

Weight Loss Tracker

Weight Loss Tracker Help File

Thanks for using our weight loss tracing software. You will find it extremely easy to use and very helpful to keep track of your daily weight loss and body mass loss.

Lets Get Started



To start off, find the heart shaped icon on your desktop or lower taskbar and open the program.

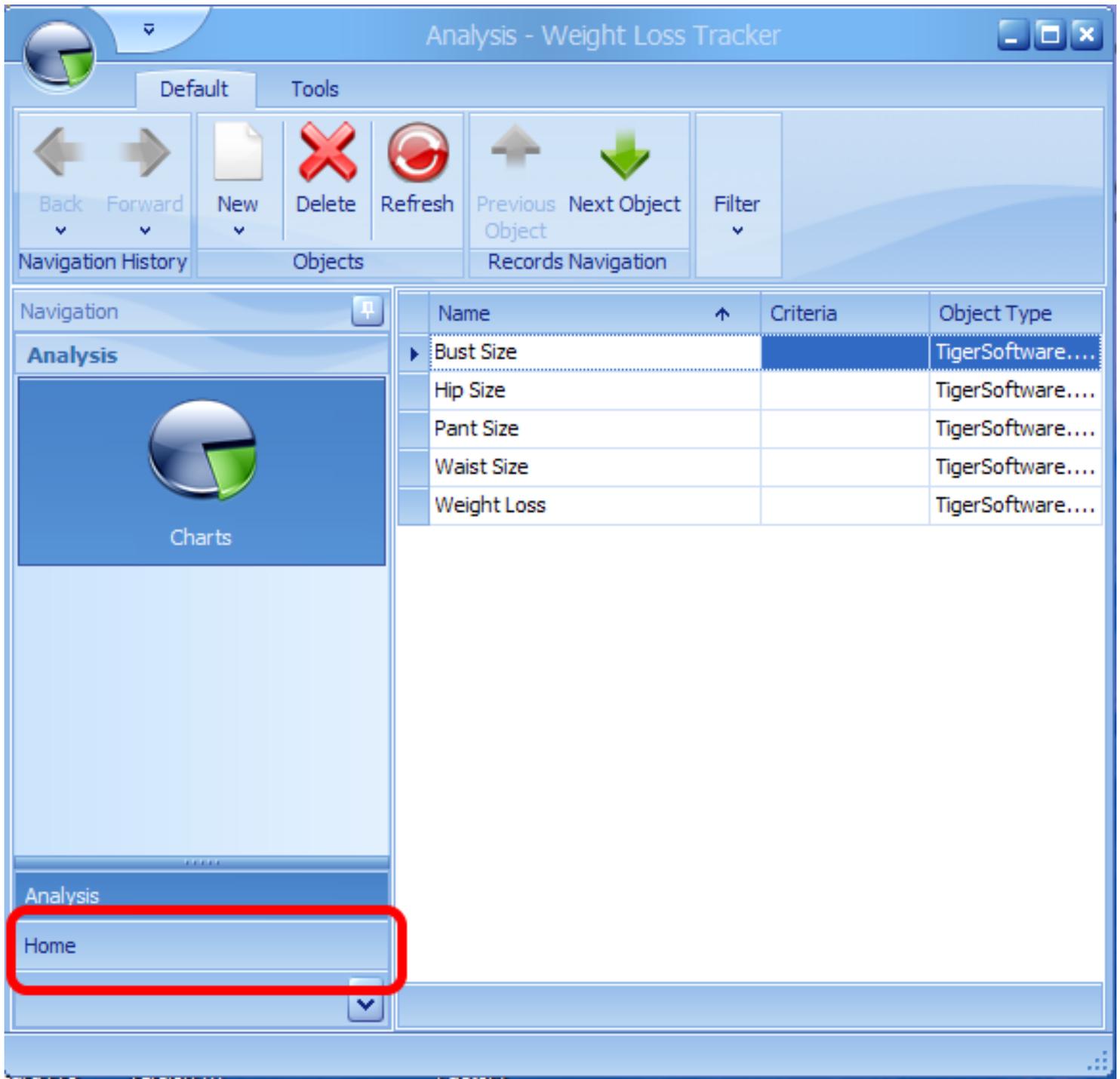
Have You Registered Yet?

The image shows a registration dialog box with a yellow background. The text inside reads: "please take the time to register below. I will send you the activation code and you will also be subscribed to our informative newsletter. All this is Free and you can unsubscribe at any time." Below the text are two input fields: "First name" and "E-mail address". At the bottom of the dialog, there is an "Activation Serial" input field, a "Run Trial" button, and "OK" and "Cancel" buttons. Three red circles with numbers 1, 2, and 3 are placed over the "Run Trial" button, the "E-mail address" field, and the "OK" button, respectively. Red arrows point from each circle to its corresponding element.

Weight loss tracker is always free and will remain so. BUT, to keep you posted of updates, we wish you to register the software. We are already on version 1.02. If you want to try it out first, just click the Run Trial button. You can open the software 10 times before you need to register it.

