VidaOne Diet & Fitness™

For Windows XP and Vista

User's Guide

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1. Introduction

1.1. What is VidaOne Diet & Fitness?

VidaOne Diet & Fitness™ is the premier application designed to help you track and improve your health, fitness and nutrition. It can be used for a variety of reasons:

- Follow a diet to lose or gain weight
- Monitor the food you consume
- Track specific nutrients such as glucose, cholesterol, etc.
- Keep a detailed log of all your activities including cardio-vascular workouts (walking, running, bicycling, swimming, etc) and strength-training (free weight, barbell, dumbbell, machine, ball, etc.)
- Track your progress toward the completion of a workout goal
- Enter health vital signs and other information such as body measurements and blood markers.
- Print various reports to present to medical staff, doctors, etc.
- Synchronize data with MySportTraining® and MyPersonalDiet® (more on this later).

VidaOne Diet & Fitness can be used by one or several people, and each user's data can be protected via passwords. It is ideal for the whole family or a coach.

How to Personalize VidaOne Diet & Fitness

You can customize VidaOne Diet & Fitness to suit it to your needs. You can not only change its appearance, but you can also create any type of information you want to track (equipment, vital signs, etc.) The following table lists the features that can be customized and the page that contains more information for each feature.

Features	Page
Create your profile (to allow multiple users to use VidaOne Diet & Fitness)	7
Starting a diet	19
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Configure the food database	24
Create your own fields to track any type of information	38
Create your own activities	41
Specify parameters for exact calorie expenditure calculation	41
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Change appearance (color scheme)	74
Select unit system (English or Metric)	75

1.2. Using a Heart Rate Monitor

VidaOne Diet & Fitness allows you to download workouts from most Polar® heart rate monitors, and to visualize key information about your training. It also makes it much faster to enter workouts, as most of the information is automatically entered for you.

You can find more information about Polar® heart rate monitors by visiting: http://www.polarusa.com.

1.3. Using a Windows Mobile Pocket PC or Palm OS Handheld Device?

VidaOne Diet & Fitness synchronizes with MySportTraining® and MyPersonalDiet® for Pocket PC and for Palm OS. MyPersonalDiet provides most of the diet and food tracking from VidaOne Diet & Fitness, whereas MySportTraining contains most of the fitness features found in VidaOne Diet & Fitness. Both applications are integrated and they share data on your device. This makes it ideal to track your food and workouts on-the-go. Seamless synchronization then brings all the data to your PC (desktop or laptop) into VidaOne Diet &Fitness.

For Windows Mobile Pocket PC, the synchronization is achieved via Windows Mobile Device Center (on Windows Vista) and ActiveSync (on Windows XP). For Palm OS handheld, the synchronization is implemented as a HotSync conduit (for both Windows Vista and XP).

1.4. Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: http://www.vidaone.com/faqs.htm.

If you have a question, or want to provide some feedback or just a comment, please send us an email at: support@Vidaone.com.

You can also contact us by mail at the following address:

VidaOne, Inc.
2501 W. William Cannon Dr
Bldg 2, Suite 205
Austin, TX 78745

2. Quick Tour

The VidaOne Diet & Fitness main screen is shown in Figure 1.
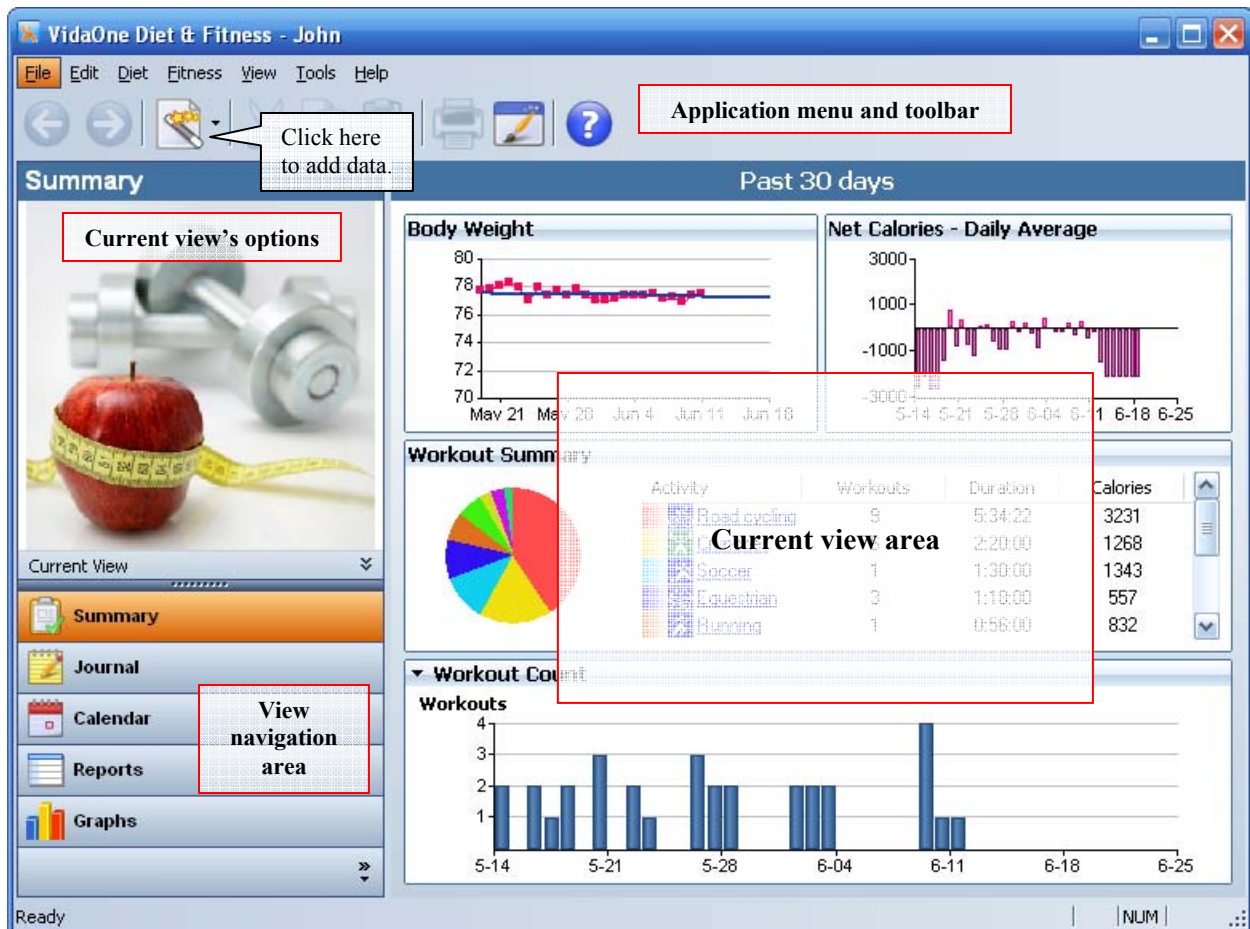
Figure 1: VidaOne Diet & Fitness main screen under Windows XP.

The application menu and toolbar allow you to access the different features of the applications.

The main area underneath the toolbar is the current view area. It displays the current view's content. Views are explained in details in the following pages.

Toward the bottom left corner is the view navigation area, which allows you to quickly jump from one view to another.

Above it is the current view's options, which depends on the view being shown.

To exit VidaOne Diet & Fitness, select **Exit** from the **File** menu.

3. Profiles

3.1.   What Is a Profile?

VidaOne Diet & Fitness is designed to store diet, food workout, health records and personal settings for multiple users. Each user is assigned a profile, and as many profiles as you want can be created. For instance, if John and Mary are going to use VidaOne Diet & Fitness, each should create his or her own profile, respectively called "John" and "Mary", and select it when using VidaOne Diet & Fitness. Using his profile, John will only see his workout; using her profile, Mary will only see hers. Passwords can be assigned to each user to make sure that any user only has access to his or her data only. See section 3.3 for more information about confidentiality.

Only one profile is active at any moment, and the current profile is shown in the title bar next to "VidaOne Diet & Fitness". For instance, in Figure 1, the title bar indicates that the profile for "John" is the current.

3.2.   Creating Profiles

The Welcome wizard, shown upon starting VidaOne Diet & Fitness for the first time, will prompt you for a profile name, among other information. Even if you will be the sole user of VidaOne Diet & Fitness, a profile is required. It is best to enter your first name, but you can enter any name you want. The profile remains active until you select another profile (described below). You can create additional profiles (one for each member of your family, for instance) by choosing **New** from the **File** menu, and clicking **A profile** (see Figure 2). Simply enter the name of the new profile and click OK. This will create the profile and make it current.
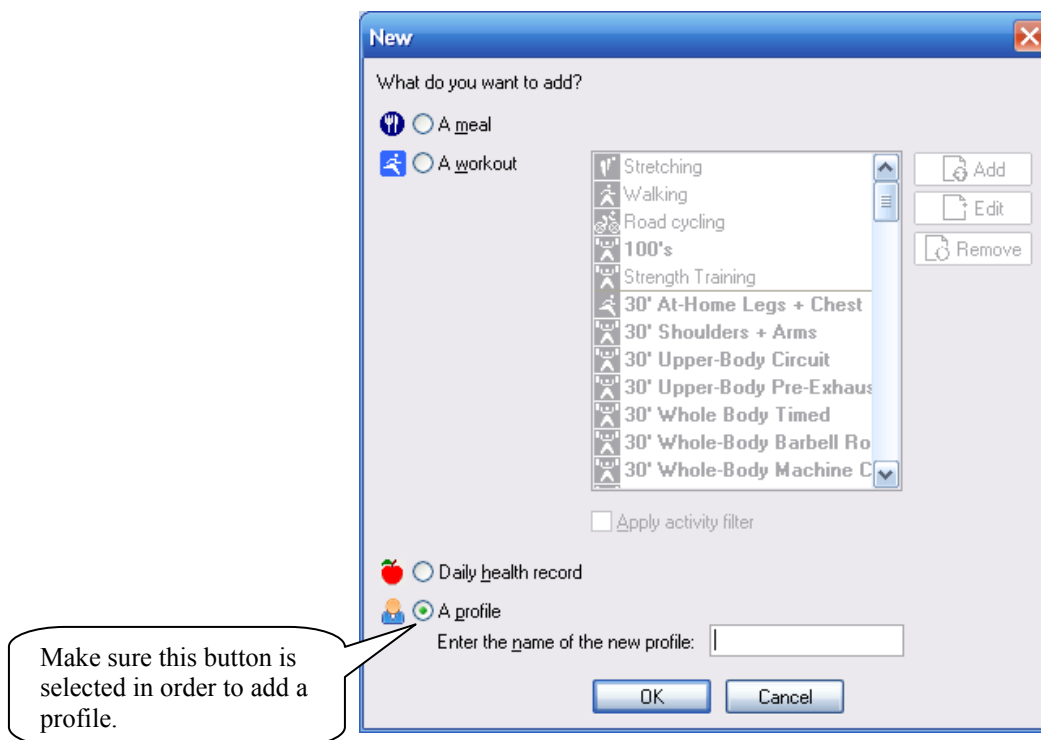

Figure 2: Creating a profile.

To select another profile, select **Open Profile** from the **File** menu, or click the Profile icon in the tool bar. This will show the Profiles window (see Figure 3). Simply select the profile to open and click OK to make this profile the current.
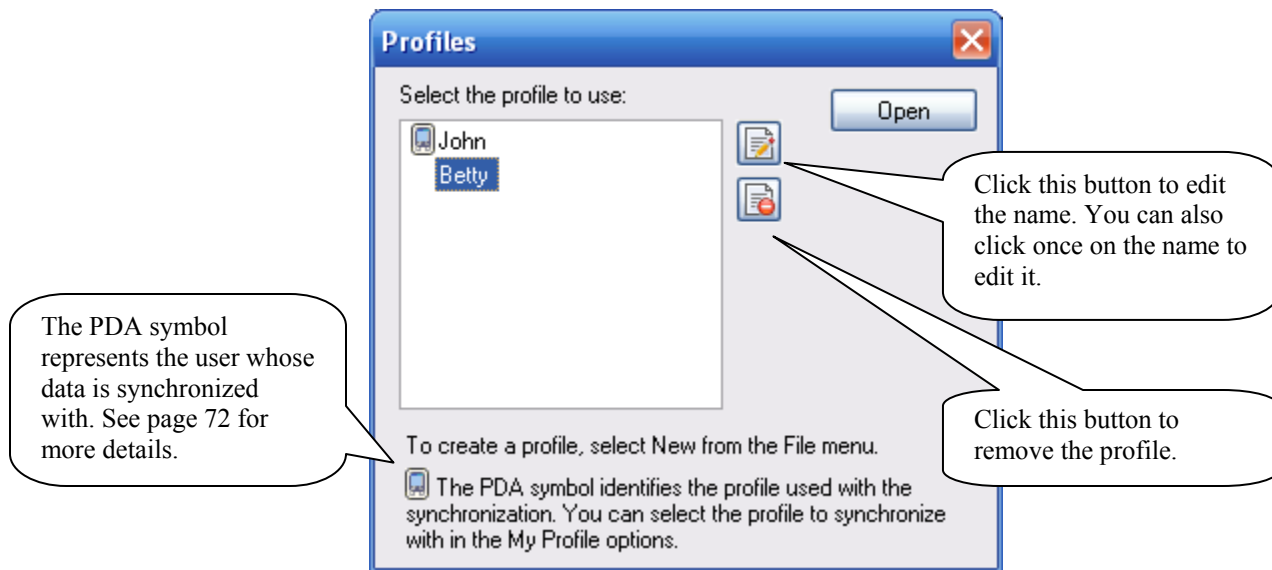

Figure 3: The Open Profile window, which allows you to select another profile and make it current.

You can edit or remove an existing profile. Note that since VidaOne Diet & Fitness requires at least one profile, it is not possible to delete a profile unless there is another one to use.

3.3.   Profiles Confidentiality and Security

Profiles data can be kept confidential by requiring each user to enter a password when opening their profile. To enable security, click **Tools | Options | Other tab** and select the **Enable security** checkbox. Upon enabling security, you will be prompted for a password to secure your data. Your profile automatically becomes the *Administrator profile*, giving your profile (and your profile only) the right to perform the following actions:

- Disable security
- Create, edit or delete profiles

Note
Make sure to write down your password. If it is lost, you will not be able to access your data nor perform the actions listed above.

Once the security is enabled, the other users will be prompted to enter a password when opening their profile, as shown in Figure 4.

Passwords can be changed in the Open Profile window. When security is enabled, a **password button** is shown and allows the password to be changed for the selected profile.

To disable security, open the Administrator profile, click **Tools | Options | Other tab** and clear the **Enable security** checkbox.

Figure 4: When security is enabled, users must enter a password to access their data. This ensures that user's workout and health data remain confidential.

There are a few topics to take into account when enabling security:

- Only the user who enabled the security can later on disable it. Under any other profile, the checkbox **Enable Security** in the Tools window will be disabled (grayed). This ensures that none can disable security but the user who enabled it.

- After turning on security, it is recommended to open each existing profile immediately in order to assign passwords (because once security is enabled, opening a profile the firs time requires entering the password). This ensures that each user's data is protected.

- Upon opening VidaOne Diet & Fitness, the **Profiles** window is shown and the user must select a profile (and enter a password) as shown in section 2. Without security, the last profile used was immediately opened.

- Upon launching VidaOne Diet & Fitness, if it is detected that the security has been tampered with, the user who enabled the security will be required to enter his/her password, and then security will be disabled (since passwords might have been modified and/or removed). Security must be turned on again and passwords must be entered for all existing profiles (as described above).

- **It is crucial the administrator password is not lost, because VidaOne Technical Support cannot recover it.**

4. Views

4.1. The Summary View

The Summary view (see Figure 5) presents an overview of your weight and activities:

- The **Body Weight** shows your body weight or the progression of your diet.

- An **activity summary list** shows, for each activity, the number of workouts, the total time, and the number of calories for the current period (note that the number of calories is not shown in Figure 5 because the window has been resized to its minimum size).

- A **pie chart** represents the time spent across the activities listed in the activity summary list. This allows you to quickly see how you split your workout time across your activities, which is very valuable when participating multiple activities.

- A **training time** graph shows the time spent exercising for the selected period.
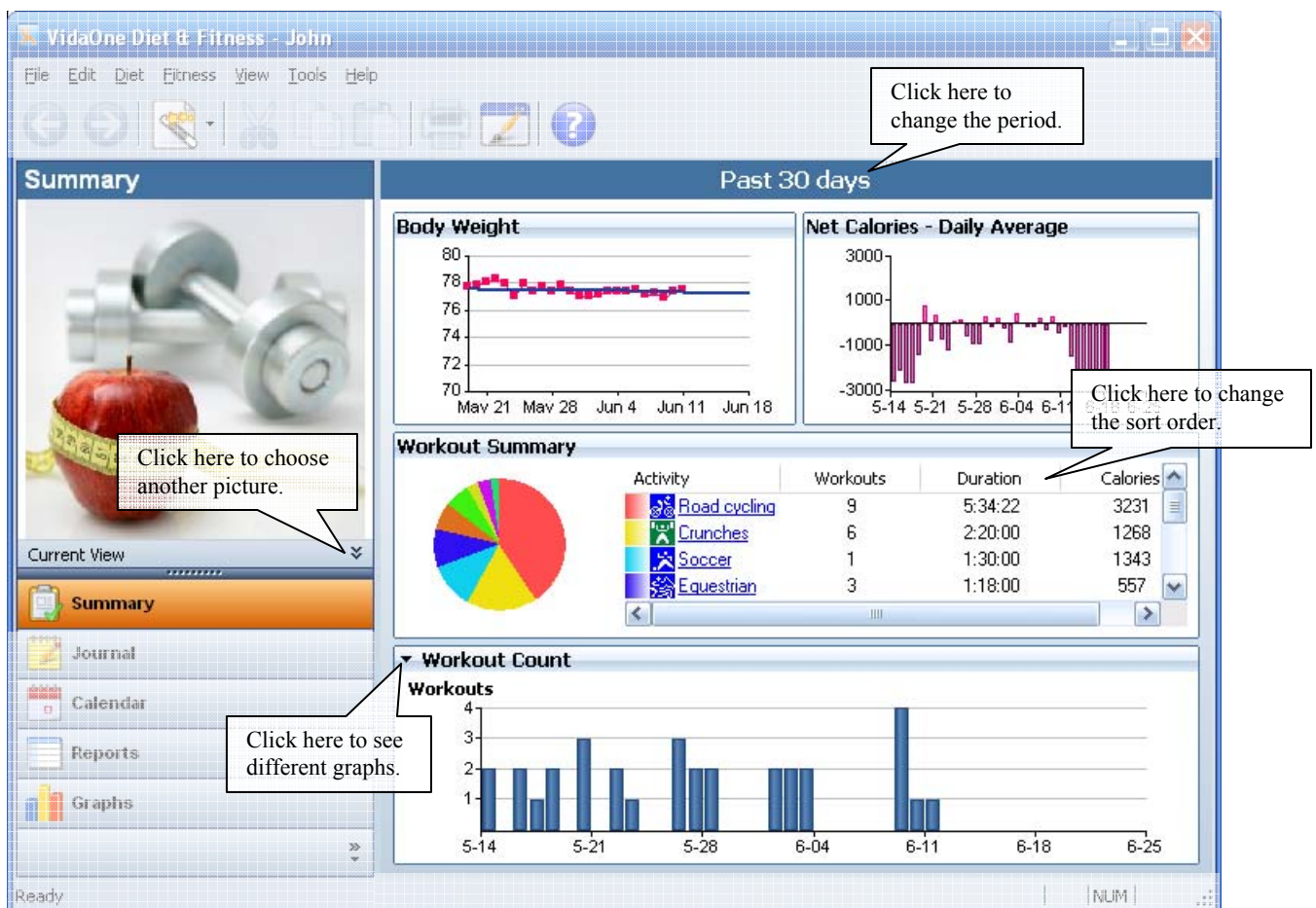

Figure 5: The Summary view shows an overview of your body weight (or diet), and workouts for a given period.

