

MyRunningLog

Pocket PC User's Guide



October 2006

This document applies for MyRunningLog version 2.13 and newer versions.

Copyright © 2001-2006, VidaOne, Inc. All rights reserved.



Table of Contents

1	Introduction.....	3
1.1	What is MyRunningLog?.....	3
1.2	Pocket PC Compatibility.....	3
1.3	Technical Support.....	3
2	Viewing Workouts.....	4
3	Entering Workout Data.....	5
3.1	Entering Workout Data.....	5
	Adding a Workout.....	5
	Editing a Workout.....	6
	Cut, Copying and Pasting a Workout.....	6
	Deleting a Workout.....	6
3.2	Browsing Courses.....	6
4	Features.....	8
4.1	Charts.....	8
4.2	Statistics.....	9
4.3	Regional Settings.....	10
4.4	Instant Help.....	10
5	Options.....	11
5.1	Profile.....	11
5.2	Preferences.....	11
5.3	Period.....	12
6	Using MyRunningLog.....	13
6.1	Data Entry Tips.....	13
6.2	Reviewing Your Performance.....	13
6.3	What To Do Next?.....	14
A.	Interoperability With MySportTraining.....	15

1 Introduction

1.1 What is MyRunningLog?

MyRunningLog is a simple and inexpensive way of keeping a detailed log of your running (or any aerobic) workouts and review your performance, weather it is to keep track of the activities you're passionate about and are committed to, or to track your progress toward a race, a distance goal or simply keeping yourself in great fitness shape.

MyRunningLog is designed to help you track your aerobic workouts such as:

- Running
- Walking
- Cycling (road, mountain, stationary)
- Swimming
- Soccer
- Kayaking
- Canoeing
- Rowing
- Skating (ice and in-line)
- Skiing (cross-country, downhill)
- Basketball
- Football
- Volleyball
- Golf
- Horseback riding
- Mowing lawn
- Stair machine
- Stretching
- Surfing
- Etc

Note to MySportTraining users

MyRunningLog is integrated with MySportTraining®, also from VidaOne, Inc (see Appendix A for details). To ensure compatibility, make sure you are using MySportTraining version 3.95 or more recent. Visit <http://www.VidaOne.com> to obtain the latest version.

1.2 Pocket PC Compatibility




MyRunningLog is compatible with all versions of Windows Mobile™, from **Pocket PC 2000** to **Windows Mobile 5.0**. MyRunningLog can run in portrait, landscape and square screen modes.

1.3 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, want to provide some feedback or want to report a bug, please send us an email at: support@VidaOne.com. You can also contact us by mail at the following address:

VidaOne, Inc.
16776 Bernardo Ctr. Dr.
Suite 203
San Diego, CA 92128

2 Viewing Workouts

MyRunningLog's main screen displays the list of workouts you've entered, by showing either the summary list (Figure 1) or the detailed list (Figure 2). You can alternate between the two views by taping the  icon or choosing **Tools > Show details**.

