Runner's Log
For Palm Connected Organizers

User's Manual

Introduction

Thank you for trying Runner's Log. Runner's Log is an application developed exclusively for the Palm operating system for runners, walkers, bikers, or any athlete who desires a simple yet powerful tool for recording training data. Use Runner's Log to track your training progress, or simply to keep a journal of your running activity. Some of the features of the program are:

- A comprehensive entry system that allows you to quickly enter the date, location, distance, duration (elapsed time), and weather conditions of your run.

- Make entries in either miles or km. Also, display entries in either unit system regardless of how they were entered.

- Mark entries as a "Race Event" to track your competitive progress.

- A comment field associated with each entry where you can add other notes.

- Memorized locations. The program automatically remembers the ten most recent locations you have entered, so re-entering workouts at these locations is as simple as two taps!

- Four ways to view your log, including a customizable log list, two detailed list modes, and a summary. With Runner's Log, YOU decide what information to view. The program remembers how you use it!

- Automatic computation of speed and shown as either minutes/mile, minutes/km, miles per hour, or km per hour.

- Keep track of other types of exercise, too (up to four) which you can rename.

- Display accumulated exercise data for the current week, month, and year as well as for the previous four weeks or months.

- Display average distance, duration, and pace of entries for many different time periods.

- Export Runner's Log data to a memo on your Palm device for use in other programs on your desktop machine (PC or Mac).

Getting Started

Getting started using Runner's Log is easy:

1. Begin by installing the program file, RunLog.prc on your Palm device. Follow the normal installation procedures to transfer the program via HotSync® to your handheld.
2. Before adding entries to your running log, create a category in which to store your entries. For example, your first name. The use of categories allows multiple people to use the same

running log. To change the present category, or to create a new category, simply tap on the category selector located in the upper righthand corner of the screen.

3. To add new entries to your running log, simply tap the "New" button on either the Log or Summary pages.

4. Enjoy your running and your running log!

Recommended procedure for periodic backups
Each time you HotSync your Palm device with your desktop computer, a backup copy of your Runner's Log database is placed on the desktop machine. While this provides a backup of the most recent information you have entered into the program, for added security we recommend that you periodically make a backup copy of this file. This second backup of the Runner's Log database will allow you to restore the database in the future if your desktop machine fails, or the file accidentally gets erased or corrupted. To make a backup, you need to copy the file named "RunnersLogDB.pdb" onto another disk (such as a floppy disk). This file is stored a folder called "backup" on your desktop machine. If you are unable to locate the file, try searching the system. In Windows 95/98/NT, you can do this by choosing **Find | Files or Folders** from the Start menu, then entering the file name (RunnersLogDB.pdb) in the "Named" field, choose "Local hard drives" or Drive C: in the "Look In" field, and press Enter. Windows will search your hard disk for the file and show you it's location ("In Folder") on your computer. You can backup this file simply by right-clicking on it and choosing "Send To | 3 ½" Floppy" (make sure you have a floppy disk in the drive).

Instructions for Upgrading and Restoring
If you are upgrading from a previous version of Runner's Log, you can upgrade to the newer version simply by re-installing the program as you did originally (over the previous version). *Do not delete the program from your Palm first.* Doing so will remove the Runner's Log database as well as your registration code if you have registered the program. If this should happen accidentally (or if your Palm suffers a "Hard Reset" which erases all third party applications such as Runner's Log), don't panic! You can restore your Runner's Log database by locating the file "RunnersLogDB.pdb" located in your Backup folder on your desktop machine (usually in a directory such as c:\Palm\YourUserId\Backup) and installing this file the same way you install an application (PRC file) on your Palm.

The Program

The Log Screen
The main screen you look at in Runner's Log is the Log screen:

At the top right of the log screen you can select the current category being viewed. You may also edit the category list to add, rename, or remove categories from the Runner's Log database.

There are three modes for viewing the log in varying degrees of detail. You can change modes by selecting one of the three rectangular icons at the bottom of the screen. In all log modes, the leftmost column of the log view lists the date of each entry. You may select a different format for the date column by tapping the Date selector and choosing an option from the popup list.