4.2. The Journal View

The journal view shows the meals, workouts and health information for a given day. It also presents a daily summary (at the bottom on Figure 6) consisting of four different charts:

- Energy balance, showing the amount of energy consumed (by meals) and spent (via the BMR and workouts).
- Energy breakdown, showing a pie that presents where the energy came from among carbohydrates, proteins and fat.
- Nutrients tracking, which allows you to select any nutrient and see how much you consumed. If you set min/max limits (see section 5.2), they will also be shown.
- A summary list of the nutrients consumed for the day.

Figure 6: The Journal view shows meals, workouts and health information for the day.

4.3. The Calendar View

The Calendar view shows a monthly summary of your meals, workouts and health for a given month. You can customize the appearance and easily navigate from one month to another. You can also print the view. You can double-click on any day to open in the Journal view.
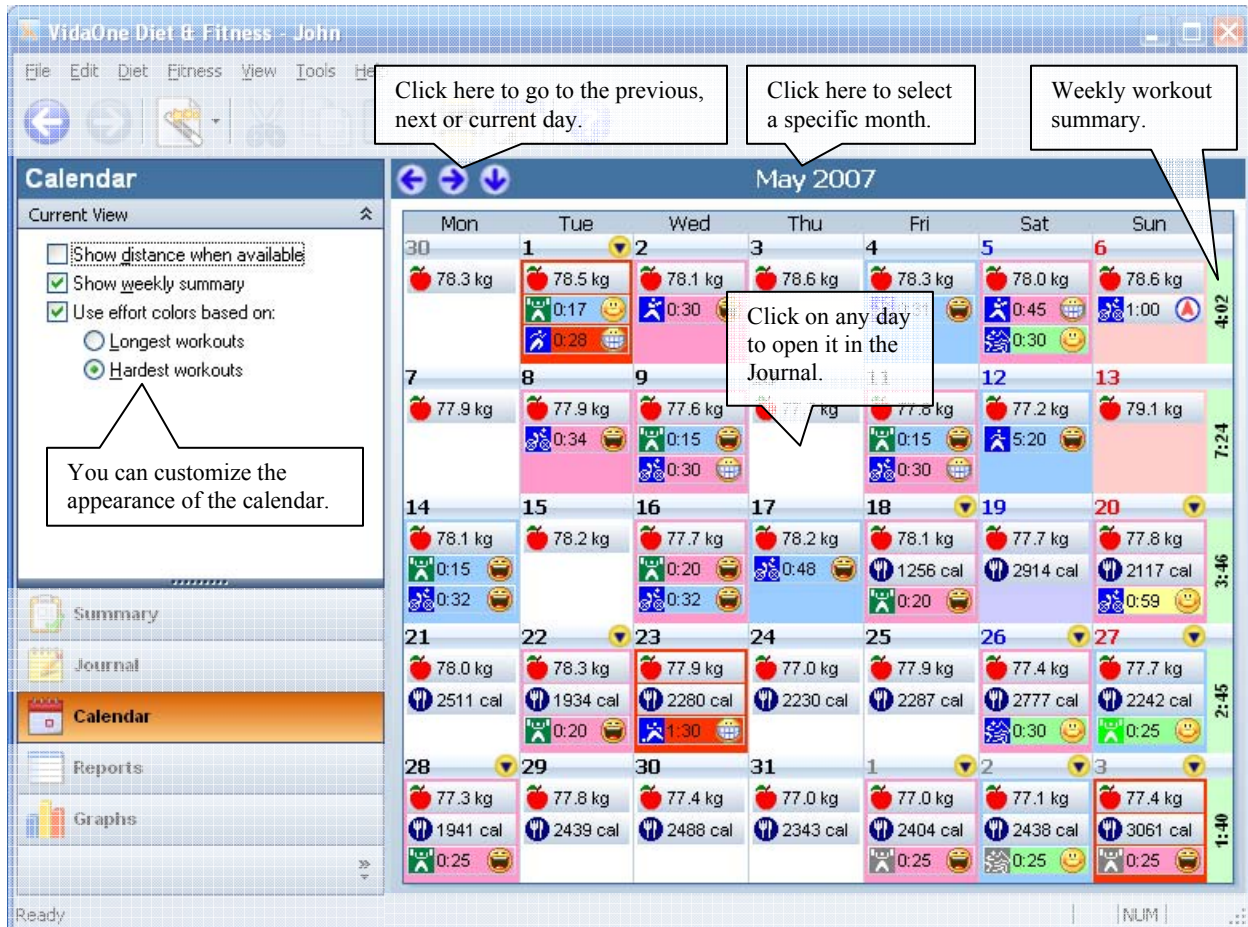

Figure 7: The Calendar view shows a monthly summary of your meals, workouts and health.

4.4. The Report View

The Report view allows you to see a variety of reports about your meals, workouts and health. All reports can be printed.
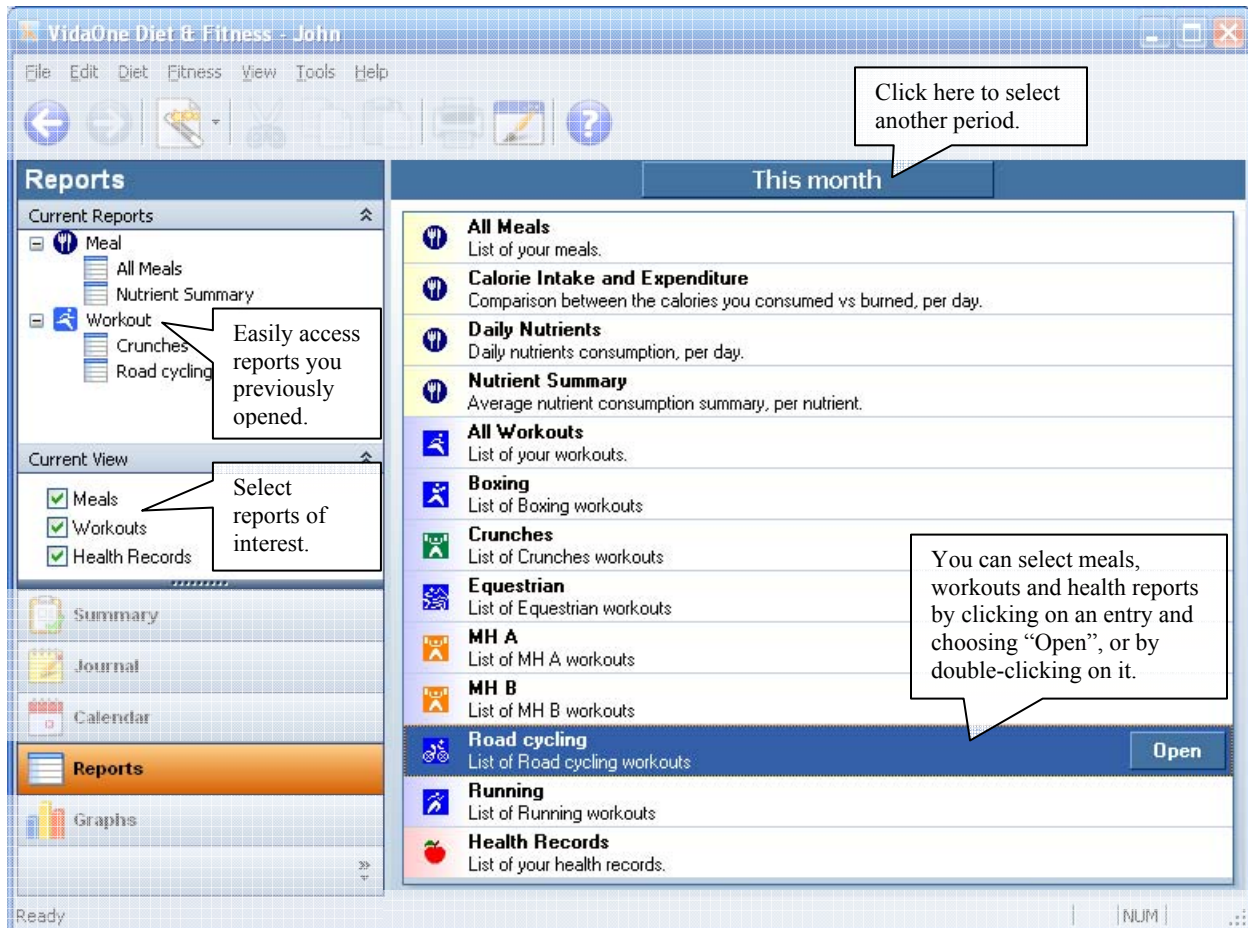

Figure 8: The Report view allows you to select all sorts of reports, which can be printed.

Only workouts done during the period are listed. As a result, depending on the period, you may not see the same activities listed.

The Current Reports (near the top left corner) shows the reports currently-opened. Click on an entry to see the associated report. Right-click on the entry to remove the report.
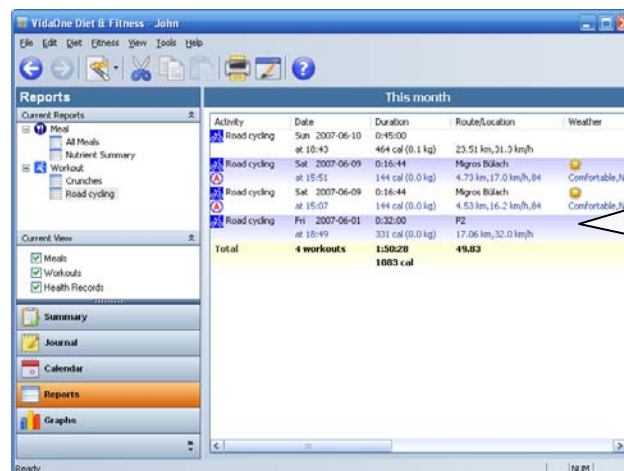
As an example, here is the "All Meals" report, which details all the food you consumed.

Figure 9: The "All Meals" report.

And here is a workout report (Road Cycling in this case).

Figure 10: A workout report.

4.5.   The Graph View

The Graph view allows you to visualize information about meals, nutrients, workouts, health, body measurements, blood markers and body measurements. Graphs can be printed and customized (see section 10.2 for more information about how to customize them).
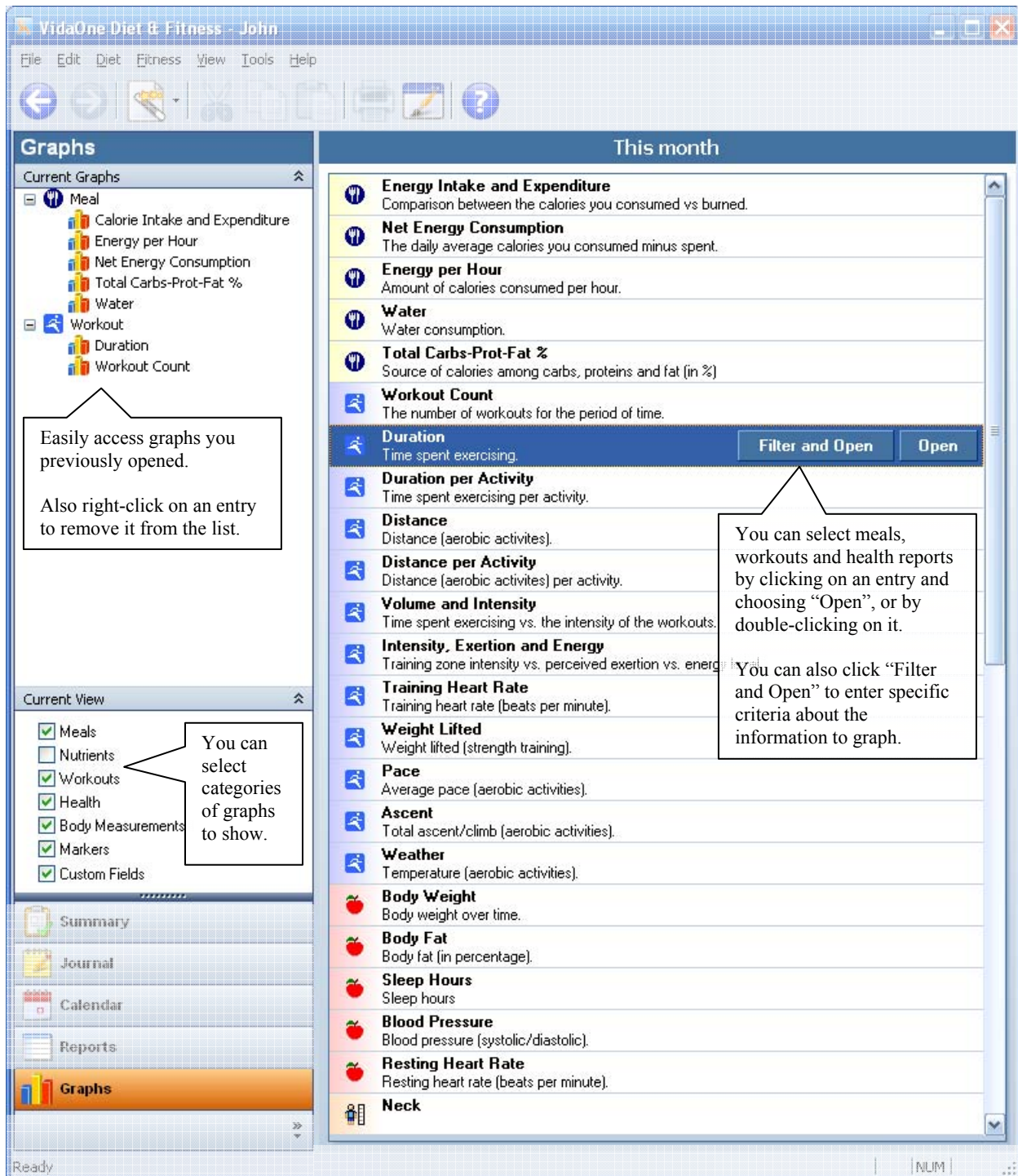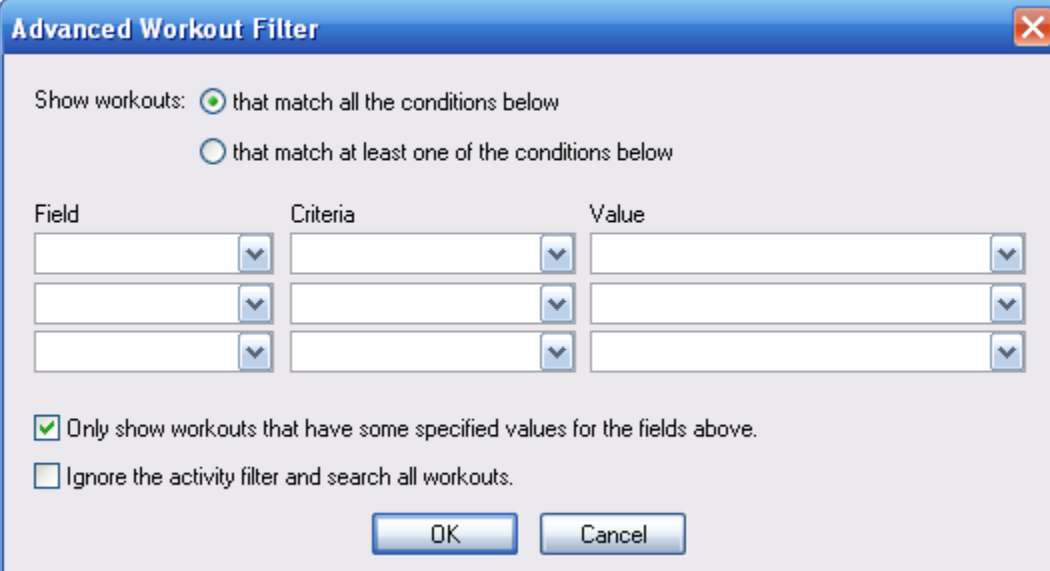
Figure 11: The Graph view allows you to visualize all the information you've entered.

The Current Graphs (near the top left corner) shows the reports currently-opened. Click on an entry to see the associated report. Right-click on the entry to remove the report.

You can apply a filter in order to display workout that meet specific criteria, by clicking **Filter and Open**. This will show the Advanced Workout Filter (see Figure 12), which allows you to enter up to three conditions.

Figure 12: The Advanced Workout Filter allows you to select only the workouts that meet specific conditions.

Here are a few graph samples representing each graph category.
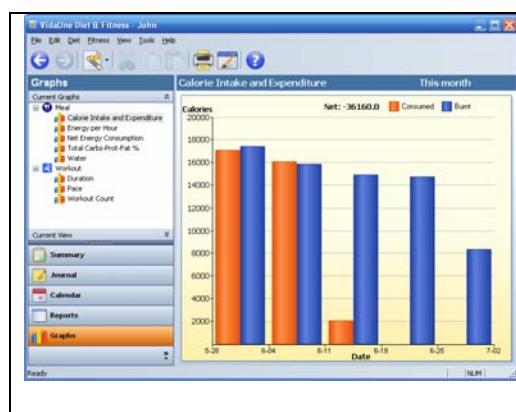
	Meals The Calorie Intake and Expenditure represents the calories (or kJ) consumed (meals) vs spent (BMR + workouts)

Workouts

The duration graph represents the time spent exercising.
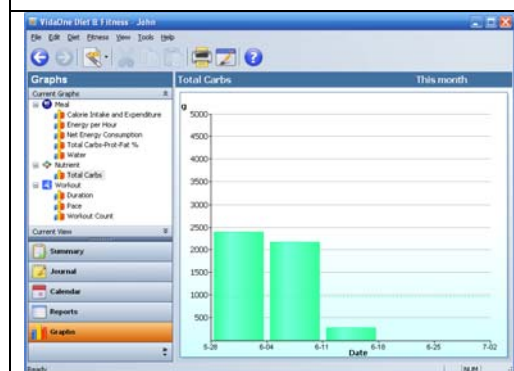
Nutrients

The Total Carbs graph shows the consumption of total carbohydrates.
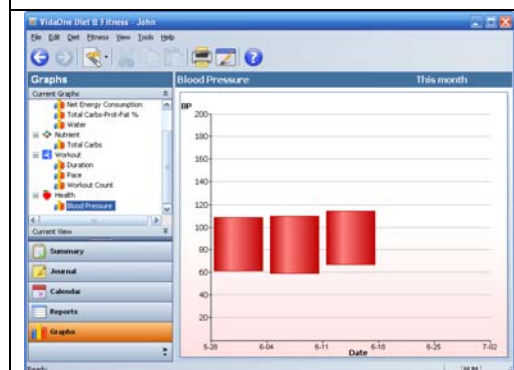
Health

The Blood Pressure shown over time.
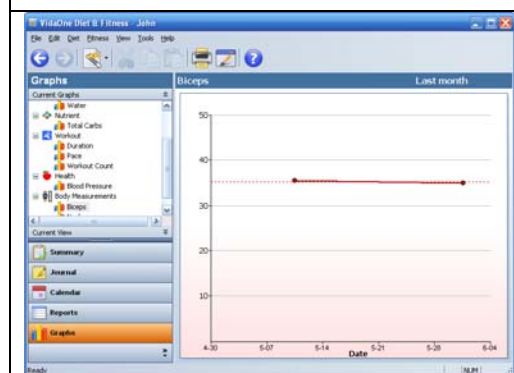
Body Measurements

The Biceps graph shown over time.
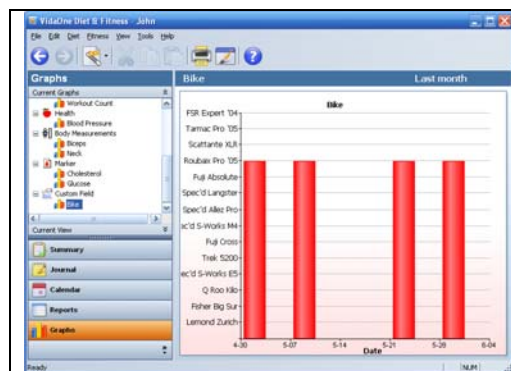
Custom Fields

You can also visualize all the custom fields you've entered.