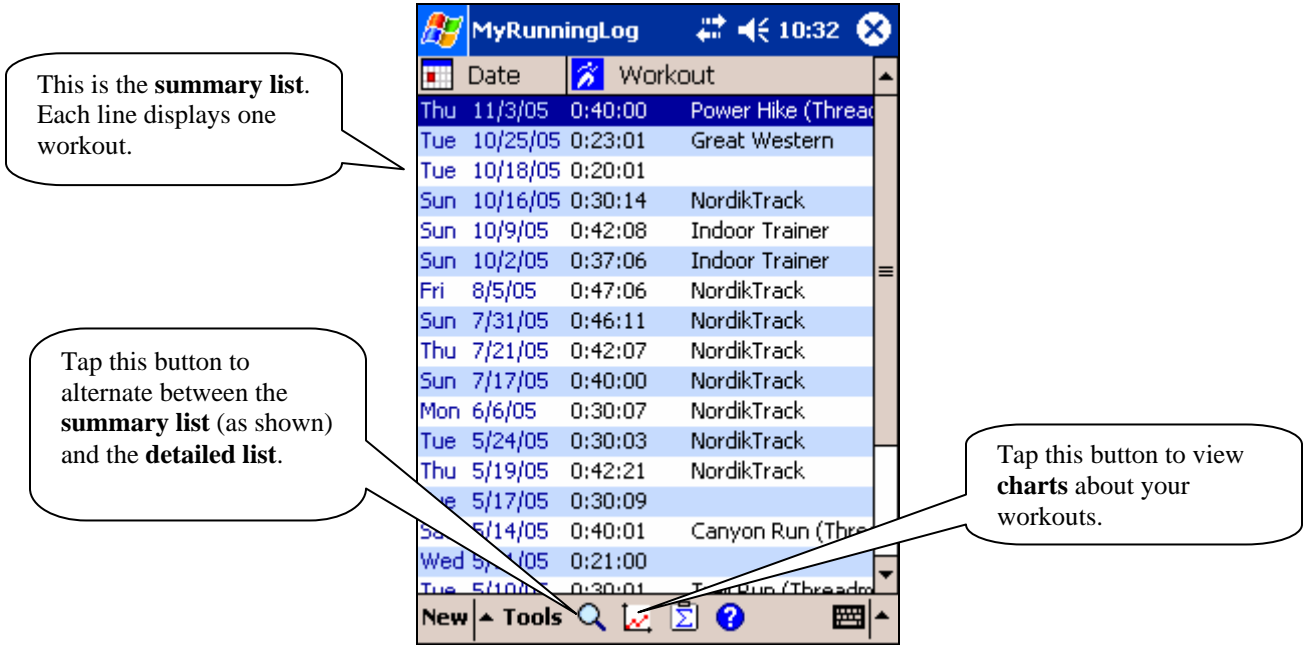


Figure 1: The workout summary list.

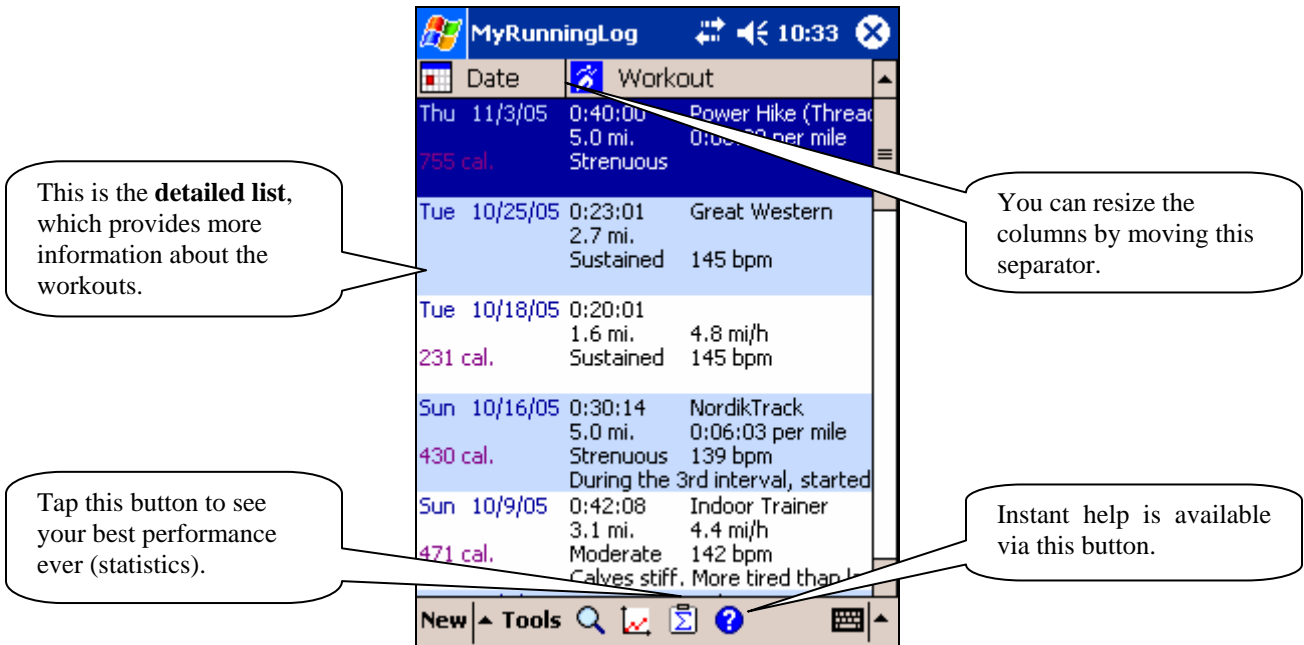


Figure 2: The workout summary list.

