

About Bio-Rhythms

Introduction

Welcome to **Bio-Rhythms**, an easy to use, yet powerful bio-rhythm calculator for Windows 95/NT. For Help on Windows, either press F1 or choose How to Use Help from the Help menu.

- Clicking on the System Menu (the one with minimize, maximize, etc) and then selecting About Bio-Rhythms will give you the version number, whom Bio-Rhythms is registered to and your processor, Windows version and build number.

Thank you for registering Bio-Rhythms.

Product support and updates can be obtained by snail-mail

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To receive update notices on **Bio-Rhythms** or any of the other fine software we write and market, send an e-mail to **jroberge@kagi.com** with ADD in the body.

And don't forget, updates and product support are **FREE** to registered users. Download copies of all the software we write and market from our web-site at **<http://gsanet.com/www/jsoft>**.

Bio-Rhythm Charts

This displays the bio-rhythm chart calculated on the information entered into the New/Edit Bio-Rhythm screen.

Bio-rhythms are calculated and displayed starting one month before today's date so that you can also see what was happening to your rhythms in the recent past as well as what is going to happen to you in the future.

Double-clicking on any part of the chart will give you the cycle you selected, the date and its value. High values are 50, Critical values are 0 and Low values are -50 for each cycle.

Right clicking on the buttons across the top of the screen shows a little balloon explaining what happens when you click on that particular button.

File Options

Import - Charts that have been previously exported to a .CHF file can be imported and displayed.

Export - This exports the current bio-rhythm chart to a .CHF file.

Copy - This copies the current bio-rhythm chart to the clipboard as a bitmap image.

Copy Data - This copies the current bio-rhythm chart to the clipboard in a text format.

Print - This prints the bio-rhythm chart to the default windows printer.

Chart Options

There are six different bio-rhythm charts that can be displayed in either 3D or 2D.

- Area Chart**
- Horizontal Bars Chart (Gantt)**
- Columns and Bar Chart**
- Line Chart**
- Mark (point) Chart**
- Fit to Curve Chart**

Two 3D options are the ability to rotate the chart along a Z-axis and the ability to turn the Z-Custered series on or off.

Two chart display options are to turn the legend display on or off and to display a horizontal grid.

Finally, you can change the display fonts on the bio-rhythm chart, use the Tools button to display the Legend, Palette Bar, Pattern Bar and Status Bar or use the Options button to change various chart display options. Dragging a color from the Palette Bar and dropping it into one of the cycles changes the color of the cycle. Dragging a pattern from the Pattern Bar and dropping it into one of the cycles changes the pattern of the cycle.

Last, but not least, clicking on one of the bottom buttons (Physical, Intellectual or Emotional) displays an interpretation in the chart in the language selected in the New/Edit Bio-Rhythms screen.

**** NOTE ** - changes made to the bio-rhythm chart are automatically saved and become the default for the next bio-rhythm chart.**

Features

Bio-Rhythms comes with many features to make calculation of bio-rhythms an easy and enjoyable task.

- v1.0s of **Bio-Rhythms** was awarded three stars by ZD-Net.
- Interpretations of bio-rhythms are available in English, French or Spanish.
- Maintains a list of all persons in the database, sorted by birthday on the main screen for easy access.
- Autosaves name and birthday so future bio-rhythms are easy to calculate.
- Shows your age in days.
- Calculates the day of the week you were born on.
- Shows bio-rhythm charts in 2-D or 3-D.
- Displays 8 different bio-rhythm charts including bar charts, point charts and line charts.
- Calculates bio-rhythms from one month before today's date to chosen length of bio-rhythm.
- Autosaves bio-rhythm chart options (colors, patterns, type of chart, etc.) and makes them the default next time **Bio-Rhythms** is loaded.

Help

- **Contents** - loads this file.
- **Search For Help On** - loads **Bio-Rhythms** help search.
- **How to Use Help** - loads the Windows help instructions.
- **Administration**

License - Displays the license agreement that you agreed to when you first previewed **Bio-Rhythms**.

Pricing - Shows the price of single and multiple copies of **Bio-Rhythms**.

Status - Shows the status of **Bio-Rhythms**. If **Bio-Rhythms** is still in the free preview mode this gives you number of days left in your preview. If **Bio-Rhythms** is registered this allows you to order multiple copies, one for each computer in your office.

Check Version - Selecting this version when you are connected to the Internet allows you to check our version server to see if you have the latest version of **Bio-Rhythms** on your computer. If you do not have the latest version our server will allow you to download it.

Registration Code - Once you have registered, selecting this option will create a backup of your registration codes, JUST IN CASE!

Computer ID - This displays your computer ID.

Main Screen

Bio-Rhythms displays all the persons held in the database, sorted by birthday to make access to all persons quick and easy.

Double-clicking on one of the names brings up the New/Edit Bio-Rhythms screen.

**** NOTE ** - When upgrading from a previous version of Bio-Rhythms, all of the separate files are automatically read into the master database and the individual files are deleted.**

Bio-Rhythms

- **New... Ctrl N** - This opens the New/Edit Bio-Rhythm screen. Here you enter the full name, birthday, length of bio-rhythm and language.
- **Birthday Calendar... Ctrl B** - This opens the Birthday Calendar which graphically displays all the birthdays in the Bio-Rhythms database.

If a birthday is highlighted on the main screen, the birthday calendar opens to the highlighted birthday else it opens to today's date.

Right-clicking on the calendar, opens the New/Edit Bio-Rhythms screen so you can enter a new bio-rhythm on the date selected.

Double-clicking on a highlighted birthday displays the bio-rhythm for that birthday.

All names & birthdays displayed on the main screen are automatically displayed on the calendar.

Use the navigation keys at the bottom of the calendar to move backwards and forwards in time.

- **Backup Birthdays...** - This backs up the Bio-Rhythms database and purges all deleted birthdays at the same time. When finished, a dialog box displays the number of birthdays processed, the number purged and the number backed up.
- **Restore Birthdays...** - This restores a previously backup Bio-Rhythms database.
- **Setup Printer...** - This allows you to set up a Windows printer to print out your Bio-Rhythm chart.
- **Exit Bio-Rhythms** - This closes Bio-Rhythms and returns you to the operating system.

New/Edit Bio-Rhythms

- **Name** - This is where you type in the name of the person you wish to calculate a bio-rhythm chart for.
- **Birthday** - This where you enter the date of birth of the person entered in the above box. Click on the calendar icon at the right of this control to display a calendar. Select the date you wish and when the calendar closes the chosen date will be displayed.
- **BioLength** - Click on the length (1, 3 or 6 month) of bio-rhythm you wish to calculate.
- **Language** - Choose the language you wish the interpretations to be displayed in.
- **Age in Days** - Displays a dialog box that gives your age in days and your sun sign. Clicking on your sun sign will give you information on your sun sign in the language you chose above.
- **Day of Birth** - Displays a dialog box that gives you the day of the week you were born on and your sun sign. Clicking on your sun sign will give you information on your sun sign in the language you chose above.
- **Bio-Rhythms** - Selecting this option displays a bio-rhythm chart calculated on the information entered above.
- **Delete** - Selecting this option deletes the active person from the database.
- **Cancel** - This closes the New/Edit Bio-Rhythm screen without saving any of the information entered above.
- **Save** - This closes the New/Edit Bio-Rhythm screen while saving all of the information entered above. In order to save a bio-rhythm the name of the person must be entered or you will receive an error message telling to either enter a name or to select Cancel.