By default, the **Pace** graph uses the pace units as they were specified in the workouts. When opening the Pace graph, you will be prompted for the unit to use (see Figure 13).
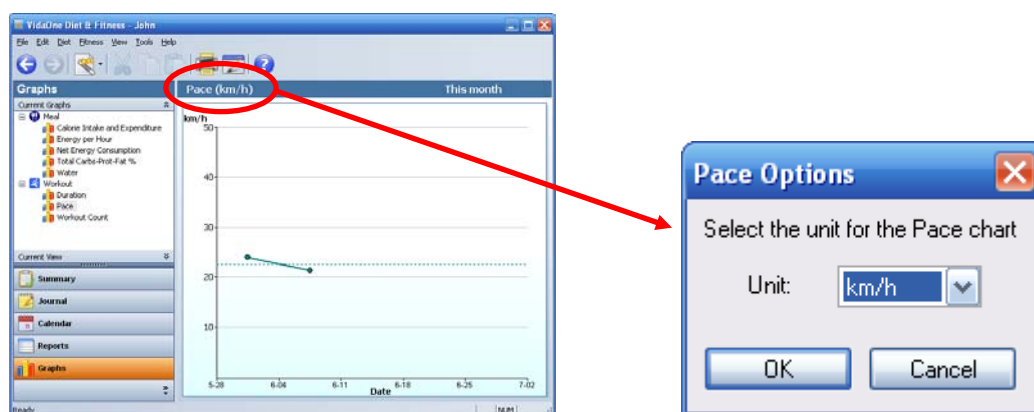
Figure 13: The Pace chart can be customized by activity and pace unit.

5. Diet

5.1. Starting a Diet

The first time you run VidaOne Diet & Fitness, the welcome wizard helps you set your goals, as described below. If you want to later review or change your goals, select **Diet | Diet Goals** from the menu and choose "I want to follow a diet and enter my goals". VidaOne Diet & Fitness

Entering your Profile

Your profile is required in order to perform various calculations within MyPersonalDiet. It is important to enter all values to obtain the best results. The profile consists of the following and you can later change your profile if required via **Tools | Options | My Profile**:

- Gender
- Birth year
- Height
- Activity level

Weight Goal

Based on your profile, VidaOne Diet & Fitness calculates your Body Mass Index (BMI) and presents you with a chart showing your weight vs. various weight ranges (see Figure 14). You can then quickly find out and enter your target weight and as a result, set a realistic weight goal.
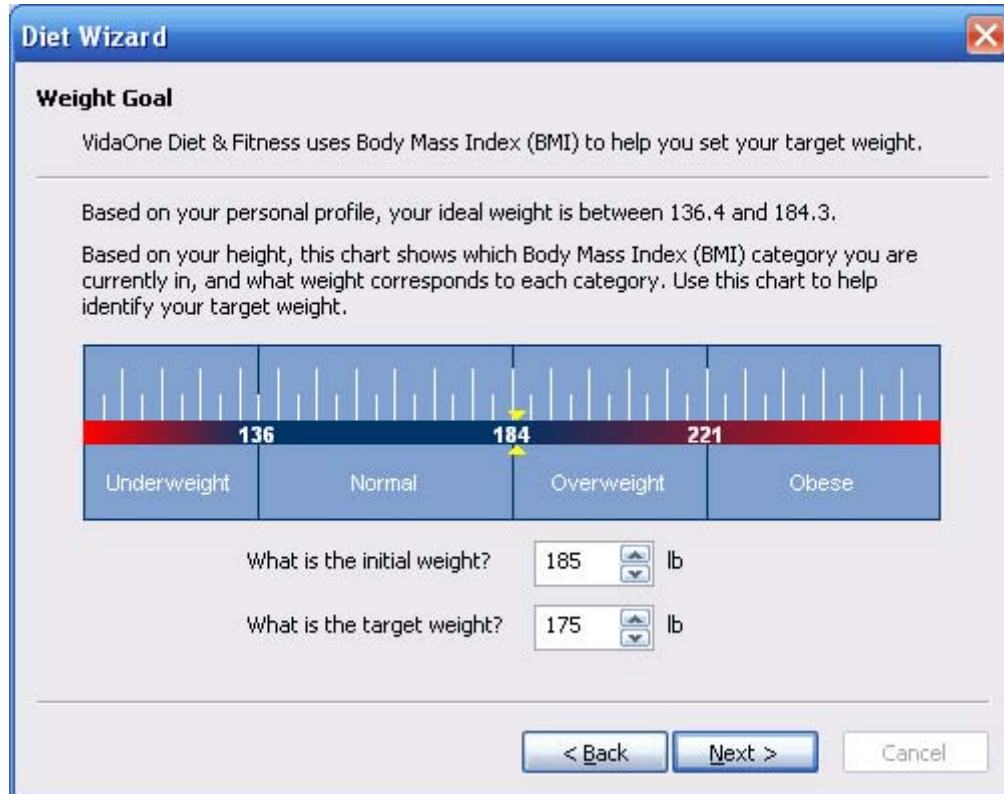
Figure 14: Based on your profile, VidaOne Diet & Fitness helps you identifying your target weight.

Duration

Once your profile and target weight are known, you have to choose how long your diet will take. VidaOne Diet & Fitness presents you a period in which you can reach your target weight following a healthy diet (see Figure 15). It is very important to choose a realistic duration (within the proposed range). Not doing so can hurt your health. For instance, it is possible to lose weight faster than the period shown, but this results in muscle mass losses, and other harmful effects.
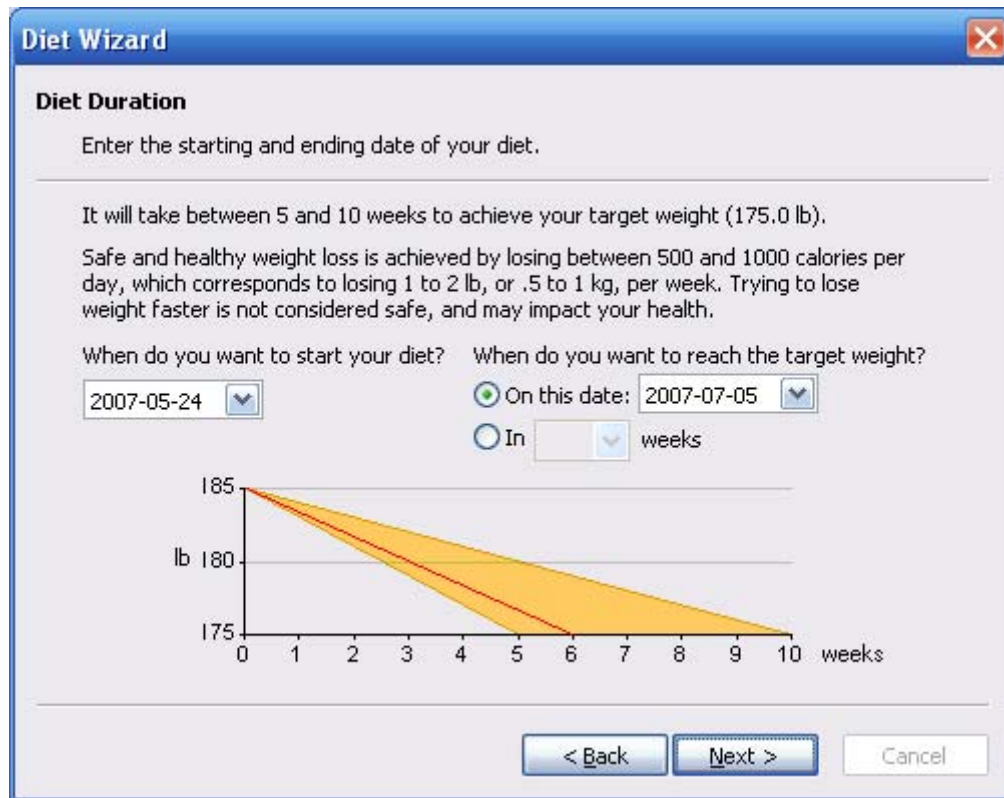
**Figure 15: MyPersonalDiet presents you a period by which you
can reach your target weight in a healthy manner.**

Diet Summary

With your profile, target weight and diet duration entered, VidaOne Diet & Fitness summarizes your diet and shows you how many calories (or kilojoules) you need to lose (or gain) every day in order to reach your target weight. This gives you a solid daily guideline to establish your food and exercises habits.

5.2.   Choosing a Diet

Before entering data, you can choose the diet you want to follow and identify nutrients to track and the daily energy. From the menu choose Diet | Diet Plan. This shows the Diet window, composed of the Plan, Nutrients and Energy pages.

Diet Plan

The Plan page allows you to select one of the following predefined diets:

- USDA Food Pyramid
- High Carb
- Low Carb
- High Protein
- Low Protein
- Low Fat
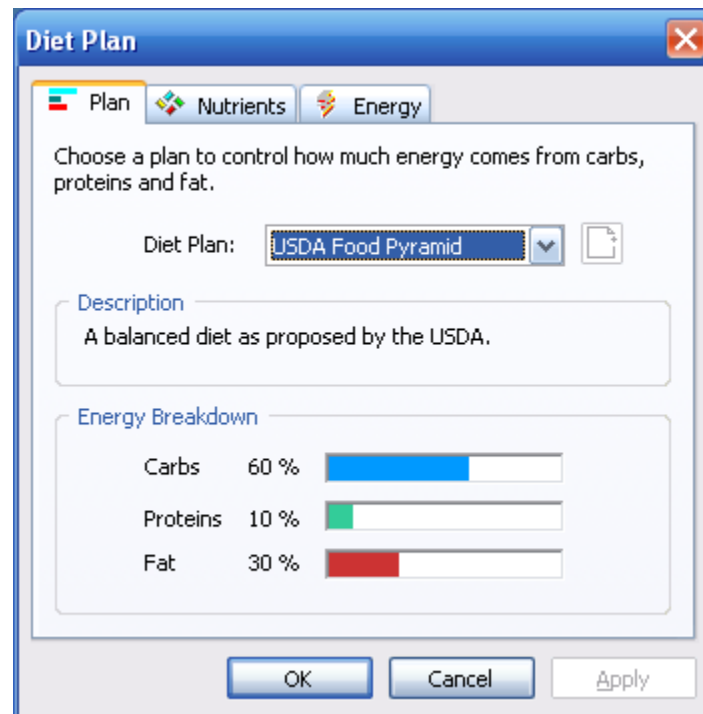
Figure 16: You can select various diet plan or create your own
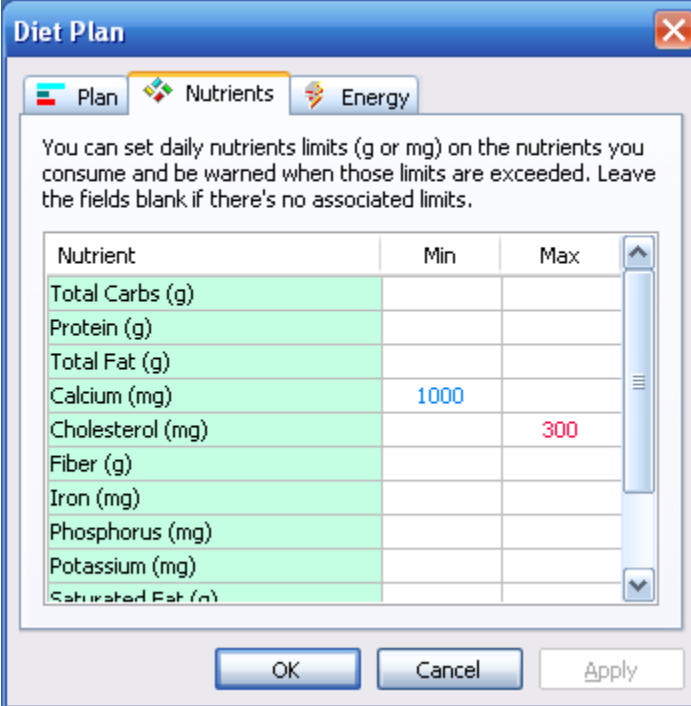
As you select them, the energetic percentage from the major nutrients (carbohydrates, proteins and fat) are displayed (see **Error! Reference source not found.**, first row, left).

In addition, you can choose **Custom Plan** and select the exact proportion of energy from these nutrients.

Later on, as you enter food, you will be warned when food do not match these requirements (see section 6.1 for more details). This allows you to avoid food that may not be a good fit for your diet.

Nutrients

You can track specific nutrients to make sure that you consume enough of them and/or do not consume too much of them. This is of prime important for those who have a medical condition that imposes some restrictions on specific nutrients.

Figure 17: You can set minimum and maximum limits on any nutrients.
Those limits will be used in different views, reports and graphs.

The Nutrients page shows you a list of nutrients for which you can optionally assign a daily minimum and/or maximum limits. For instance, if you need to follow a diet that does not exceed 300 mg of cholesterol per day, enter 300 under Maximum next to Cholesterol. If you need to consume at least 1000 mg of calcium daily, then enter 1000 under Minimum, next to Calcium.

You can later chart these nutrients in the Daily and Chart views respectively for more information) to see where you stand with regards to the limits you chose. For instance, from the Day view, you can see a chart of your daily sodium consumption and be informed whether you can consume more of it for the day (and how much) or if you've exceeded the limit (and by how much).

This gives you the ability to precisely control your diet and make sure you are following your own guidelines.

Energy

You can set a limit of the energy you want to consume daily (e.g. 2000 calories). This is used when calculating the daily dietary intake (%DV).

Figure 18: You can specify how many calories you normally consume to help calculate the daily dietary intake (%DV).

5.3. Diet Results

During a diet, click **Diet | Diet Results** from the menu to see an overview of your diet along the following aspects:

1. **As of Today** shows where your weight is vs. your goal. You will immediately know if your weight is where it should be or not.

2. **About Eating** shows how many calories (or kilojoules) you need to lose (or gain) to reach you goal, and how much on average you lost (or gained) since the start of your diet.

3. **About Exercising** calculates how often you exercise and for how long, and lets you know if that's enough or not.

4. **What To Do** shows recommendations to reach your goals, based on your actual weight and your eating and exercising habits, such as "consider eating less, or "consider eating more", etc.

5.4. Food Organizer

The Food Organizer allows you to customize the food database. It is accessible from the menu via **Diet | Food Organizer** and is shown in Figure 19:
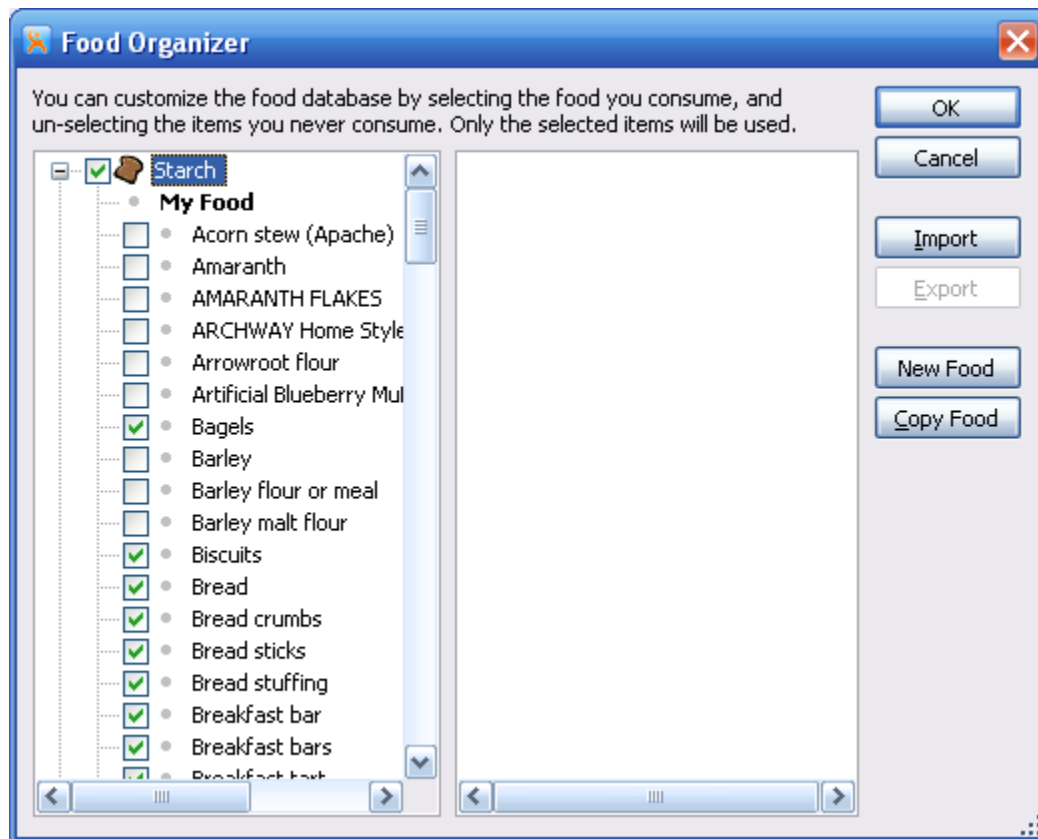
Figure 19: The Food Organizer allows you to customize the food database.

You can create food items by clicking on **New Food**. You can copy an existing item (to customize it) by clicking on **Copy Food**.

The customization performed on the food database is entirely synchronized with your Pocket PC if you are using MyPersonalDiet for Pocket PC. Food items created on MyPersonalDiet for Pocket PC are also synchronized and available on your PC.

Filtering Food Items

The food database contains thousands of food items, many of which you may never consume. Simply select the categories and food items that interest you, leaving the others unselected.

Importing and Exporting

You can download and import food items from www.VidaOne.com via the Import button.

Note
Downloaded food items will be available in 2008

You can also select and export a complete category into a CSV file. That file can be shared among friends, and it can be directly imported into the Food Organizer.

6. Entering Meals, Workout and Health Records

Meals, workouts and health records can be entered from different locations:

- From the menu, choose File | New. Then select among "A Meal", "A workout" or "A daily health record".
- From the "New" button in the tool bar (a magic wand over a sheet of paper)
- By clicking the down arrow next to the New button in the tool bar.
- From the Journal view, by double-clicking in a blank area in the Meals, Workouts or Health panels.

6.1. Entering Meals

The Meal window is shown in Figure 20.

Figure 20: The Meal window allows you to enter food items and extra servings for a meal.

Entering Food Items

You can add, edit or delete food items from the meal using the **Add**, **Edit** and **Delete** buttons respectively (more on this later).

Tip! You can also tap the down arrow ▾ next to the Add button to add <u>one serving</u> of the following:

1. A food item from your favorite food item list

2. A food item you search for.

Depending on the time of the day, a type of meal will automatically be selected among *Breakfast*, *Lunch*, *Dinner*, *Snack/Drink*, *Supplement* and *Other*. This is for informational purposes only; you can change it if need be.

You will later see how food items can be combined in meals. The Meal list is initially empty the first time you use VidaOne Diet & Fitness, but once meals are created, you can select them next to **Meal** and their food items will be added to the list.

When you choose Add from the Meal window, the Food Browser is shown (see **Error! Reference source not found.**). This is the main window by which you enter the food you consume.

To enter a food item, select a food group and a category and then choose a food item. Upon choosing an item, the Food Information section (the lower part of the screen) will be updated with useful information. You can use this information to find out exactly what you are consuming. Go ahead, and browse the whole database to learn about what you are *really* eating! You'll be surprised!

Then choose the amount (or quantity) you consumed. In most cases, it is preferable to choose "1 serving" (i.e. one default serving), which corresponds to one usual serving of the related food item. The calories (or kilojoules) field, along the nutrients data, are updated to reflect the amount you are consuming. This information allows you to precisely decide whether you should eat the whole portion you had in mind (or perhaps only half of it).

Once done, tap the **Add to Meal** button to add the food in the meal.