3 Entering Workout Data

3.1 Entering Workout Data

You can enter a workout by either creating a workout or pasting a copy of a previous workout.

Adding a Workout

Tap **New** to display the workout entry window (Figure 3).

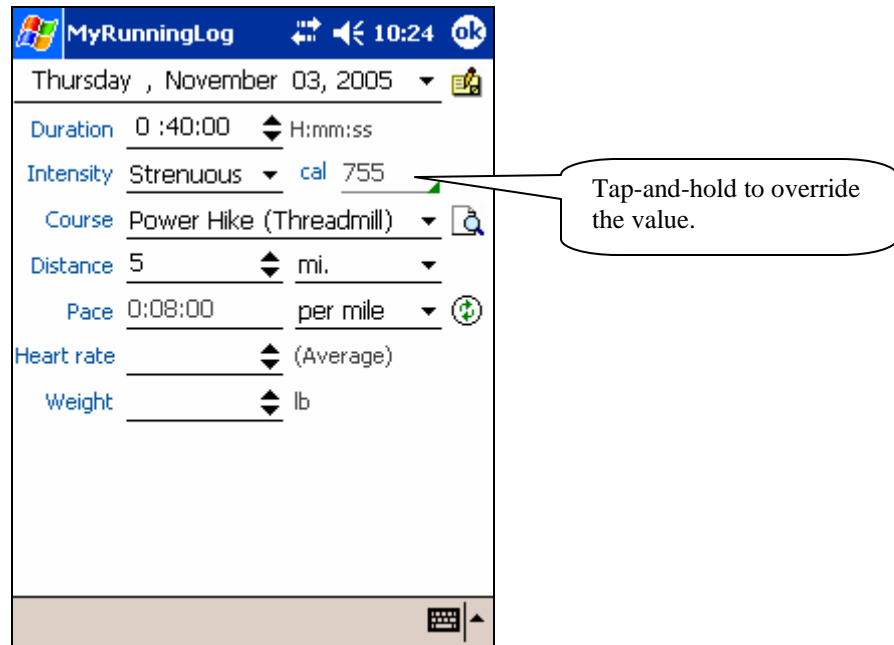





Figure 3: The workout entry window.

The current date is selected by default, but you can change it as needed. You can then enter the information about the workout:

- Enter the duration. The format is either hour/minute/second or hour/minute depending on the workout duration setting (see section 5.2 about the workout duration setting). The calories field (labeled “**cal**”) is automatically updated based on the duration you enter. However, you can change it by tap-and-holding the value (you will then be prompted for the new value).
- Enter the perceived intensity. This may affect the calorie count as well.
- Enter the course. To browse, add or delete courses, choose the **Browse** button . Upon choosing a course, the distance and pace fields may automatically be updated (for quicker data entry). See section 3.2 about courses’ related values.
- Enter the distance.
- Enter the distance unit.

- In order to calculate the pace, make sure the duration, distance and distance unit have been entered. Then enter the pace unit or if one is already specified, tap the **Refresh** button .
- Enter the average heart rate during the exercise in heart beats per minute (bpm).
- Enter your weight, in either lbs or kg based on your preferences (see section 5.2 for more details).
- Enter a note if desired by tapping the **Note**  button.
- Choose the OK button to close the window.

Editing a Workout

To edit a workout from the main list, double-tap the workout. You can also tap-and-hold the workout and choose **Edit** from the menu that pops up. The workout will be shown in the Workout entry window (see Figure 3). You can modify all fields, including the date.

Cut, Copying and Pasting a Workout

You can cut, copy and paste any workout. For instance, you can copy an existing workout in order to add a similar workout, or you can cut and paste a workout to move it from one date to another¹.