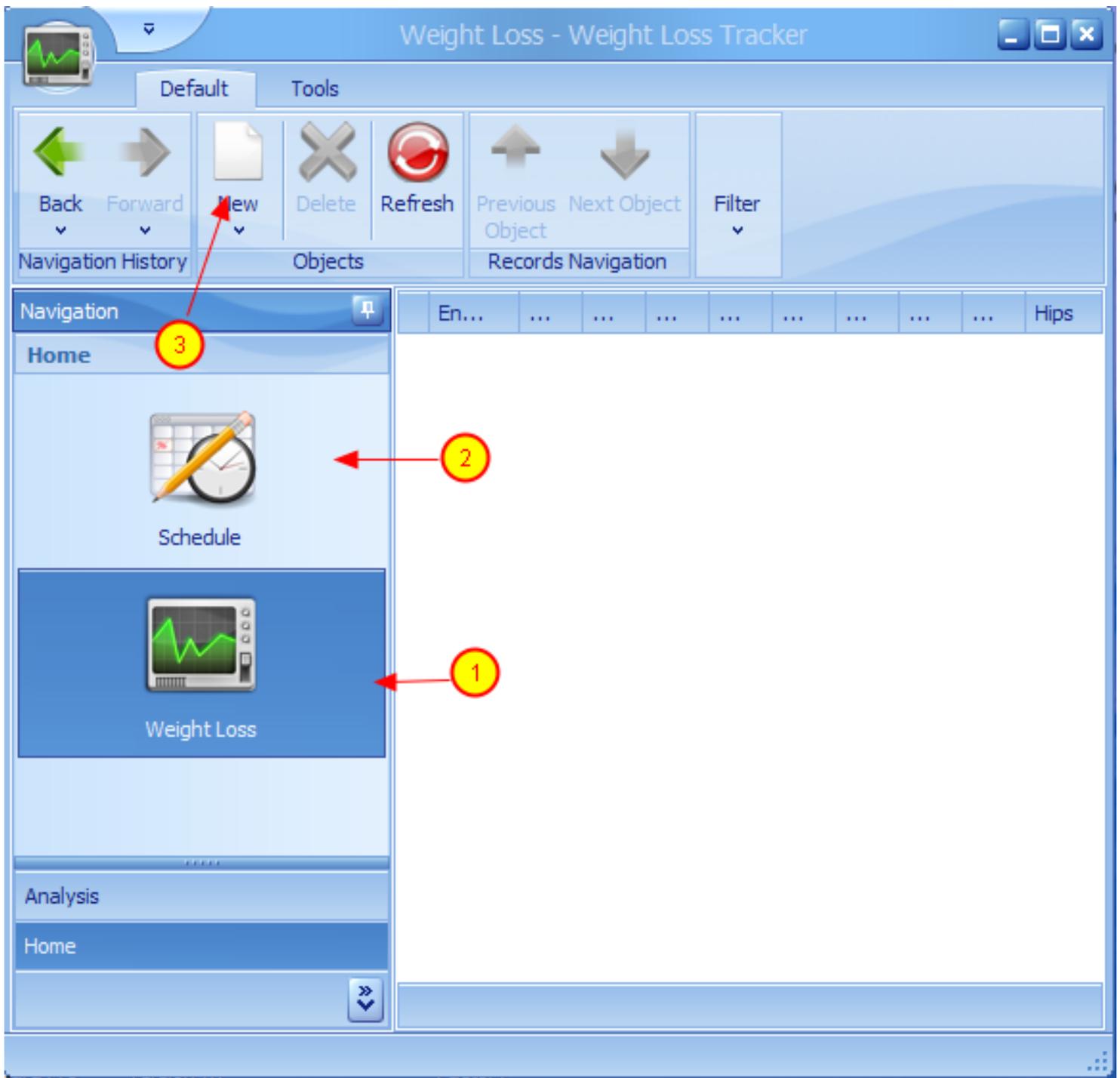
1. If you don't want to register right now, click the Run Trial
2. If you are ready to register, enter your First name and Email and click the submit button.
3. You will need to confirm your email address and then will be sent the activation code. Enter it here and click OK.

Initial Opening Screen



Once the software is started, click the Home button. You can see we have some graphs for you, but you need to enter data before you can use them :-)

