. Tap 'Done'
5. Back up one screen to see the activity type list.

Delete an Activity Type

Since there are many activities that exist by default, you may want to delete the ones that you have no intention of using.

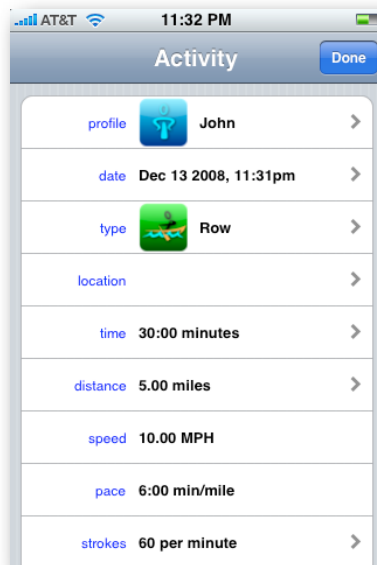
WARNING: Deleting an activity type will permanently remove any activities that currently use that activity type.

To delete an activity type (to remove clutter):

1. Tap 'Edit'
2. Tap on the minus symbol next to the activity type that you want to remove.
3. Tap 'Delete'
4. Tap 'Done' to get out of delete mode.

Continuing with Adding An Activity

Once the activity type is set, you will be presented with all the parameters for that activity.



The location of the activity is always there and is used later when viewing graphs and tables. It also is used to determine the values of a new activity, by search for the most recent activity using the same activity type and location. This minimizes the need setting all the values such as distance.

Once the activity type and location is set, then set all the other values associated with this activity. Some values are automatically calculated for you, such as speed or pace.

When you are done setting all the values tap 'Done'. You can back up to the main menu to see that the activity count has increased.

Modify An Activity

If you need to modify an activity (e.g. change the location or the date), just follow the steps:

1. From the main menu, tap 'Activities'.
2. Tap on the activity that you want to modify.
3. Tap 'Edit' to start editing the values. For more information on modifying the activity, see the section above on adding a new activity.
4. Change the appropriate details.
5. Tap 'Done'.

Delete An Activity

You can delete any activity that has been created. To delete an activity:

1. From the main menu, tap 'Activities'.
2. Tap 'Edit'.
3. Tap the minus symbol next to the activity you want to delete.
4. Tap 'Delete'.
5. Tap 'Done' to get out of the delete mode.

When you move back to the main menu, you will notice that the count for activities has decreased.

Strength Training

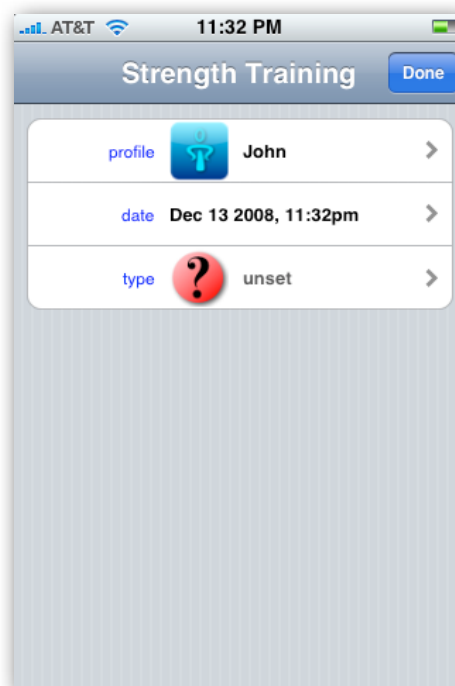
This chapter will go over adding, modifying, and removing strength exercises. A strength exercise contains the details for a single instance of the selected strength exercise type. A strength exercise is associated with a profile (person), so the appropriate profile must already exist.