The default view (shown) displays 10 entries at a time, with one row used for each entry. In this mode, you can select an item to be shown in each of the two right columns. By tapping on the column headings, you will be able to select one of the following 8 different parameters for each column:

Parameter:	Description:
Distance	How far you went… in miles or km (depending on how you entered it and the preferences you've set).
Duration	How much time it took… Displayed as either hh:mm:ss or as mm:ss depending on the preferences you've set.
Conditions	Environmental conditions as you entered them, such as Clear or Cloudy, and temperature such as Hot or Cold.
Pace	The speed that you went, calculated by dividing the distance by the duration. This can be displayed as either minutes per mile/km or miles/km per hour, depending on the preferences you have set for each activity type.
Heartrate	In beats per minute.
Activity	The activity type. There are four activity types possible, three of which you can edit from the "Activity List" screen.
Weight/Calories	Weight, in lbs or kg, can be shown in the second column. In the third column, the program can display calories computed for each entry. The calorie computation is performed using the distance and the weight entries, using the formula: `Calories = 1.036 * Weight (in kg) * Distance (in km)` If you do not enter a weight for the entry, the program uses a default value of 150 when calculating calories.

The second log mode displays 5 entries at a time, using two rows for each entry. In this mode, the program will display the duration, distance, location, and environmental conditions for each entry.

The third log mode displays two entries at a time, using five rows for each entry. In this mode, the program displays detailed information about each entry, including heartrate (if entered), weight (if entered), notes (if entered) and the computed calories burned for each entry.

Regardless of which log mode you are using, you can move up and down through the log by tapping the Up/Down arrows located in the lower right corner of the screen, or using the hardware page up/page down buttons on your handheld device.

Also at the bottom of the log screen you may select the Summary form (see below), or create a new log entry (also accessible through the menu). In all log modes, you may edit an entry by tapping the first line (containing the date) of the entry. This will activate the Log Entry screen.

The Log Entry / Edit Screen

The Log Entry screen (shown left) lists each field for the entry in the Runner's Log database. You are not required to enter data into every field. In fact, the only required item is the date.

Date: The calendar date that the event took place.

Location: A string (up to 20 characters) describing the location or course. When you enter a new location, the program memorizes it and places it in a drop-down list which can be selected the next time you add a log entry. To activate the memorized locations list, simply tap the small arrow to the right of the location field. Up to 10 locations are memorized by the program. Each time you re-use a memorized location, that location will be promoted to the top of the memorized location list, so your most frequent locations will always stay on the list.

Activity: The type of activity defaults to the activity that you used most recently, but you can override this and select on of the other activity types listed by tapping on the activity type selector. You can edit the activity list by choosing "Activity List" from the program's menu. The activity type can be used in the Summary screen to filter out events by type.

Distance: The distance of the run (or whatever type of entry you are creating) can be entered in either miles or km. Simply tap on the distance field, enter the distance, then tap either the miles or km label to the right of the distance field. RunLog will record the units as you entered them and can display the entry in the log screen using either the units as you entered them or converted to miles/km (see the Preferences section later).

Duration: Enter the time (duration) of the event. Tap each field to move between hours (h), minutes (m), and seconds (s).

Conditions: The two conditions selectors are provided to allow a quick method of recording what the atmospheric/course conditions were. Simply tap each selector and choose the term that most describes the conditions. The program will remember what conditions you chose on your previous log entry, so re-selecting the conditions is not usually necessary.

Comments: You can use this area to enter anything you want (how'd you feel? What did you see? Who did you run with?). Up to 30 characters may be entered.

Assign to category: The previously selected category is automatically selected, if you want to assign the log entry to another category, simply tap the category selector and choose from the popup list.

After you're done, tap OK to record the log entry.

By tapping the "More" button at the bottom of the Log Entry screen, you can activate the Log Entry Details screen (shown left). From here you can enter additional data about the activity, including heart rate, weight (in pounds or kg) and if the activity was a race.