- Select the past workout.
- Tap-and-hold on the workout icon at the bottom. A menu will appear, consisting of Edit, Cut, Copy, Paste to Today and Delete
- Choose **Cut** to remove the workout but keep an internal copy that can be pasted, or choose **Copy** to create an internal copy without removing the actual workout.
- Tap-and-hold anywhere on the list, and choose **Paste to Today**. You can then edit the pasted workout as needed (change the date, duration, etc.)

Deleting a Workout

Deleting a workout permanently erases the workout data.



- Tap-and-hold on the workout icon at the bottom.
- Choose **Delete** from the menu that pops up.
- When prompted, choose **Yes** to permanently delete the workout, or **No** to keep the workout.

3.2 Browsing Courses

You can browse, add or delete courses by tapping the **Browse** button  from the Workout entry window. Figure 4 shows the course browsing window.

You can browse courses by selecting them from the list. Once a course is selected, the related distance, distance unit, default pace unit and note, if any, will be displayed. You can modify any value associated with a given course. Whenever a course is selected upon adding a workout, the related fields are used to speed up data entry.

¹ Another method to “move” a workout is to edit it a change the date.

To add a course, tap the **Add** button  and enter the name of the new course. You may enter the other fields if desired. To remove an item, select it from the list, and tap the **Delete** button .

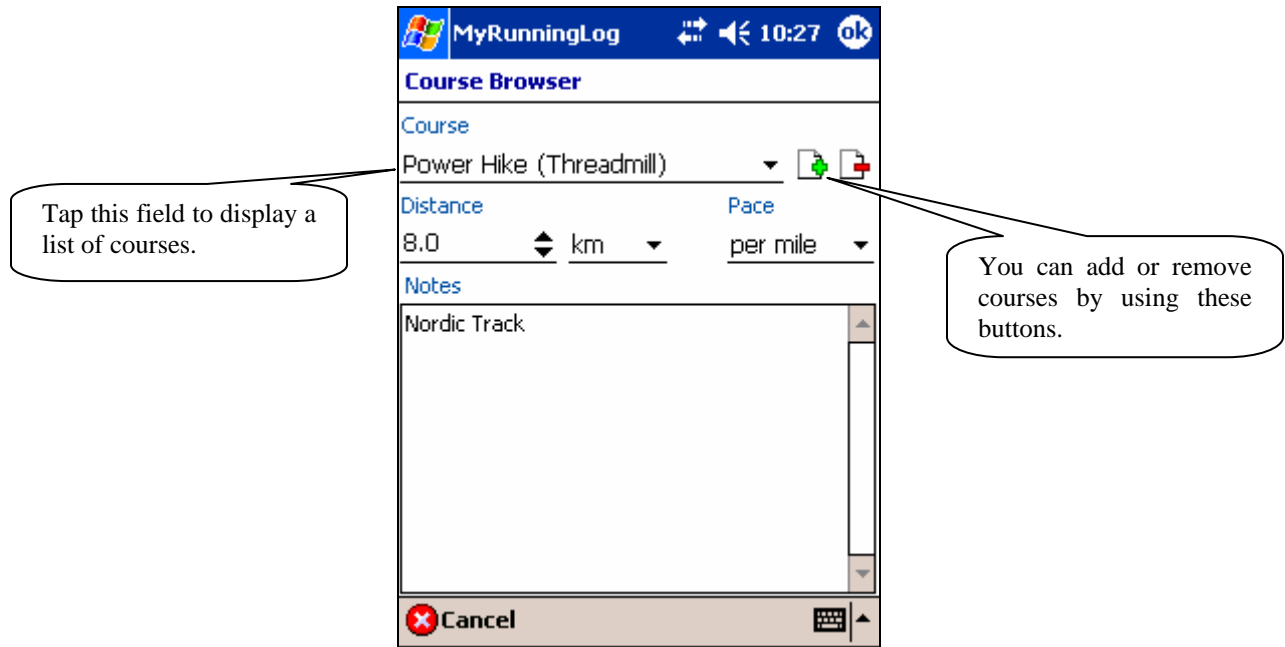



Figure 4: The course browsing window.

4 Features

4.1 Charts

Charts provide the ideal feedback (and motivation!) about your personal performance because you can immediately visualize the results of your past efforts. This information allows you to make some corrections to your fitness plan if required.