Add An Strength Exercise

To add a strength exercise:

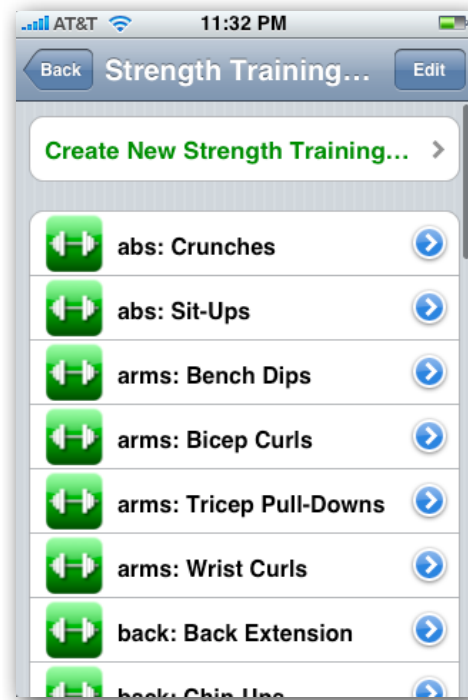
1. From the main menu, tap ‘Strength Training’.
2. Tap ‘Create New Strength Exercise’.

You will see the something similar to:



To change the profile, tap on the profile name to change it.

Then select the strength exercise type you want (bench press, pull up, sit ups, etc). You should see something similar to:



If you don't see the strength exercise type that you would like to use then you can create your own. For example, if you want a strength exercise type for push ups, you can create one.

Add a Strength Exercise Type

To add a strength exercise type:

1. Tap 'Create New Strength Training Exercise Type'
2. Set the strength exercise type name.
3. Tap 'Done'.
4. Back up one screen to see the strength exercise type list.
5. Find the new type in the list, and tap it.

Modify a Strength Exercise Type Name

To modify a Strength Exercise type:

1. Tap the icon to the right of the strength exercise name.
2. Tap 'Edit'
3. Modify the exercise name.
4. Tap 'Done'

5. Back up one screen to see the activity type list.

Delete a Strength Exercise Type

Since there are many strength exercises that exist by default, you may want to delete the ones that you have no intention of using.

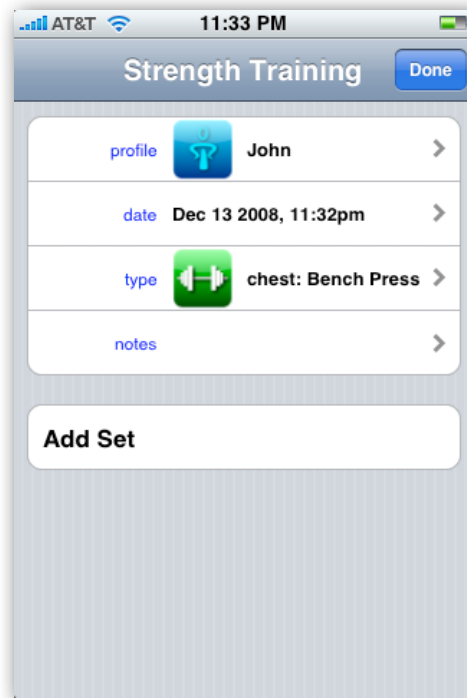
WARNING: Deleting a strength exercise type will permanently remove any strength exercises that currently use that activity type.

To delete a strength exercise type (to remove clutter):

1. Tap 'Edit'
2. Tap on the minus symbol next to the strength exercise type that you want to remove.
3. Tap 'Delete'
4. Tap 'Done' to get out of delete mode.

Continuing with Adding a Strength Exercise

Once the strength exercise type is set, you will be able to add details for each set of your exercise.



Tap 'Add Set' to add details of your first set. With each set, you can set the weight, number of reps, and the rest time after the set has been completed.

After you have entered the information for the set, then tap 'Done'. This brings you back to the strength exercise screen. From here you can add more sets by tapping 'Add Set'.

When you have completed adding the sets, then tap 'Done'. You can back up to the main menu to see that the strength training count has increased.

Modify A Strength Exercise

If you need to modify a strength exercise (e.g. add a set or change the date), just follow the steps:

1. From the main menu, tap 'Strength Training'.
2. Tap on the strength exercise that you want to modify.
3. Tap 'Edit' to start editing the values. For more information on modifying the strength exercise, see the section above on adding a new strength exercise.
4. Change the appropriate details.
5. Tap 'Done'.

