



BioGraf: the Biorhythm Program for Windows

Get help by clicking on the topic of your choice. You can get context-sensitive help in dialog boxes by pressing **F1** or clicking with the **right** mouse button.

About BioGraf



People



View



Interpret



Print

Registration

Keyboard Commands

About BioGraf

BioGraf is the biorhythm program for Microsoft Windows. It is for anyone who is interested in getting the most out of their best days and avoiding trouble on their worst days. BioGraf contains much more than the average biorhythm program. It not only has interpretations of the biorhythms for any individual day, but also includes the fourth biorhythm - **intuitional** - of which so many people seem to be unaware.

BioGraf:

- can vary the biorhythms view from 1 week to 3 months (View command)
- maintains a list of names and dates of birth (People command)
- gives you interpretations of the charts (Interpret command)
- includes the fourth intuitional biorhythm
- can print out the charts and interpretations - together, or separately (Print command)
- displays your biorhythm phases even when iconized!



People

Press the **People** button, or type **P**, to select a different person, or to add , remove or edit a person's name and date of birth.

You must add at least one person before you can view any [biorhythms](#).

Dialog Box

- | | |
|----------------------|---|
| Name | Select a name from the list by clicking on it. If you wish, you can then edit the name in the edit box above the list. Double click on a name to select it and close the dialog. |
| Date of birth | Enter the Day, Month and Year of birth in <u>numeric form</u> . |
| Add | Adds a new person to BioGraf's database. NewName appears in the Name list ready for you to type in the person's real name. Similarly, you should also enter the correct date of birth.

If you press Add after changing a name in the Name edit box, this will be taken as the new person's name. |
| Remove | Removes the selected person from BioGraf's database. |
| OK | Makes all changes permanent and closes the dialog. |
| Cancel | Abandons all changes and closes the dialog. |

Note BioGraf can retain the details of up to 50 people.



View

Press the **View** button, or type **V**, to change display settings.

Dialog Box

- Display** Select colour or monochrome. When first installed, BioGraf will try to detect which type of display you are using, but you can override this if you wish. This setting does not affect printing, which is controlled in the Print dialog.
- Legend** Check this if you want the legend to be visible; uncheck it if you don't.
- Intuitional** Check this if you want the intuitional biorhythm to be displayed or printed; uncheck it if you don't.
- Period visible** Controls how many days are visible in BioGraf's main window, in the range 7 to 90.
- Go to** Check the Today box if you want to return to today's date in the main window (the keyboard shortcut for this is the **Home** key).
Alternatively, type a date into the Day, Month and Year fields, in numeric form.
- OK** Makes all changes permanent and closes the dialog.
- Cancel** Abandons all changes and closes the dialog.



Interpret

Press the **Interpret** button, or type **I**, to show BioGraf's interpretation of your biorhythms for the selected day.

You can also get the interpretation by **double-clicking** on any day shown in the main window.

The interpretation will appear in a new window which you can resize, move or close as you wish. As you select different days in the main window (by clicking, using the keyboard, or using the **Go to** option in the View dialog), the interpretation window will keep track automatically. Similarly, if you select a different person in the People dialog, the interpretation will change to the new set of biorhythms.



Print

Press the **Print** button, or type **R**, to print your biorhythm chart, interpretations, or both.

The printout will cover the same period as shown in BioGraf's main window. You can alter the start date using the scroll bar along the bottom of the window, or the keyboard. You can alter the number of days visible using the View dialog.

BioGraf always prints to the **default printer**. If you don't have a default printer, set one up in the Windows Control Panel.

Dialog Box

- Title** This title will appear at the top of each page of printout.
- Print buttons** Choose whether to print the biorhythm chart only, interpretations only, or both.
- Chart format** Controls the size and position of the biorhythm chart on the printed page. You can select full page, half page or quarter page. If you choose to print interpretations as well as the chart, these will wrap around the chart where possible. See illustration.
- Paper size** Indicates the paper size and orientation currently in use. Use the **Setup printer** button or Windows Control Panel if you need to change this.
- Default margins** Check this if you want to use the full paper size for the printout. The margins will be set to the minimum allowed by the printer driver.
- Margins** Type in the margin settings for each side of the page. This defines the area within which BioGraf will print the chart and/or interpretations. You cannot set a margin that is smaller than the default margin imposed by the printer driver.

