Health Tracker

Health Tracker is a personal logbook and graphing program for the Macintosh. You can graph any measurements you'd like, such as your weight, blood pressure, blood glucose levels, and so on. If you're using it to monitor your weight loss, you may also want to record other body measurements, such as your waist, hips, % body fat, BMI, or any other measurements that are important to you.

Health Tracker is free for you to evaluate for 15 days. To use it past the 15 day trial period, you need to buy your copy. Health Tracker only costs $9.99, and purchase also allow you to receive all program updates and new versions released during the next year for free.

This chapter contains information on using Health Tracker. The following chapters contain information on buying your copy, as well as how to contact us.

If you're running Mac OS X, be sure that you've downloaded the OS X version of Health Tracker.

Setup

Using Health Tracker is easy. Upon first use, the program will ask for your name, in order to personalize your copy.

Next you'll be asked to select whether you'd like to keep track of just the date every time you make an entry, or the time of day as well:
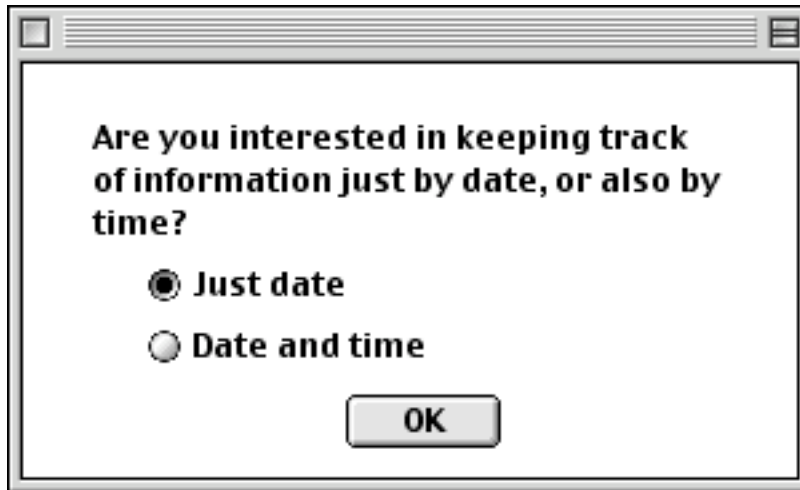

If you're using Health Tracker to keep track of something you record several times a day, such as blood pressure or glucose levels, you'll want to keep track of both the date and time. When recording blood pressure, you'll need to make a record for each measurement, both systolic (top number) and diastolic (bottom number). You'll be able to graph both numbers together, which will be explained later. If you're keeping track of your weight, just the date is adequate, unless you want to record several readings per day.