From the main screen, tap the  icon to display the chart window (see Figure 5). You can customize the appearance of the charts (see section 5.2 regarding preferences).

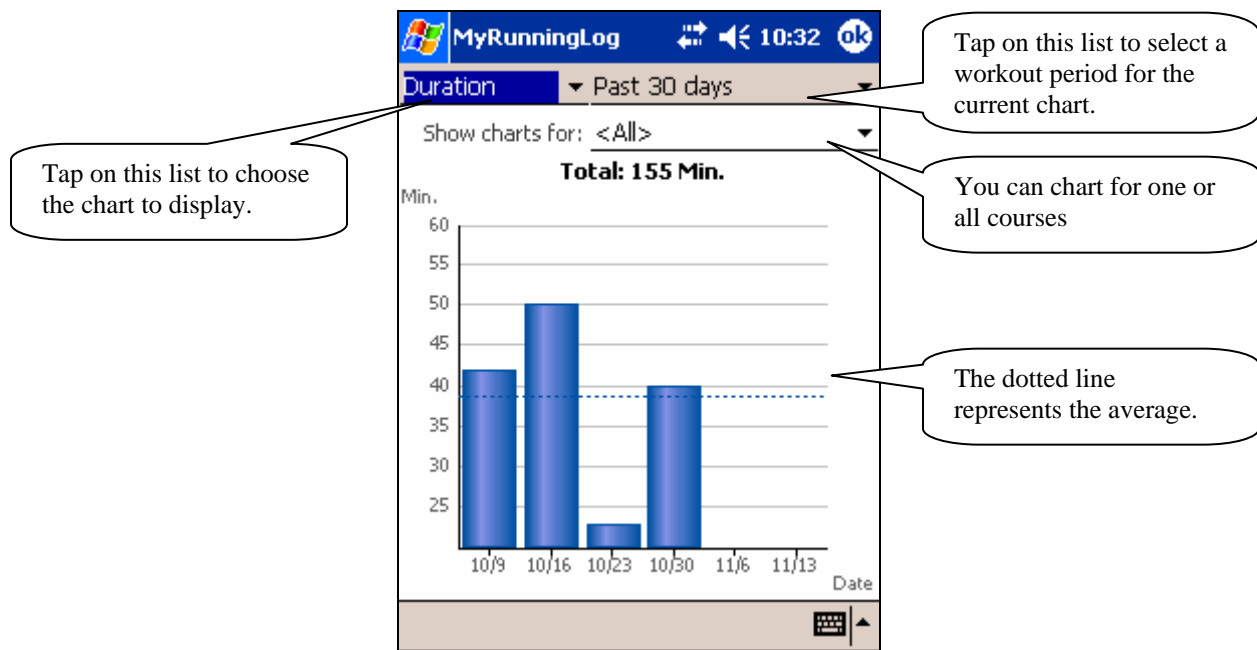


Figure 5: The chart window, showing the duration for all workouts.

Tap the top left list to select the type of chart to show. The available charts are:

- Runs (the number of times you ran)
- Duration, in minutes.
- Distance, in mi. or kg, based on your preferences (see section 5.2 for details).
- Pace, using the default pace unit (see section 5.2 for details); if not specified, the workout's pace values are directly charted².
- Intensity.
- Heart rate.
- Weight, in lbs or kg, based on your preferences (see section 5.2 for details).

² This may result in a confusing chart if different workout paces are used (e.g. per mile, mi/h, etc.)

Tap the top right list to select the workout period to display. The choices are:


- All workouts you've entered so far.
- Past 7 days
- Past 30 days, per days
- Past 30 days, grouped by week
- Past 3 months, grouped by week
- Past 6 months, grouped by week
- Past 12 months, grouped by month

Tap the OK button to close the chart window and return to the workout list. The chart type and period are automatically saved for the next time you open the chart window.

4.2 Statistics

MyRunningLog can display a snapshot of your best performance based on all the workouts you've entered (see Figure 6):

- Your longest run
- Your farthest run
- Your fastest pace
- Your maximum heart rate
- Your lowest weight

You can display the statistics window by choosing **Tools > Statistics** or the Statistics button .

