

wellness4one Smartphone version 2.0

Getting Started

Thank you for purchasing wellness4one Smartphone. This tutorial will walk you through some of the most often used features of the wellness4one Smartphone program. These features include:

- First-time log on
- Logging a new workout
- Saving your workout
- Opening a saved workout
- Uploading a workout to wellness4one.com
- Opening a previous workout from wellness4one.com

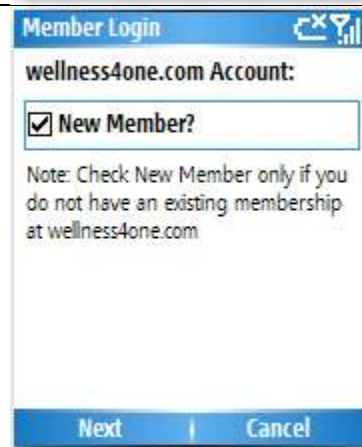
Note: Images shown are taken from a simulated Windows Mobile 5.0 Smartphone.

To start wellness4one Smartphone, locate the program icon on your handset. It should appear as a grey dumbbell. Press the OK or Select button to activate the program.



If this is your first time logging into the wellness4one Smartphone program, the Member Login screen will appear. If you already have a membership at www.wellness4one.com, clear the checkbox; otherwise, select Next on the menu.

Once you have logged in the first time you will not be prompted to log in again.



You are then prompted to enter your Member ID and Password. Existing members should enter the same ID and password they use at www.wellness4one.com. New members should create an ID and password and remember it so that they can view their workout data on the website. **Passwords are case sensitive.**

Once you have entered an ID and password, click **Login**.

Note: This feature uses the Internet to send workout information to the wellness4one.com servers and may ask you to confirm that sending this data is OK.

If you make a mistake logging in, you can enter the correct information by selecting **Change User** on the Options menu.

The wellness4one Main Menu is used to choose between logging a workout, logging a meal or changing user. All of these options are available by clicking **Menu**.

Select **Log Meal** from the menu.

New Member Login abc

Member ID:

Password:

Note: Remember this ID and (case sensitive) Password to access your workout data at wellness4one.com

Login | Back

wellness4one Main Menu

Welcome to wellness4one Smartphone. You may choose to either enter a workout or a meal from the menu below.

Exit | Menu

The Calorie Log is used to enter food servings into the wellness4one.com database. If a Checkup was performed on www.wellness4one.com, target servings of each food group and any discretionary calories will be shown along with the total number calories needed to sustain your current weight.

Enter the number of servings for each food group that you would like to record and then select Save from the menu or simply click Done when finished. If you would like to subtract servings, enter a negative number. The Calorie Log always starts on the current date. To enter meals for a different date, select Change Date from the menu.

When you are finished entering servings, click **Done**.

Note: all options in the Calorie Log require an Internet connection.

Calorie Log - 8/1/2008

Food Group	Target Servings	Actual Servings	Servings To Add
Grain	7	0	0.0
Vegetables	6	0	0.0
Fruit	4	0	0.0
Meat	6	0	0.0
Dairy	3	0	0.0
Discretionary	361	0	0
Total	2251	0	

Done | Menu

On the Main Menu, select **Log Workout** from the menu.

You will be presented with a wellness4one Tip once you logged into the program. These tips are designed to familiarize you with some of the common features of the wellness4one Smartphone program and are presented each time you activate the software.

To turn the wellness4one Tips off, click Menu → Options → Turn Tips Off.



Once you have logged in, you will be taken to the Workout Screen. From here, you may use the Menu to log a new workout, edit a saved or uploaded workout, copy a previous workout, create or download new exercises, change your login information or activate the help menu.

Select **New** from the **Workout** menu by pressing the #1 key or by highlighting this option and clicking the Select or OK button.



The Set New Workout Date screen allows you to select a date for your workout. By default, the current date is displayed but this can be changed by using the navigation buttons to switch between month, day and year.

Once you have entered the correct workout date, click **Done** on the menu.