Delete A Strength Exercise

You can delete any strength exercise that has been created. To delete a strength exercise:

1. From the main menu, tap 'Strength Training'.
2. Tap 'Edit'.
3. Tap the minus symbol next to the strength exercise you want to delete.
4. Tap 'Delete'.
5. Tap 'Done' to get out of the delete mode.

When you move back to the main menu, you will notice that the count for strength training has decreased.

Vital Statistics

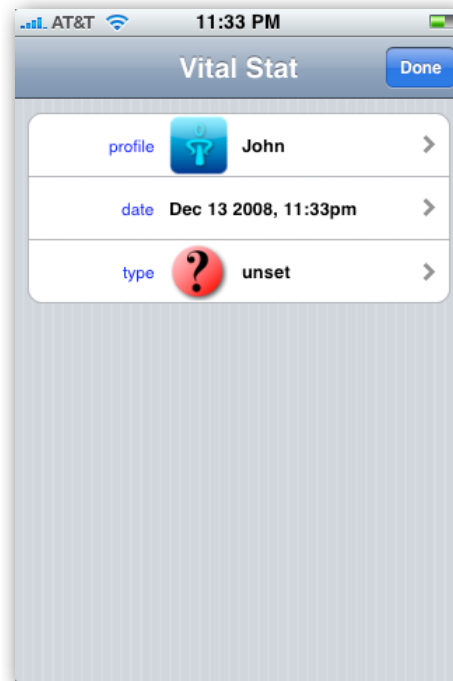
This chapter will go over adding, modifying, and removing vital statistics. A vital statistic contains the details for a single instance of the selected vital statistic type. A vital statistic is associated with a profile, so the profile must already exist.

Add A Vital Statistic

To add a vital statistic:

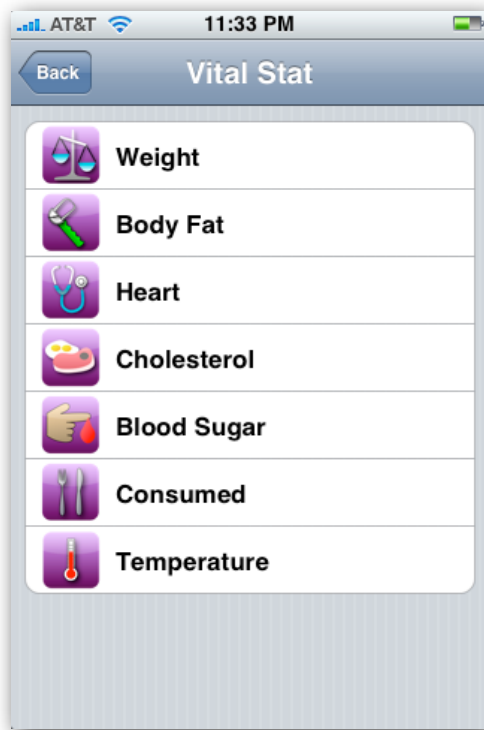
1. From the main menu, tap ‘Strength Training’.
2. Tap ‘Create New Strength Exercise’.

You will see the something similar to:

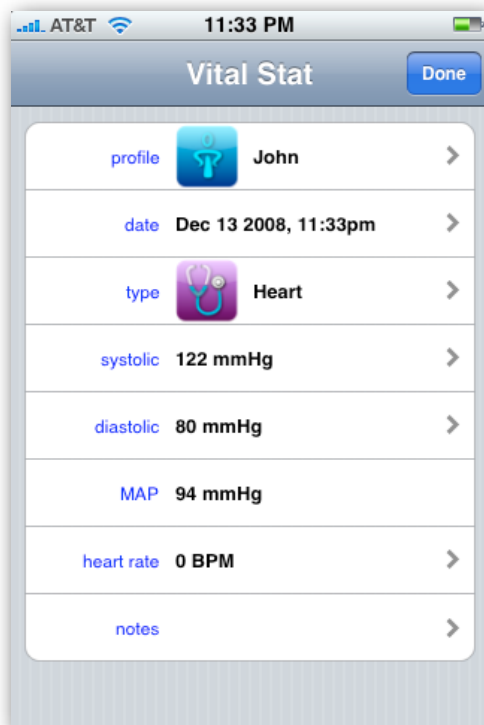


To change the profile, tap on the profile name to change it.