Then, you will see a screen that looks like this:
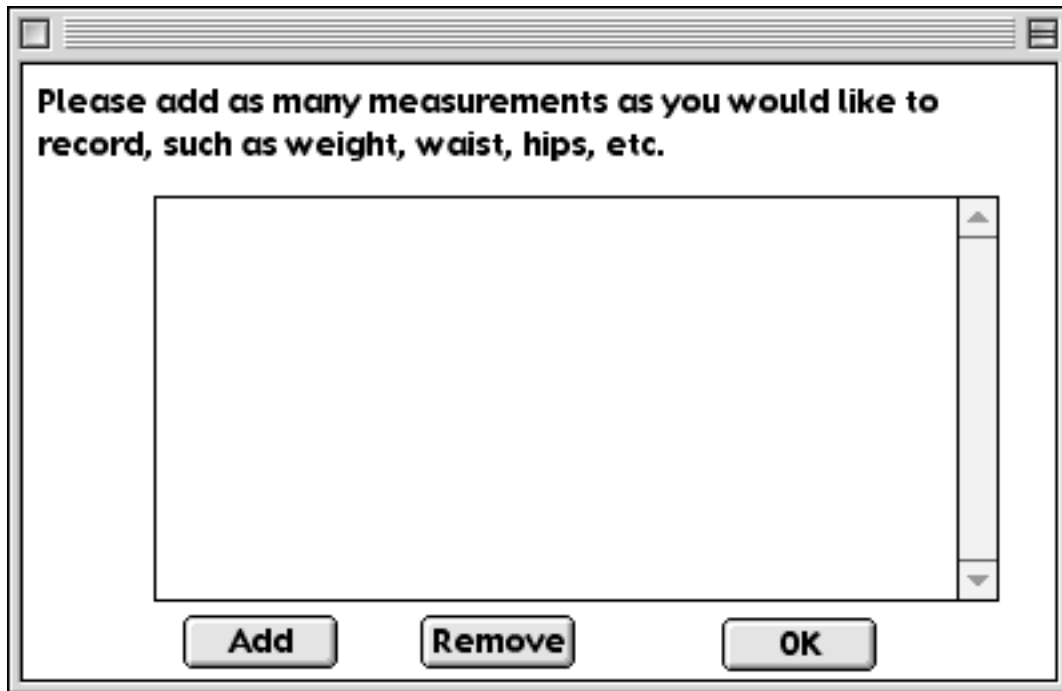
To enter in fields to measure, just hit the Add button. Another window will pop up that looks like this:
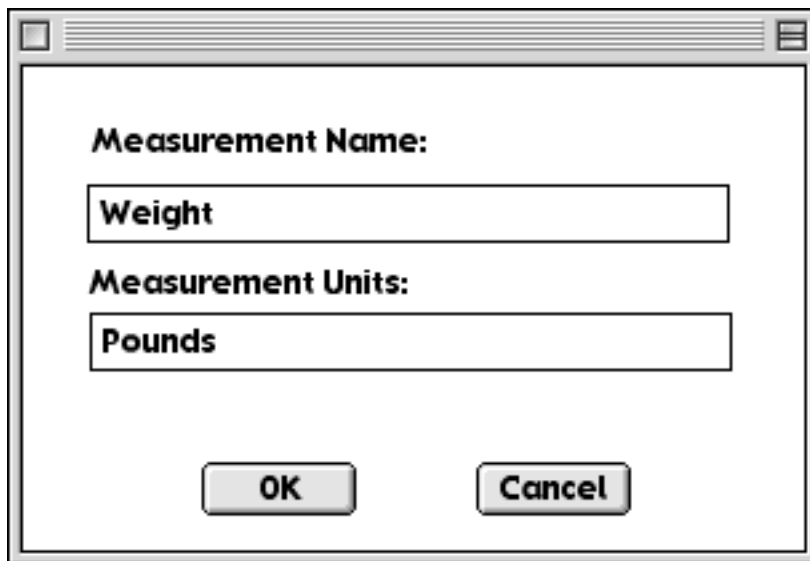
Type in your type of measurement (in this instance Weight) and the unit of measure (pounds), and hit the OK button. (If you are measuring blood pressure the units are mm Hg.) If you'd like to add any other measurements to track, you can continue to add them in the initial screen in the same way. Below is the result of entering two different measurements, one for Weight

and one for Waist.

Please add as many measurements as you would like to record, such as weight, waist, hips, etc.
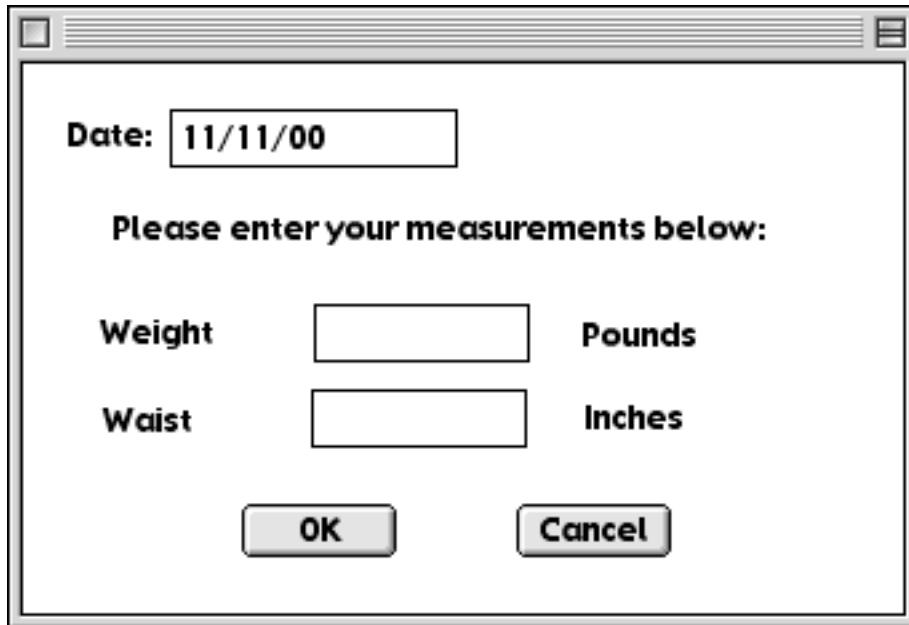
Weight   Pounds
Waist   Inches

