



BioWIN HELP

[Biorhythms](#)

[Cycles](#)

[How to get your charts ?](#)

[Compatibility](#)

[Printing in BioWIN](#)

[Configuration](#)

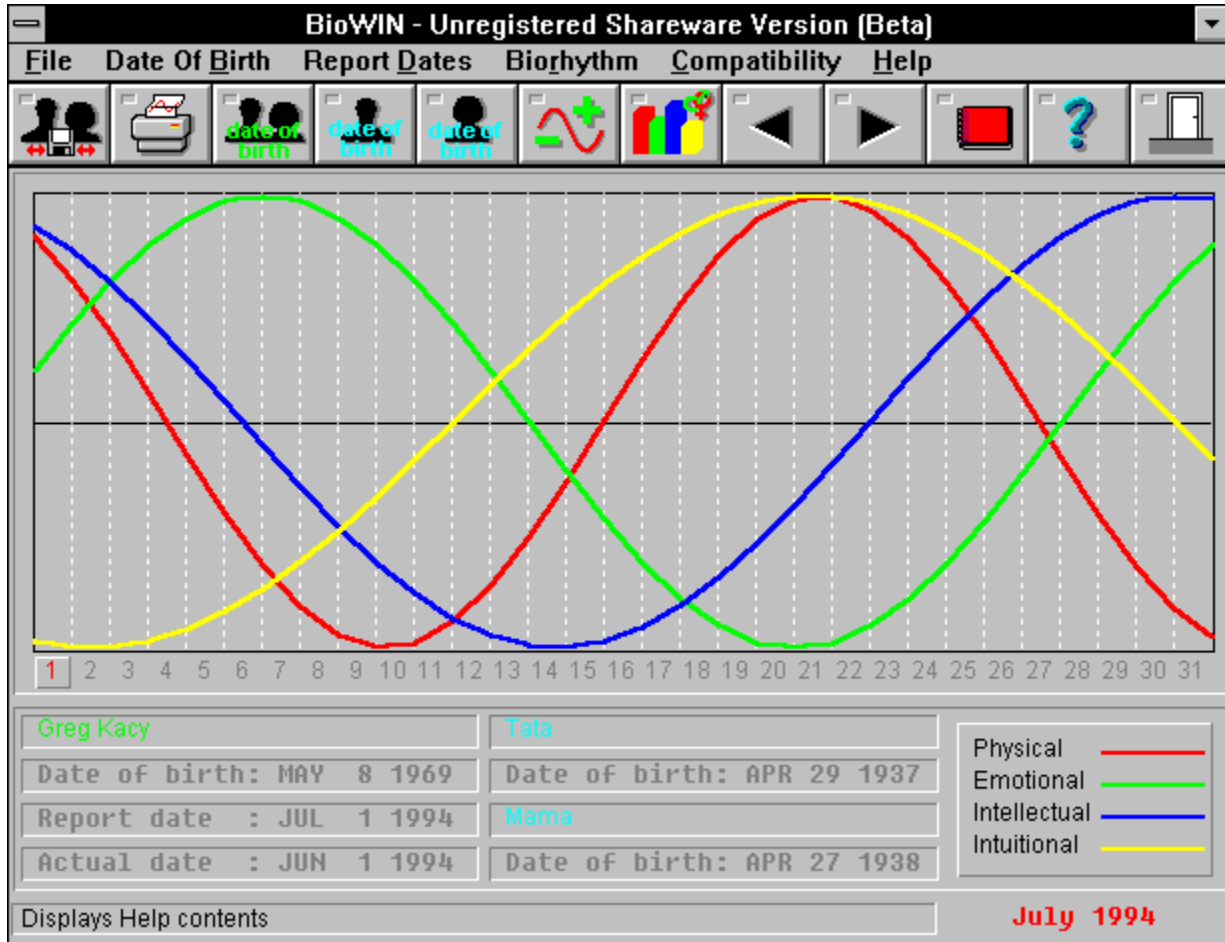
[BioWIN screen](#)

[Toolbar Keys](#)

[Contact](#)

BioWIN screen

Click on the BioWIN screen to get info about its contents.



This is the menu bar.

Toolbar ,Keys

You can run some options of the program by pressing the toolbar buttons. The meaning of buttons:



Opens the Base Edit dialog box where, you can add, edit or delete persons with their personal data You can also press **F2** to open that dialog box.



Prints the current cycles. You can also print by pressing **F3**.