Food items that you add are also stored in the Favorites list (more about this shortly).
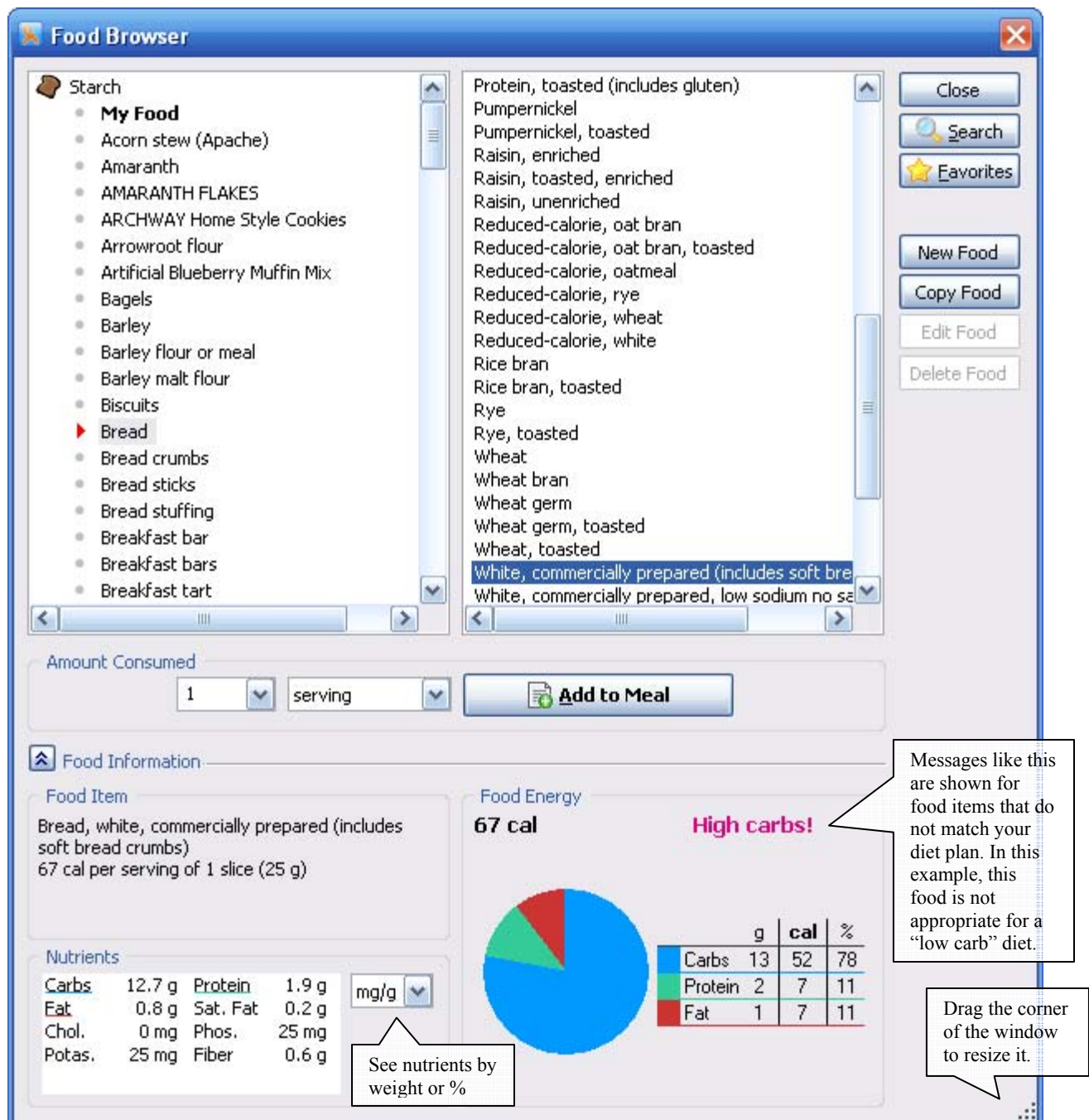
Figure 21: The Food Browser window allows you to browse the entire food database and enter the amount you consumed of the selected food item.

Favorite Food Items

Whenever you add a food item into a meal, that food item it added to the **favorites list**. The favorites food item list is accessible by tapping the Favorites button ⭐ in the Food Browser. This shows the most recent favorite food items; tap on one to select it. Using the Favorites button is a quick way for selecting food items you frequently consume.

The list items contains a limit of items that can be added. The purpose of this limit is to discard food items you rarely consume. You can "pin" an item (tap-and-hold the item and select **Pin** to make sure the item is not automatically removed from the list as new items are added. To "unpin" an item, tap-and-hold the pinned item and select **Unpin**.

When you select a food item, it is added to the meal using an amount of "1 serving". If you prefer to be prompted every time you select the item, tap-and-hold the item and uncheck **Use 1 serving**.
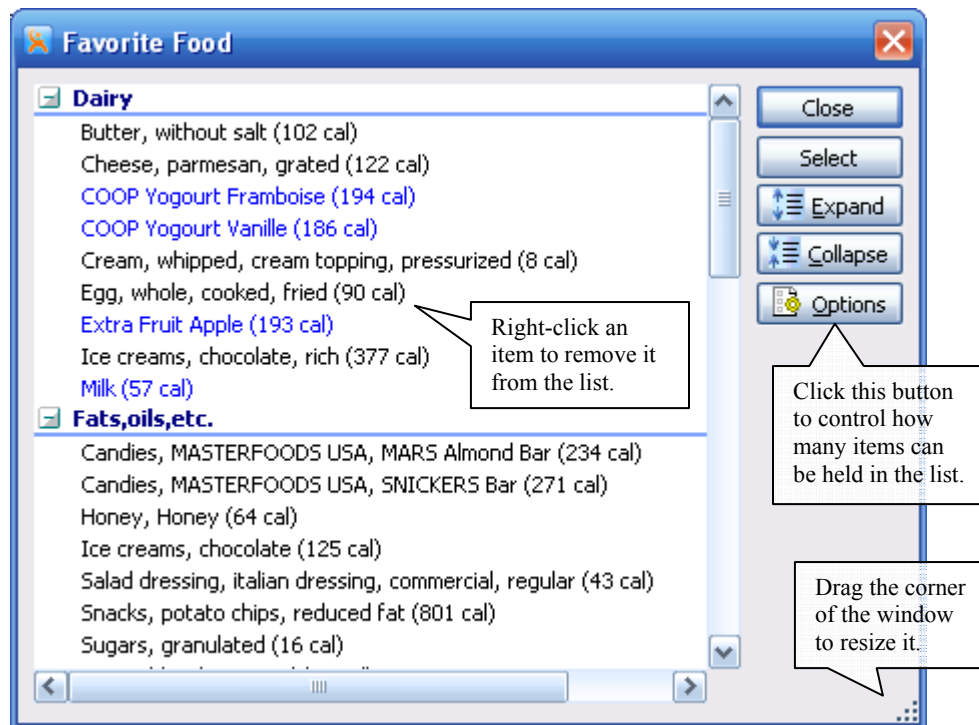
Figure 22: The Favorite Food Items window lists all your favorite food, grouped by categories.

Searching Food Items

You can search the food database by tapping the Search button 🔍. This shows the Search window (see Figure 23). Enter a word (or part of a word) and tap Search to show the matching food items from the food database and from your own food.

Figure 23:The Search Food window allows you to search the food database for a specific keyword.

Searching by one word can return too many items (223 in the previous example) To perform a more effective search, enter several words, and only items containing *all words* will be shown. What's more, prefix a word with an hyphen (–) to exclude food items that contain that word. In Figure 24, the search returned entries that contains both *milk* and *lowfat*, but not *cheese* (bringing the number of entries down to a more manageable eight).
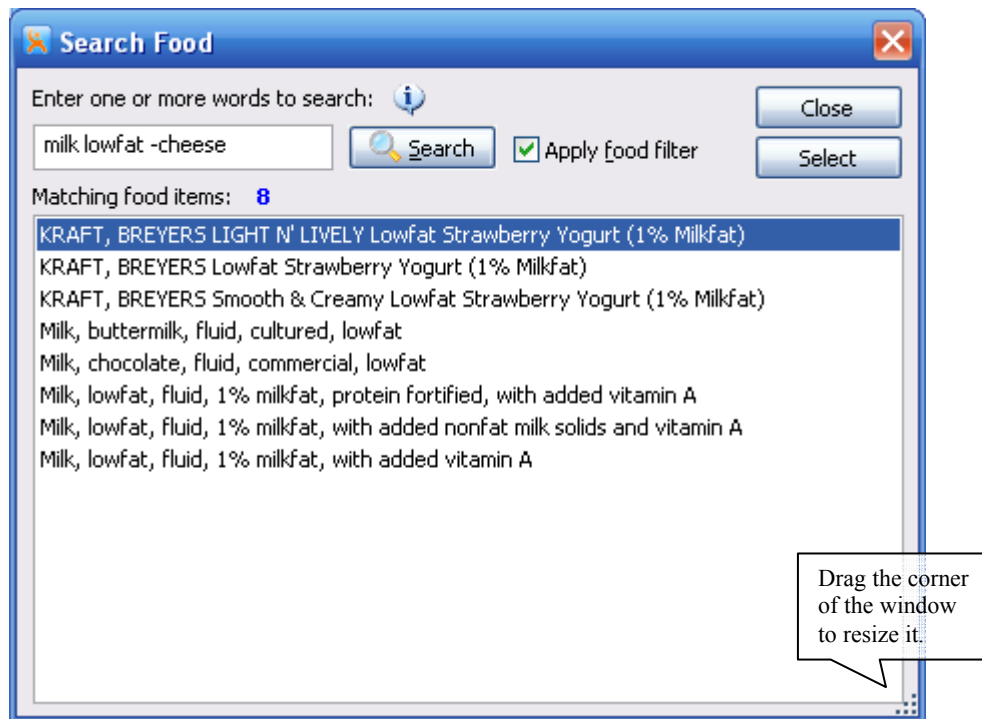
Figure 24:An enhanced search returns fewer and more accurate results.

Combining Food Items Into Meals

You can save one or more food items as a meal, and use that meal later on to expedite data entry. Figure 20 shows the New Meal window with two food items. Choose the **Meals** button, select **New Meal** and enter the meal's name, serving size and the amount of servings it contains (see Figure 25), in order to save the food items under that meal.

Figure 25: When creating a you can also choose to add one serving when recalling that meal (or instead being prompted for the amount to use).
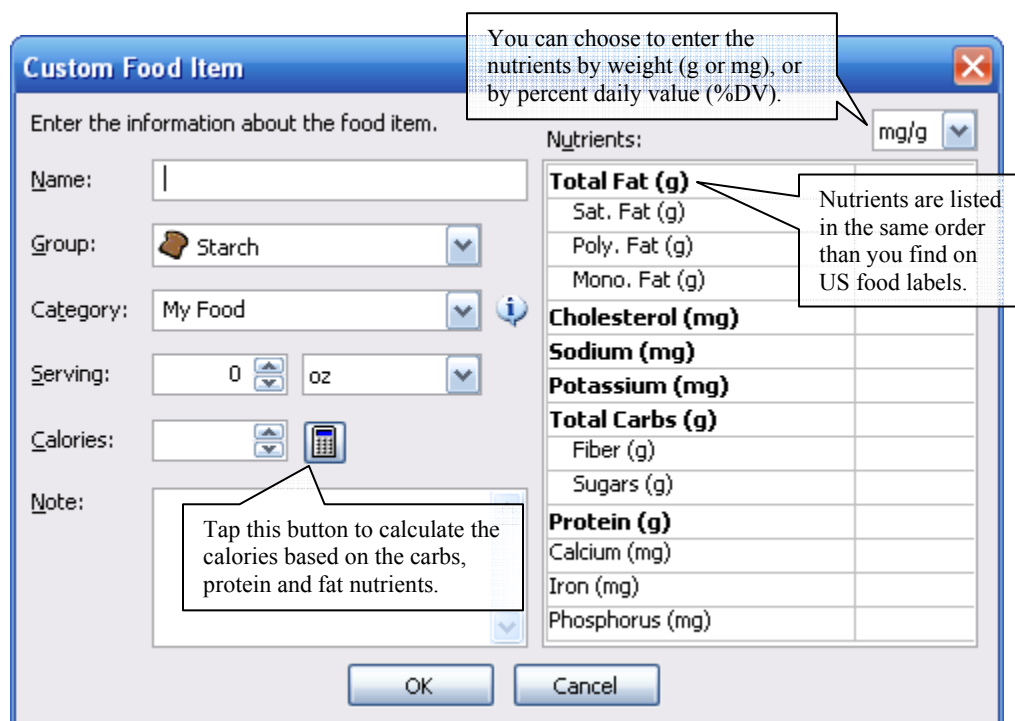
To use that meal at some other time, select its name from the meal list, choose the **Meal** button and select **Add Meal**. A single serving of that meal will be added, unless the option "always use 1 serving when adding this meal" was selected when adding/editing that meal; in that case, you will be prompted for the exact amount to use.

You can update the content of a meal with the food items currently listed. Simply choose the **Meals** button and select **Update Meal.** If you want to delete the meal, choosing **Delete Meal** instead. Deleting a meal does not remove the food items currently listed. To rename the meal, choose **Edit Name**.

Enter Your Own Food Items

You can add your own food items by clicking on New Food button in the Food Browser. This shows the Custom Food Item window (Figure 26). Enter the name, the default serving (e.g. 100 g, 1 cup, etc.), the calories (or kJ) for that serving, the food group this food item belongs, the nutrients and a note if desired.

Choose the Calculator ▦ button to calculate the energy based on the nutrients you've entered. The calculation is based on 4 calories per gram of Total Carbs and Protein, and 9 calories per gram of Total Fat.

Figure 26:The New Food Item window allows you to enter you own food items.

Enter Additional Servings

When entering a meal (see Figure 20), you can enter additional information for the meal.

- Amount of water servings you consumed (one serving is 1 cup or 250 ml), a quicker alternative to enter water via the Food Browser.

- Extra calories (or kJ) for the meal. If all you want is to track is the energetic value of a meal and you know what it is, you can simply enter it there, without providing additional information. Note that the nutrients will remain zero for this meal.

- Additional servings for the meal. This is useful when you eat a meal composed of a variety of food items: instead of entering each of them individually, you can estimate how many servings of each food group the meal is composed of, and only enter the servings. MyPersonalDiet uses average energetic values per food group serving, as displayed in following table (values are rounded for simplicity)

Food group	Total cal.	Cal. from carbs	Cal. from prot.	Cal from fats
Starch (grains)	90	68	8	14
Protein	179	29	56	94
Fruit	98	90	3	5
Vegetables	69	52	8	9
Dairy	102	16	27	59
Fats, oils, etc.	108	31	4	73

Table 1: Energetic values per food group (per serving).

6.2. Entering Workouts

POLAR

Note

If you are using a Polar heart rate monitor, refer to section 7 on page 51.

Adding a Workout

To create a workout, select **New** from the **File** menu. The New window (see Figure 27) is shown:

- If desired, click **A workout**.

- Check **Apply activity filter** to display only the activities you have filtered (see section 9.2 for information on filtering activities).

- Choose an activity among those listed. You can add an activity by clicking the button. See the **Entering Strength Training** section on page 43 for more details.

- You can also edit or delete the selected activity – provided it is an activity you previously created – by choosing the [icon] and [icon] buttons respectively.

- Click **OK**

Next, a workout data entry window is shown for the selected activity. There are two types of workout data entry windows: cardio (Figure 28) and strength (Figure 29). There are only a few differences, which are described in the following sections.
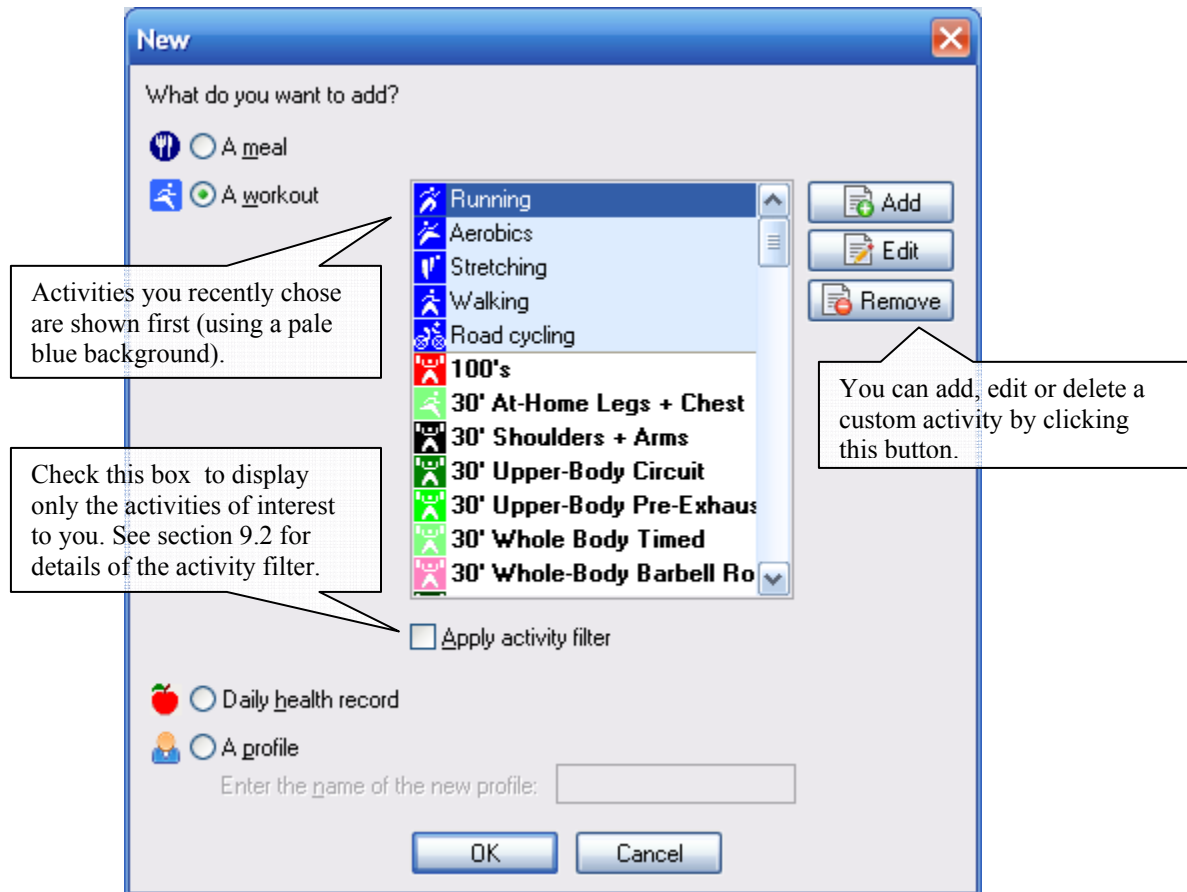
Figure 27: Adding a workout.

Figure 28: The workout data entry windows for cardio workouts.

Figure 29: The workout data entry windows for strength workouts.

You can enter as much information as you want (the more the better), but you can leave any field blank as well.

General information:

- Enter the workout duration. Format is either hour/minute/second or hour/minute, depending on the workout duration setting (see section 10.4 for information on the workout duration setting). **Note that the Calories and Fat fields are automatically updated based on the duration you enter and your weight.** You can change those values by clicking on them; you will be prompted for a new value. Should you modify them, they will no longer be updated when the duration or exertion is changed, unless you reset them to 0.

- Enter your perceived energy, exertion, your overall rating of your workout, and a note about this workout (weather, etc.) **Note that changing the perceived exertion may change the Calories and Fat fields, as it does for the duration.**

General information for cardio workouts only:

- Enter the location information: course, distance, pace and ascent (elevation). To browse, add, or delete courses, click the [icon] button (see section 6.4 regarding browsing). Note that upon choosing a course, the distance and pace will reflect the course's default distance and pace.

- If the record was recorded using VidaOne GPS on your mobile device and later synchronized, you can view the course by clicking on the **GPS** [icon] button. You can choose to see the route as follows:

  o Using VidaOne GPS route viewer.
  o Using Google Maps (requires an active Internet connection)
  o Using MapMyRide.com (requires an active Internet connection).

  If the workout does not have a route associated with it, you can import a GPB files. GPB files are generated by VidaOne GPS.

- Enter weather information

General information for strength training workouts only:

- Enter the location at which the training took place. To browse, add, or delete locations, click the [icon] button (see section 6.4 for information regarding browsing).

- Enter the warm-up and cool-down period.

Detailed information:

- Enter the average training heart rate, the target zone, and the percentage of time spent in the target zone.

- Click the Training Zones button to edit your training zones (more in section 9.4)

- Click the Calculator button to calculate the percentage (see Figure 30).
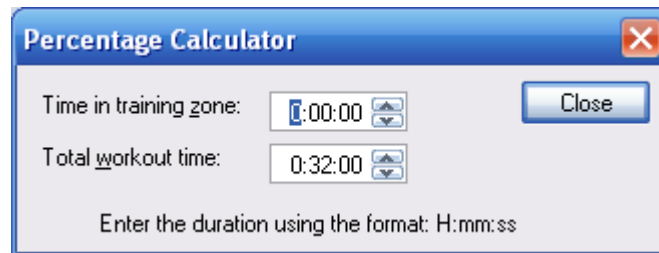
Figure 30: The Percentage Calculator window.

