



# Ascendo Fitness for BlackBerry

Version 3

User Guide

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For more recent information, see <http://www.ascendo-inc.com/FitnessFAQ.html>.

## 1.0 Installation

It is commonly recommended to do a backup of your data before installing any application on your handheld. To backup your data, start the Blackberry Desktop Manager see figure 1, click on “Backup & Restore”, then follow the instructions.

Blackberry applications can be installed from a desktop computer or over-the-air (OTA).

### 1.1 Installation from a Desktop Computer

When you download Ascendo Fitness to a desktop computer, you will receive a file with a .zip extension. You can open this file using a utility such as WinZip available for free at [www.download.com](http://www.download.com).

The zip file contains the following elements:

- AscendoFitness.alx
- AscendoFitness.cod
- AscendoFitnessInstaller.exe
- AscendoFitnessV3BlackBerryUserGuide.pdf

Select a directory to extract the files to. Connect your Desktop to your BlackBerry and start the Blackberry Desktop Manager, see figure 1.



Figure 1



Click on the Application Loader button. A window will appear with the title “Welcome to the BlackBerry Application Loader”. Click on the Next button at the bottom of this window.

The BlackBerry Desktop Manager will Retrieve the device configuration and then display a window titled “Device Application Selection”.

Click on “Add” and browse to the directory in which you extracted the Ascendo Fitness files. Select AscendoFitness.alx. Ascendo Fitness will appear with “Install” appearing next to it in the Action column . Click on “Next” then “Finish” to complete the installation process.

## **1.2 Over-the-Air Installation**

If you purchased Ascendo Fitness using Handango Inhand or Handmark Pocket Express, or a similar on device catalog, you will be prompted to download and install the application directly to your handset.

If you purchased Ascendo Fitness from a web site and selected OTA for delivery, you may receive a text message containing a link. After opening the message, use the track wheel or track ball to move the cursor to the link. When the cursor is over the link it should be highlighted. Click on the track wheel and select “Get Link”. The browser will download the application directly to your device and install it.

## **1.3 Upgrading from Previous Versions**

You can upgrade from previous versions using the BlackBerry Desktop Manager.

Download the new version of Ascendo Fitness to your Desktop, then copy the files with extensions ALX and COD to the same directory in which you stored the previous version. Choose “Yes” when asked if you want to overwrite the existing files.

Now start the BlackBerry Desktop Manager. You should see a pop-up window that says “Updated versions of the applications listed below are available for your handheld.”. Click on the Update Now button. A window will open with “Upgrade” appearing in the Action column next to the application name. Click on Next to begin installation of the upgrade.

## 1.4 Upgrading from a Trial Version to a Full Version

If you are using a trial version, a message will appear after a week indicating that your trial has expired. To upgrade from a trial version to a full version you must purchase Fitness, uninstall the trial version and install the full version.

## 1.5 Installing the Ascendo Fitness Desktop

To install the Ascendo Fitness Desktop, double click on the file named “AscendoFitnessInstaller.exe”. A series of prompts will lead you through the installation process.

The installer will create a menu item called “Ascendo Fitness” in the Windows menu system and an application icon on the Windows Desktop. You can click on the menu option or the application icon to start the program.

The installation process creates an Add-In for the BlackBerry Desktop Manager that manages the synchronization of the nutrition databases. To verify that the Add-In has been installed correctly start the BlackBerry Desktop Manager, click on the Synchronize button, click on the Configuration tab then click on Configure Add-Ins, see figure 2.

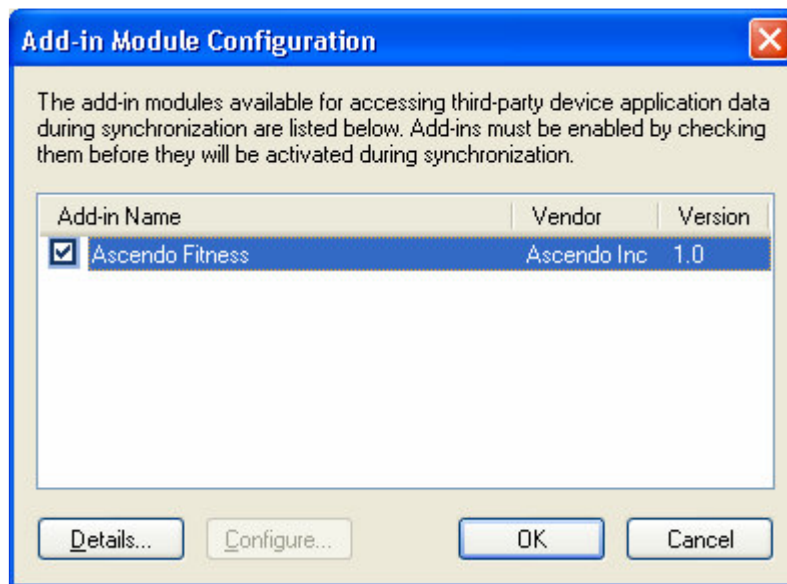


Figure 2

If the Fitness Desktop installation completed correctly you should see an entry for Ascendo Fitness. Click on the box to the left of the application name to activate the Add-In. More information on Synchronization can be found in a later chapter.

## 2.0 Overview

Ascendo Fitness allows you to set objectives, track daily nutrition and exercise, measure your progress and calculate numerous fitness ratios.

The Nutrition database in the Ascendo Fitness Desktop includes 7293 items. The data comes from the USDA Nutrient Database Standard Reference. Each nutrition item contains nutrient values for Calories, Proteins, Total Fats (Lipids), Fiber, Sugar, Sodium, Saturated Fats, Monounsaturated Fats, Polyunsaturated Fats and Cholesterol.