Opens the Date of birth dialog box where you can enter the date of birth of the person for which you want to count biorhythms. You can also get this dialog box by pressing **F4**.



Opens the Date of birth dialog box where you can enter the date of birth of the first person for which you want to count compatibility of biorhythms. You can also get this dialog box by pressing **F5**.



Opens the Date of birth dialog box where you can enter the date of birth of the second person for which you want to count compatibility of biorhythms. You can also get this dialog box by pressing **F6**.



Shows the biorhythms for the current person (**F7**).



Shows the biorhythm compatibility chart for two current persons (**F8**).



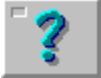
Shows the cycles for the previous month (**F9**).



Shows the cycles for the next month (**F10**).



Shows the biorhythm or compatibility report. Biorhythm report can also be showed by pressing **F11**, compatibility report by pressing **F12**.



Shows the BioWIN Help (**F1**).



Quits BioWIN (**Alt F4**).

Toolbar contains buttons that give you quick mouse access to many commands and features.

This is the area where biorhythm cycles and compatibility charts are shown. You can set the report date by clicking on that area.

Name of the current person for which the biorhythm will be counted. If the person is not picked from the database this field will contain *Anonymous*.

This field shows the date of birth for the current person.

This field contains the report date for the biorhythm counting. The biorhythm report will be counted for that date.

This field contains the actual system date.

This square indicates the actual report date

These are the days of the month

Name of the first person for compatibility counting. If the person is not picked from the database this field will contain *Anonymous*.

Name of the second person for compatibility counting. If the person is not picked from the database this field will contain *Anonymous*.

Date of birth of the first person for compatibility counting.

Date of birth of the first person for compatibility counting.

This field contains the name of month for which the current cycles are displayed.

Status bar. Help for menu fields and toolbar buttons is shown here.

This field explains the colors of the cycles or charts

Compatibility Month

Compatibility month is the month for which two appropriate biorhythm cycles of two people will be shown on the same chart. It will be possible therefore to compare cycles.

In the dialog box you are entering the month for which the dual compatibility month will be shown. The earliest month that can be entered is **JAN 1600**.

Compatibility Report

This report shows the compatibility level of biorhythm cycles between two persons. The level is in %. The highest level (best compatibility) is 100%, the worst 0%.

BioWIN Database

BioWIN supports a database where personal data (i.e. date of birth and name) can be stored. This will speed up the process of entering the date of birth for biorhythm and compatibility counting.

To **add** a person to the database you have to click **Add** button in the **BioWIN database** dialog box. Then fill in the Personal data dialog box.

To **edit** the personal data select person in the list box and click **Edit** button, or just double click the person in the list box.

To **remove** a person from a database select person in the list box and click **Remove** button.

The base can maintain up to 50 people.

Printing biorhythm cycles

BioWIN can print your cycles in three different ways.

You can print all cycles for the active month on one graph, you can print every cycle on the separate graph or you can print a year chart. The year chart consists of 12 charts with all cycles on one (number of cycles depends on menu selection).

To choose the way you want it to be printed click the appropriate radio button.

Biorhythm Report

This report shows the full biorhythm report for the current person. This report is counted for the report date.

The report shows the biorhythm level in % for every cycle, day of the cycle and number of days that you lived up to report date.

You can also view a picture...

Configuration

It is possible to configure the plotting of biorhythm cycles. To do so click appropriate radio buttons and check boxes in the **Configuration** dialog box.

You can choose the color of the background of the plotting area (**white/gray**), you can choose the width of the curves (**normal/thick**), you can choose the mode (**mono/color**) or you can switch **on/off the grid**.

If the mono mode will be set, the curves will be shown as a dashed and dotted lines.
The configuration will be stored in **biowin.ini** file which you can find in your Windows directory.

Date

BioWIN accepts dates in the following format: **MON DAY YEAR** (ex: MAY 8 1969}

The earliest date that can be entered is: **DEC 31 1599**

To speed up the date entering, BioWIN provides two combo boxes from which the month and day can be selected.

Personal Data

Personal data consists of the **name** and **date of birth**. The name can be up to **20** characters long. The earliest date of birth that can be entered is: **DEC 31 1599**

Selecting Person

To select a person highlight the person you want to select in the list box (**Select dialog box**) and click **OK** button or double click the person in the list box.

Contact

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Biorhythms

Everything that happens around us in the nature is periodic. We are influenced by cyclic changing of the seasons, moon shape, day and night etc.

