



INFODEV FITNESS TRACKER FOR JAVA ENABLED DEVICE

Version 1.0

User's Manual

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Read this file completely.

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Introduction

Track your daily nutrition, exercise & strength training. Goals, personal settings, health progress with graphs.

Description

Fitness Tracker is an advanced organizer to keep track and manage your fitness and health.

Do you want to stay fit and look your best? Fitness Tracker may be just what you need to succeed. With Fitness Tracker you can set objectives, track nutrition and exercise, measure your progress.

Fitness Tracker is the perfect companion to exiting health products and plans. So get started today on a healthier, happier lifestyle with Fitness Tracker!

Fitness Tracker is the most comprehensive diet & exercise assistant available so you get everything you need in one product with affordable price.

Fitness Tracker adapts to your needs by allowing you to set goals, enter personal data and create daily entries that track your habits and calories.



Features

You can create new Nutrition and Activity Items for uncommon foods or exercises.

Record Daily Entries and Track your Progress.

Create daily Nutrition entries with multiple and/or partial serving sizes. Record weight entries with notes to track your progress with respect to your objective.

Calculate daily Totals calories for Nutrition and Exercise values. Display graphs comparing Calories, Carbohydrates, Fats and Proteins intake compared to your goals.

All graphs adapt to data you have entered and device screen size to maximize readability. Personalize Settings and Calculate Fitness Ratios

Select US (lbs & inches) or Metric (kilograms & centimeters) measurements.

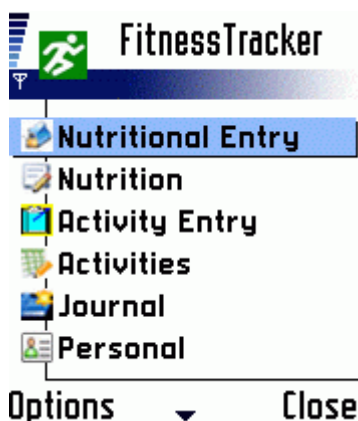
Set goals for Weight, Nutrition intake and Calories burned. Enter personal information such as Height, Weight, Gender and Age. Enter Goals that are used to compare actual values in Graphs and Daily Totals.

Any number of entries can be added with user's choice. Notes are provided separately, which gives more storage for the additional information.

This powerful organizer will keep tracks any numbers of entries at a time, in fact as many as you like.

Professionally and newly designed user-interface that speeds up Data Entry and Easy Viewing.

Working



Initially select your measurement

US unit or UK Metric

Select the first menu to add the Nutrition entry for your food. Input calories/lbs, calories/grams, carbohydrates, proteins, fat etc.

Input all the nutrition data for your food. Similarly, input the calories burn for the activities.

Nutrition and activity entry are listed in the Manage Nutrition and Activities modules.



Add Nutritional E...
2/5 123

Description
Oats

Serving
cup

Grams/Serving
50

Cals/Serving

Options ▼ Close

FitnessTracker

Manage Nutrition

10/9	Oats	900
10/9	Coke	1000

Options Close

Settings

Nutritional Serve

Activities Unit

Date Settings

Display Settings

Options ▼ Cancel

Select the Journal module to input your daily weight information and notes.

All the details are listed with add / edit / view / delete menus.

User can store the all the personal information in the personal module.

Select Manage module for add, edit, view, delete operation.

Select the entry and press the fire button in the joystick to view the details of the particular record.

Ascending and descending sorting options are provided in the manage module.

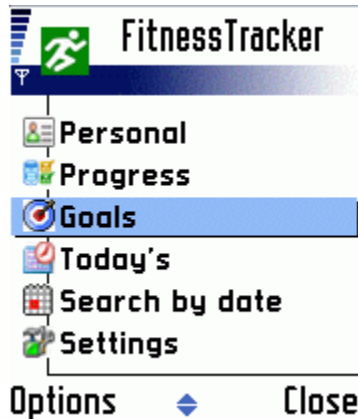
There is provision for the edit/delete all the data input.

Set the goal in the goal module

User can search the everyday's calories details in the search by date module.