When you start Ascendo Fitness on your BlackBerry for the first time it will contain a subset of the nutrition database. The nutrition database on the BlackBerry has been optimized to improve usability. For example, the entire USDA database contains over nine hundred nutrition types containing the word “beef”. Getting to the bottom of this list would require scrolling through 50 to 100 screens depending on which handset you use. By reducing the list, you get to the foods you want quicker. If you want more nutrition items on your BlackBerry you simply select them from the Fitness desktop and transfer them to your handheld. See the chapter on Synchronization for more details.

The exercise database includes endurance exercises, strength training exercises, team sports and household activities. You can calculate how many calories you burn when doing an exercise for the specified duration. The number of calories burned is dependent on weight so it is important to enter your weight in User Settings.

Nutrition and exercise types can be added, edited and deleted.

You can use the nutrition and exercise databases to create daily entries. For example, you could record that you ate 2 eggs and toast for breakfast and ran for 30 minutes after lunch. Fitness uses this information in the daily entries database to calculate daily totals of calories and nutrients.

The Fitness Journal allows you to record daily weight entries and notes. You can track historical values and display them in a graph.

In addition, you can display graphs for calorie intake, calories burned and nutrients. Each graph displays a blue line or bar to represent daily entries and a red line to represent the goal you set for yourself. Graphs display data for the current week. You can move forward or backward by a week using the screen menu.

User Settings contain personal data for height, weight, gender and age. The Fitness Calculators use these values as defaults. The weight recorded in Settings is used to determine the amount of calories you burn based on daily exercise entries. Calculating your Basal Metabolic Rate, or BMR, uses several of these values. We recommended that enter your personal information into User Settings when starting Fitness for the first time.

You can set goals for weight and daily nutrition totals. Goals are displayed as a red line on graphs.

Fitness contains five fitness calculators. They are widely used by enthusiasts and health care professionals to determine if a person is in good shape. The calculators use information stored in the User Settings as defaults.

Fitness provides several options to customize the user experience. The most important of these is the Measurements option. It allows you to select US/Imperial measurements like pounds(lbs) and inches or Metric measurements such as meters and kilograms.

### **3.0 Using Ascendo Fitness on your BlackBerry**

When you install Ascendo Fitness on your BlackBerry, an icon is placed in the applications folder. To start Fitness you need to open the applications folder and click on the icon pictured in figure 3.



Figure 3

The first time you start Fitness a message will display telling you that the application is initializing the databases and that the process may take a few minutes. You will see a progress bar near the bottom of the screen. Do not press any keys before initialization is complete. If you do interrupt the initialization process, you may need to uninstall and reinstall Fitness.

Upon subsequent start-ups, you will see a message indicating that databases are being loaded. This will only take a few seconds.

After initialization, a message will advise you to edit user settings, goals and defaults before beginning to use Ascendo Fitness. This is important because many features use these values. Click on any key to display the main menu.

## 3.1 Main Menu Options

The Main Menu consists of 10 options as seen in figure 3. You can select an option in two ways, using the numeric keypad or using the track wheel or track ball.

To select an option using the numeric keypad, simply click on the number of the menu option. For example, click “1” on the numeric keypad and the Nutrition menu will appear, see figure 4. On devices with full keyboards, the numeric keypad is overlaid on the letter keys. You can select option 4 by click on the “s” key.

Using the track wheel/ball requires more keystrokes. Move the red selection rectangle down through the options. When the option you want is highlighted, click on the track wheel/ball again to display a gray screen menu. Highlight “Select” and click on the track wheel/ball to go to that menu option.

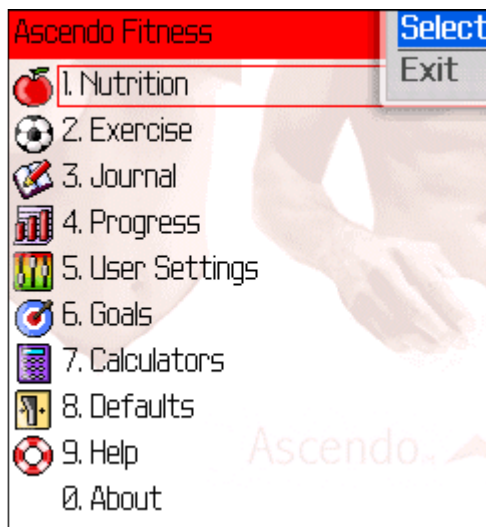


Figure 4



Figure 5



## 3.2 Default Settings

Before using Ascendo Fitness, it is recommended that you set the application defaults. Select option 8 from the main menu to display the Defaults screen, see figure 6.

Please note that on some devices such as the BlackBerry Pearl (8100) and BlackBerry 8800 series, options appear as drop down lists instead of radio buttons.

To change the default options on devices using radio buttons, use the track wheel/ball to move to the option. Then click on the space bar to select the option. Click on the track wheel/ball again to display the screen menu then select Save to keep your changes.

If you are using a device with drop down lists, move to the option and use the space bar to cycle through the possible choices. Then click on the track wheel/ball to save.



Figure 6

If US measurements is selected, Ascendo Fitness will use feet, inches and pounds (lbs) throughout the program. If Metric is chosen then meters, centimeters and kilograms will be used. You may change from one measurement system to another at any time.

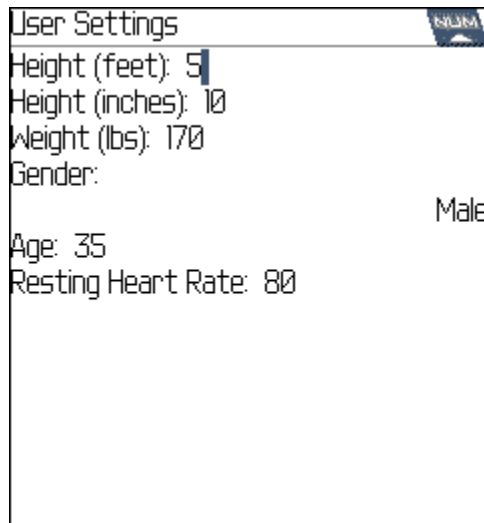
User Level determines how often help alerts will be displayed when using Fitness. For example, if you select Beginner, Fitness will display a confirmation alert after each nutrition entry and tell you what option you have. This is useful when you start using the application. When you are comfortable with the features in Fitness you will most likely want to change to Expert mode so that these alerts don't slow you down.