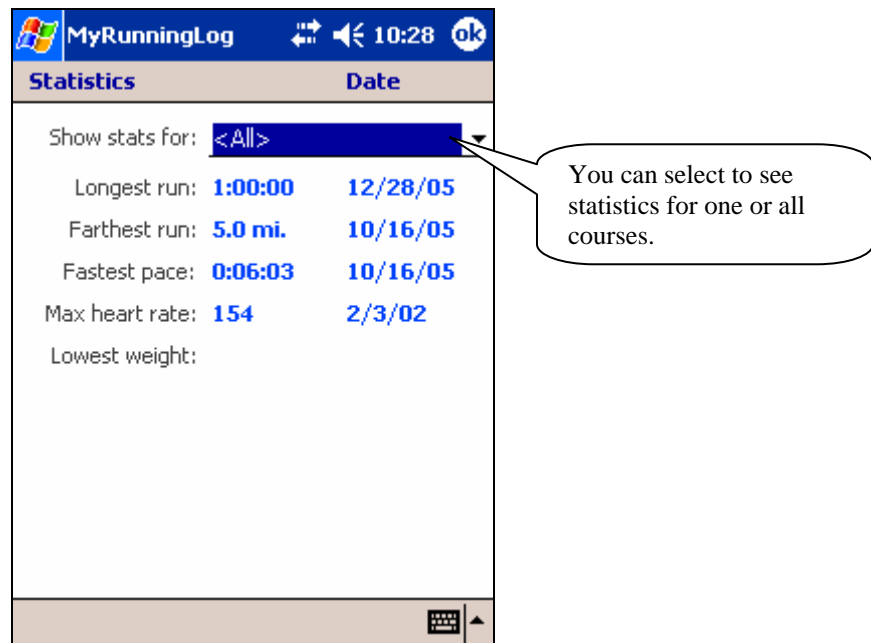


Figure 6: The Statistics window.

4.3 Regional Settings

MyRunningLog automatically uses the regional settings (date and time formats) stored in your Pocket PC. You can modify these settings as follows:

- Choose the **Start** button
- Choose **Settings** and the **System** tab.
- Choose **Regional Settings** and select the settings of your choice.
- Once you're done, tap OK. MyRunningLog will automatically start using the new settings.

4.4 Instant Help

Help is available when using the application (Figure 7). You can display it by:

- Choosing the **Help** button .
- Choosing **Start > Help**.

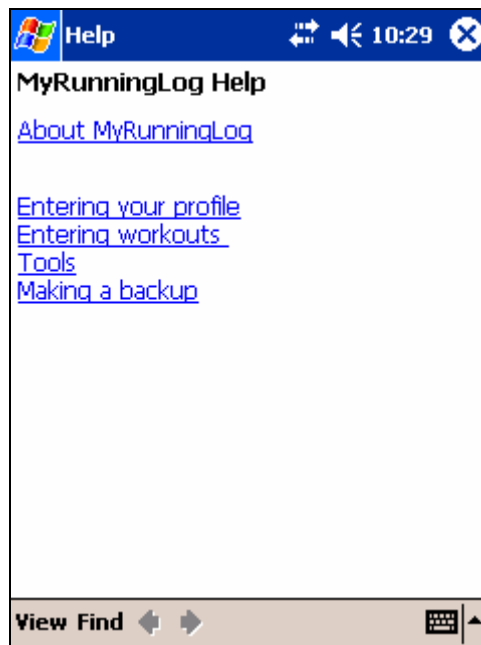


Figure 7: The help window.

5 Options

Several options allow you to personalize and customize MyRunningLog. To display the options window (Figure 8), choose **Tools > Options**. The next sections describes the options.

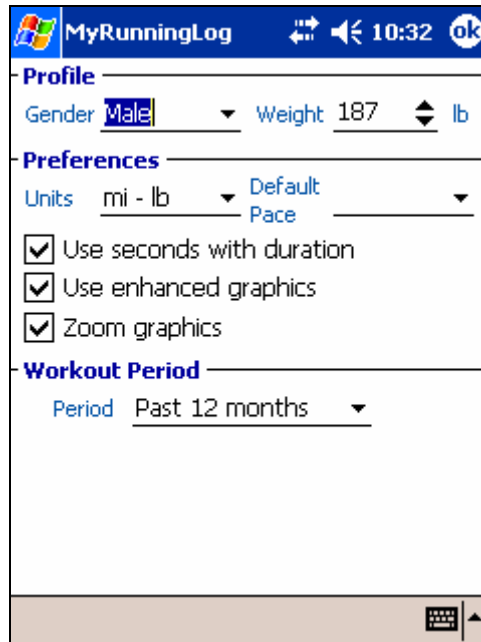


Figure 8: The options window.