Then select the vital stat type you want (weight, heart, temperature, etc). You should see the following:



Once the vital stat type is set, you will be able to set the values for that type.



Some vital statistics have more than one detail that are specific to that type. You do not have to fill in all the details if you don't have the information. For example, cholesterol has 4 details associated with it, but you may only have the values for HDL and LDL.

Some vital statistics have values that are automatically calculated for you. For example, if you enter weight, and your profile contains your height, then BMI will automatically be calculated for you.

When you have completed setting the information, then tap 'Done'. You can back up to the main menu to see that the vital stat count has increased.

Modify A Vital Statistic

If you need to modify a vital statistic (e.g. change the date), just follow the steps:

1. From the main menu, tap 'Vital Stats'.
2. Tap on the vital statistic that you want to modify.
3. Tap 'Edit' to start editing the information. For more information on modifying the vital statistic, see the section above on adding a new vital statistic.

Delete A Vital Statistic

You can delete any vital statistic that has been created.

1. From the main menu, tap 'Vital Stats'.
2. Tap 'Edit'.
3. Tap the minus symbol next to the vital statistic you want to delete.
4. Tap 'Delete'.
5. Tap 'Done' to get out of the delete mode.

Trends

To see how you are progressing over time with aerobic activities, strength training, and vital stats, FitFanatic provides various ways of visualizing the information.

There are separate statistics for aerobic exercises, strength training, and vital stats. Tap on 'Trends to see this list.

Once you select the category you want to see statistics for, then you can set the profile of interest. For aerobic activities you can also set the location of interest. Once these are set, then a list of types including the number of instances of each type will be presented.

Just tap on the appropriate item to view the statistics.

From the statistics screen you can set the statistics mode and the date range. With aerobic activities and vital statistics you can also set two different details you want graphed when in the totals or trends mode.

Statistic Modes

There are three basic modes:

- Totals - (aerobic activities and vital stats only) shows total information for different time periods using bar charts. For example, a runner might want to see how many miles they jogged during a month.
- Trends - shows how a detail varies each time with a line chart. For example, you may want to see how your blood pressure varies over a year.
- Table - show a detailed list for a particular activity or vital statistic.

Date Range

Each mode can be based on several time spans:

- Week - use the left and right arrows to scroll to the particular week of interest. Each week starts with Sunday.
- Month - use the left and right arrows to scroll to the particular month of interest.
- Year - use the left and right arrows to scroll to the particular year of interest.
- 7 - last 7 days from the current date.
- 30 - last 30 days from the current date.
- 365 - last 365 days from the current date.
- All - automatically create a date range that encapsulates all of the items.

Emailing Information

If you are view the tables in any of the statistics screens, you can tap 'Email List' to email the list of items. This will bring up the iPhones Mail program and you can set any email name you want. By default a temporary name will be placed there, just delete that name, and put in the desired name.

Backup/Restore

This feature is design to be a precaution in the case that iTunes does not backup the data successfully, or loses data when installing a new version.

Another benefit of backup and restore is if you upgrade your device (e.g. iPhone to iPhone 3G), you can easily transfer your information from one device to another.