The background image is displayed behind the menu screens and the graph screens. If you set Background Image to “Don’t show” then menus and graphs will display on white backgrounds.

The splash screen is the image that appears for two seconds when you start the application. If you set Splash Screen to “Don’t show” then Ascendo Fitness will skip the opening screen and display the main menu on start-up.

### 3.3 User Settings

Default values for several features come from the values in User Settings so it is recommended to enter your personal information when using Fitness for the first time. Select option 5 from the main menu to display the User Settings screen, see figure 7.



|                     |      |
|---------------------|------|
| User Settings       |      |
| Height (feet):      | 5    |
| Height (inches):    | 10   |
| Weight (lbs):       | 170  |
| Gender:             | Male |
| Age:                | 35   |
| Resting Heart Rate: | 80   |

Figure 7

If you selected US measurement from the Defaults screen, height will be recorded in feet and inches, weight will be recorded in pounds(lbs). If you change to Metric in the Defaults screen, Fitness will consider these values to be meters, centimeters and kilograms.

To change a numeric value, scroll down the page to highlight the value, click on the delete key or back arrow key to erase the value then enter a new value using the numeric keys.

To change Gender, highlight the field and click on the space bar. Then click on the track wheel/ball to display the screen menu and select Save.

## 3.4 Goals

Goals allow you to set objectives for weight, calorie intake, calories burned and daily nutrients totals. Several default values are based on the Recommended Daily Allowance determined by the National Academy of Sciences. You can change these values to your own objectives, see Figure 8.



| Goal                      | Value |
|---------------------------|-------|
| Weight (lbs)              | 160   |
| Calories Intake/Day       | 2000  |
| Calories Burned/Day       | 2000  |
| Proteins (g)              | 50    |
| Fats (Total Lipids) (g)   | 65    |
| Carbohydrates (g)         | 300   |
| Fiber (Total Dietary) (g) | 25    |
| Sugars (g)                | 30    |
| Sodium (mg)               | 2400  |
| Saturated Fats (g)        | 15    |
| Monosaturated Fats (g)    | 25    |
| Polyunsaturated Fats (g)  | 25    |
| Cholesterol (mg)          | 300   |

Figure 8

The weight goal is expressed in pounds or kilograms depending on what you selected on the Defaults main menu option. Most of the nutrient goals are recorded as grams but Sodium and Cholesterol are recorded as milligrams.

The values you enter for Goals will be displayed as red lines on the on the graphs.

## 4.0 Managing Nutrition

Ascendo Fitness includes a Windows PC companion to help you manage the Nutrition database. When you start Fitness for the first time there are more items in the desktop companion than in the BlackBerry database. However, you can transfer items from the desktop to the BlackBerry and implement one-way synchronization between the two.

## 4.1 Daily Nutrition Entries

Daily nutrition entries are used to record the foods and beverage you eat throughout the day.

To create a daily nutrition entry, select option 1 from the nutrition menu, see figure 9. The nutrition lookup screen will appear with a blinking cursor next to the Item label. Start typing letters, then click on the track wheel/ball to display the screen menu, see figure 10.

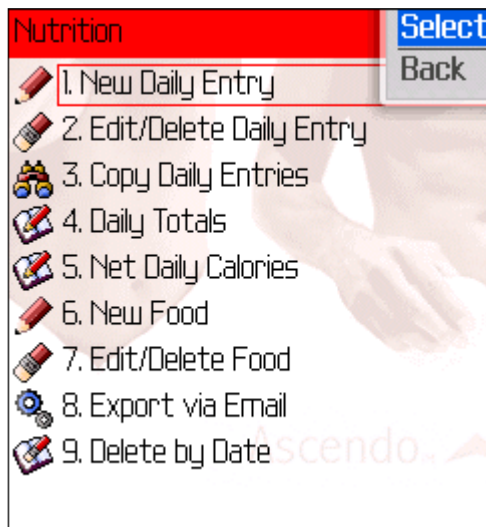


Figure 9

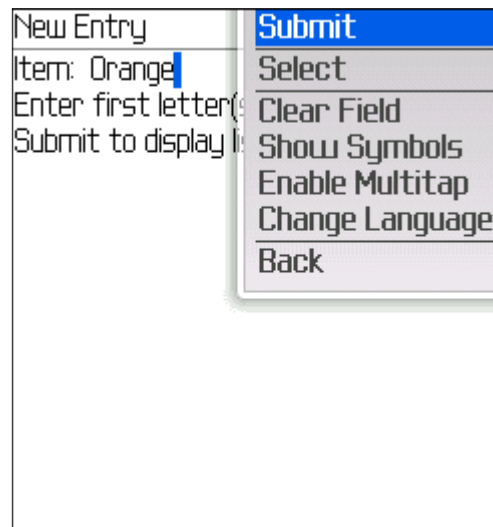


Figure 10

If you click on the Submit button, Fitness will lookup all items in the nutrition database containing the letters you typed. For example, if you type “Orange”, Fitness will display “Orange”, “Orange Juice”, “Sherbert, Orange”, etc., see figure 11.