Weight Loss Details

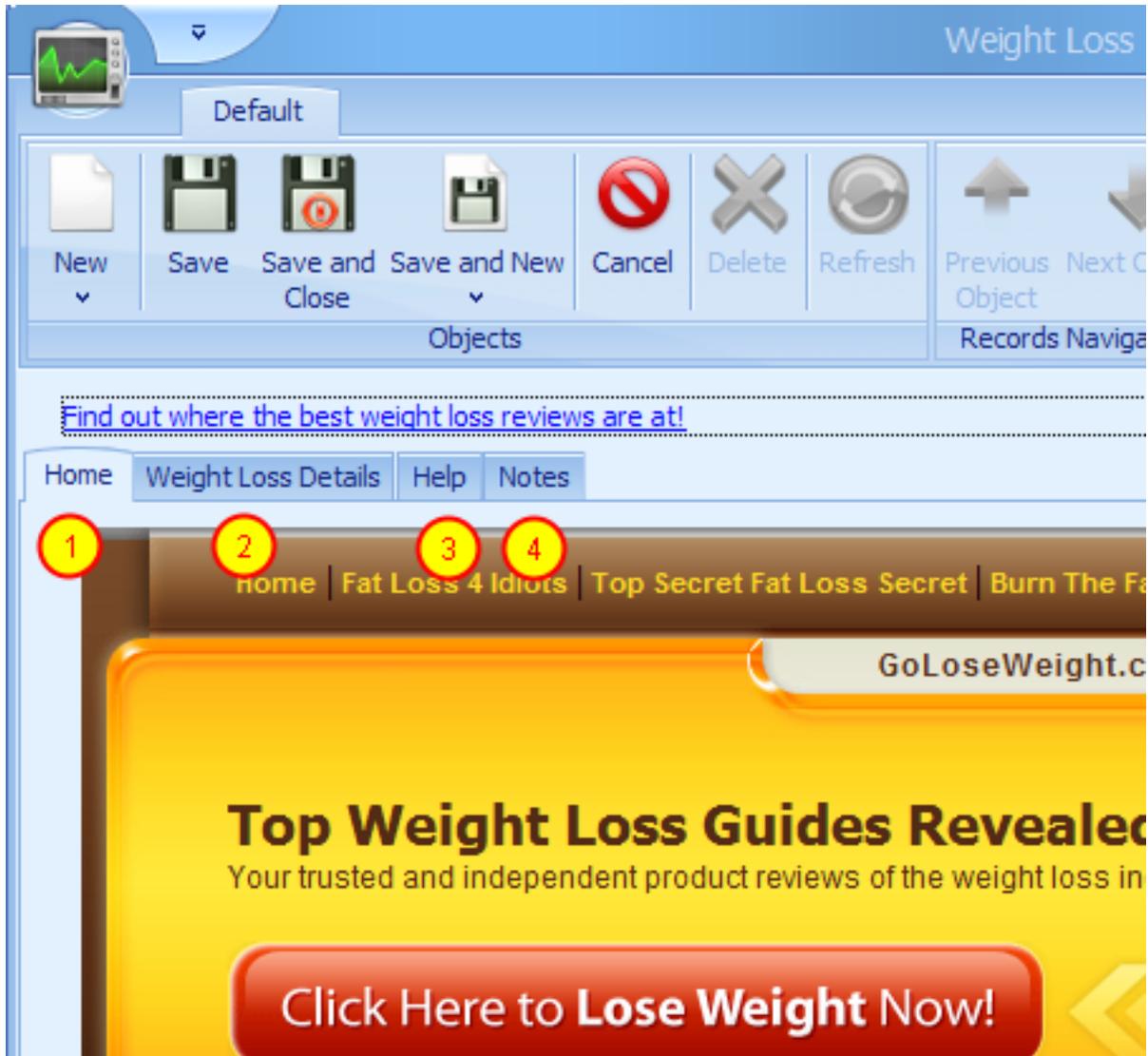


After clicking the Home button, you are presented with:

1. The weight loss details menu.
2. A very handy calendar/scheduler.
3. Click New to start a new data entry.

For now, just click on #1 the Weight Loss icon, then click #3 to start a new data entry.

Main Weight Loss Details Window



This is the main weight loss details screen. You can see there is a very easy to use interface.

1. The Home tab is where our home website is located. You will find some nice articles on weight loss. While there, why not check out the weight loss reviews and visit our sponsors.
2. Next is the Weight Loss Details screen. This is where you enter all your details. The graphs pick up data from what you enter here.
3. The Help tab is where you will be reading this :-)
4. Make all your notes on your program here.

Enter Your Weight Program Details

Weight Loss

Default 6

New Save Save and Close Save and New Cancel Delete Refresh Previous Object Next Object Close

Objects Records Navigation Close

[Find out where the best weight loss reviews are at!](#)