[Add]   [Remove]   [OK]
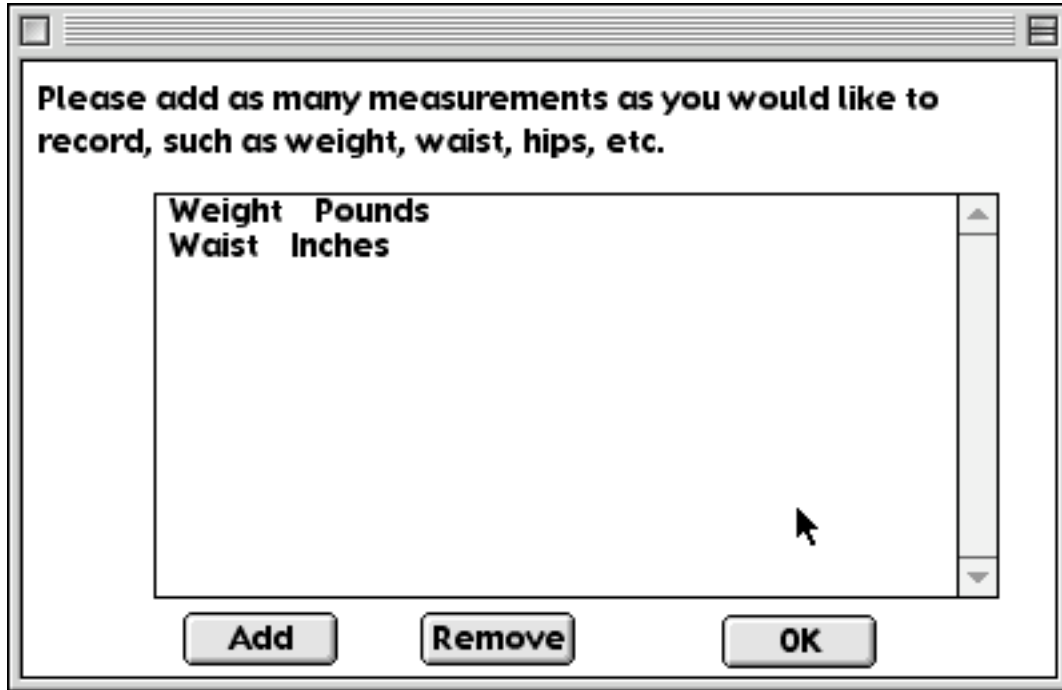
Once you've got all the items you want to measure and graph entered, just hit the OK button, and you'll see an empty graph. You can always add new or remove types of measurement, use Add Measurement Type and Remove Measurement Type from the File menu.

Using Health Tracker

In order to enter your information, just choose the Data menu, and go to Add Measurement... You'll see the current date, as well as spaces to enter your numbers below. You may edit the date in this window as well.

If you selected Date and Time when you first set up Health Tracker, there will be a field named **Time** next to **Date**. You can enter the time as HH:MM, with AM or PM also specified, such as *9:07 AM*

Once you've entered your measurements for that day, just click OK.

To see the graph of your results, go to the Graphs menu. There you will see a selection for each item you entered. Choose what you'd like to look at, and the program will generate a graph of your current data, with options to look at the last month, 3 months, 6 months, the last year, or all your data in the pop-up menu on the left-hand side of the screen. (A graph will not be generated until you have at least 2 days worth of information.) It will look something like this:

Weight Graph

Change per day:	−0.35 pounds	Goal:	175 pounds
Change per week:	−2.5 pounds	Loss required:	53 pounds
Change per month:	−10.7 pounds	Est. Goal Date:	4/24/2001