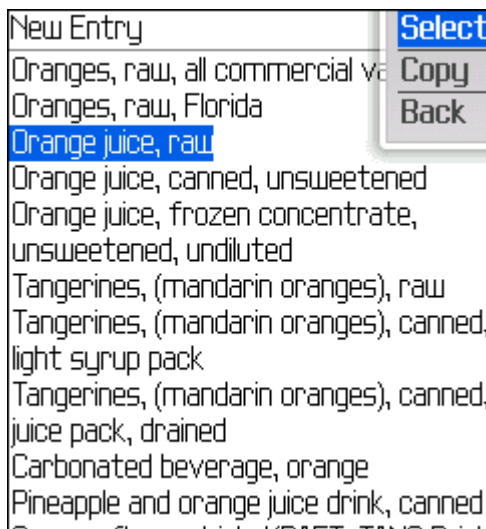


Figure 11



Figure 12

Highlight one of the items in the list and use the track wheel/ball to select it. Fitness will display a daily entry form, see figure 12. The daily entry form has several fields that you can modify.

- **Date:** Defaults to the current date but can be modified to create entries for any other date.
- **Meal (Food Time):** Can be set to Breakfast, Lunch, Dinner or Other.
- **Serving Type:** Defaults to 100 grams, the value used by the USDA to normalize nutrient values. Some nutrition items have alternative serving types like cup, tablespoon or teaspoon. Highlight the Servings Type field and click on the space bar to cycle through available servings types.
- **Serving Size:** Defaults to 1 but can be changed to partial Serving sizes such as 1.5 cups.

Nutrient Values are calculated by multiplying the values for a serving type by the serving size. When you change the Serving Type or Serving Size, the nutrient values will change accordingly.

Submit the entry to store it in the entries database. You can create numerous nutrition and exercise entries for each day.

To edit or delete a previously recorded entry, go back to the nutrition menu and select option 2, “Edit / Delete Daily Entry”. Scroll to the entry you want to modify then click on the track wheel/ball to display the screen menu. If you select Edit, you will return to the daily entry form. If you choose Delete, the entry will be removed from the daily entries database.

Delete by Date, option 9 from the Nutrition Menu, will display a form with a date field. Enter a date and Submit it. A prompt will ask you if you want to delete a certain number of entries. If you choose yes, all the entries on or before that date will be deleted.

It is recommended that you delete entries regularly to free up disk space and to avoid performance degradation.

## 4.2 Copying Daily Entries

Most people consume the same nutrition types several times a week. In order to reduce data entry, Fitness allow you to copy entries from one day to another.

Select option 3, “Copy Daily Entries”, from the nutrition menu. A screen will appear with the current date and a list of daily nutrition entries, see figure 13. Enter the date you would like to copy the entries to. Move the cursor to the check boxes and use the space bar to select or unselect entries. Click on the track wheel/ball to display the screen menu and select the Copy Entries to duplicate the entries.

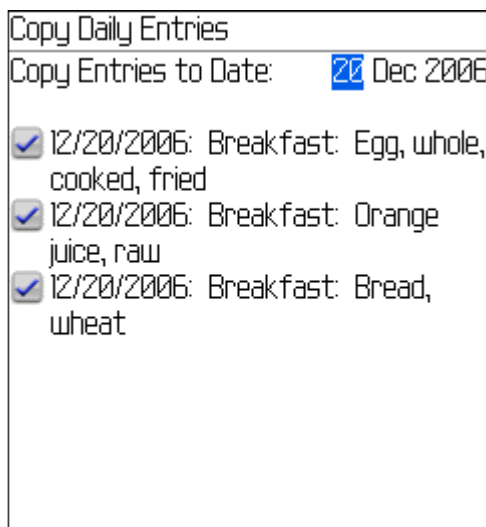


Figure 13

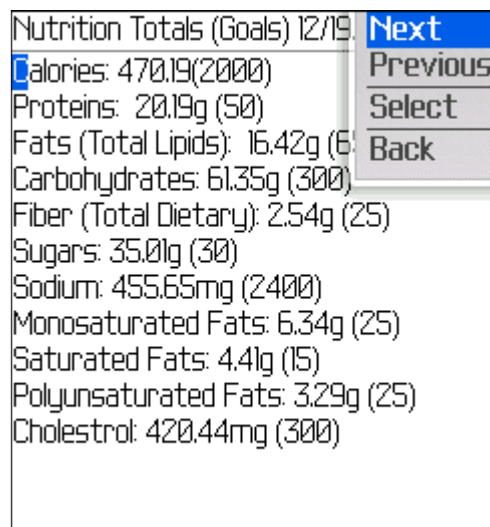


Figure 14

## 4.3 Daily Totals

Fitness uses daily entries to calculate daily totals for calories you consumed or burned while exercising. In addition, all nutrient totals can be calculated for a specific day. From the Daily Totals screen menu, you can select Next or Previous to move forward or backward by a day, see figure 14.

The Daily Totals screen contains two values for calories and nutrients. The first number is the total for all the entries on the date displayed. The value in parentheses is the objective that was set using the Goals option from the main menu.

## 4.4 Daily Net Calories

It is no secret that losing weight depends on your ability to burn more calories than you eat over an extended period of time. Daily Net Calories uses nutrition and exercise entries to calculate this important statistic, see figure 15. To determine net calories, Fitness uses the following formula.