Home Weight Loss Details Help Notes

Sponsors 1

TOP SECRET FAT LOSS SECRET
Who Wants This Lady Doctor **DEAD?**

Weight Details 2

Entry Date

Weight

Pant Size

Body Size 3

Bust Size

Waist

Hips

Leg Size 4

Right Leg

Left Leg

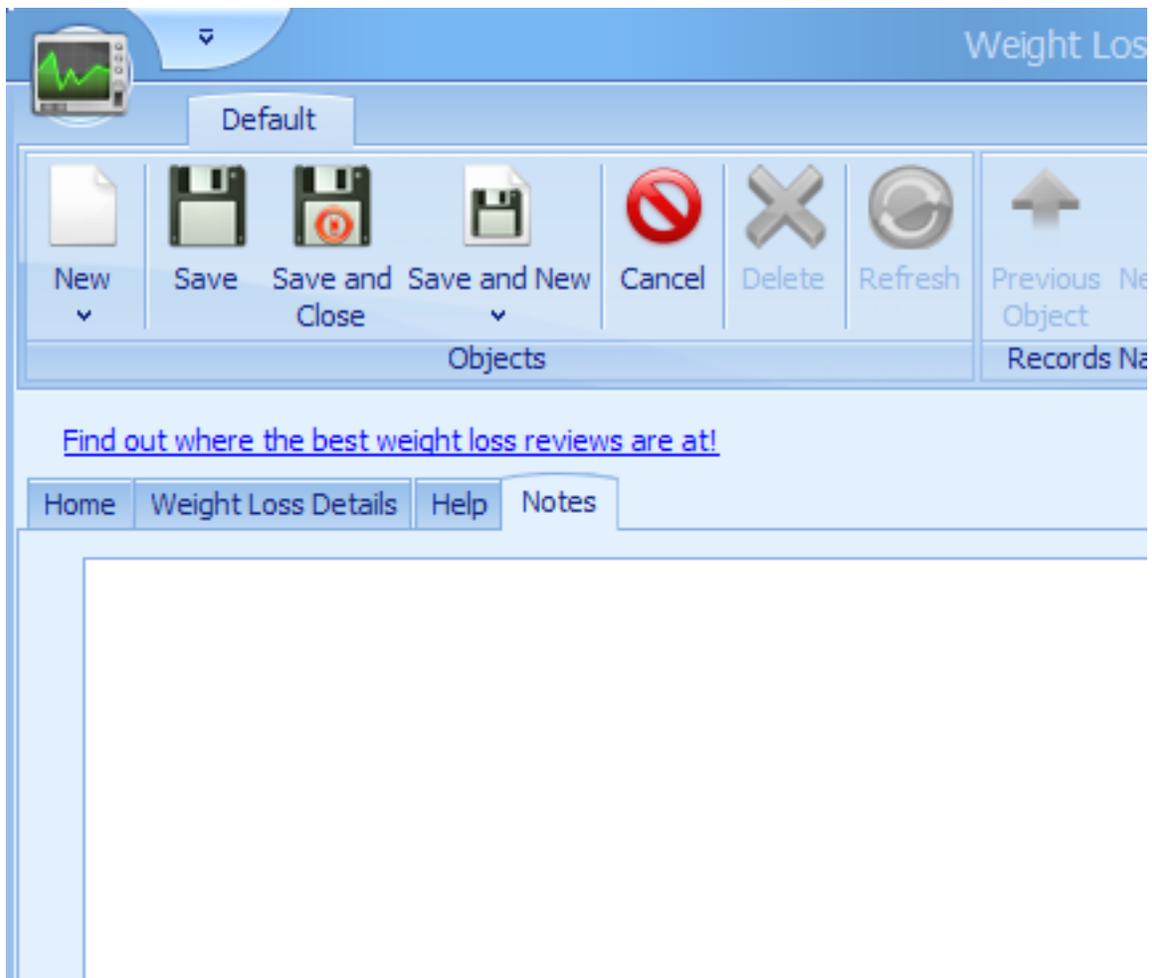
Arm Size 5

Right Arm

Left Arm

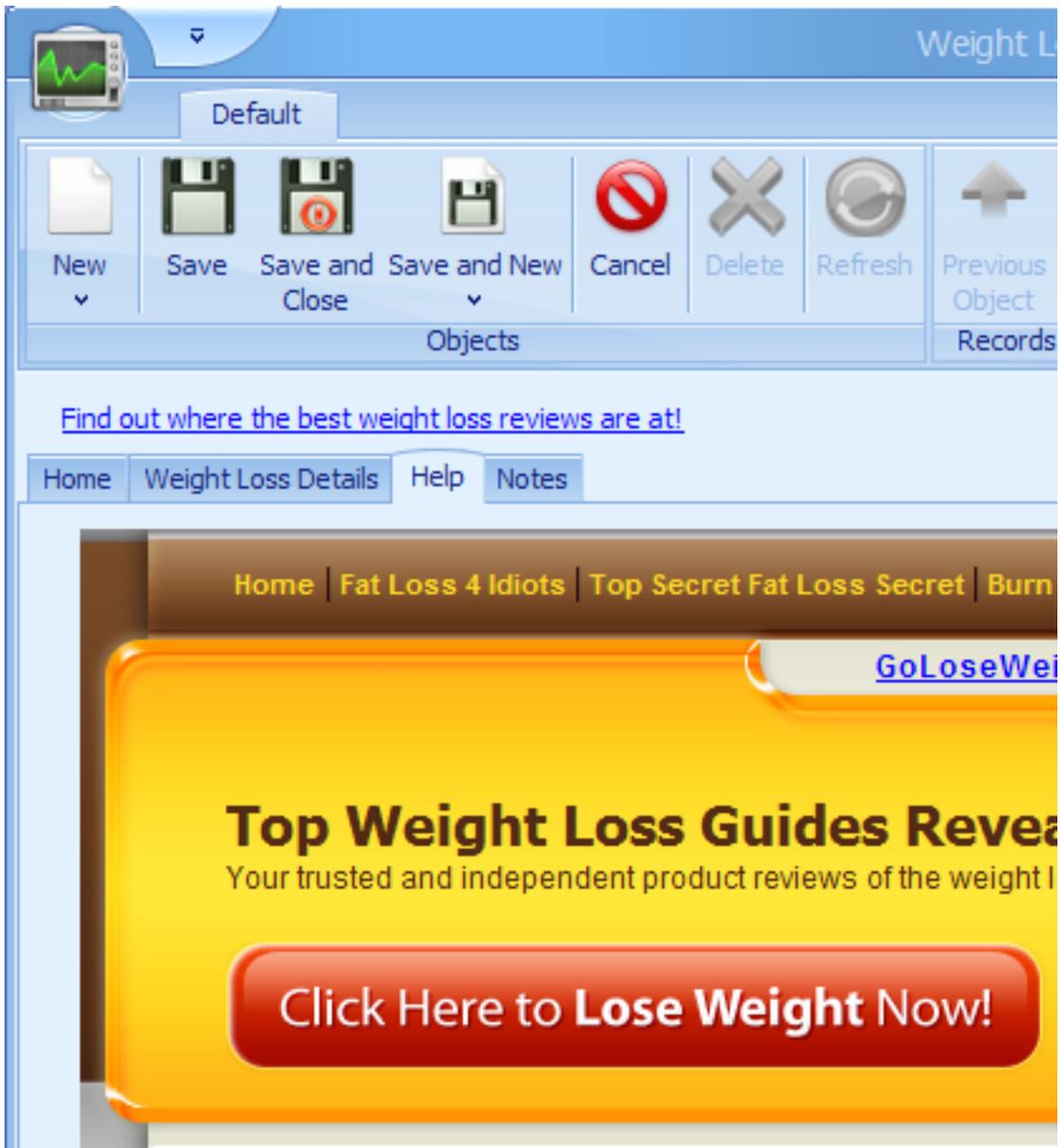
1. Please visit our sponsors when you have time. They have very informative and helpful products.
2. Enter the current date and the rest of the details.
3. Enter in your Body Size details.
4. Enter in your leg size details.
5. Enter in your arm size details.
6. Don't forget to save before you close the window.