All

250
245
240
235
230
225
9/29/2000   11/25/2000
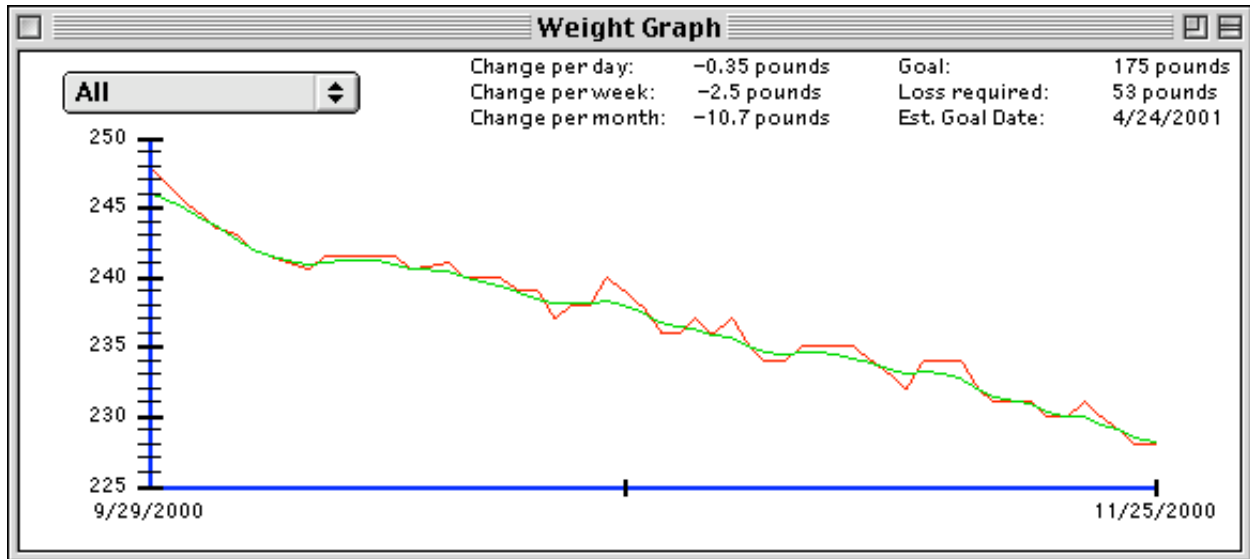
The data is graphed in red, and an average is shown in green.

You will also notice a breakdown at the top of the screen for the average over the past week, change per day, month, and year, as well as your goal (if you've set one), loss required, and estimated goal date. This is based on the amount of information shown on the screen. For example, if you were looking only at the current month, the program would use just those measurements to calculate the changes, but if it were the screen that shows all the measurements, it would be based off of that. So there may be some variation in the numbers based on how much data is availble to calculate these numbers.

You will also see a selection for each measurement under the Data menu. This gives you a list of each daily measurement, a sample of which is shown below. If you wish to enter your goal weight, you may enter it in this window at the top. To edit any of your measurements, just double-click on the item to be changed, and a window will pop up in which you may change the measurement. If you've selected the option to keep track of the time as well as the date, there will be another column, just to the right of the date, showing the time of day. If you don't make an entry for the time of day, it will default to 12:00 AM (midnight).

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┌──────────────────────────────────────────────────┐
│ ▤  ▦▦▦▦▦▦▦▦  Weight Data  ▦▦▦▦▦▦▦▦  ▤ │
├──────────────────────────────────────────────────┤
│  Goal: │ 175          │                            │
├──────────────────────────────────────────────┬───┤
│   10/19/2000            240                   │ ▲ │
│   10/20/2000            239                   │   │
│   10/21/2000            239                   │   │
│   10/22/2000            237                   │   │
│   10/23/2000            238                   │   │
│   10/24/2000            238                   │   │
│   10/25/2000            240                   │   │
│   10/26/2000            239                   │   │
│   10/27/2000            238                   │   │
│   10/28/2000            236                   │   │
│   10/29/2000            236                   │   │
│   10/30/2000            237                   │   │
│   10/31/2000            236                   │   │
│    11/1/2000            237                   │   │
│    11/2/2000            235                   │   │
│    11/3/2000            234                   │   │
│    11/4/2000            234                   │   │
│    11/5/2000            235                   │   │
│    11/6/2000            235                   │   │
│    11/7/2000            235                   │   │
│    11/8/2000            235                   │   │
│    11/9/2000            234                   │   │
│   11/10/2000            233                   │   │
│   11/11/2000            232                   │   │
│   11/12/2000            234                   │   │
│   11/13/2000            234                   │   │
│   11/14/2000            234                   │   │
│   11/15/2000            232                   │   │
│   11/16/2000            231                   │ ▤ │
│   11/18/2000            231                   │   │
│   11/19/2000            230                   │ ▼ │
└──────────────────────────────────────────────┴───┘
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You can print out your graphs. Select the window with the graph, and then select **Print** from the **File** menu. You may want to set up your page first for landscape mode, using **Print Setup**.