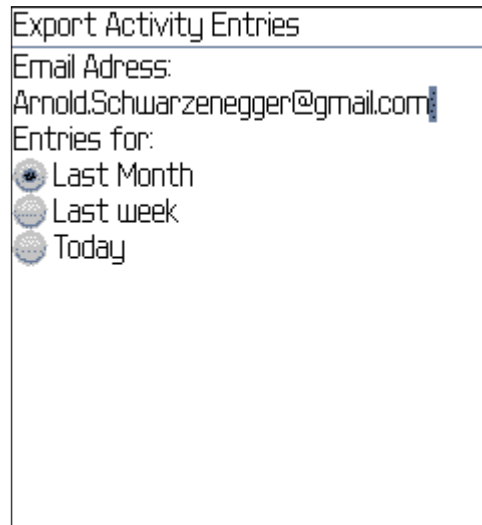
$$\text{Net Calories} = \text{Calorie Intake} - \text{Calories Burned(Exercise)} - \text{Calories Burned(BMR)}$$

Calorie Intake is the sum of daily nutrition entries. Calories burned is the sum of daily exercise entries. BMR stands for Basal Metabolic Rate, or the number of calories your body burns in a day while performing basic bodily functions like eating, breathing and sleeping.



| Daily Net Calories (02/01/2007) |
|---------------------------------|
| Calories Intake/Day: 1912       |
| Calories Burned/Day: 339        |
| Basal Metabolic Rate: 1786      |
| Net Calories: -213              |

Figure 15



| Export Activity Entries                     |
|---|
| Email Address:                              |
| Arnold.Schwarzenegger@gmail.com             |
| Entries for:                                |
| <input checked="" type="radio"/> Last Month |
| <input type="radio"/> Last week             |
| <input type="radio"/> Today                 |

Figure 16

## 4.5 Managing Nutrition Types

“New Food”, option 6 from the nutrition menu, allows you to create new nutrition types. This is a very important feature because no nutrition database can contain all the types that can be useful to you. For example, if a new restaurant opens in your neighborhood you might want create a new nutrition type from the menu. Many restaurants keep a binder handy with nutrition information for menu items. Some restaurant maintain web sites that display this information. See <http://www.ascendo-inc.com/FitnessLinks.html> for a list of these sites.

The calorie and nutrient values you enter for a new food should be based on a 100 gram serving. You can store additional serving types using the 4 fields at the end of the record. “Gm Wt 1:” denotes the number of grams in the serving. “Gm Wt Desc1:” is the name of the serving type. For example, lets say you entered the following values for these fields:

Gm Wt 1: **200**  
Gm Wt Desc1: **cup**

Fitness would add “cup” to the serving types and calculate the appropriate nutrient values based on the values you recorded for a 100 gram serving. For example, if the stored value is 15 calories for every 100 grams of the nutrition item, then selecting “cup” would display 30 calories on the daily entry form.

Option 7 from the nutrition menu allows you to edit or delete nutrition types from the nutrition database. You may find it useful to simplify the names of USDA nutrition types or remove similar items from the database.

## **4.6 Export via Email**

Export Via Email, option 8 from the nutrition menu, allows you to send an email from your BlackBerry containing daily entries, see figure 16. The daily entries list is provided in the body of the email. A duplicate list is attached to the email as a text file.

One use may be to import daily entries into a spreadsheet and write a formula to calculate Weight Watchers points.



## 4.7 Ascendo Fitness Desktop

The Ascendo Fitness Desktop contains the complete USDA nutrition database with 7293 nutrition types. Using a desktop companion to manage and synchronize the nutrition database with your BlackBerry can be useful in numerous ways.

To start the Fitness Desktop, click on the Fitness icon on your Windows desktop or follow the Windows Start menu tree to the Fitness entry and click on it. See figure 17 for a screen shot of the Fitness Desktop.