Enter Your Notes

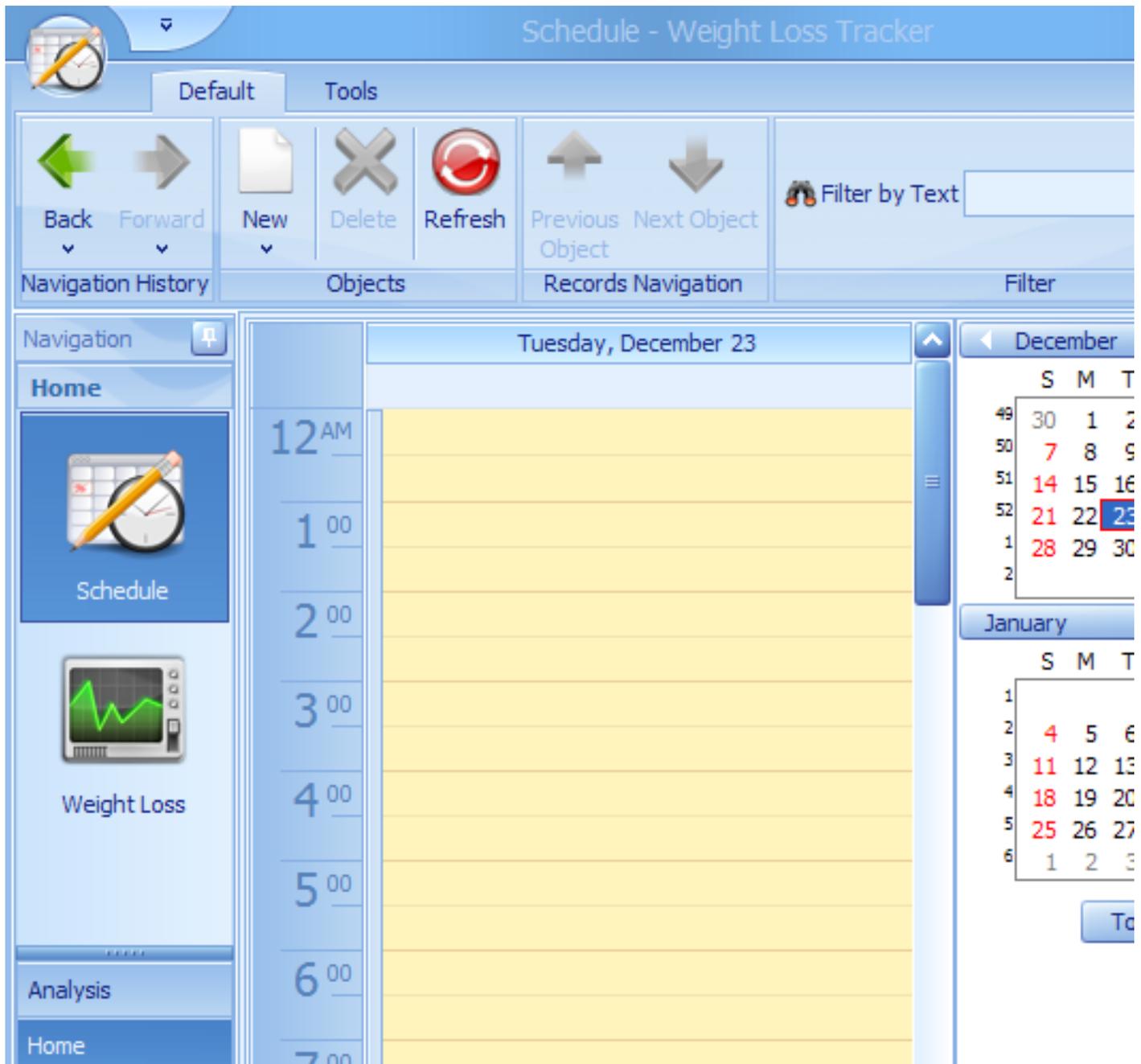


Clicking on the Notes tab allows you to enter any notes for your program on a daily basis.