- Enter up to four custom fields (see details in the next section).

Detailed information for cardio workouts only:

- Enter lap or interval training data (see the Entering Cardio Training Intervals section below for more information about intervals).

Detailed information for strength workouts only:

- Enter the exercise data (see the Entering Strength Training Exercises section on page 43 for more information about exercises).

Tracking Your Own Data with Custom Fields

One of the most powerful features of VidaOne Diet & Fitness is its ability to track the data <u>of your choice</u> for activity and health records. This is very useful for entering specific information about your workouts or your health that is not listed by default. Here are a few examples:

- The equipment you use, such as the shoes you use for your running workouts, the bicycles you use for your road cycling or mountain biking workouts, or the videotape you watched while exercising.

- In a competition, your position/rank in the final classification.

- Any food supplement you took prior to, during, or following the workout.

- Health information such as glucose or cholesterol, for example.

All in all, you can enter any information you want to track, whether it is a number or a value from a selection list (that <u>you</u> define!) In addition, each custom field is listed in the Graph view, so that you can see a chart of the values you entered.

To add a custom field, click the **Browse Custom Field** ![icon] button next to the **<…>** fields, from either a workout window (Figure 28) or the Health window (Figure 38), and choose **Add Field**. The Add Custom Field window (Figure 31) will be displayed, and will allow you to enter the following information:

- The name of the field (which you can change later).

- The type of value to track, either a number or a selection.

  - Number: you can enter a positive number (e.g. 1, 1.5, 1.52, etc.) Check **Do not display if 0** if a value of 0 should not appear in a graph.

  - Selection: use the buttons next to the list to add values from which to choose. You can revisit this list at a later time and add other values. However, the order is very important and it is not recommended that you remove values already listed, even if you don't plan to use them anymore.

    Note

    Once the list is defined, do not delete or alter the order of the values already entered. Otherwise, the values entered in previous workouts may be displayed incorrectly.

- Since the custom field will be included in the graph view, enter the type of graph to show and the color to use. You can see a sample of the graph as you set these parameters.

Once a custom field has been added, it will be added to the menu displayed after clicking the **Browse Custom Field** button, as shown below:

You can add a custom field as well as edit or delete the current custom field by using these options.

Bike
Cholesterol
Hours
Shoes
Suit

Clear Field

Add Field
Edit Muscle Group
Delete Muscle Group

The list of available custom fields you have previously created is automatically shown. Click on any field to select it.

This selection allows you to 'erase' the custom field being used in the workout or health record.

When entering a workout (or health record), simply select a listed custom field in order to use it, and enter the appropriate value. If the custom field is a number, simply enter the appropriate value; if the custom field is a selection field, simply choose the appropriate value from the list.

To clear the custom field, select **Clear Field**. For instance, if you chose the Bike custom field and decide that you don't want to enter a Bike value, you may choose not to enter any value, or you may click **Clear Field** to unselect the custom field altogether.

You can later edit a custom field by choosing **Edit** from the menu. You can also remove a custom field by choosing **Delete**. Note that this removes the custom field definition. As a result, it can no longer be selected in workouts or health records.
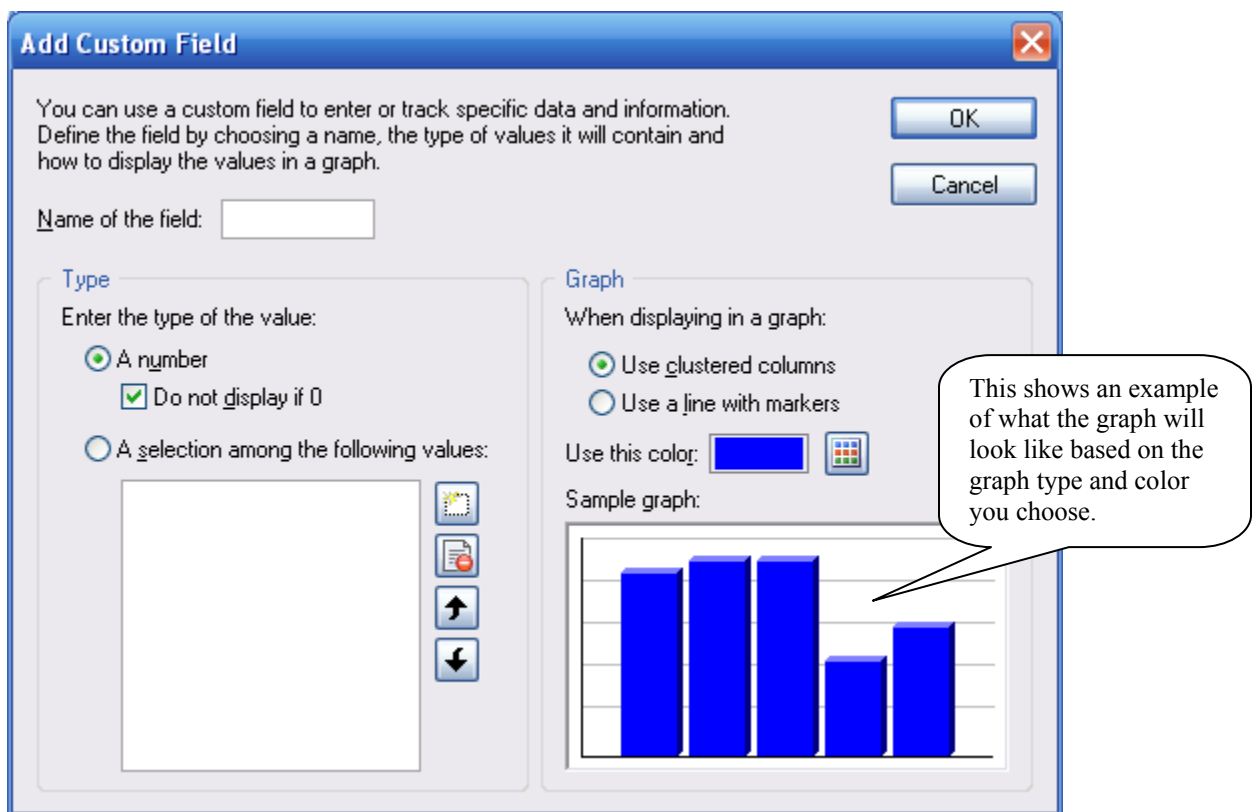
Figure 31: The Custom Field window.

Creating Your Own Activities

VidaOne Diet & Fitness comes with pre-defined activities, such as Road Cycling, Running, etc. You can easily add unlisted activities, or even create specialized activities, such as 'Time Trial' (a specific road cycling type of training). To add an activity, click the **Add** button (refer to Figure 27) to add an activity. The New/Edit Activity window will be shown (Figure 32):

- Enter the name of the activity.

- Choose the type of activity (either cardio-vascular or strength).

- Choose an icon by clicking one of the displayed icons. You can change the color of the icon by clicking the "Color" button.

- Choose how to calculate calorie expenditure (i.e., the amount of calories you burn while performing this activity):

    o Choose **Use default calculation** to approximate the calorie expenditure based on your gender, the type of activity (cardio or strength), the duration, and the intensity of the workout.

    o If you know how many calories you burn for a given workout of that type (if you use a treadmill or other equipment that calculates the number of calories), simply enter how many calories you burn for a given period of time at a specific intensity. When you later create workouts for that activity, the calorie expenditure will be calculated by VidaOne Diet & Fitness using these parameters.

VidaOne Diet & Fitness can precisely calculate how many calories you burn for subsequent workouts if you enter these values.

Figure 32: The New Activity window.

Entering Cardio Training Intervals

You can enter interval training data for your cardio workouts:

- Select a cardio workout (see Figure 28).

- In the interval list, choose Add. The interval data entry window will be shown (see Figure 33).
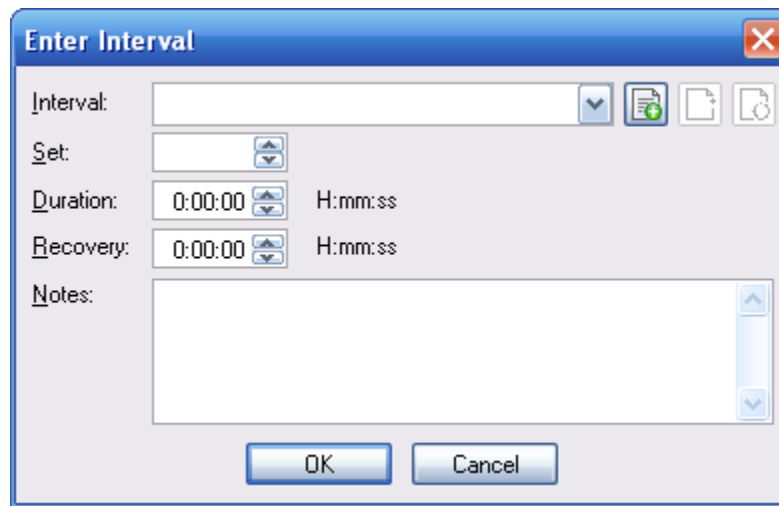
Figure 33: The Interval data entry window.

- Select an interval. To update intervals, choose the **Add**, **Edit** or **Delete** buttons (see section 6.4 for information regarding browsing).

- Enter the number of sets.

- Enter the duration for each set, using the format shown next to the field name (the exact format depends on your regional settings). If the duration varies from one set to another, use the **Notes** field to enter more information if desired.

- Enter the recovery period following each interval, using the format shown next to the field. If the recovery varies from one set to another, use the **Notes** field to enter more information if desired.

- Enter a note if desired.

- Click **OK** to close the window.

When adding a new cardio workout, an option allows you to carry over the previous interval data for the same activity (see section 10.4 for more details).

Entering Strength Training Exercises

You can enter individual exercises for your strength workouts:

- Select a strength workout.

- In the exercise list, choose Add. The exercise data entry window will be shown (see Figure 34).

Figure 34: The Exercise data entry window. Predefined exercises are shown with pictures.

- Select an exercise. To update the exercise list, choose the **Add**, **Edit** or **Delete** button (see section 6.4 for more information about browsing exercises). Upon choosing an exercise, the **Unit** field will reflect the exercise's default unit.

    You can also select an exercise by clicking on the **Muscle Chart** button, which shows the muscle chart (see Figure 35). Muscle groups are displayed using different colors. Simply move the mouse over a muscle group to see its name (which will be displayed in a small popup window). Right-click on a muscle group and a menu of related exercises will be displayed. Click on one of those exercises to select it.

    Exercises that you created will also be displayed provided you specified the muscle groups being worked on (see section 6.4 for details).
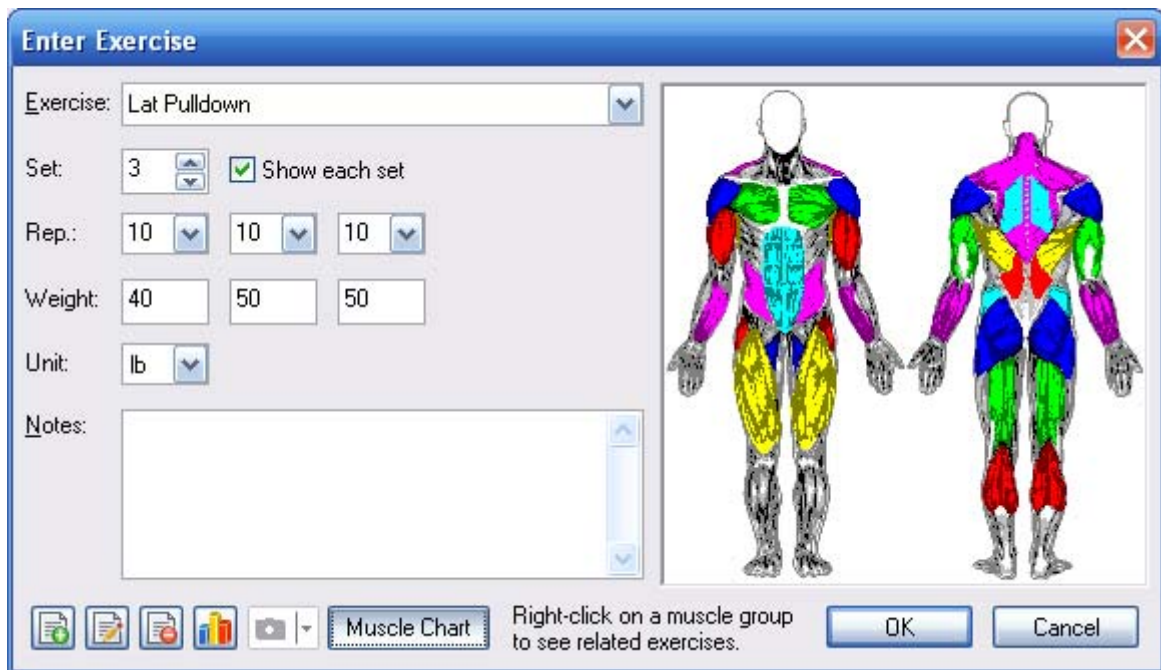
Figure 35: The Exercise data entry window. The muscle chart allows you to select exercises that are relevant to specific muscle groups. In this figure, the user right-clicked on the abdomen muscle group, which shows three (3) suitable exercises.

- To see the most recent occurrences of the exercise, click on the **Chart** button.

- Enter the number of sets. The number of sets is limited to five. If you do more sets, add the exercise again in the exercise list.

- Select **Show each set** if you want to enter the repetition and weight for each individual set. This is useful if, for instance, you use reduced sets, where the first set is a little lighter (to warm up) than the remaining sets. Don't select this option if you use the same repetition and weight for each set.

- Enter the number of repetitions and the weight. If those numbers vary from one set to another, select **Show each set,** as explained above.

- Enter the unit. Remember to use the same unit when entering other instances of the exercise. If the weight varies from one set to another, use the Notes field to enter more information if desired.

- Enter an optional note if needed.

- Choose OK to close the window.

When adding a new strength workout, an option allows you to carry over a previous similar workout's exercises (see section 10.4 for information about workout options).

Editing a Workout

To edit a workout, first display the related activity window (see section 4.3 for details about activity views). Then locate the workout, right-click on it and select **Edit Workout**, or simply double-click on the entry. Directly modify any values you want to change, as you would when entering workout data.

Copying and Pasting a Workout

You can cut or copy and paste any workout. For instance, you can copy a past workout in order to add a similar workout, or you can cut and paste a workout to move it from one date to another.

- Select the workout in the Calendar.
- Right-click the entry. A menu will appear, consisting of Cut, Copy, Paste, and Delete.
- Choose **Copy**. A copy of the workout will be internally created.
- Then right-click anywhere on the view to display the same menu again.
- Choose Paste. This will show the *Paste To* window (see Figure 36).
- Select a date and click **OK**. This creates a new workout based on the past workout (i.e., a copy). If you paste a workout not related to the activity being shown (for instance, pasting a running workout in the road cycling activity view), you will be prompted to open the appropriate view (the running activity view in this case).
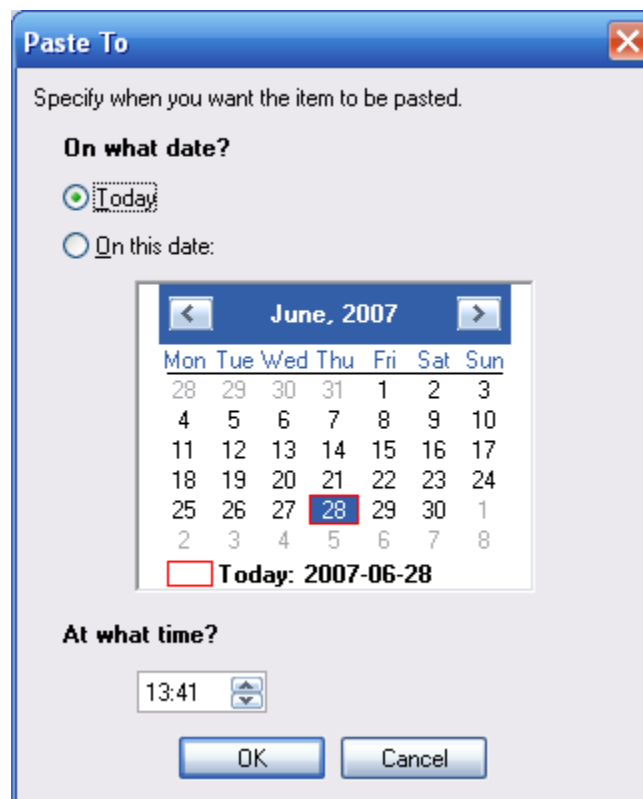

Figure 36: The Paste To window lets you choose a date to paste clipboard information to.

Deleting a Workout

Deleting a workout permanently erases the workout data.

- Select the workout.

- Right-click the entry. A menu will appear, consisting of Cut, Copy, Paste, and Delete.

- Click **Delete**. You will be prompted to confirm the deletion.

- Click **Yes** to permanently delete the workout, or **No** to cancel and keep the workout.

More About Intervals and Exercises

Right-clicking an interval or exercise shows the following menu, and allows you to:

Edit
Chart
Scratch
Cut
Copy
Paste
Delete
Move Up
Move Down
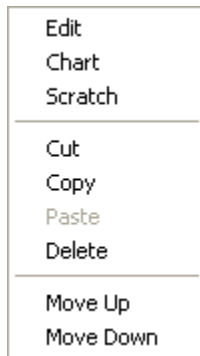
- Edit the interval/exercise. You can also double-click the interval/exercise to edit it.
- Chart up to the last 10 most recent entries (see Charting Intervals and Exercises below for more information).
- *Scratch* the interval/exercise to display it with a scratch bar on it. This is useful if, for a given workout, you did not complete a specific exercise, yet you want to keep it in the exercise list.
- Cut the interval/exercise (for a subsequent paste operation).
- Copy the interval/exercise (for a subsequent paste operation)
- Paste an interval/exercise (provided that one has previously been cut or copied).
- Move the interval/exercise up in the list.
- Move the interval/exercise down in the list.

Charting Intervals and Exercises

Interval and exercise charts show up to the last 10 occurrences and allow you to see your progression (see Figure 37). Note that those charts are not accessible from the Graph view.

To see such a chart, right-click on an interval or an exercise, and click **Chart**:

- Intervals are shown with the duration time in red and the recovery time in blue. Actual duration is either the total duration (set * time) or the duration itself, depending on your Display option setting (see section 8.2 for Display options).

- Exercises are shown using either the weight itself or the total weight (set * rep * weight) (see section 8.2 for information about Display options). Note that weight-less exercises (e.g., crunches) can only be charted when the total weight option is selected.

Figure 37: A workout chart depicting the most recent entries for an exercise.

6.3. Entering Health Data

To enter Health data, select **New** from the **File** menu (this shows the New window – see Figure 27), click **Daily health record,** and then **OK**. This shows the Health Record data entry window (see Figure 38).

Figure 38: The Health Record data entry window.

You can enter information about:

- Your weight. An option allows you to use either American or Metric units (see section 8.1 for details). You can see a chart of your body weight (see section 4.5 for details).

- Your body fat, percentage. The use of a fat caliper makes it easy to obtain this number.

- Your resting heart rate. Note that it is best to check this when you wake up (i.e., at rest).

- Your blood pressure. You can take it at any time of the day, although it is preferable to take at about the same time from one day to another (e.g., when you wake up, when going to bed at night, etc.)

- Your activity level for the day. This allows better calculating your BMR and is recommend to enter when on a diet,

- Your mood for that day.

- Up to four (4) custom fields. See page 38 for details.

- Sleep quality and duration

- A note.