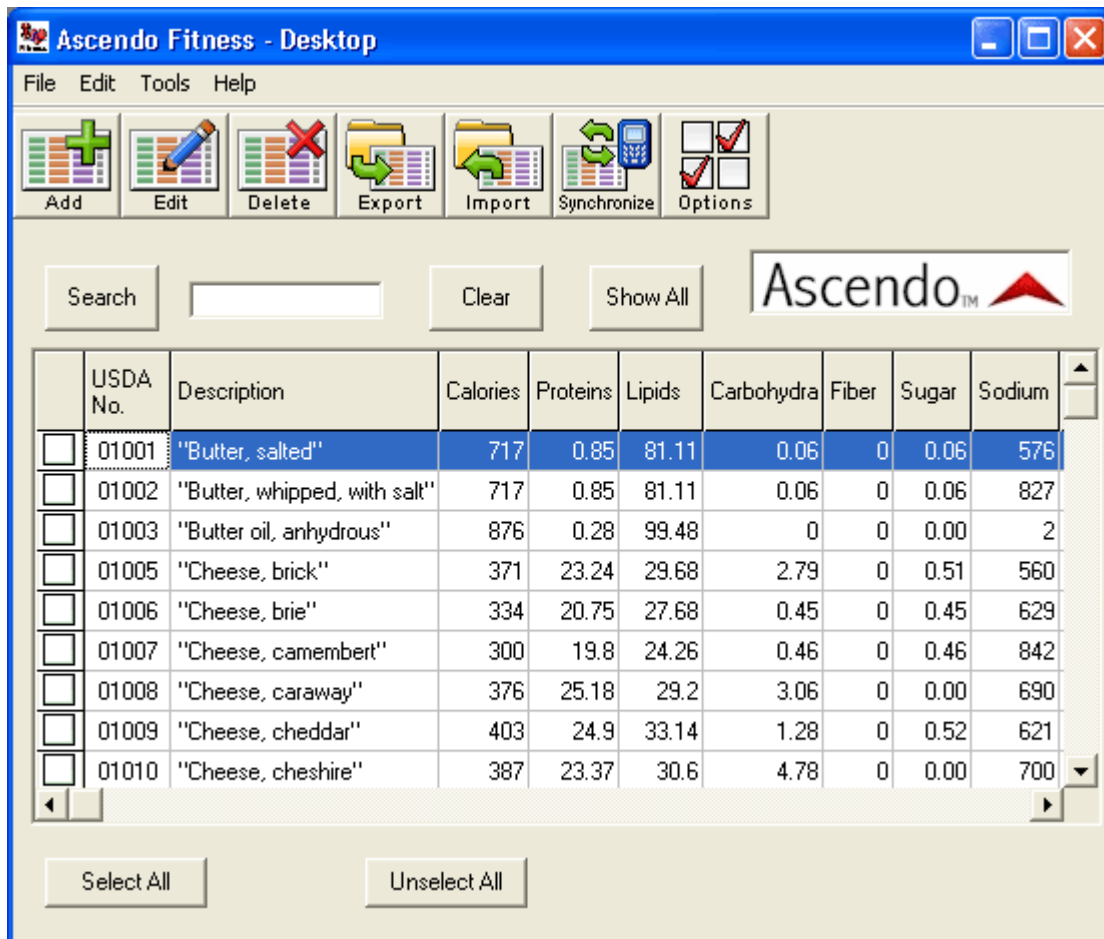


Figure 17

When you start Ascendo Fitness on your BlackBerry for the first time, the nutrition database contains 1000 of the most common nutrition types. While it may sound tempting to copy the complete database to your BlackBerry there are several advantages to keeping it to a reasonable size. For example, you won't have to scroll through pages of entries to find a particular nutrition type. In addition, you won't take up disk space with items you may never need. The Fitness Desktop allows you to combine the advantages of a large database with the advantages of a smaller database optimized for usability.

You can use the scroll bar along the right side of the nutrition list to move down through nutrition types. The scroll bar along the bottom of the list allows you to move across nutrient values and additional serving sizes.

You may want to create new nutrition types from the menus of your favorite restaurant or home recipes. Click on the Add button to create a new nutrition type. A form window will appear allowing you to enter the name, nutrients or serving sizes of the new nutrition type.

Nutrient values should be entered for 100 gram portions as described in the section on Managing Nutrition Types.

To edit or delete a nutrition type, click on the row to highlight the item. Then click on the Edit button to display the detail Window. If you click on the Delete button then the nutrition type will be removed from the desktop database.

You can search for nutrition types by entering a few characters in the field next to the Search button. Fitness reduces the list to the nutrition types containing those characters. For example, typing “chi” would display a list containing the word “chicken”, “chili”, “chives”, etc. To clear the search string and display the entire database, click on the Show All button.

You will see a selection box to the left of each nutrition type. Click on the box to select a type and click a second time to unselect it. Once you have made your selections, you can click on the Export button to create a text file with the entries in CSV (comma separated values) format. You can Import nutrition items in the same way. This can be useful for exchanging specialized nutrition databases with other people.

If you click on the Synchronization button, the Fitness Desktop will create a file that can be used by the BlackBerry Desktop Manager to add or modify nutrition items on your BlackBerry. See chapter on Installation and Synchronization for more details. Beneath the list of nutrition types you will see buttons to Select All items or to Clear your selections.

The Options buttons allow you to determine how the synchronization process will proceed if the entries for a nutrition type are different on the BlackBerry and the Fitness Desktop.

## 4.8 Synchronization

You can synchronize Ascendo Fitness nutrition Items on you Desktop with the nutrition Items on your BlackBerry. For example, you may want to simplify a name from the USDA database by changing it from “Chicken, broilers or fryers, meat and skin, cooked, fried, batter” to “Fried Chicken”. Another use would be to enter several new Items into the Fitness Desktop and transfer them to the BlackBerry.

The first step in the synchronization process is to select a set of nutrition types. To make selections simply click on the box to the left of the nutrition type so that a checkmark appears in the box. You can uncheck an Item by clicking the box again.

Once you have selected all of the nutrition types you want to synchronize, click on the Synchronize button at the top of the screen. This creates a file that will be used by the BlackBerry Desktop Manager to make the appropriate changes on your BlackBerry.



Figure 18

Now start the BlackBerry Desktop Manager and click on the “Synchronize” button, see figure 18.

A new window will open with tabs for Synchronize and Configuration, see figure 19. Click on the Configuration tab, then click on the button labeled “Configure Add-Ins...”. If you correctly installed the Ascendo Fitness Desktop you should see an entry labeled “Ascendo Fitness” in the list of Add-in Names. Check off the box to the left of Ascendo Fitness then click on the OK button.

Now click on the Synchronize tab at the top of the Window. Verify that your BlackBerry is connected to your PC with a USB cable. Check off the box for “Execute Add-in actions” then click on the Synchronize now button. The BlackBerry Desktop Manager will proceed to synchronize the nutrition types that you selected with the Fitness Desktop.