There is provision to delete all the database of the program using the delete all option.

US unit or UK Metric – Measurement can reset using the delete all.



Today's calories details are available in the Today's module.

Select the help button for brief Help about Fitness Tracker.

Select the about us button for the developer details.

Key Features

FITNESS TRACKER features include:-

1. Simple and Easy to use.
2. Professionally and newly designed user-interface.
3. Add any number of nutrition and activities.
4. Simple options for updating the value.
5. Novel way of browsing the options.
6. Search by date range is provided.
7. Set the goal for calories.
8. Graph for Calories intake, burned, carbohydrates, protein, fat
9. Ascending and descending order sorting.
10. All data can be retrieved at any point of time.

All the detail and historical information is right in your hand. Remember it's for you!!!!

And rest you feel by your self...

What's New?

FITNESS TRACKER version 1.0 has enhanced with more graphics and images with advanced algorithm and techniques.

Requirements

Desktop PC:

Processor: PC with a Pentium II-class processor, 450 MHz or higher (Pentium III-class, 600 MHz recommended).

Memory: 256 MB RAM (recommended).

One of the following operating systems on your Desktop Computer:

MS Windows 95/98/Me, MS Windows 2000/2003, MS Windows XP.

**Java Enabled Device:**

Device: Java Enabled Mobile Phone.
MIDlet-Info-URL: www.infodevtech.com
MIDlet-Jar-Size: 191000
MIDlet-Jar-URL: [fitnesstracker.jar](#)
MIDlet-Name: FITNESS TRACKER
MIDlet-Vendor: Infodev Technologies, Inc.
MIDlet-Version: 1.0
MicroEdition-Configuration: CLDC-1.0
MicroEdition-Profile: MIDP-2.0

Memory: 190 KBytes of free memory space.

PC Synchronization software with cradle- provided by manufacturer.

TO INSTALL / UNINSTALL:**Installation Instructions**

Install the [fitnesstracker.jar](#) into the mobile device using the PC sync software.

Uninstallation / De-Installation:

Remove the [fitnesstracker.jar](#) from the mobile device using remove/uninstall option from the application menu.

GENERAL ISSUES

- If the PC synchronization is failed, Please connect the cradle properly and try again.
- If a network card is inserted in the CF slot and the device is on battery power, the device will not shut off automatically after you, a reminder, or an alarm powers the device on. The device will remain on until it runs out of power, regardless of whether the network card is actually in use or not.

FAQs

1. The downloaded program is not working properly.
Please re-download the program using your Order/Purchase ID.
2. Program Setup is not running properly.
Please uninstall the program and reinstall it.
3. Program installed properly, but unable to open.
Please check the program, available in the device.



Updates & Fixes

Infodev products are regularly updated, usually every **6-12** months. If you have problems or need new features, then make sure you check whether a new version is available at www.infodevtech.com

This file contains product information, documentation, and troubleshooting tips. For further troubleshooting and performance information, support@infodevtech.com

Technical Support

Free technical support is available to registered users.

While technical support is available to unregistered users this is provided at our discretion. This means that if there is free time at the end of the day and as long as the questions are not in the FAQ (documentation, web page, etc.) then they will be dealt with.

You can obtain technical support by emailing to: support@infodevtech.com
Your Support Team is working 24 Hrs a day, So User can avail 24 Hours / 365 Days
Email Customer Support.

If you have any doubts and clarification regarding this product, please mail us with product name and purchase ID as subject with details of your device specification, so that we can continue to assist if need.

Our Support email ID: support@infodevtech.com

By purchasing the Infodev Software, you save up to 50% vs. the cost of buying other developer applications.

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💀 **WARNING!!!** 💀

IT IS STRONGLY RECOMMENDED THAT YOU SAVE/CLOSE EVERYTHING YOU ARE WORKING AT (open documents, files, etc.) INSTALLATION OF THE PROGRAM. THE PROGRAM WAS TESTED FOR INCOMPATIBILITIES BUT YOU NEVER KNOW...

If you find no problems then you can cool down. But **do** save regularly.

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