Every human life is influenced by these factors and 'works' periodical way as well. Scientists have discovered body cycles that are known as biorhythms. These cycles can influence things such as: coordination, immunity to disease, strength, mental stability, moods, logic thinking, ability to learn, memory recall, instincts, etc.

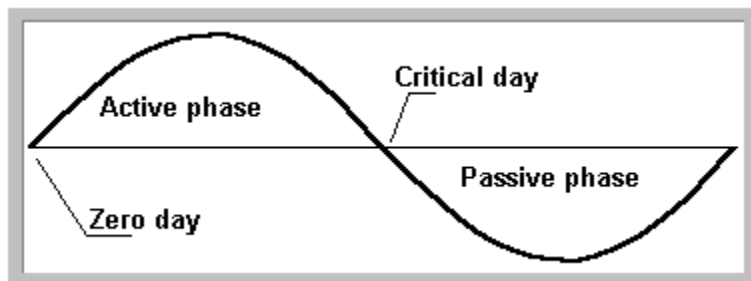
Charting your biorhythms can give a very real indication about your capabilities at a given time.

There are four known biorhythm cycles: **physical**, **emotional**, **intellectual** and **intuitional**. Each of these cycles starts at the time of birth. From this point, each of the cycles starts to rise up through its active phase until it falls back to the zero level. Then it continues through the zero level to go on to a passive phase. Then it raise again to the zero level to begin all over again.

Each time the cycle crosses the zero level from the **active** to the **passive phase**, it is said to be in a critical state (**critical day**). When the cycle crosses the zero level from the passive to active phase it is said to be in a zero state (**zero day**). In the active phase the abilities associated with the particular cycle are high. When the cycle is in its passive phase the abilities are diminished.

During the critical day the associated abilities are unstable, and you should be really careful during that day. The 'zero day' can be various. The abilities are unstable during that day as well. However this day is better than a critical day because the cycle is heading towards the active phase.

In practice we are under influence of the combination of all the cycles.



Cycles

The table shows the lengths of cycles and abilities that are affected by each of the four biorhythm cycles.

physical	23 days	<i>strength, stamina, immunity to disease, potency, coordination, resistance to pain</i>
emotional	28 days	<i>mental stability, sensitivity, moods</i>
intellectual	33 days	<i>ability to learn, memory, analytical functions, logic, decision making</i>
intuitional	38 days	<i>instincts, unconscious perception</i>

Getting you charts

All you have to do to get your biorhythm curves is to enter your date of birth and the date for which you would like to see the curves (or report) - report date.

The date of birth can be entered **directly (dialog box)** or from the **database**. The date for which the biorhythm **report** will be shown (report date) can be entered directly in the date dialog box or can be selected by clicking on the month chart. If you want to set the report date for the current day select ***Today*** in the ***Report Dates*** from the main menu.

BioWIN displays its biorhythm chart on the 31 days display (month). You can move forward (see chart for the next month) or backward (see chart for the previous month) by clicking the appropriate buttons on the toolbar.

Compatibility

BioWIN allows you to show compatibility between biorhythm cycles of two people. If for example the physical cycle of one person is identical with another persons physical cycle, it means that the physical compatibility is **100%**. The higher compatibility is - the better it is.

BioWIN shows the compatibility as a report, bar chart or you can plot physical, emotional, intellectual or intuitional for two people as individual charts, showing both persons cycles, one laid over the other. This will allow to compare the cycles and establish the days with equal biorhythm levels.

To get the compatibility charts just enter the date of birth for both persons (**Person 1**, **Person 2**).

Compatibility is constant, and does not depend on current date. It depends on the dates of birth.

Printing

BioWIN allows you to print the biorhythm and compatibility charts. There are five different printing options.

Biorhythm

- *all cycles on one* all four cycles will be printed on the same chart (as a single month)
 - *separate* four charts with one curve each (as a single month)
 - *year chart* twelve month chart for current year. The year can be changed by changing the "Report date"
-

Compatibility

- *bar chart* 3d bar chart showing compatibility in %
 - *two cycle chart* two curves can be shown for two people on the same chart
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You can choose what to print in the printing dialog box (biorhythm). For compatibility the current state of the chart window will be printed.

In biorhythm printing it is possible to print selected curves. Only the curves that are shown on the screen will be printed. (You can toggle showing these curves in the main menu - **Biorhythm**).