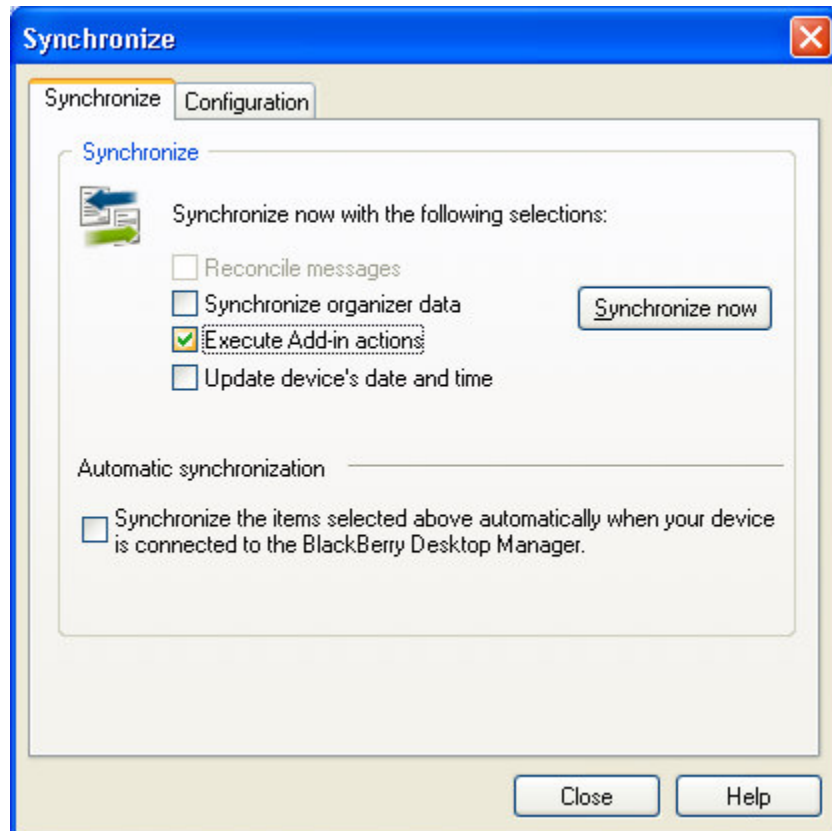


Figure 19

## 5.0 Exercises and Strength Training

The Activities database contains a comprehensive set of endurance exercises, team sports, household chores and a strength training database, see samples in figure 20. You can manage the Exercise database on your BlackBerry much in the same way you manage the nutrition database, see Chapter on Managing the Nutrition DataBase.

When you create a daily exercise entry you will see a field for calories burned, see figure 21. Fitness will calculate an initial value based on the type of exercise, duration and your weight as entered in User Settings. You can override the suggested value by typing in your own value for calories burned.

## 5.1 User Defined Fields

Depending on the type of exercise, you may want to record additional information. Fitness includes two fields called Label1 and Value1 that you can define any way you want. In the example in figure 21, the user has recorded a set of Curls including the weight lifted and the number of repetitions. If the exercise is “Running” you may choose a label called “Course” and a value such as “La Jolla Half Marathon”.

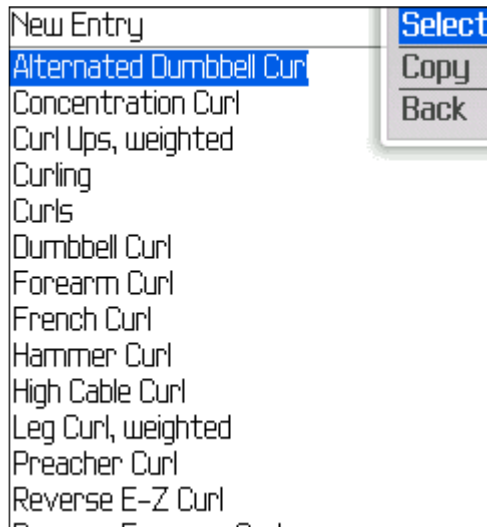


Figure 20

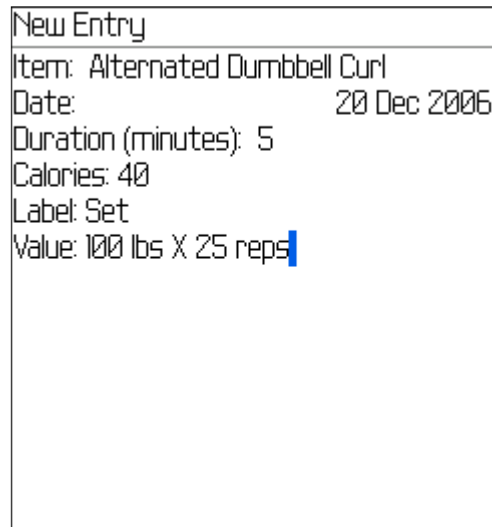


Figure 21

## 5.2 New Exercises

The amount of calories a person burns doing an exercise depends on their weight. A 200 pound person burns more calories while running for 15 minutes than does a 120 pound person.

To create a new exercise type, you must enter the amount of calories a 155 pound or 70 kilogram person would burn while doing the exercise for 1 hour, see figure 22.

The Journal of Sports Medicine has compiled one of the most widely used databases of exercises and calories burned. The database uses the same parameters for weight and duration as the new exercise entry form. To estimate the calories burned for a new exercise, you may want to look up information from the Journal of Sports Medicine and adjust your estimates accordingly.

Fitness will calculate a coefficient for the number of calories burned per pound per minute for a particular exercise. When you create a daily entry for your new exercise, Fitness will multiply the coefficient times the number of minutes in the duration field times the number of pounds for weight in User Settings to calculate the total calories burned.

| New Type                       |
|--------------------------------|
| Description: Unicycling        |
| Calories burned in 1 hour by a |
| 155lbs/70kg person: 325        |

Figure 22

## 6.0 Measuring your Progress

Ascendo Fitness provides numerous ways to track and measure your progress. As we have seen in the preceding chapters, you can record daily entries, calculate daily nutrition totals and daily net calories.

In addition to these statistics, Fitness allows you to track your progress by displaying historical information in graphs and by calculating several fitness ratios to determine if you are in the accepted norms for healthy living.

### 6.1 The Journal

The Journal allows you to record your weight on a daily basis. You can write notes to yourself that help you remember why you gained or lost weight during a certain period.

The Journal displays encouraging messages that scroll across the bottom of the screen.

## 6.2 Progress Graphs

The Progress menu provides options for graphs of your weight, calories burned & consumed, and nutrient subtotals, see figure 23.

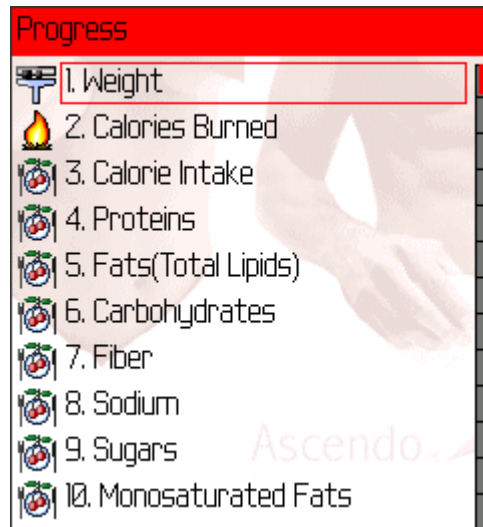


Figure 23

The weight graph tracks your daily weight (blue line) compared to your goal (red line), see figure 24. If there are no weight entries for the selected date range then a message will appear saying “No data found”.