5.1 Profile

The profile consists of personal data to enable the calculation of the calories you burn when exercising.

- Enter your gender.
- Enter your weight, either in lbs or kg based on the measurement unit setting (see the following section for this setting).

5.2 Preferences

Various options are available regarding your workouts:

- Choose the default measurement units next to **Units**. You can change the default unit at any time, and MyRunningLog will automatically convert the data as needed.
- Choose the default pace unit next to **Pace** to use with the Pace chart. The unit is used whenever you create a workout or see the Pace chart.
- Select **Use seconds with duration** if you want to specify seconds when entering workouts' duration. If unchecked, you can only enter hours and minutes.

- Select **Use enhanced graphics** to display graphs with some coloring effect. Note that some graphs do not use 3D effects, and that this option may slow down the display of a graph on older Pocket PC models.
- Select **Zoom graphics** to narrow the range of the graphs' vertical axis. If unchecked, the range starts from zero.
- On Windows Mobile 5.0, select **Show menu bar** to display the menu bar (with button) shown in this document's pictures. Uncheck it to display two soft keys: the left key (**New**) creates a workouts, and the right key (**Menu**) displays the main menu.

5.3 Period

The period determines what workouts are being shown in the summary and detailed lists. Choose the period among the following selection:

- All workouts entered so far
- The workouts that occurred in the past 7 days.
- The workouts that occurred in the past 30 days.
- The workouts that occurred in the past 365 days.

Note that this period setting is independent of the period used within the chart window.

6 Using MyRunningLog

Whereas the previous sections explained MyRunningLog's features, this section presents how to apply them not only to make MyRunningLog easier to use, but also to monitor (and adjust) your workouts to achieve your fitness goals.

6.1 Data Entry Tips

Here are a few tips to take advantage of what MyRunningLog offers:

- Enter workout information right after completing each workout. This only takes a few seconds and is key to provide maximum feedback.
- To speed up data entry, add predefined courses (see section 3.2 for details). Upon selecting a course, the distance and pace information is automatically displayed (provided that you've entered the workout duration).
- Use a heart rate monitor to accurately and objectively determine your average heart rate when exercising, which results in more precise graphs. Alternatively, you may solely rely on the workouts' intensity, although this is less precise than your actual exertion.
- Use the Notes field to add information that may have influenced your workout (such as whether condition, overall stress level, etc.) For instance, by reviewing your workouts, you may notice that stress has a negative impact on your workouts, preventing you from exercising with the same intensity as on other days. As a result, you may decide to exercise at a lower intensity or even take some days off during stressful periods without any "guilt" of not exercising enough.

6.2 Reviewing Your Performance

Your workout log (i.e. the workout entries), especially when displayed with detailed information, provide you with the right workout information at a glance. For instance, upon starting a workout on a given course, you can quickly identify the past workouts you completed for the same course and then set the intensity you should be aiming for. You may also try different strategies for completing a course (such as increasing the intensity when climbing hills, or starting at a low intensity and finish at a high one, etc.) and compare the results (e.g. duration) against the previous entries in the log.

In addition to your workout log, the charts provide a quick view of your accomplishments:

- The duration and distance graphs show you the volume of your workouts (i.e. how much you exercise). It's also the easiest way to measure your progress towards long term goals. For instance, if you set a personal goal of exercising at least 20 hours per month, MyRunningLog's duration chart will allow you to accurately track your monthly progress by showing you how much time you

spent exercising. You will be able to make corrections by adding more workouts if need be, or simply maintain the same volume if you are well on your way to reach your objective. Either way, the charts will tell you where you stand from your goal(s).