You can also copy a graph or data to paste into another program. Select the window, and then select **Copy** from the **Edit** menu.

And that's basically it! Simple to use, quick, and effective for tracking any measurement you'd like.

Please be sure to read the additional chapters for more information on

Health Tracker, and how to purchase your copy to use it past the 15 day demo period.

Using Health Tracker for Blood Pressure

In order to use Health Tracker to keep track of and graph blood pressure, follow these steps:

1. Go to the section "Preferences" section under the File Menu. You'll see the window below. Select "Add Measurement" and enter in "Systolic Blood Pressure" as the Measurement Name, and "mmHg" as the Measurement Units. Hit the button that says "OK". Then you'll need to repeat the process, entering "Diastolic Blood Pressure" as your Measurement Name, with the same Measurement Units. Hit the button that says "OK" again, and your ready to enter in your blood pressure.

2. To enter in your blood pressure, go to the Data menu and pull down to "Add Measurement...". You'll see the window shown below.

Date: |3/28/01

Please enter your measurements below:

Systolic [   ] mmHg

Diastolic [   ] mmHg

[OK]   [Cancel]

Enter the upper number of your blood pressure in the first box, (Systolic) and the lower number in the second box (Diastolic). Press "OK" when you are finished.

3. Once you have a few values for your blood pressure, you can see both the upper and lower values shown on one graph. In the Graphs menu, you will see an option for All Measurements. This allows you to graph two or more measurements together on the same graph.
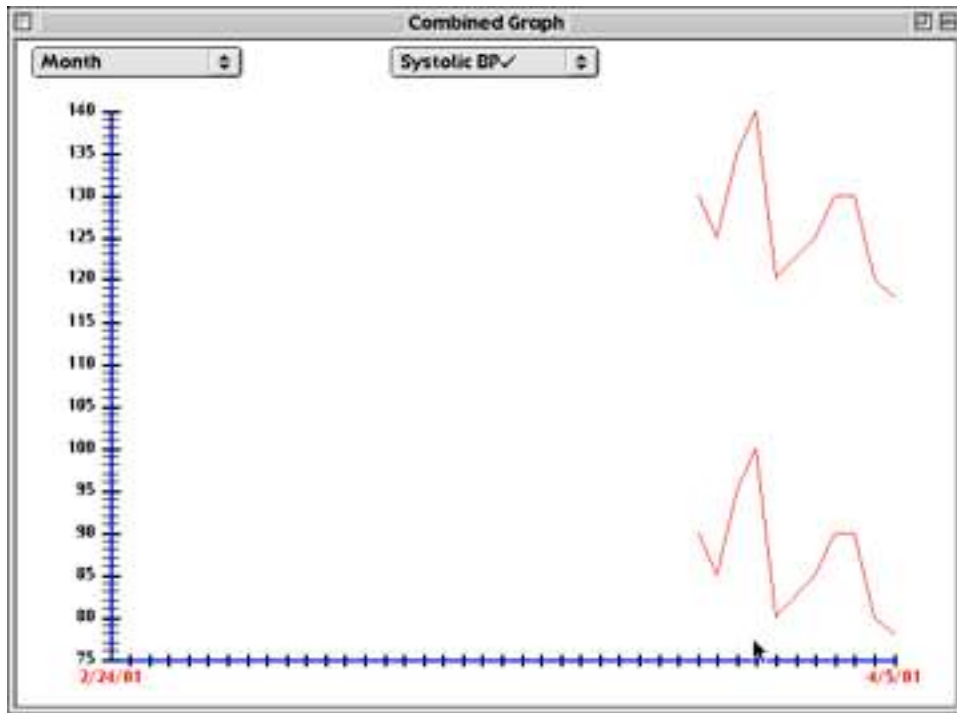
In the graph above you can see both Systolic and Diastolic blood pressure shown together on the same graph. In the middle of the top of the graph you'll see a pull-down menu which allows you to select the values to be graphed together. Measurements with a check mark next to them are being displayed on the graph. Uncheck the item and the measurement will be removed from the graph. When you quit and restart the program it will remember what you had selected to show on the All Measurements graph, so you won't have to recheck the items to be displayed.

