

# HANDCASE

## B O D Y U S E R M A N U A L

This manual is intuitive as our software, is enough to observe the images to understand as to use best of and the more efficient form. The screens follow the logical order of the presentation them tools in the interface of each software.

### Body

Suite of 13 programs in a single interface to organize all the information about your body. Recommended for all who wish to take care of the body. It offers tools for evaluation, monitoring, food with alarm, Diet, Exercise, Gym, Care, Supplementation with alarm, Stress, BMI - Index of Muscle Mass, Accompaniment, CheckUp, Relax, Sports, Health Plan, Medical Consultations and examinations and more. By E-mail. In English.

### 1.0 - PALM OS 3.5 or superior (ram 113 KB)

### Install

Just unpacking the zip on the desktop and give a double click the file **body.prc** the tool installation of your Palm will open showing the file being synchronized, synchronize and ready.

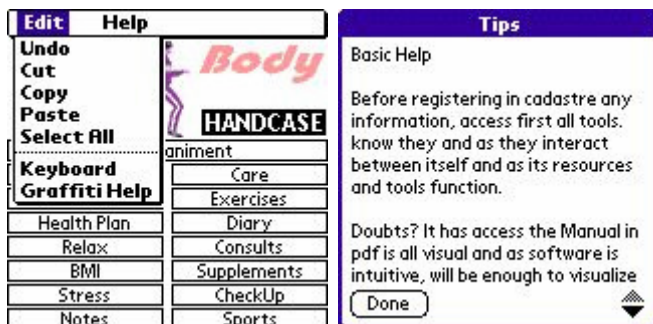


You recognize by the icon on the side.

### Initial Interface



Here you choose the tool you wish to use.



Here as in the screens of other tools you choose the option from the menu of action it deems necessary. **Note:** You may copy of Memos from his Palm all the information and put in BODY and copy and paste it to use Memos from the Palm Desktop. In the button transfer tools. It facilitates the transfer to another Palm that has the installed BODY information from patients between colleagues.

The help is present in all the tools, when you have doubt consultation it without having to open the manual. You access through the (i) icon at the top right of your screen.

Accompaniment		Development Level	
Main		Main	
Name	.....	Choose Development Level	
Age	Date .....	<input type="checkbox"/> Complete Motor Coordination	
Activity	.....	<input type="checkbox"/> Rhythm	
Level	.....	<input type="checkbox"/> Posture	
<input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Heavy		<input type="checkbox"/> Stretching	
Leisure	.....	<input type="checkbox"/> Muscles Strengthening	
		<input type="checkbox"/> Flexibility	
		<input type="checkbox"/> Breathing balanced	
		<input type="checkbox"/> Cardiovascular Capacity	
		<input type="checkbox"/> Lung Capacity	
		<input type="checkbox"/> Mental Balance	
		<input type="checkbox"/> Balance	
			<input type="button" value="Back Screen"/>
Recall update these data			
<input type="button" value="Development Level"/>			
<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>	<input type="button" value="Beam"/>	<input type="button" value="N"/> <<>>New
<input type="button" value="Erase"/>	<input type="button" value="Beam"/>	<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>
<input type="button" value="Beam"/>		<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>
		<input type="button" value="Beam"/>	

Here you do the monitoring of the activities of his body. In the second screen detailing the physical development.

Diet		Main
Meal	.....	
Menu	.....	
Calories	.....	
Weight	.....	
Date of the last weighing	.....	
Warn day and time of the meal	.....	
<input type="checkbox"/> Restaurant	.....	
<input type="checkbox"/> Home	.....	
<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>	<input type="button" value="Beam"/>

Here you organize your diet.

Exercises		Main
Activity	.....	
	.....	
<input type="checkbox"/> Done	Period .....	Hours .....
Week Day	.....	
	Warn End Time of Exercises	
<input type="checkbox"/> Repeat Section	.....	
Complement	.....	
	.....	
<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>	<input type="button" value="Beam"/>

Here you organize the exercises.

Gym		Main
Date	Value \$ .....	
Name	.....	
Personal Trainer	.....	
	Remember Day and Time of the Gym	
Plan type	.....	
	.....	
	Payment Date .....	
<input type="checkbox"/> Paid	<input type="checkbox"/> Reimbursed	
<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>	<input type="button" value="Beam"/>

Here you organizes information of the Gym.

Care		Main
Hair	.....	
Massage	.....	
Manicure	.....	
Pedicure	.....	
Acupuncture	.....	
<input type="checkbox"/> Daily Care	Remember Payment	
<input type="checkbox"/> Weekly Care	.....	
<input type="checkbox"/> Monthly Care	.....	
<input type="button" value="N"/> <<>>New	<input type="button" value="Erase"/>	<input type="button" value="Beam"/>

Here you organize the personal care.

**Consults** Main

Doctor .....

Speciality .....

Exams .....

Warn consult to the doctor .....

Exams Date .....

Take Exams .....

Value \$  Reimbursed

(N) (<<) (>>) (New) (Erase) (Beam)

Here you organize consultations and medical examinations.

**Diary** Main

Date .....

UpDated

Title .....

.....

.....

.....

.....

(N) (<) (>) (New) (Erase) (Beam)

Here you organize your ideas.

**Health Plan** Main

Company .....

Type .....

Coverage .....

Paid  Reimbursed

Warn payment .....

Reminder .....

(N) (<<) (>>) (New) (Erase) (Beam)

Here you organizes information from Health Plan.

**Supplements** Main

Medicine start date .....

Medicine .....

Dose .....

Symptoms .....

Warn Next Dose

Took the medicine .....

(N) (<<) (>>) (New) (Erase) (Beam)

Here you organizes information of the supplements.

**Relax** Main

Type .....

Activity relaxing .....

.....

Last relax in .....

Date that this relaxing .....

Note .....

Warn date to relax .....

I am following the schedule

(N) (<<) (>>) (New) (Erase) (Beam)

Here you organize to relax.

**Stress** Main

Stress Level  
 Low  Medium  High

Anxiety Nervousness

Optimism Respiration

Heart triggered Pallor

Energy level Dilated pupil

(N) (<<|>>) (New) (Erase) (Beam)

Here you organizes information on the levels of stress.

**CheckUp** Main

Place .....

Exams .....

Date .....

Blood type  Allergic  
 Contagiosum

Medication  Medication  
For who call

(N) (<<|>>) (New) (Erase) (Beam)

Here you organizes information from CheckUp.

**BMI** Main

Date .....

**BMI = Weight / height by<sup>2</sup>**

Result Underweight: = <18.5  
Normal: = 18.5-24.9  
Overweight: = 25-29.9  
Obesity: Above of 30

Start Diet  Normal

Notes .....

(N) (<<|>>) (New) (Erase) (Beam)

Here you evaluate your BMI - Body Mass Index.

**Sports** Main

Date .....

Sport .....

Mode .....

Extreme Warn Next Section  
 Traditional

Details .....

(N) (<<|>>) (New) (Erase) (Beam)

Here you organizes information from practicing sports.