Help Tab

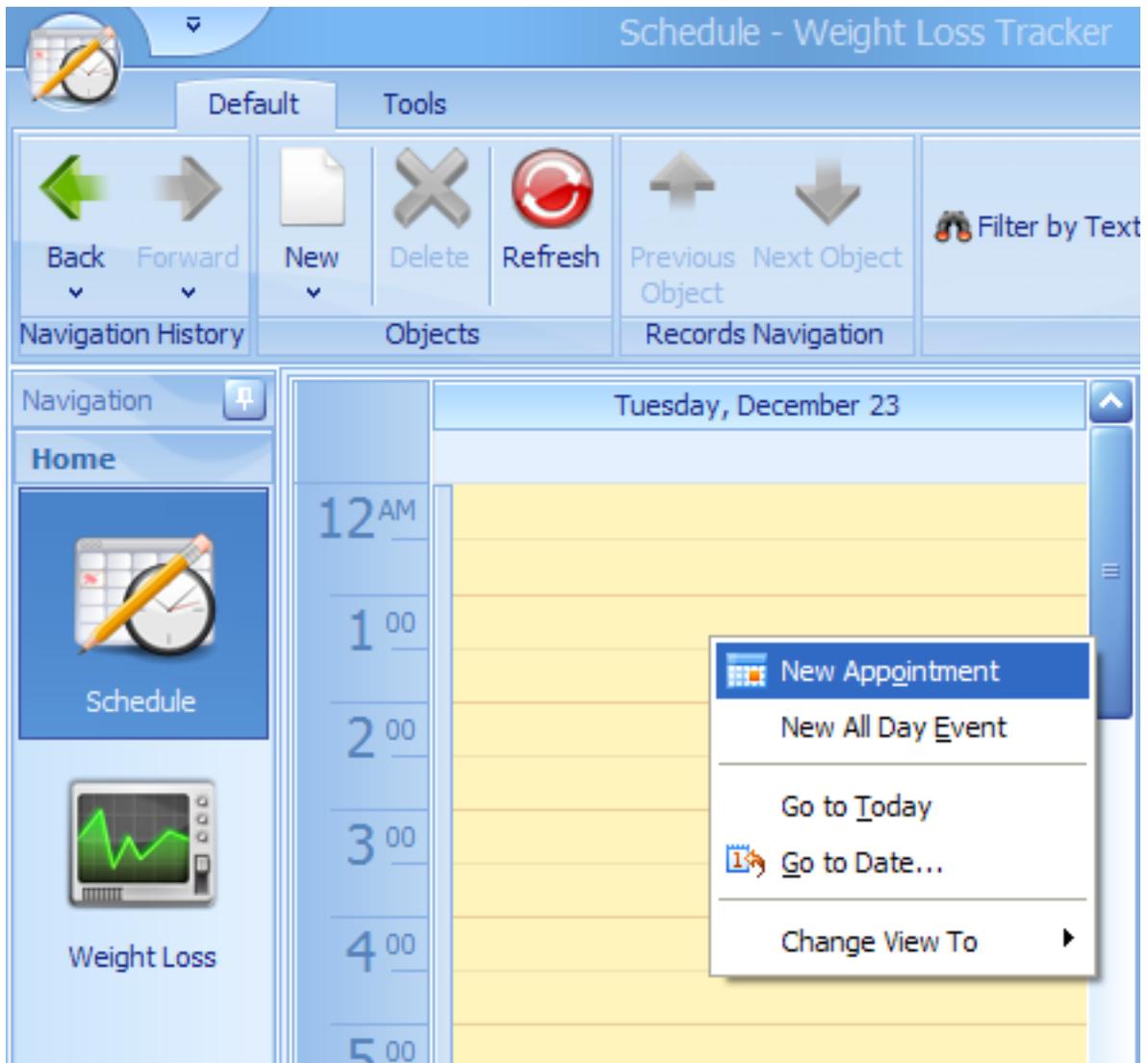


Clicking on the Help tab brings up this web page.



Once you have saved and closed the Weight Loss screen, you are taken back to the main menu. Clicking on the Schedule icon will give you a handy scheduler/calendar.

Make A New Appointment



To add a new appointment, right click on the yellow screen and select New Appointment.

Enter Appointment Details

Schedule

Default

New Save Save and Close Save and New Cancel Delete Refresh Previous Object Next Object Close