The Calorie Intake and Calories Burned graphs display daily subtotals as blue bars based on your daily entries. You can display similar graphs for all nutrients, see figure 25.

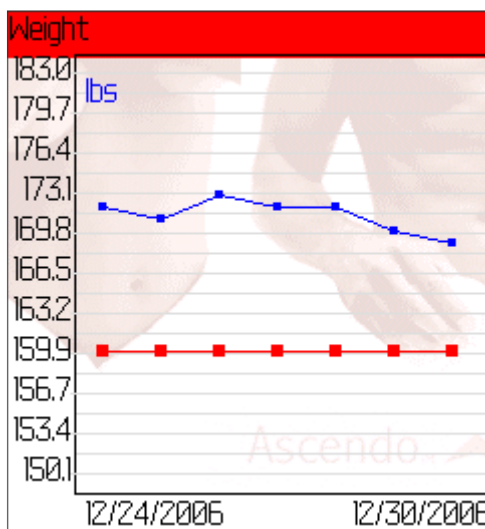


Figure 24

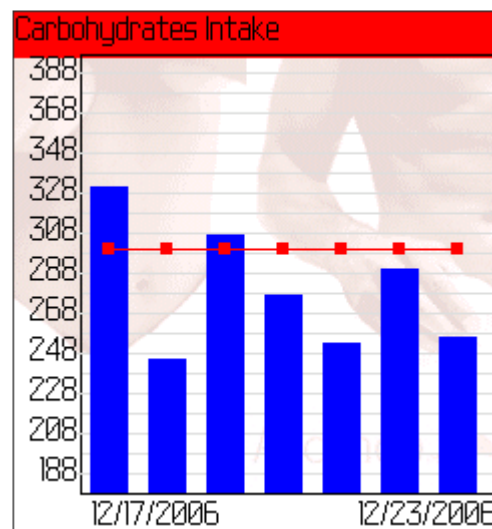


Figure 25

The date range displayed on the graph will default to the current week as is determined by the system date on your handset. You can change the date range by for all graphs by clicking on the 4 or 6 on the numeric keypad.

## 6.3 Fitness Calculators

Fitness Calculators can be used to determine if you are within acceptable norms for good health. The formulas used in these calculators have been developed by researchers and they are widely used by medical professionals.

The default values used for height, weight, age and sex are taken from User Settings but you can change them on the form to calculate new results.

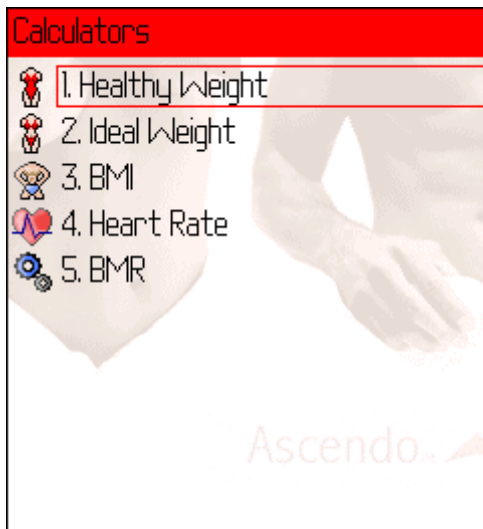


Figure 26

Figure 27

The Healthy Weight Calculator provides a range that your weight should fall between to be considered healthy. The Healthy Weight algorithm is based on a formula developed by the US Department of Health and Human Services.

The Ideal Weight calculator uses your height and gender to determine your optimal weight. The result for men is based on the “Devine” formula. The result for women is based on the “Robinson” formula.

Body Mass Index (BMI) is a well known indicator of Fitness. A BMI between 18.5 and 25 is ideal. People with a BMI between 25 and 29.9 are considered overweight. A BMI of greater than 30 indicates that a person is obese.



The Maximum Heart Rate that you should attain when exercising is based on your age. Your target heart rate for exercise should be 60% to 80% of your maximum heart rate. According to research data, you should try to achieve your target heart rate while exercising, 3 to 5 times a week for 30 to 60 minutes.

The Basal Metabolic Rate or BMR is the number of calories you burn in a day from basic bodily functions like breathing, sleeping and eating. Using your BMR and activity level, you can determine the daily calorie allowance to maintain your current weight.

## **7.0 Backup & Restore**

You can use the BlackBerry Desktop Manager by Research in Motion to backup and restore daily entries, nutrition and exercise database.

To do this, start the Desktop Manager and click on the Backup & Restore button, see figure 1. Then click on the Advanced button. The Desktop Manager will display two columns, Desktop File Databases and Device Databases.

The data contained in Ascendo Fitness for BlackBerry is stored in files called “AFitness” and “RMS databases” found in the Device Databases. To backup these files, use the scroll bar to move to the file, click to highlight the file, then click on the right arrow key to move the file to the Desktop File Database. To restore the database, select the database in the Desktop File Databases and click on the right arrow key.

## **8.0 Trouble Shooting & Technical Support**

If you have difficulty using Ascendo Fitness, please consult the Fitness frequently asked questions page at the following link: <http://www.ascendo-inc.com/FitnessFAQ.html>.

If you are still having problems, send an email to [fitness\\_support@ascendo-inc.com](mailto:fitness_support@ascendo-inc.com) including:

- Product name & version (see About from main menu).
- Handset model.
- Mobile operator.
- Precise description of problem including error message if applicable.

Email support is free. Phone support is not provided at the current time.