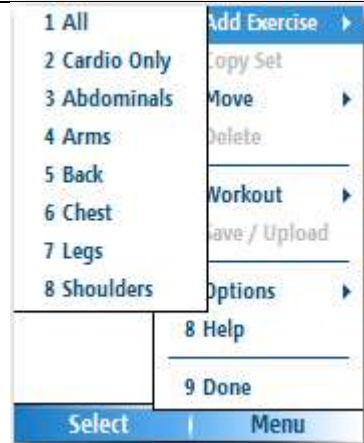
The Workout Screen displays the list of exercises in your workout and allows you to manipulate your workout from the menu options.



To add a new exercise to your workout, select **Add Exercise** from the menu.

You will then be taken to the Exercise submenu. This menu allows you to select from all exercises or narrow down your options to cardio only or a specific body part worked.

To add a chest building exercise, press the #6 key or by highlighting this option and clicking the Select or OK button.



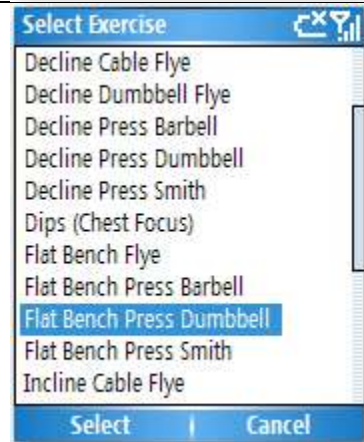
The Select Exercise screen is then displayed with the available exercise options.

Scroll down the option list using the navigation controls to highlight the desired exercise and then click **Select** on the menu.

NOTE: There are two ways to add additional exercises for your workouts: on your Smartphone or at the wellness4one website.

To add exercises using your Smartphone, click **Add New Exercise** on the Options menu. You will be prompted to enter the exercise name, type and the primary muscle group worked. Once entered, click done and the exercise will be saved on your Smartphone and uploaded to the website.

To add additional exercises on the wellness4one website, log into www.wellness4one.com, click Member Info and then Member Exercises. Click Add Exercise, fill out the exercise details and click save. You will need to select Download Exercises on the wellness4one Smartphone Options menu to import the new exercises into your Smartphone.



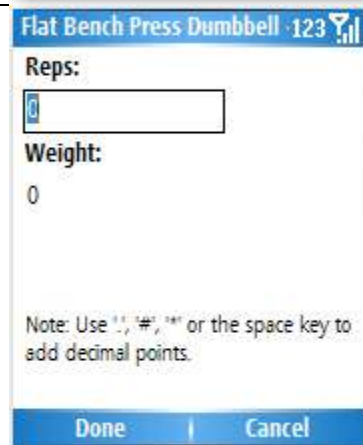
The new exercise will be added to your Workout screen. You will now need to input exercise data (reps and weight or distance and duration) for your exercise. The default first set always has zero reps and zero weight or zero distance and zero duration.

To edit set data, highlight the desired set in the workout list and click **Select** on the menu.

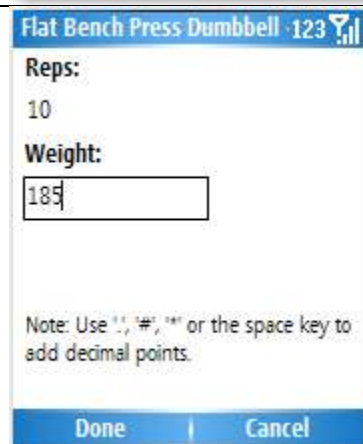


The Edit Set screen allows you to change the reps and weight or distance and duration for a particular set.

To change the data, navigate to the desired field and use the number keys to enter data.



Once you are done editing the set data, select **Done** on the menu.

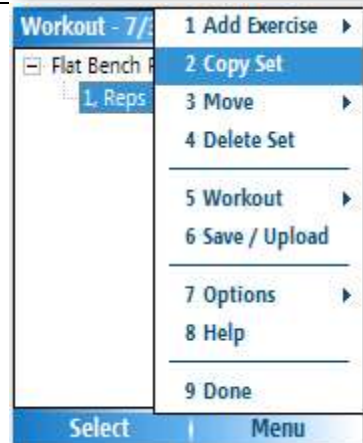


The edited data will then appear on the workout list.



To add a new set to the list, select **Copy Set** from the menu.

Note: this menu can also be used to delete a set or move a set up or down in the list.