- The pace and the heart rate graphs are excellent tools to help identifying your overall fitness (the heart rate graph can be substituted by the intensity graph). For instance, for a given course and average heart rate (or intensity), your pace will likely increase over several weeks as your fitness improves (you will be able to cover more distance in less time for the same effort). Similarly, for a given course and pace, your heart rate will likely decrease over time, given your improved body's ability to sustain a certain level of effort.
- For those carefully tracking their weight, the weight chart is one of the most motivating tools available: you will be able to visualize the result of those hard efforts! For example if you are new to exercising, your weight will decrease as a result of burning fat (your body uses fat among other nutrients for "fuel" when exercising). If one of your goals is to achieve a specific weight or to maintain one, the chart will instantly let you know what your progression is like, and it will allow you to make sure your weight is not "getting off the chart" (literally!)

6.3 What To Do Next?

As mentioned earlier, enter as much information as possible about your workouts to obtain the best feedback. Frequently review all the charts and try to identify trends that lead to successful results.

If you are into multiple sports, you may consider MySportTraining®, which allows you to track any number of sports – individually, grouped or as a whole – in addition to providing various workout views and graphs. You can find more details at <http://www.VidaOne.com/mst.htm>.

Thank you for using MyRunningLog!

The VidaOne team

A. Interoperability With MySportTraining

MyRunningLog seamlessly integrates with **MySportTraining for Pocket PC**. In fact, all the workouts entered with MyRunningLog appears as “Running” workouts under MySportTraining. Similarly, all the “Running” workouts entered in MySportTraining automatically appear in MyRunningLog (see Figure 9).

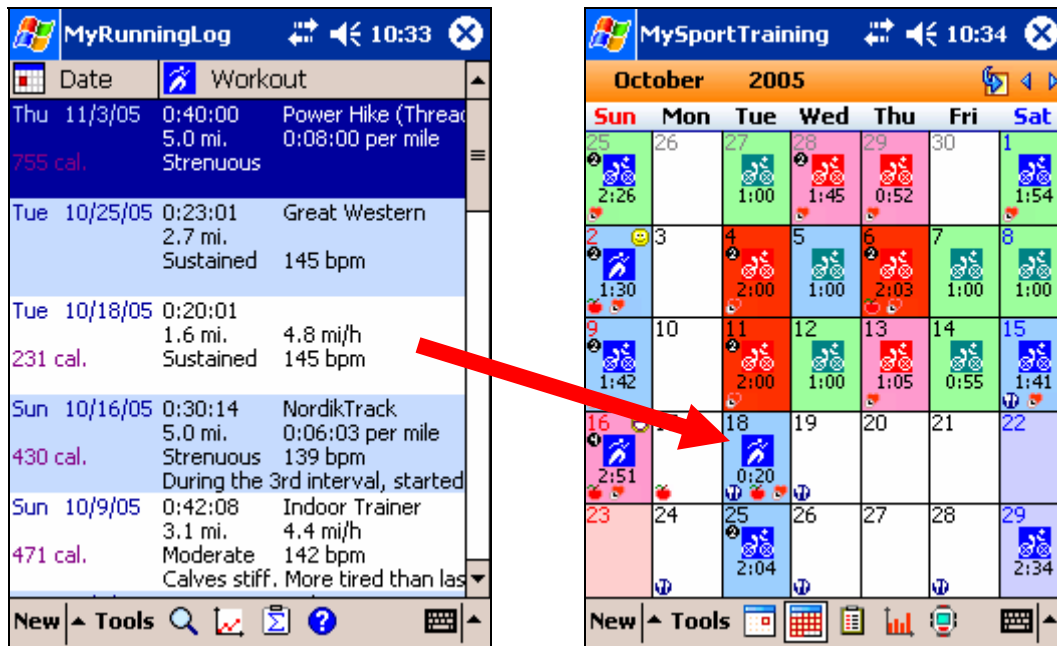


Figure 9: MyRunningLog and MySportTraining transparently exchange running workouts.

Because MyRunningLog and MySportTraining for Pocket PC share the same workout databases, all the workouts entered by MyRunningLog can be also be synchronized with **MySportTraining for Windows**, via ActiveSync, eliminating the need to make regular backups.

For more information about **MySportTraining for Pocket PC** and **MySportTraining for Windows**, visit www.VidaOne.com, or send an email to info@VidaOne.com.