Purchasing your copy of Health Tracker:

Purchasing your copy of Health Tracker is quick and easy. And purchase helps to show your support for Health Tracker, helping to ensure there will be new versions in the future.

Purchasing Using a Credit Card Online:

The easiest way to buy is by using a credit card via the web. The web URL is: http://www.blackcatsystems.com/register/health.html

You can also select Buy Health Tracker from the Apple menu. Your web browser will be sent to the Black Cat Systems online ordering page at Kagi or SWREG.

Payments sent via email or online are typically processed within 1 to 2 days, ofthen within a few hours. You will receive an email acknowledgement when it is processed. Payments sent via fax or snail mail take up to 10 days and if you provide a correct internet email address you will receive an email acknowledgement.

Thanks again for giving Health Tracker a try.

Black Cat Systems
PO Box 2293
Westminster, MD 21158

email: info@blackcatsystems.com
Web: http://www.blackcatsystems.com

Purchasing by Check or Money Order

To order by check, please fill out and mail the following form, along with your payment. You can pay with a wide variety of cash from different countries but at present if you pay via check or money order, it must be drawn in US Dollars on a US bank. While there is the risk of loss in the mail, currency is also OK, including foreign currency (We collect foreign banknotes).

 I would like to buy ____ copies of Health Tracker, at $9.99 US per copy.

Please make sure you include your email address with your payment. That way we can send the registration code to you, so you **must** include your email address. If you do not send us a valid email address, we have no way to send you the code.

If you must have your registration code mailed to you, please include an addition $5 processing and postage fee.

Name: _____

Address: _____

City: _____ State/Province:_____

ZIP/Postal Code: _____ Country: _____

Email Address: _____

Macintosh Model: _____ System Version: _____

Enclosed, please find my check / money order / cash in the amount of $_____

Mail this form, along with payment, to:

Black Cat Systems
P.O. Box 2293
Westminster, MD 21158
USA

Contacting Us

If you'd like to get in touch with us, please send us an email. The address is info@blackcatsystems.com. We prefer email over traditional (snail) mail, it's faster and less expensive for both of us! We're not able to provide support over the telephone, please use email instead.

If you have a question about Health Tracker or how to use it, think you've found a bug, or would like to suggest a new feature, please let us know! We'd love to hear from you.

If you would like to write to us via snail mail, our address is:

Black Cat Systems
PO Box 2293
Westminster, MD 21158
USA

Revision History:

November 15, 2003 2.1.6
Fixed a bug which would cause incorrect information to be graphed,
if none was within the specified date range.

November 10, 2002 2.1.2
Fixed a bug with printing under OSX 10.2.

November 3, 2002 2.1.1
Fixed a bug which could cause a crash when a graphing window is
opened.
Fixed a bug with the graph displaying all measurements.

June 16, 2002 2.0.3
Fixed a bug which could cause a program crash when launched.

July 15, 2001 2.0.2
Data windows may be resized.

April 26, 2001 2.0.1
Enabled printing.

April 10, 2001 2.0.0
Re-write for carbon, Health Tracker now runs native under Mac OS
X, as well as MacOS 8.1 and greater.

March 28, 2001 1.6.1
Fixed a bug that could cause a crash when clicking on the graph
window.

March 26, 2001 1.6.0
Added ability to display multiple measurements on a single graph.

March 19, 2001 1.5.0
Renamed Health Tracker

Added ability to enter several readings per day, and the time of each reading.

February 15, 2001 1.3.0
Displays average over past week for all measurements.

December 9, 2000 1.2.0
Added ability to print graphs.
Added ability to copy graphs and data.
Added ability to add/remove measurement types.
Several bug fixes dealing with displaying graphs.

November 29, 2000 1.1.1
Fixed a bug that caused inaccurate rate of loss calculations in some cases.

November 25, 2000 1.1.0
Now FAT for both PPC and 68k Macs
Added graph of average.
Any open data windows refresh when new measurements are added.

November 19, 2000 1.0.0
Initial Release.

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