- Body measurements and blood markers (which can be charted in the Graph view)
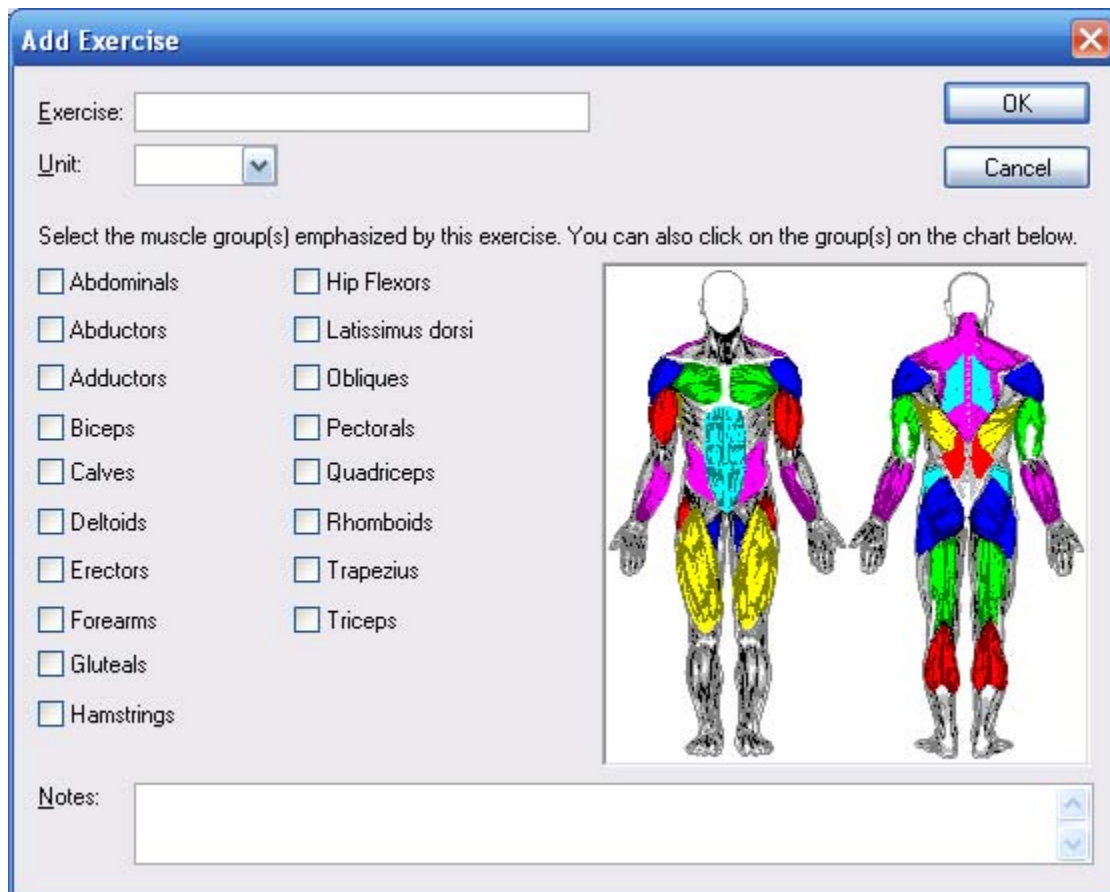
It is best to enter this information a few days per week to provide accurate graphs. At a minimum, you should enter your resting heart rate and weight on a weekly basis, in order to review your performance over time.

6.4.   Browsing Intervals, Exercises, Courses, and Locations

You can browse, add, or delete intervals and exercises when prompted to enter one. For instance, Figure 34 on page 43 shows the Exercise window where you can add, edit/view, or delete exercises.

When adding a workout, you can add, edit/view, or delete a courses or location by clicking on the Update button ⬛ and choosing among Add, Edit or Delete.

When adding exercises, you can specify the muscle groups being worked on by either checking their name off, or clicking on them in the muscle chart. Later on, when entering exercises (see section Entering Strength Training Exercises on page 43), your own exercises will be listed if you use the muscle chart to select an exercise.

Figure 39: The Add Exercise window. You can specify which muscle groups are being worked on. Later on, when adding exercises for a workout, your own exercises will be listed if you use the muscle chart.

7. Using a Heart Rate Monitor

POLAR If you own a Polar model AXN, F, CS, RS, or A-series heart rate monitor, you can directly download the exercise file(s) – the workouts stored in the monitor – into VidaOne Diet & fitness. You can also import HRM files that are not already associated with a workout.

7.1. Downloading Exercises from Heart Rate Monitors (HRM)

To download a workout, choose **Fitness | Polar Heart Rate Monitor | Download HRM Exercises Files**, or click the **HR File** button in the menu bar. The Heart Rate Monitor wizard will be shown (see Figure 40) and will guide you step by step through downloading the data from your heart rate monitor. The exact procedure depends on the monitor (the steps are self explanatory), but common features are the following:

- You can create a new workout based on the heart rate data;

- You can replace an existing workout in VidaOne Diet & Fitness by the data from the heart rate monitor;

- You can merge two or more exercise data files (from your heart rate monitor) into one workout in VidaOne Diet & Fitness. This is particularly useful if you briefly interrupted your workout, resulting in two exercise data files in your heart rate monitor. See section 7.4 for details.
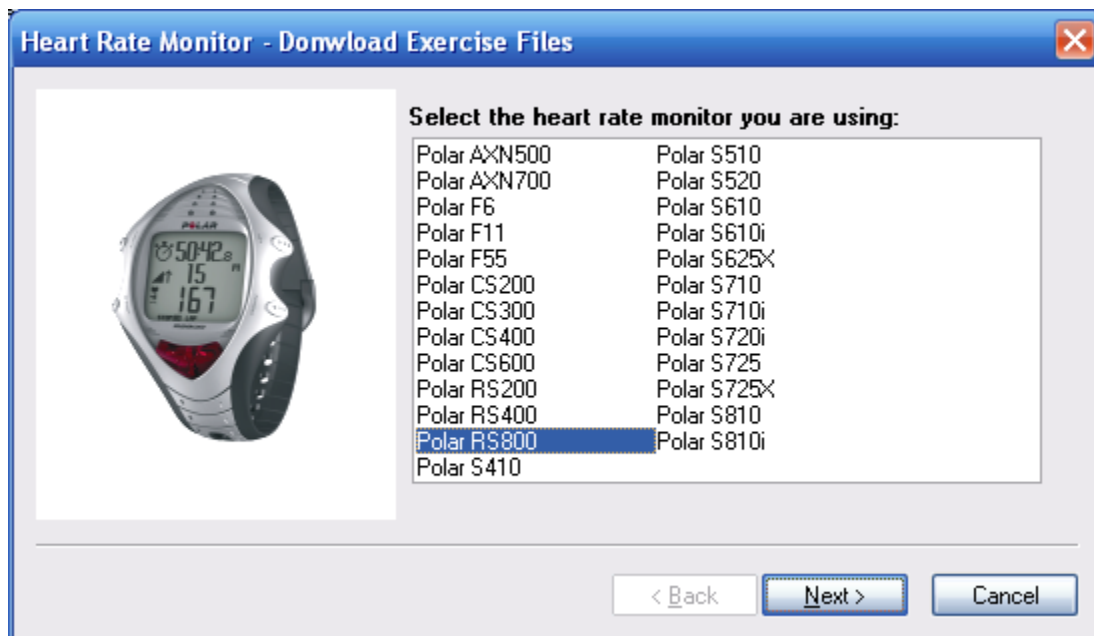
Figure 40: The Heart Rate Monitor download wizard guides you step by step through downloading your workout data right into VidaOne Diet & Fitness.

Upon downloading a workout from your heart rate monitor, the data is saved into an .HRM file.

Once the data is downloaded, the workout entry window will show two additional buttons: the
HRM View button, which starts the HRM Viewer (described in the next section) and the **HRM
Email** button, which creates an email with the HRM file attached to it. This is a very handy
feature if you want to quickly send your HRM data to your coach or friends.
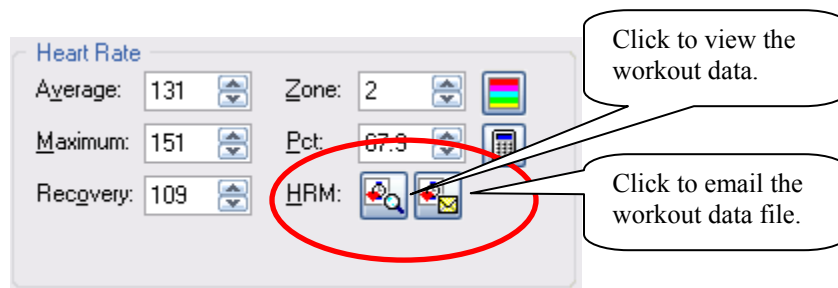
7.2. Viewing HRM Files

Heart rate monitor data files (HRM files) are shown via the **VidaOne Polar** (see Figure 41).
There are three ways to view HRM files:

1. In VidaOne Diet & Fitness, click the HRM View button while looking at a workout. This
   will show the related HRM file.

2. From the Windows File Explorer, double-click any HRM file (or right-click and choose
   Open).

3. When the **VidaOne Polar** is running, you can also drag HRM files from the Windows
   File Explorer directly onto the **HRM Viewer** to open them.

The **HRM Viewer** allows you to see multiple HRM files at once. You can resize each file as you
see fit, or you can automatically arrange the layout via the **Windows** menu to cascade or tile the
files.

The exact information that is displayed depends on your heart rate monitor model and available
options. For instance, the Power, Power Index and Power L-R values are available with the
Polar® S710 equipped with the Power Output Sensor™.

The **HRM Viewer** displays a chart with several lines, each of them corresponding to one of the
following parameters: heart rate, speed, cadence, altitude, power, power index and power left-
right balance (power L-R). Parameters are only listed if they were recorded during the workout.

Each parameter is summarized below the chart: it is displayed with the minimum, maximum, and average values. The checkbox next to each parameter allows you to show/hide the associated line on the chart (if you want to clearly display only one parameter, for example).
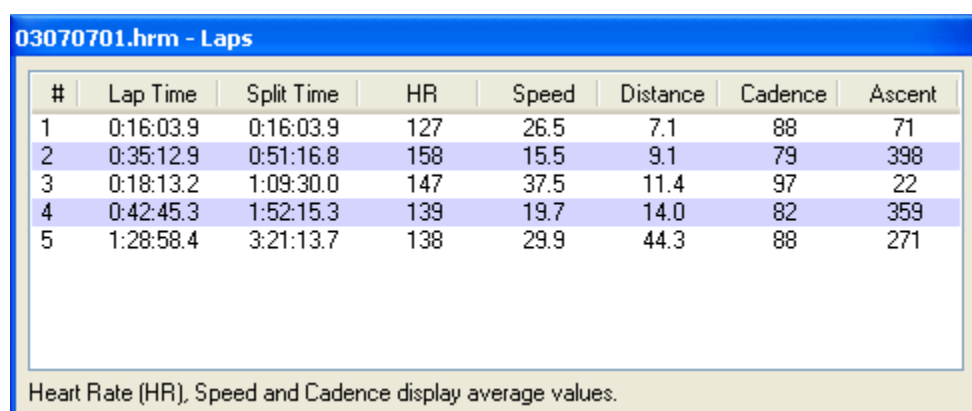
You can click-and-hold anywhere on the chart and the values at that point will be displayed below for each parameter, allowing you to identify specific values on a chart (such as a high altitude point).

Figure 41: The HRM Viewer allows you to see one or more heart rate monitor workout data.

When viewing an HRM data file, the **HRM Viewer** allows you to do the following (the images on the left are the corresponding toolbar buttons):

- Print the chart (**File | Print**).

- Email the HRM file to a friend or coach (**Tools | Send to Mail Recipient**). This feature uses your standard email settings.

- Export the HRM file to a .CSV file, which can be viewed by Microsoft® Excel (**Tools | Export to CSV File**).

- Zoom in and out to see workout details.

- See lap information (if available). Click **Tools | Show Laps** to display lap information, as shown in the figure below. To remove that window, click **Tools | Show Laps** again.

03070701.hrm - Laps

#	Lap Time	Split Time	HR	Speed	Distance	Cadence	Ascent
1	0:16:03.9	0:16:03.9	127	26.5	7.1	88	71
2	0:35:12.9	0:51:16.8	158	15.5	9.1	79	398
3	0:18:13.2	1:09:30.0	147	37.5	11.4	97	22
4	0:42:45.3	1:52:15.3	139	19.7	14.0	82	359
5	1:28:58.4	3:21:13.7	138	29.9	44.3	88	271

Heart Rate (HR), Speed and Cadence display average values.

Figure 42: The HRM Viewer can show lap information when available.

- Get data about a specific period of time (snapshot). Click **Tools | Select Snapshot** to enter in the snapshot mode. In that mode, the cursor appears as a cross when positioned over the graph and a snapshot window is will be shown (see Figure 43). Press and hold the mouse's left button and drag the mouse to select a period of time. The data for that period is displayed in the Snapshot window. To remove the window and exit the snapshot mode, click **Tools | Select Snapshot** once more.

03070701.hrm - Snapshot

Duration:	1:10:35	Min HR:	101
Distance:	28.5 km	Max HR:	170
Ascent:	466	Avg HR:	143

Figure 43: That snapshot mode allows you to select a portion of your workout and gets statistics about it.

- Display the time spent in each zone (Figure 44). Click **Tools | Time in Zones** to display a window that shows the time spent in each training zone. Click **Tools | Time in Zones** again to remove the window.
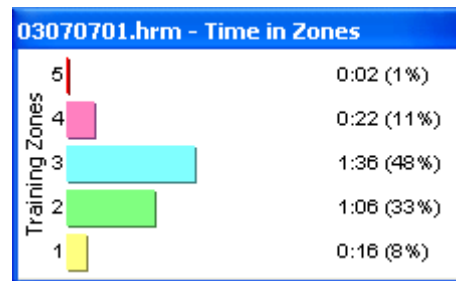
Figure 44: The HRM Viewer can show the time spent in each training zone.

You can also customize the appearance of the chart as follows:

- Check **Corrected values** to automatically adjust some data and enhance the charts. Specifically, the following values are corrected:

  o Heart rate samples that fall below 30 or above your maximum heart rate are ignored. Heart rate monitors are very sensitive to electromagnetic signals and may store incorrect values from time to time.

  o Speed samples that are zero (when you were stopped) are discarded.

  o Cadence, power, and power index samples that are zero (when you had stopped pedaling) are discarded.

- Check **Show lap markers** to display laps (shown as purple vertical bars). The option is disabled if there is no lap information available.

- Select a different background from among the following choices:

  o **No background**, which displays a white background.

  o **Lines**, which displays horizontal lines matching the markers on the Y-axis.

  o **HR Zones**, which paints your heart rate zones, as calculated in VidaOne Diet & Fitness (see section 9.4). This option allows you to quickly see the intensity of your workout.

- Click **Settings** to change general display options, such as setting a different speed or altitude scale, using different line colors, or using thicker lines.

7.3. Importing Existing HRM Exercise Files

If you previously downloaded exercise files from your heart rate monitor into HRM data files, choose **Fitness | Polar Heart Rate Monitor | Import HRM Exercise Files** and choose a file. A workout will be shown, as if you had downloaded the data from your heart rate monitor. Modify the workout values if need be, and click **OK** to create the workout, or click **Cancel** to abort.

As with a download, VidaOne Diet & Fitness will prompt you if there's already a workout that took place on the same date and time. If so, you are presented with four options:

1. Replace the workout with the new one.

2. Update the existing workout with the HRM data (the distance, pace, and heart rate data fields are updated).

3. Attach the HRM data file to the workout, but leave the workout information intact.

4. Cancel the operation (and leave the existing workout intact).

Select the option that best suits your needs.

You can also select multiple files when prompted for a file, by clicking on each file while pressing the **Ctrl** key. VidaOne Diet & Fitness will then asks you if you want to use the same activity (or not) for each workout, and whether you want to edit each workout before importing them. IF you are importing various files that are related to the same activity (e.g. "Road Cycling") and you just want to import them "as is", these options allow you to import them all at once automatically.

7.4. Converting HRB Files to HRM Files

If you are using VidaOne Polar for Pocket PC, Polar workouts are downloaded as HRB files on your Pocket PC, and synchronized with your PC (see Appendix A for details). These HRB files contain a proprietary format and can be viewed with VidaOne Diet & Fitness HRM (see section 7.1).

To convert these HRB files to standard Polar® HRM files (which can be viewed with polar Precision Software), choose **Fitness | Heart Rate Monitor | Import HRM Exercise Files**, and select one or several HRB files. Then specify an output folder, and choose Convert. The original HRB files themselves will be left intact, and the corresponding HRM files will be created.

7.5. Merging HRM Data

VidaOne Diet & Fitness has a unique helpful feature: merging of HRM data. Imagine the following scenario: during a bicycling workout, you take a 10-minute break at a convenience store to fill yourself up with cold liquids. By the time you're back to your bike, your heart rate monitor, which sits on your bicycle handle bar, has shut down the current exercise. You have no choice but to start a second exercise. But what you really want is to get the data for the whole workout.

VidaOne Diet & Fitness allows you to reconstruct the original workout from two exercise data files and obtain the summary data for the whole workout as if it had not been interrupted. Whether you download data from your heart rate monitor or import HRM files, VidaOne Diet & Fitness verifies your workouts beforehand, and notifies you if there is a workout – called a back-to-back workout – that either ended up within one hour or started within one hour of the current workout. If this is the case, you can merge the workout with the back-to-back workout, resulting in one single workout that combines both. In the scenario presented above, you can merge the two workouts into one, and view all the data as if the workout had not been interrupted.

7.6. Updating General Settings for S-Series Monitors

You can update various settings stored in the heart rate monitor via VidaOne Diet & Fitness. To do so, select **Fitness | Polar Heart Rate Monitor | Update General Settings**. You will then be prompted to select the mode of your heart rate monitor, and to establish a connection. Once the connection is established, the General Settings window is shown (see Figure 45). There are various categories to choose from:

- User: gender, weight, height.
- Watch: date and time.
- Reminders: up to seven (7) reminders can be programmed.
- Monitor: monitor settings (specific functions).
- Bicycles: up to two (2) bicycle settings can be entered.

Note that all these parameters are specific to the heart rate monitor and are independent of the settings stored in VidaOne Diet & Fitness.
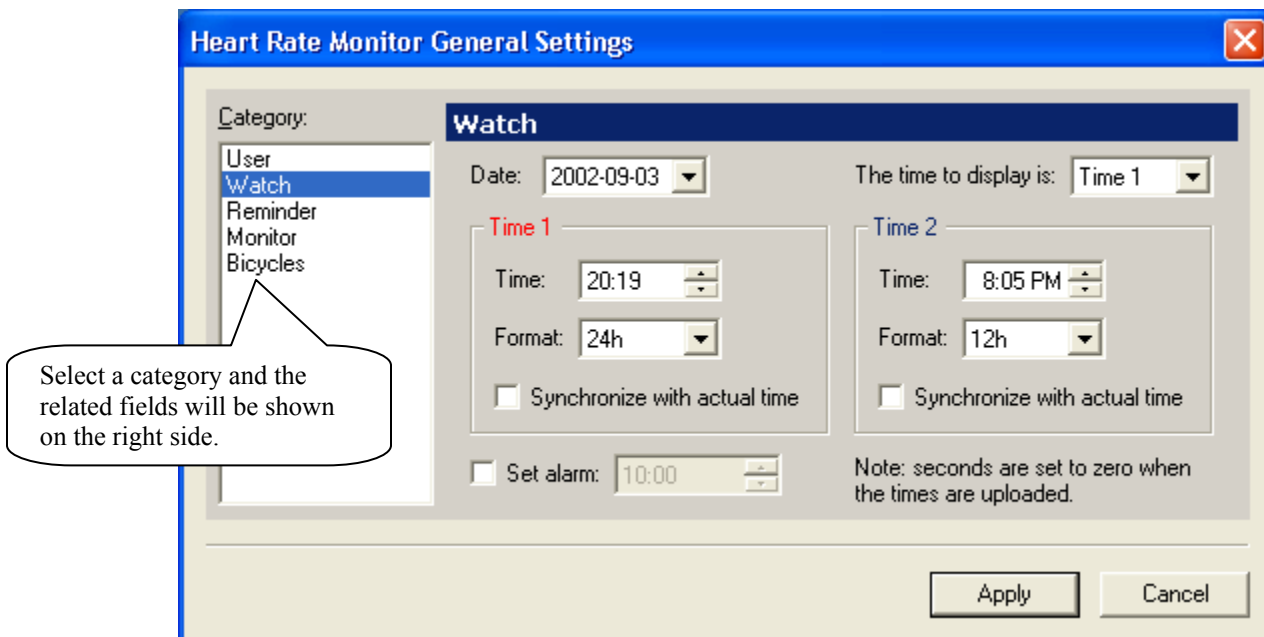

Figure 45: The Watch page in the General Settings window.