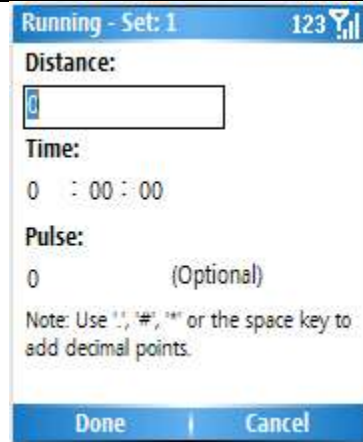
The new set will appear in the workout list as a duplicate of the previous set. Follow the preceding steps to edit the new set.

Once you are finished adding and editing sets, click **Done** on the Thumbwheel menu or click the Escape key.

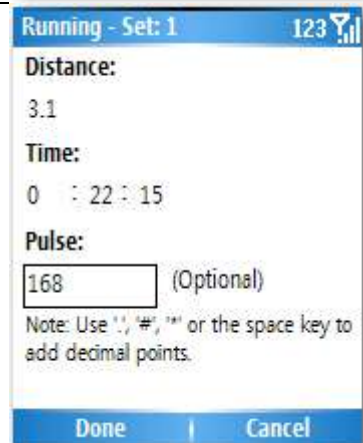


If you had chosen an aerobic exercise, the set screen would display Distance and Time instead of Reps and Weight. You may also enter your heart rate if desired.

You may enter decimal points in the Distance and Seconds fields. To enter a decimal, click the “.”, “#”, “*” or space key.



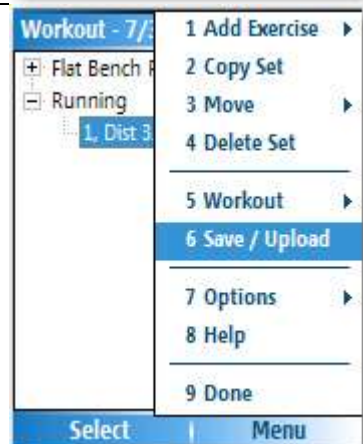
When you are finished entering aerobic information, click Done.



You may use the menu to add additional exercises, move exercises up or down the workout list, delete exercises, save the workout, upload the workout to wellness4one.com, change the workout date or access the help menu.

Click the **Save / Upload** option to upload your workout to wellness4one.com and save it to the handset. When you are finished entering workout information, click **Done**.

Note: By default, wellness4one Smartphone is set to Upload a workout to wellness4one.com automatically . If you would prefer to save the workout to your handset only and then upload later you may change the settings by selecting **Options** → **Workout Settings** and then uncheck **Auto-Upload Workouts**.



Restart the wellness4one Smartphone application.

If you have a saved workout, a confirmation screen will appear as soon as you start the application. This screen will ask if you would like to open the workout to edit or upload.

Click **No** to skip this option. You may also open a saved workout by selecting **Open** on the Workout menu.



Typically, we repeat workouts over and over. A confirmation screen will appear to ask if you would like to use a prior workout as a template for a new workout.

Click Yes to open the **Copy Workout From** screen.

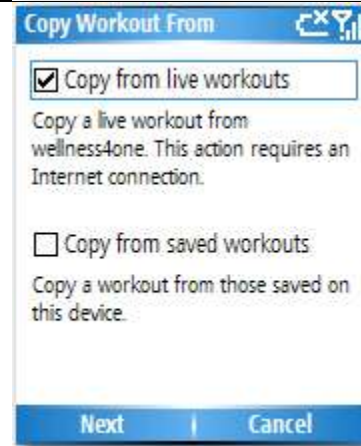


The Copy Workout From screen has two options: Copy from live workouts and Copy from saved workouts.

Copy from live workouts is used to retrieve workout dates from the wellness4one.com servers. This option is important if you edit or enter workout data at www.wellness4one.com. This option requires that you are connected to the Internet.

Copy from saved workouts is used if you only enter / edit workout data from your Smartphone. This option is available without using an Internet connection.

Click **Next** to select a workout to copy.



The Open Previous Workout screen displays a list of your last ten uploaded workouts or any previously saved workouts.

The date of the prior workout is shown along with the primary muscle group used in the workout.

Select the workout you would like to copy and click **Select**.



The Set New Workout Date screen allows you to choose the date for the new workout.

Select the desired date and click **Done**.



The copied workout is then displayed on the Workout screen.

The workout may now be edited as described above.