Objects Records Navigation Close

Event

Subject

Type

Start Date/Time

Location

End Date/Time

Status Free

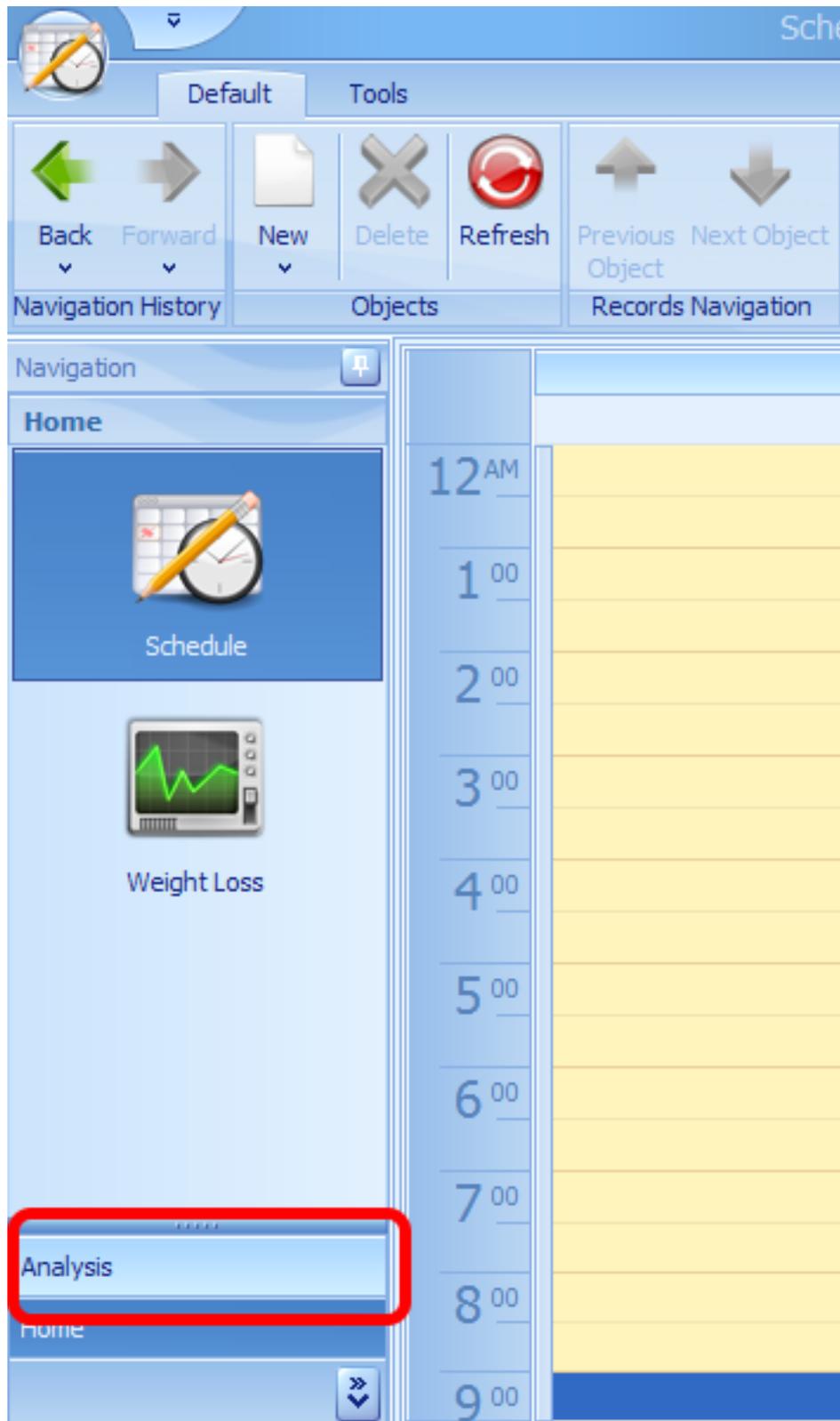
All Day

Label None

Description

Enter your appointment details.

Charts and Analysis



Click the Analysis button to make use of the Charts and Graphs.