You can use the margin settings to create printout of any size you wish - for example to suit your personal organizer - on standard paper sizes. See illustration.
- Units** Choose whether to use inches or centimetres for margins and paper size.
- Colour** This check box is enabled only if your printer supports colour. If you then check it, the printout will appear in colour.
- Print** Starts printing, and causes the Print Status box to appear. It also saves the current margin settings.
- Setup printer** Starts the standard setup dialog for your default printer, so that you can change the paper size, orientation, resolution, etc. Note that any changes made here are not made permanent. They stay in force only within the current BioGraf session.
- Cancel** Abandons all changes and closes the dialog.

Note There have been reports that some printer drivers supplied with Windows do not accurately reflect the margins and other capabilities of the printers they support. This is unfortunately beyond the control of BioGraf, and you are recommended to experiment until you find a satisfactory solution.

Print Status

This status box appears when you start printing, and shows which page is currently being processed by BioGraf. This is not necessarily the page that is currently being printed. You can get on with work in other applications whilst printing is in progress.

Press the **Cancel** button if you want to abandon printing.


Legend

The Legend is your key to the various different biorhythm curves that are shown in BioGraf. It first appears in the lower right-hand corner of the main window. You can move it around by dragging it either to another position within the window, or even outside the window altogether.

You can switch the legend off by double-clicking on it. Alternatively, you can use the View dialog to switch it off or on again.

Registration

You can see the registration details for your copy of BioGraf by selecting the **About BioGraf...** command from the control menu. This is the menu that appears when you press Alt+Space, or click on the

 symbol at the top left of the BioGraf window.

When you register your copy of BioGraf, follow the instructions in the About BioGraf... box, or fill in the registration form in the file BIOGRAF.REG.

Keyboard Commands

BioGraf recognises the following shortcut keys:

<u>KEY</u>	<u>ACTION</u>
P	<u>People</u> command
V	<u>View</u> command
I	<u>Interpret</u> command
R	<u>Print</u> command
H	Help command
Left arrow	Back by one day
Right arrow	Forward by one day
Up arrow	Back by one screenful
Down arrow	Forward by one screenful
Page Up	Back by one year
Page Dn	Forward by one year
Home	Return to today's date
F1	Display help
Alt+Space, A	About BioGraf
Alt+F4	Exit BioGraf

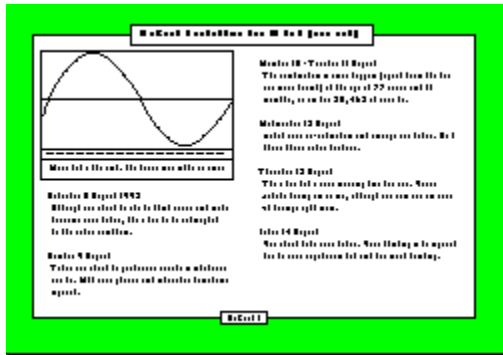
Date Formats

You should enter dates into BioGraf in numeric format. The day, month and year go into separate fields in the dialog box.

For example, enter 23 August 1992 as 23 8 92. You can omit the first two digits of the year if it falls within the current century, but type the year number in full if it falls within another century, e.g., 1882.

BioGraf accepts dates from 1800 to 2800.

Printout Illustration



This represents a quarter-page chart printed in landscape format. The margins have been shaded.

What are Biorhythms?

Each of the four biorhythm cycles influences different functions or abilities:

Cycle	Length	Affects...
Physical	23 days	stamina, co-ordination, basic body functions, immunity to disease, strength, speed
Emotional	28 days	moods, creativity, mental stability, sensitivity
Intellectual	33 days	judgement, mental alertness, logic, conceptual ability, decision making, memory recall, ability to learn, analytical functions
Intuitional	38 days	unconscious perception, hunches, instincts, sixth sense

Note You can read much more about biorhythms in Chapter 3 of the BioGraf **User's Guide** (either in the file BIOGRAF.TXT, or in the printed version available when you register BioGraf).