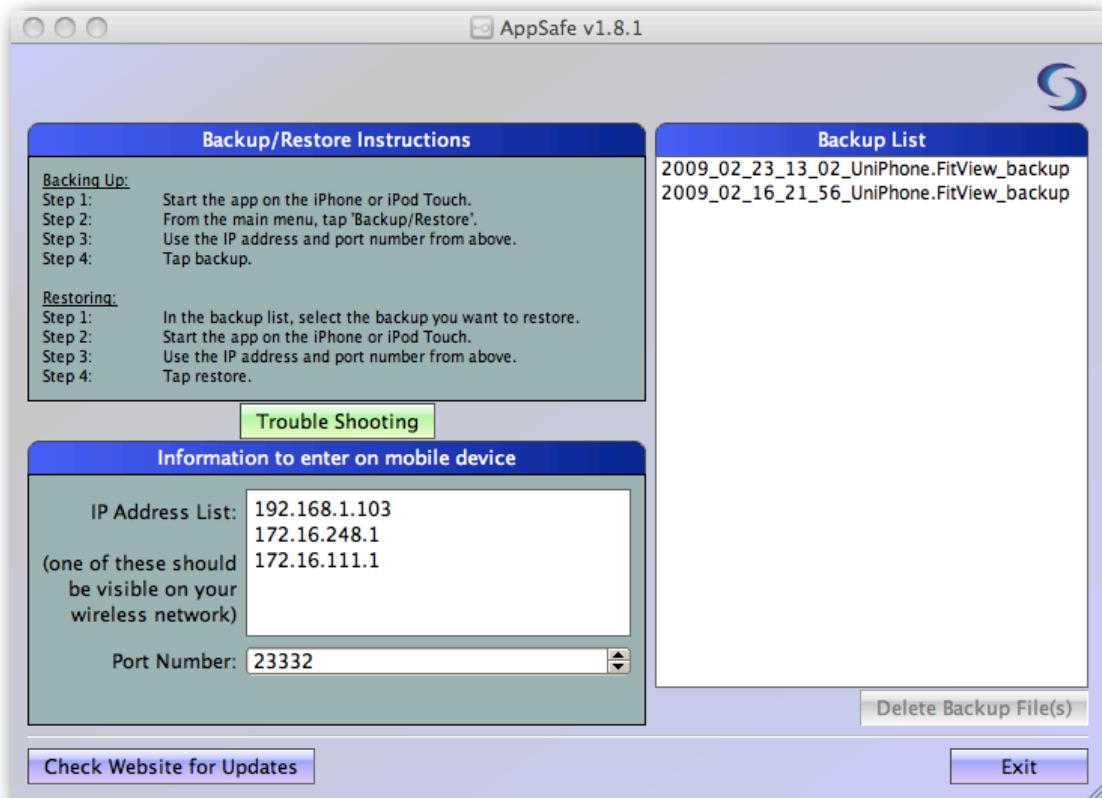
The information transfer is done over a wireless network, so if you don't have a wireless network you'll need one to use this feature.

In order to use this feature successfully, you must download the AppSafe application from www.senygma.com/FitFanatic.html

There is a Mac OSX version, and a Windows version. Download and install the appropriate version.

When you run AppSafe for the first time, it will ask if you want to accept incoming network connections. Make sure to allow this.

Once its started, it should look similar to the following:



Backing up FitFanatic Information

Backing up FitFanatic information will store all the existing profiles, aerobic activities, strength exercises, and vital statistics to your home computer through a wireless connection.

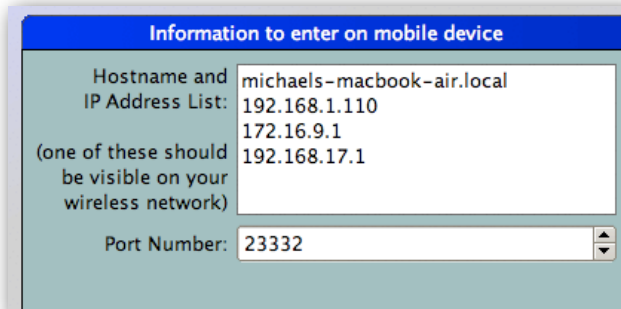
You can backup from any of the FitFanatic products, and restore that file to any other FitFanatic product.

To do a backup do the following:

From FitFanatic's main screen, tap 'Backup/Restore'. You'll see the following:



Tap on 'IP/Hostname' to set the correct value according to the display in AppSafe:



Some computers may show multiple IP addresses, but only one might be accessible via the wireless net work, so make sure and try each one until you find one that works.

Once the IP address is set, make sure the port number is correct. If not, just tap on 'Port Number' and set it to the appropriate value.

Make sure your device is using the wireless network (not the cell phone network). Now you're ready to backup your data. Just tap 'Backup'. If the backup completed successfully, you will see something like:



and AppSafe will show a new entry in the 'Backup List' table.

The name in the table is "<Date>_<DeviceName>.<AppName>_backup."