Charts And Analysis

Analysis - Weight Loss Tracker

Default Tools

Back Forward New Delete Refresh Previous Object Next Object

Navigation History Objects Records Navigation Filter

Filter by Text

Navigation

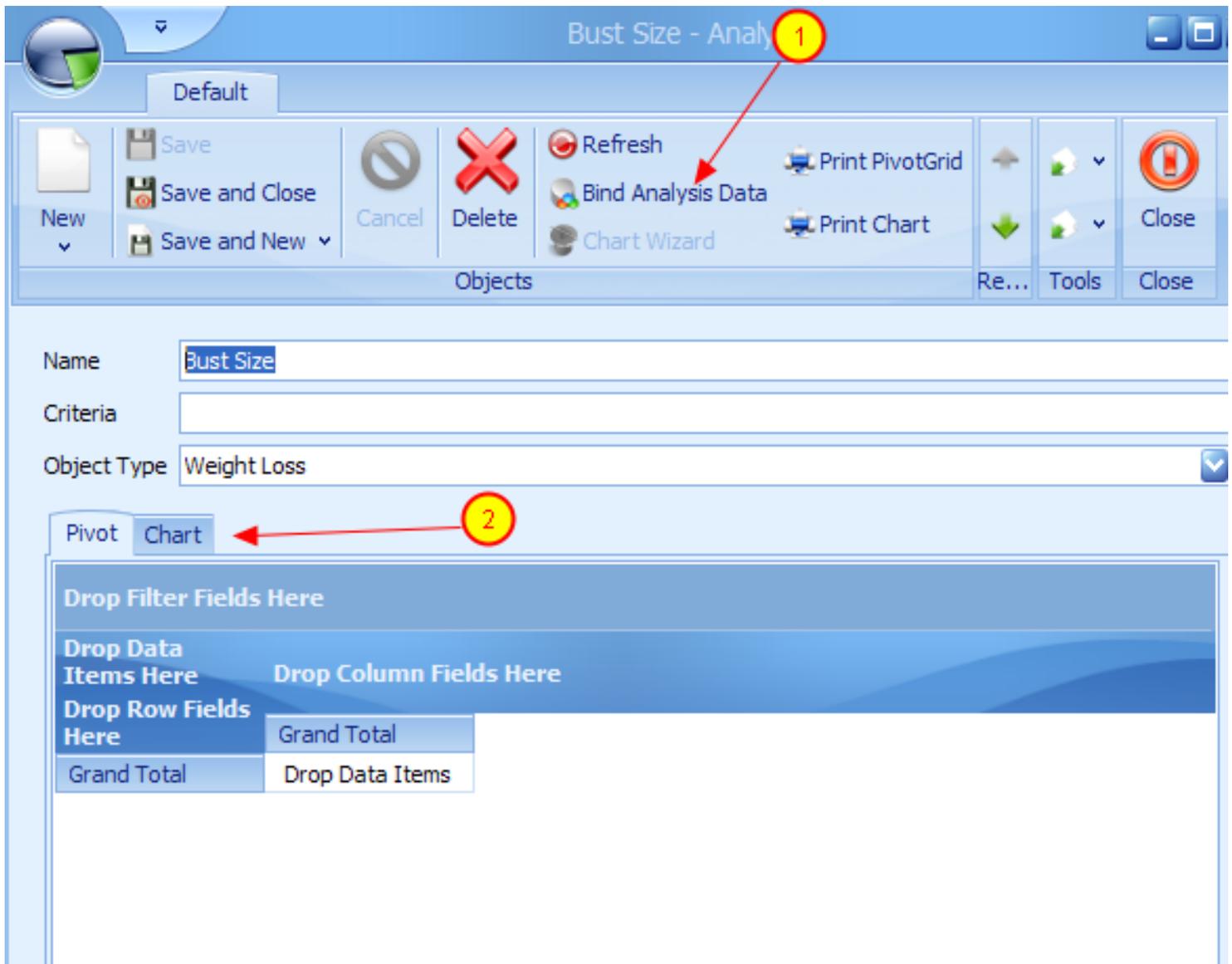
Analysis

Charts

Name	Criteria
Bust Size	
Hip Size	
Pant Size	
Waist Size	
Weight Loss	

Here is the main Charts screen. You can see we have already created some Charts for you. To open a chart, double click on the Name. For this example, double click on Bust Size.

View Your Details On A Chart.

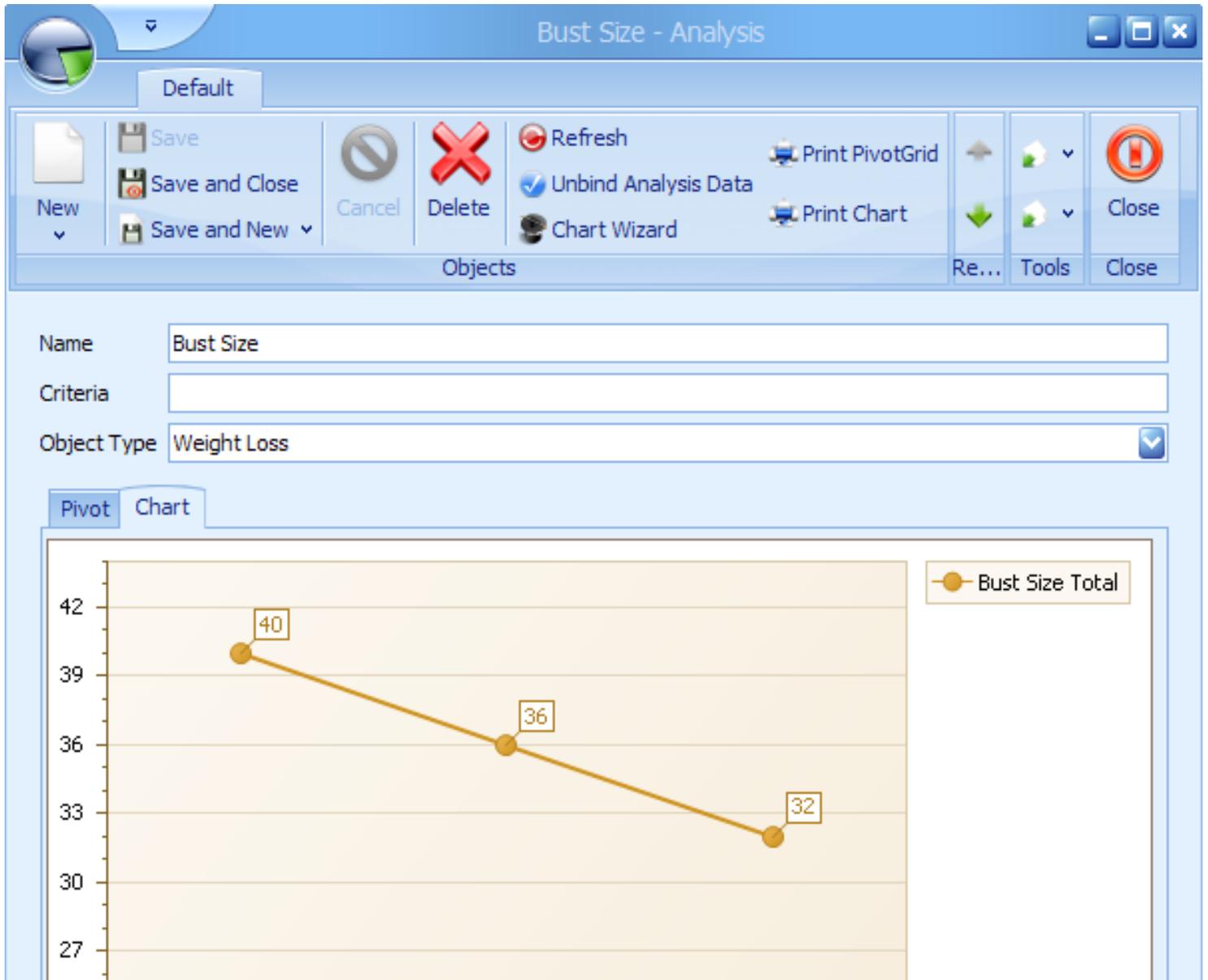


To view your chart, do the following:

1. First click the Bind Analysis Data. This makes sure all the data you have entered is in the Chart. Remember, you must first enter at least 2 - 3 days worth of data before it will show in any chart.
2. Click the Chart button.

You create the chart the same way for each one.

And Here You Have Your Chart



Here is a fictitious chart showing a loss in Bust Size from 40 down to 32 over a 3 day period.