7.7. Updating Exercise Settings for S-Series Monitors

You can program up to five exercise settings in your heart rate monitor. From the **Fitness** menu, select **Polar Heart Rate Monitor | Update Exercise Settings**. After selecting your heart rate monitor model and connecting, the exercise list will be shown (see Figure 46). There are two types of exercises: continuous 📊 and intervals 📊, described in the following paragraphs.
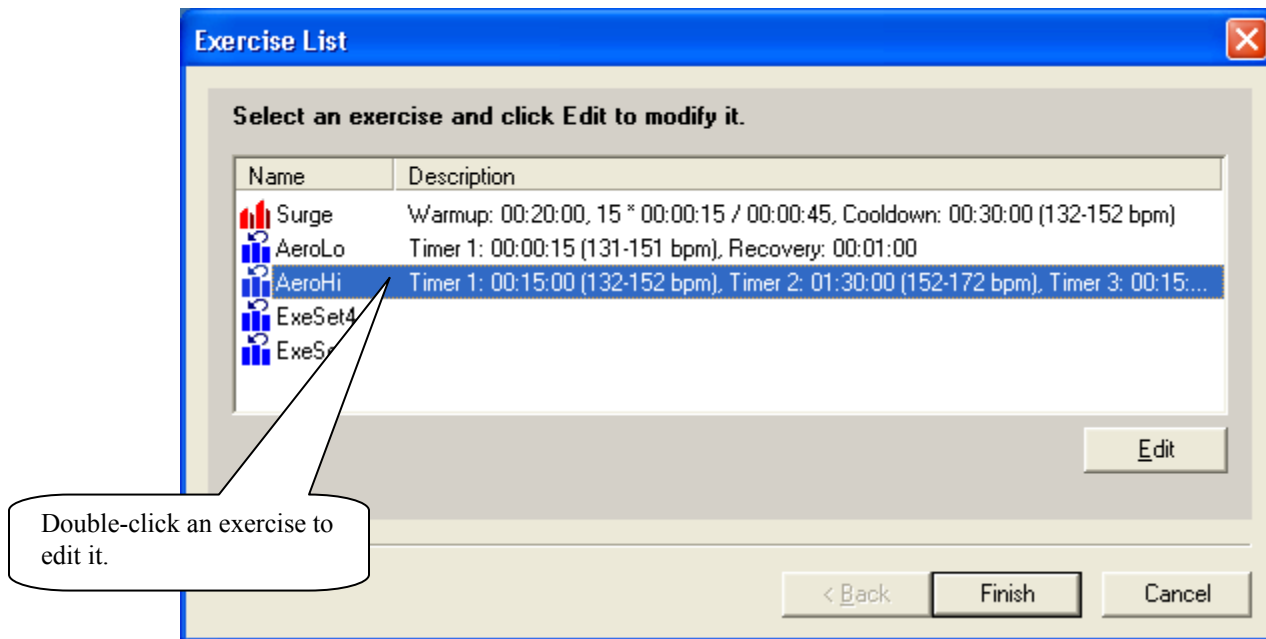
Figure 46: The Exercise List window shows the five exercises stored in the monitor.

Continuous exercises are based on up to three timers, which automatically repeat (1-2-3-1-2-3-etc.) until you stop the workout. You can associate heart rate limits with each timer. For instance, Figure 47 shows continuous training using two timers. In this case, the first timer is used as a 15-minute warm-up. The HRM will beep when the heart rate falls below 132 or goes above 152. The warm-up is then followed by a 90-minute work period, during which the HRM will beep when the heart rate falls below 152 or goes above 172. Following the workout, the third timer kicks in, which has been set for a 15-minute cool-down period (no alarm will beep based on the measured heart rate). An optional recovery phase can be set in addition to these periods. This type of exercise is ideally suited for working on your aerobic system.
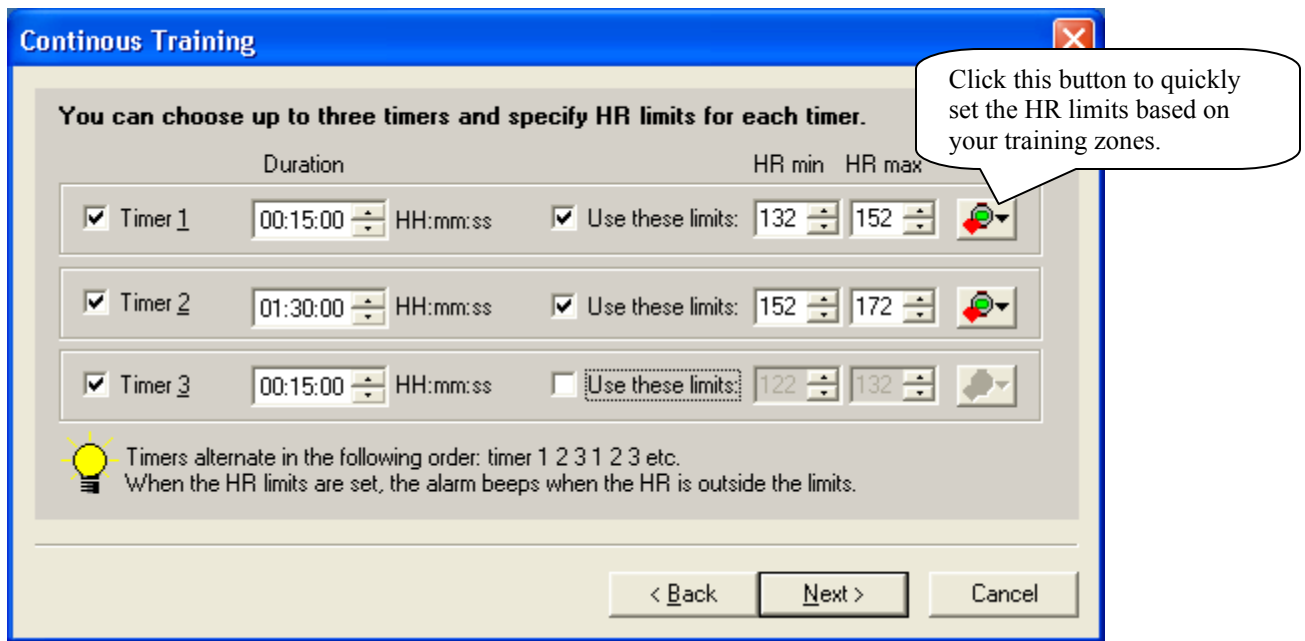
Figure 47: Continuous training window.

Interval-based exercise consists of 1 or more sets of high-intensity efforts followed by short periods of active recovery (rest). This type of exercise is designed to improve your high-end endurance. In addition to these sets, interval-based exercises include a warm-up and cool-down phases, which can be based on duration, heart rate, or distance (for S710 models only).

Whichever type you choose to define, simply follow the various screens that gather all the information required for the exercise. For more details about the exercises and various options, refer to your heart rate user's manual.

8. Viewing GPS Data

People using VidaOne GPS[1] on their Pocket PC can see their routes when looking at a workout containing GPS data, by clicking on the GPS button and choosing **View** (see Figure 48). When viewing a GPS data file, you can zoom in & out, and print the map (useful to distribute to your friends when going for an outdoor workout such as hiking or cycling. At the moment, only GPS data from MySportTraining for Pocket PC can be viewed.

You can also choose **Import** to read a GPB file (also from VidaOne GPS for Pocket PC) and associate it with the current workout.

Click this button to see GPS data collected with **VidaOne GPS** (for Pocket PC only).

You can also choose to view the route on Google Maps or MapMyRide.com
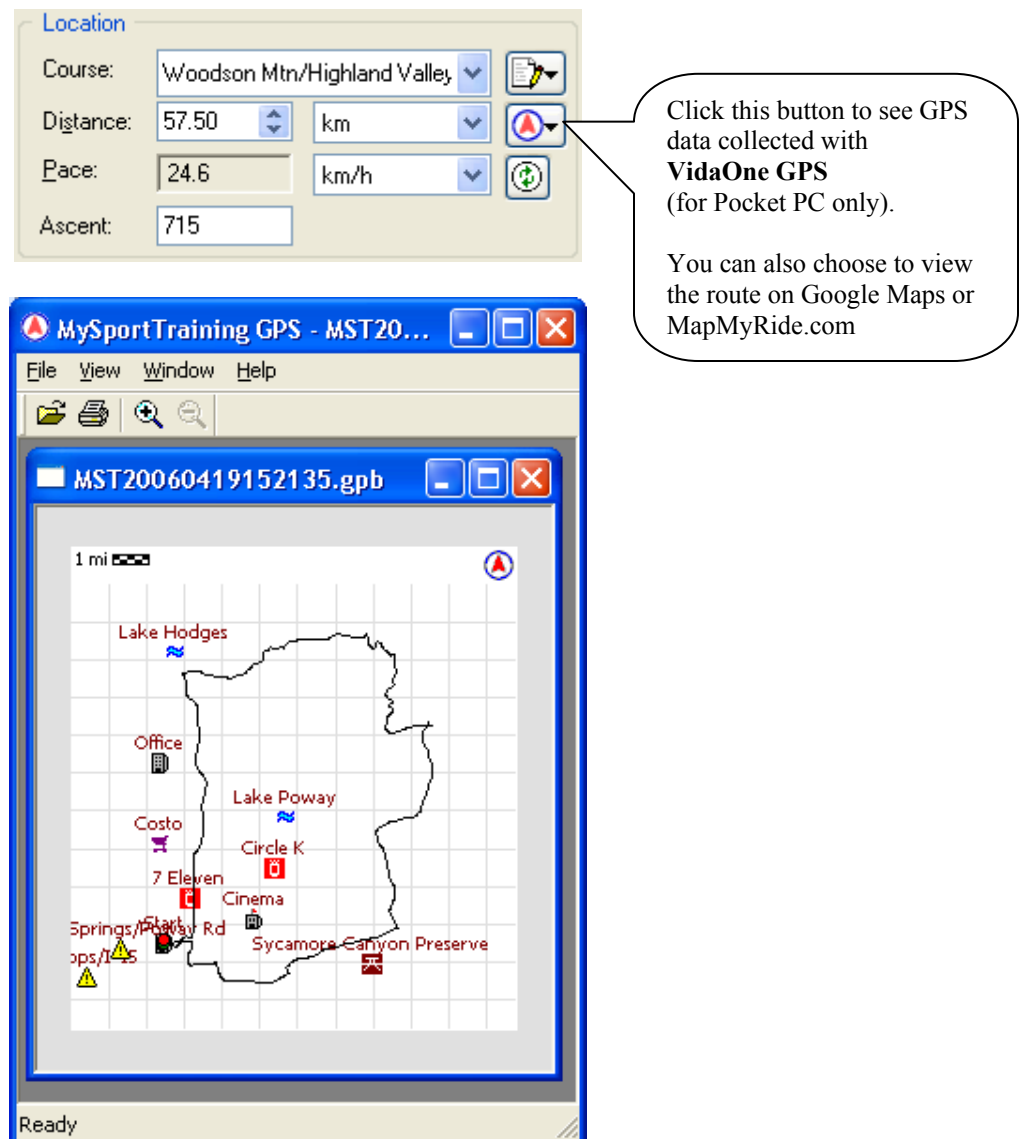
Figure 48: You can view the GPS data collected via VidaOne GPS for Pocket PC

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[1] Available at http://www.vidaone.com.

9. Other Features

9.1. Choosing a Period

Report and Graph views are based on a period, which you can change by clicking on it. This will display the Period window (see Figure 49), allowing you to choose another period. There are several pre-defined periods to choose from, and you can also specify a period by clicking **Custom period** and selecting the start and ending dates.

Figure 49: The Period window allows you to choose any period.

9.2. Find

You can search the notes of both workouts and health records for a word via Edit > Find (or Ctrl+F). For instance, Figure 50 shows the result of finding the word "flat". You can then click on an entry to edit it.
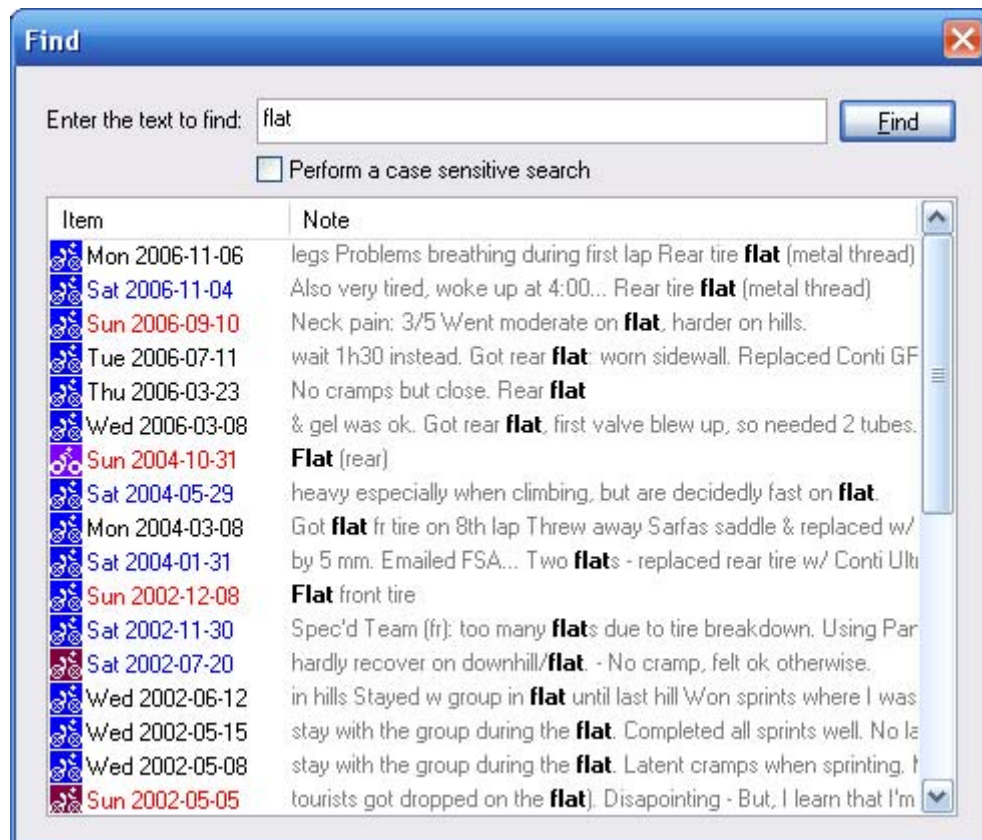
Figure 50: The Find window.

9.3. Activity Organizer

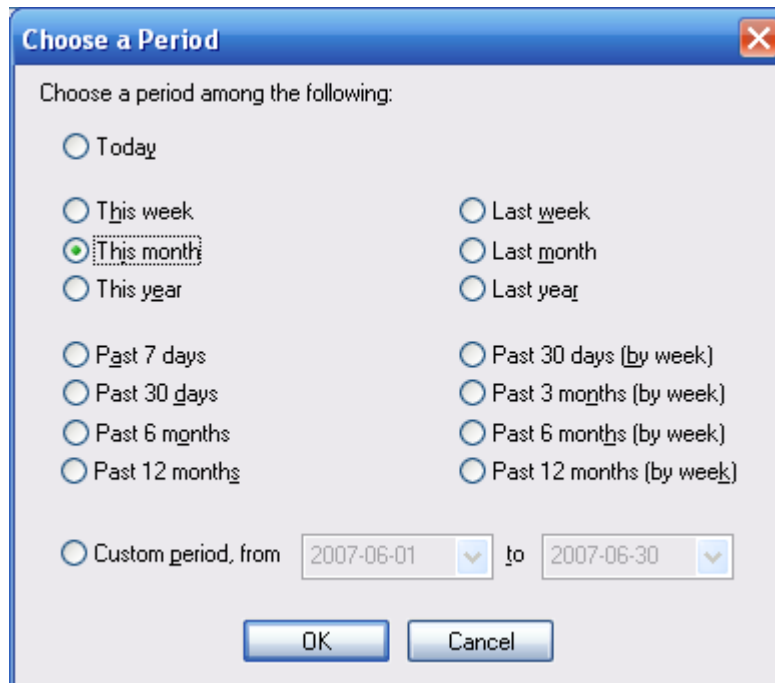You can filter activities to show only the activities that are of interest to you, resulting in improved clarity. For instance, when adding a workout (as described in the Adding a Workout section on page 33), only filtered activities will be shown.

To access the Activity Organizer:

- Choose **Activity Organizer** from the **Fitness** menu. The Activity Organizer window is displayed (see Figure 51 on page 65).
- Use the **Add**, **Edit** and **Delete** button to manage custom activities.
- Check activities to be displayed and uncheck activities to be filtered out (hidden). You can also use the following buttons:
    - o Click **All** to select all the activities
    - o Click **Clean** to un-select all activities
    - o Click **My Activities** to select the custom activities only.

Note

Filtered activities are not displayed in the views.
They will be shown only when you check them off again.

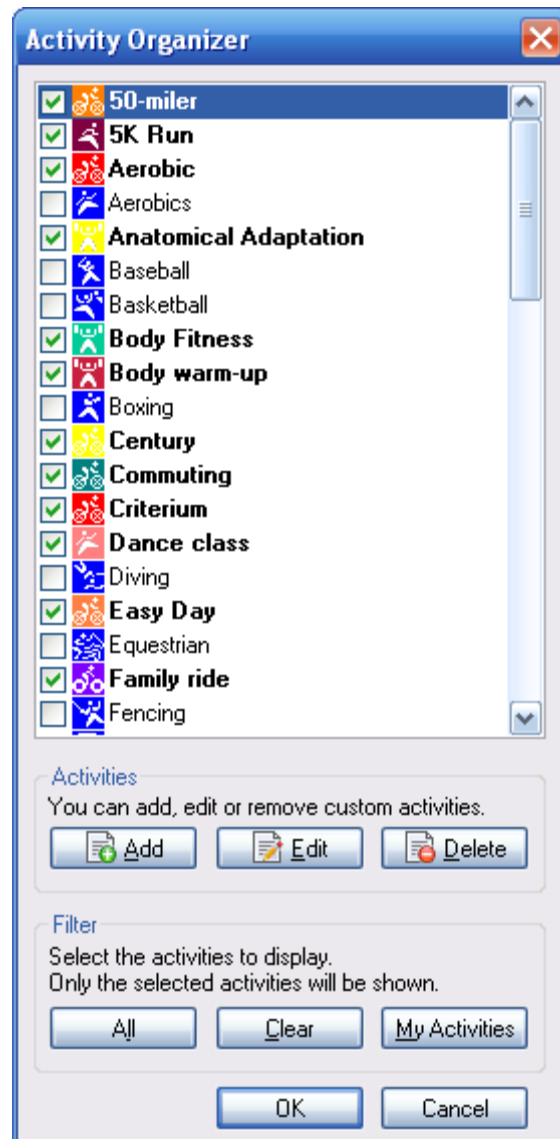**Figure 51: The Activity Organizer window.**

9.4. Training Zones

Training zones are essential for heart rate monitoring-based training. VidaOne Diet & Fitness automatically calculates your training zones, a feature that is very useful if you use a heart rate monitor.
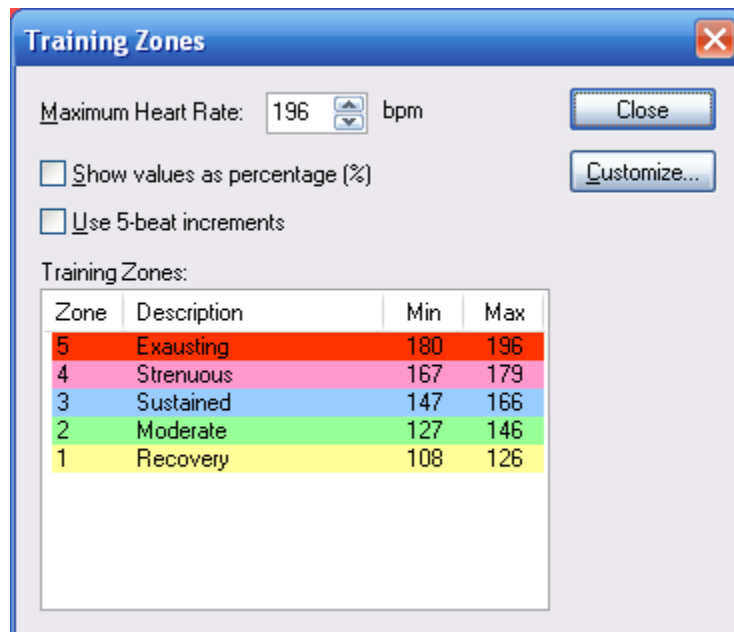

Figure 52: The Training Zones window with the effort coloring option on (left) and off (right).