Backup List
2009_02_23_13_02_UniPhone.FitView_backup
2009_02_16_21_56_UniPhone.FitView_backup

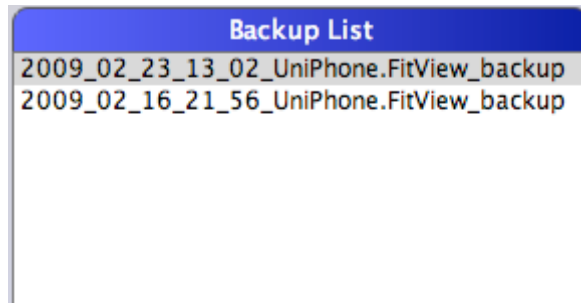
If there were any problems, read the error dialogs from FitFanatic and AppSafe.

Restoring FitFanatic Information

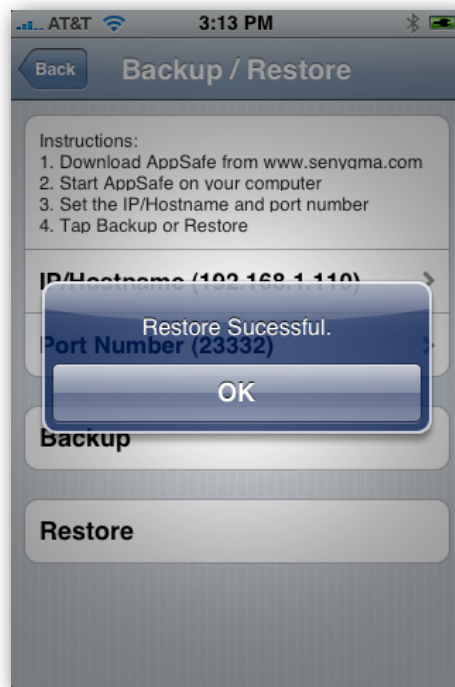
Assuming you got a backup to work, then you have the correct IP address and port number. If not refer to the previous section 'Backing up FitFanatic Information'.

When restoring information, all the information that is currently in FitFanic will be erased permanently.

Before starting the restore you need to select which backup you want to restore. Simply click on the appropriate backup file in the 'Backup List' in AppSafe. The backup files are order from most recent at the top to oldest at the bottom.



Now you're ready to restore your data. Just tap 'Restore'. A confirmation dialog will pop up in FitFanic asking is you are sure. Just tap 'Yes'. If the restore completed successfully, you will see something like:

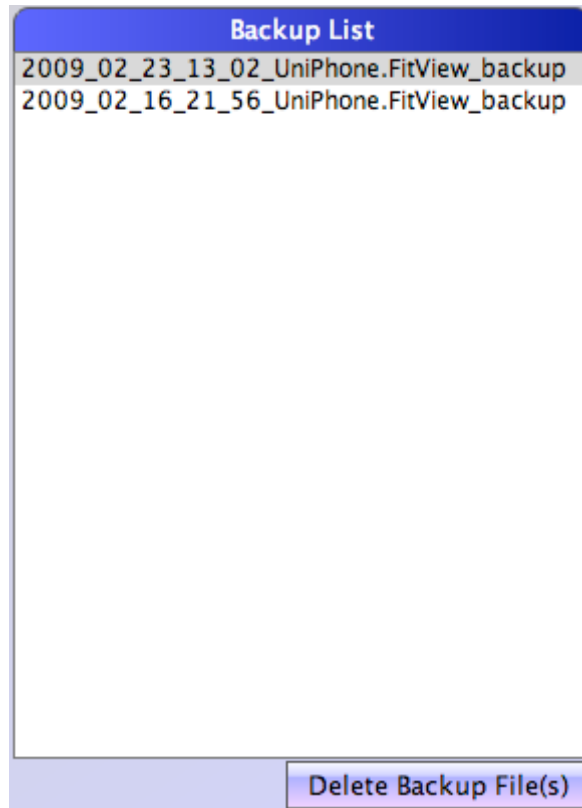


If there were any problems, read the error dialogs from FitFanic and AppSafe.

Deleting Old Backup Files

Each time you backup FitFanic, a new file will be created. At some point you will probably not want to keep all of the old backups. To erase a backup, from AppSafe,

just use the mouse to click on the backups you don't want, and click 'Delete Backup File(s)'.



The oldest backup files will be at the bottom of the list, so typically you'll want to delete those.