To calculate your training zones:

- Choose **Training Zones** from the **Fitness** menu to show the Training Zones window (see Figure 52). Colors are used if the effort coloring option is on (see section 10.1 for display options).

- Enter your maximum heart rate (if you have measured it). The default is set to 220 minus your age[2], provided you entered your birth year in the profile. Note that this formula is just an estimate, and your actual maximum heart rate may vary by as much as + or - 20. This value is dictated by your genes, not your fitness.

- The training zones are automatically calculated and each training zone is defined as a range expressed as a percentage (%) of your maximum heart rate (HR). The exact calculation is as follows:

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[2] This is the official formula adopted by the American College of Sports Medicine (www.acsm.org).

Zone	Minimum	Maximum	Intensity	Description
5	92	100	Exhausting	Anaerobic
4	85	91	Strenuous	Lactate threshold training
3	75	84	Sustained	Aerobic
2	65	74	Moderate	Endurance
1	55	64	Effortless	Recovery

Table 2: Default training zones.

- You can choose to see either the training zone percentages, or the corresponding heart rate beats, calculated on your maximum heart rate.

- If your heart rate monitor only allows you to enter your target zone's minimum and maximum as multiples of 5, check off the **Use 5-beat increments** option to round up values as multiples of 5.

- Click the Customize button if you prefer to specify your own training zones. You can choose the number of training zones (1 to 10), how they are calculated and specify the details for each zone (see Figure 53).

Figure 53: You can customize the training zones to fit your workouts.

9.5. Goals

VidaOne Diet & Fitness offers you the ability to **set and measure a goal**. For instance, say you set a goal of exercising 350 hours for this year and you want to know how close to this goal you are. Choose **Goal…** from the **Fitness** menu to show the Goal window. First define the goal (which can be either a target weight gain, target weight loss, duration or distance) and a period, and then click **Update**. The outcome will be displayed in the bottom half of the window.

Figure 54 illustrates such a goal. The chart displays two lines: the first (pale blue) indicates the target achievements whereas that second shows t he actual accomplishments. You can precisely visualize where you stand with respect to your goal.
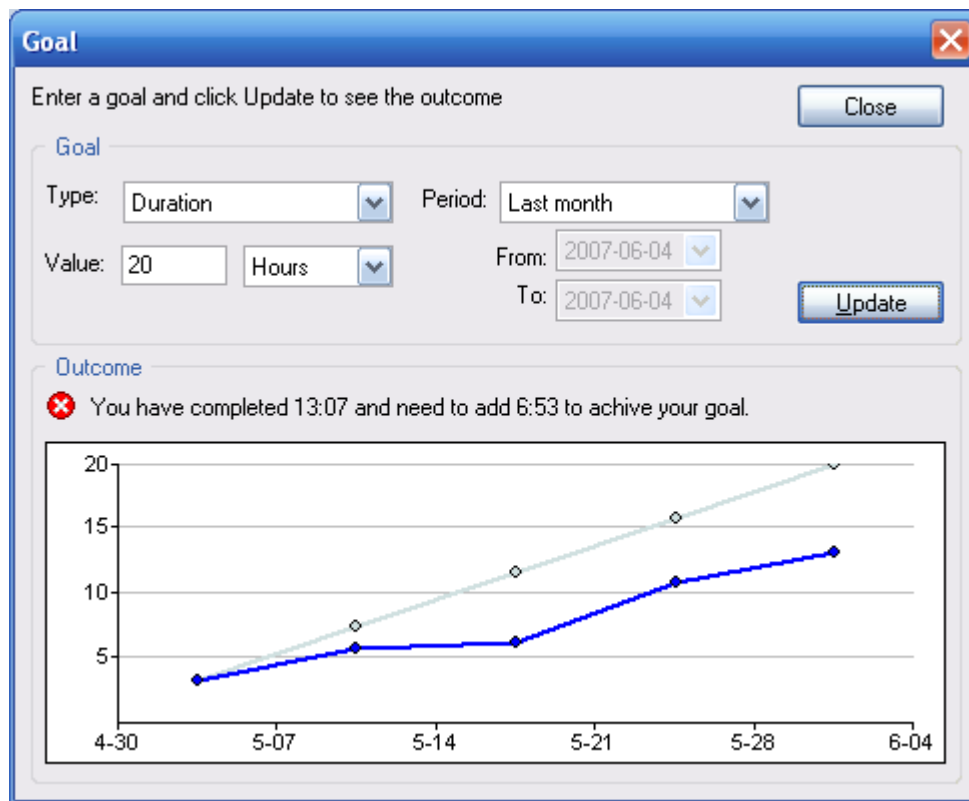

Figure 54: The Goal window allows you to set and measure a goal.

9.6. Calculators

VidaOne Diet & Fitness provides some popular health calculators:

- Basal Metabolic Rate (BMR), which is the amount of energy your body needs at rest for a day, on average.
- Body Mass Index (BMI), which is a common weight-to-height ration.
- Lean Body Mass (LBM), which is the amount of your body weight minus the fat.

Choose **Calculators…** from the **Tools** menu to show the Calculators window (see Figure 55). The values are based on your profile, which you can access from that window by clicking on "profile".

Check off **Add the BMR to the Calorie Intake & Expenditure graph** in order to add your BMR to the calories your burn during your workouts.

Figure 55: The Calculators window allows you determine some common measures.

9.7. Exporting Data

You can export workout and health records into a CSV file, which is directly readable by Microsoft® Excel®. To export the data, choose Export from the File menu to show the Export window (see Figure 56). Choose the file the export to (it must have the CSV extension), the period and the type of records (workouts and/or health records) to export, and click Export.
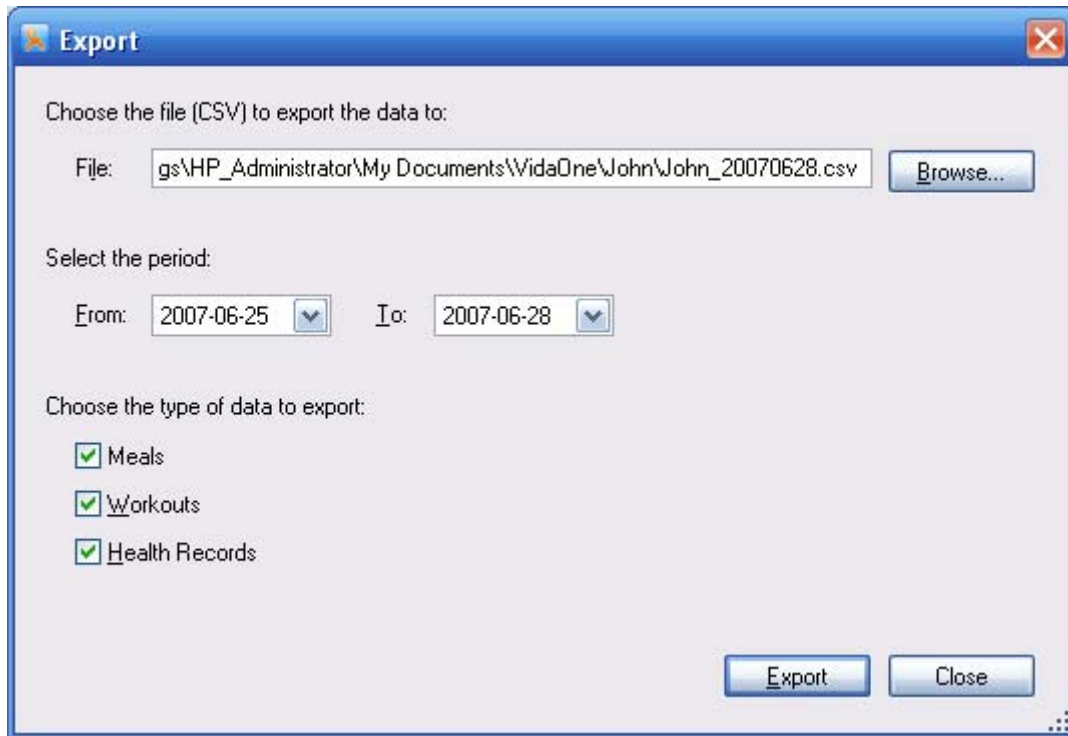

Figure 56: The Export window.

9.8. Backup and Restore

VidaOne Diet & Fitness has the ability to backup the workout and health database and restore it if needed. We recommend that you make a backup periodically (once a week) as it only takes a few seconds. Should the VidaOne Diet & Fitness database become corrupted, VidaOne Diet & Fitness allows you to restore it from a previous backup.

Making a Backup

To make a backup of your database, choose **Backup** from the **File** menu. This will show the **Backup** window (Figure 57). Enter the directory where the backup database is to reside (click the "…" button to select a directory if required). Then click OK. The database (a file called *vodfdb.mdb*) will be saved to the specified directory. The file name is **vodfdb_*date*.mdb**.

Click this button to open a window that allows you to choose a directory.
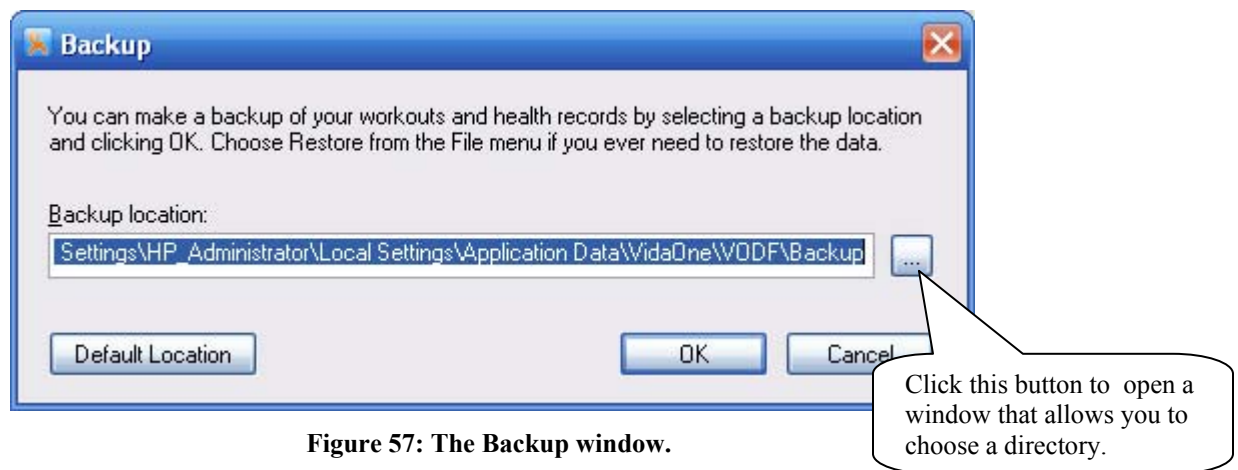
Figure 57: The Backup window.

The backup contains the following:

- All meals for all profiles
- All workouts for all profiles
- All health records for all profiles
- All intervals, courses, exercises, and locations for all profiles

The backup **does not** contain the following:

- Profile description.
- Some personal settings, options, and training zones.

Restoring a Backup

Should you have to restore the data, choose Restore from the File menu. You will be prompted to select a **vodfdb_*date*.mdb** file (saved by a previous backup). Finally, you will be asked to confirm whether you want to restore the data or cancel the operation. Upon confirming, the data will be restored.

10. Options

The Options setting allow you to personalize and customize VidaOne Diet & Fitness. The options are available by clicking **Options** from the **Tools** menu.

Note that since VidaOne Diet & Fitness uses your computer's regional settings for date and time, there is no option to modify their display settings from within VidaOne Diet & Fitness.

10.1. My Profile

The profile consists of personal data to enable the calculation of the calories you burn when exercising and to establish your initial training zones.

- Enter your personal information:
  - Your gender.
  - Your weight, either in lbs or kg, based on the measurement unit setting., which you can set below.
  - Your birth year.
  - Your height, either as m/cm or ft/in, based on the measurement unit setting, which you can set below.

- Choose **Use 1 decimal for body weight** to allow using one decimal with your body weight (e.g., 135.4 lbs, or 58,3 kg), as opposed to whole numbers (e.g., 135 lbs or 58 kg).

- Enter your **activity level**.

- Choose the default measurement units, either **English** or **Metric**. You can still choose any unit at any time, and VidaOne Diet & Fitness will automatically convert the data as needed.

10.2. Display Options

Numerous display options are available. These options affect how graphs and views are displayed. The options are grouped in three categories, listed below.

Graphs Options

- Choose **Use 3D graphics** to use a 3D effect when displaying graphs. Note that some graphs do not use 3D effects.

- Choose **Zoom graphics** to narrow the range of the graphs' vertical axis. If this is unchecked, the range starts at zero.

- Choose **Show average when applicable** to display a dotted line representing the average on column or line graphs that show 2 or more values.

- Choose **Show total duration on cardio charts** to display the total duration (sets * duration) for cardio (interval) charts. If this is unchecked, only the workout duration is shown.

- Choose **Show total weight on strength charts** to display total weight (sets * reps * weight) for strength (exercise) charts. If this is unchecked, no total weight is shown.

View Options

- Choose **Show activity names activity lists** to display activity names next to the workout icons on various lists. If this is unchecked, only the icons are shown.

- You can choose to display or not emoticons ("*smileys*") for workouts ratings and health mood.

Other Display Options

- Choose **Adjust BMR for the time of the day** for VidaOne Diet & Fitness to perform energy calculation using the current time, instead of for the whole day. For instance, if selected, the BMR at noon will be half than if the option was not selected.

- Choose **Show percent daily value (%DV)** to show the %DV whenever nutrients are displayed, in various views, lists, and graphs.
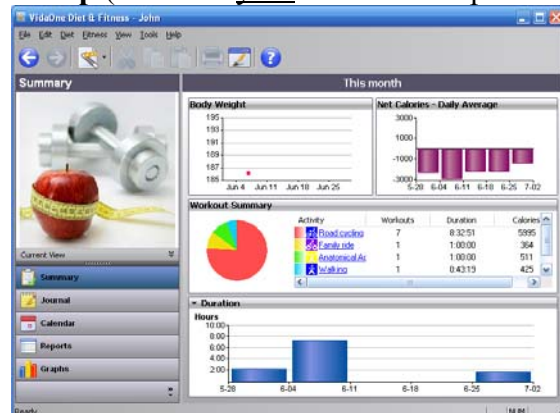
10.3. Theme Options

You can select a color theme among pre-defined themes (a few snapshots are shown below), or you can define your own custom theme.
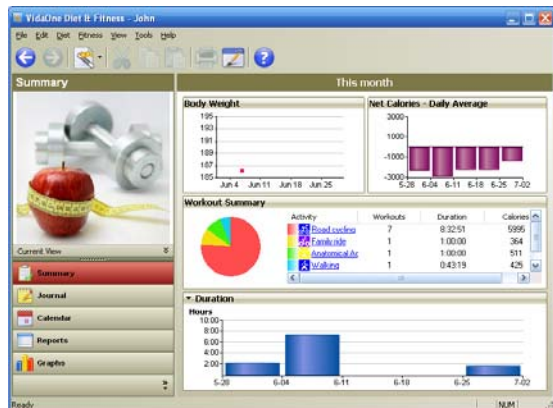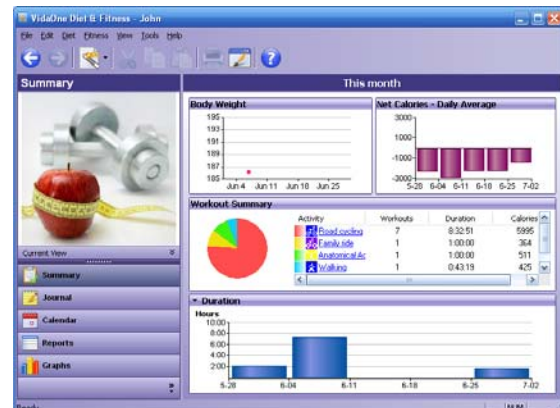
Standard
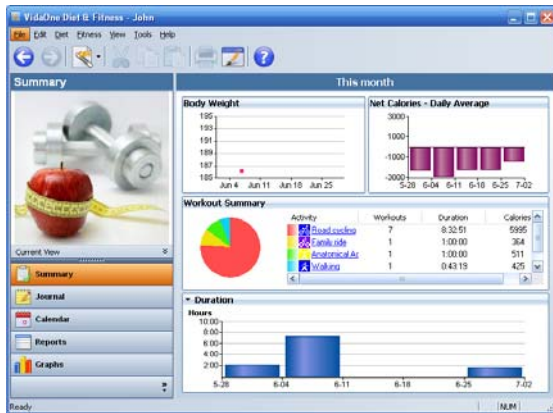
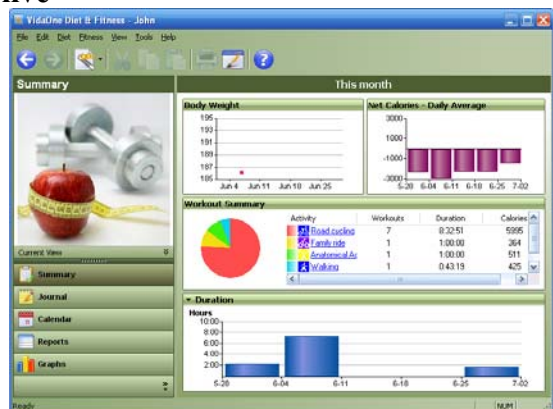**Desktop** (based on your actual desktop colors)

Brick

Lilac

Olive

Pumpkin

10.4. Customize Options

Various options are available to customize workouts and energy calculation

- Select the first day (Saturday, Sunday or Monday) of your training week. All views take this first day into account week when displaying workouts. For instance, choosing **This Week** in the Report view results in the list of workouts for the week, starting on the specified day. If you are unsure, select **Monday** (most training plans start on Mondays).

- Check **Use seconds with workout duration** if you want to specify seconds when entering workouts' durations.

- Check **Use previous workout sets upon adding a workout** in order to automatically carry over the most recent workout sets (interval or strength sets) when adding a workout.

- Check **Use 2 decimals with distance** in order to enter precise distances, such as 1.75 mi. The default is one decimal (e.g. 1.5 mi).

- You can increase or decrease the energy calculated for your BMR and workouts. For instance, if the calculated BMR is too low, you can increase the calculation by 10% by entering 10 below. You can also enter a negative value to reduce it if it is too high.

10.5. Polar Heart Rate Monitor

You can configure how the connection is established with your heart rate monitor. You can choose the **connection port** (serial or USB) and the **interface**.

Click the **Test** button to ensure that the connection parameters are correct and that a connection can be established with the heart rate monitor. Note that when testing the connection via SonicLink, first select your monitor then click the **Test** button.

You specify the default location of the HRM files by entering a directory. Click **Use Default t**o use the default directory.

10.6. Nutrients

Select the nutrients that you want to track. Only those nutrients will be available and displayed throughout this application, instead of the full list of nutrients.

10.7. Markers

Select the blood markers that you want to track. Only those markers will be available and displayed throughout this application, instead of the full list of markers.

10.8. Other

The Other page allows you to select an image to be shown at startup (or none) and enable security (see section 3.3 about profile confidentiality).

Information messages that were turned off can be shown again by choosing **Show All**.

You can also specify the synchronization with a Windows Mobile Pocket PC device:

- Choose **Use my profile when synchronizing** if you are using a Pocket PC and/or Palm OS handheld and you want to synchronize your workouts with it.

- Choose **Synchronize only the past month(s) of data (Pocket PC only)** to limit the amount of data that is kept on your Pocket PC. This is a powerful feature to keep all your records on your desktop, but only a subset of it on your Pocket PC in order to save storage space. This also speeds up the synchronization process since less data need to be synchronized. Choose the period of time (in months) which the data is kept for, on the Pocket PC. For instance, if you choose 6 months, only the data for the past 6 months will be synchronized with the Pocket PC, whereas all the data will remain available on the desktop.