To dismiss the Log Entry Details form and return to the Log Entry screen, tap Ok (to accept the changes you have made) or Cancel.

The Summary Screen

Once you have entered activity data into the program, you can use the Summary screen to display a wide variety of statistical data for various time periods.

You can select what activity type you want to display the summary for by selecting the activity filter at the top of the screen.

There are three modes for which you can display summary data. These are selectable by tapping the "For:" heading over the time period descriptions.

The first (and default) summary mode will display data for the current week, the current month, the current year, and the total in the running log. The second summary mode will display the data for each of the previous four weeks (including the current week). The final summary mode will display summary data for each of the previous four months (including the present month).

Above each of the other two columns of the summary table, you can select what parameter from the running log you would like to see. The program will remember what items you have selected and will return to those each time you visit the Summary screen. By tapping on either column heading, you can select from the following statistical items:

When you choose:	The program will display:
Count	The total number of entries in the log for the specified time period.
Distance	The total distance logged. Can be displayed in either miles or km (see Preferences) for the specified time period.
Time	The total time logged for the specified time period.
Ave Dist.	The average distance entered of all log entries (excluding entries for which you didn't enter a distance) for the specified time period.
Ave Time	The average duration entered of all log entries (excluding entries for which you didn't enter a duration) for the specified time period.
Ave Pace	The average speed for all entries, calculated by dividing the average distance by the average time for the specified time period. The result can be displayed in either minutes per mile/km or miles/km per hour (see Activity List settings).
Calories	The total calories expended for the specified time period.

Beneath the summary table the program displays a description of the most recent entry in your activity log.
To return to the Log screen, simply tap the Log button at the bottom of the screen. To add a new entry to the log, tap the New button.

Program Menu

The program menu is accessed by pressing the menu icon on your Palm device while viewing either the Log screen or the Summary screen. Below is a description of each item in the menu.

New Log Entry
Select this option to add a new entry to the log. This will activate the Log Entry screen described earlier.

Duplicate a Log Entry
Select this option when you want to add a new entry to the log based on data you entered previously. This is helpful when you do a similar workout often. After you have selected this item from the menu, you will see a small icon in the lower right-hand corner of the screen ( ). When this icon is shown, tapping on any entry shown on the Log screen will duplicate the entry, change the date to the current date, and activate the Log Entry/Edit screen. Simply change whichever fields you wish to alter from the original entry (for example, the duration) and tap "Ok" as you would normally when entering a new log entry.

When you dismiss the Log Entry/Edit screen, the "duplicate" icon will be removed and tapping on subsequent entries in the Log will activate the Edit screen as usual.

Activity List

Activity List Settings

Description: Display Pace as:

1. Run   ▼ min. per mile or km
2. Hike/Walk   ▼ min. per mile or km
3. Bike   ▼ miles or km per hour
4. Other   ▼ min. per mile or km

Compute calories by multiplying:

1. 1.036 by [km] [minutes] by kg
2. 0.088 by [km] [minutes] by kg
3. 1.000 by [km] [minutes] by kg
4. 1.000 by [km] [minutes] by kg

(OK) (Cancel)

Selecting this option from the menu will display the Activity List Settings screen (shown here). From this screen you can modify the activity descriptions as well as how you want pace (i.e. speed) computed for each activity, and how you would like calories to be computed for each activity type.

About Calorie Computations

Calories for each entry in the log can be computed in one of two ways. Both formulas use your body weight (in pounds or kg) as a factor in calculating how many calories you burn during a workout. If you do not enter a body weight for each entry, the program will automatically use a "default" weight which you can set from the Preferences screen (see below). The first (default) manner by which the program will compute calories burned is:

$$\text{Calories burned} = M * (\text{distance, in km}) * (\text{weight, in kg})$$

Regardless of how you enter distance (miles or km) or weight (lbs or kg), the program will convert those values to km and kg when computing calories. The second manner by which the program can compute calories burned is:

$$\text{Calories burned} = M * (\text{elapsed time, in minutes}) * (\text{weight, in kg})$$

From the Activity List Settings screen you can modify the "M" factor as expressed in the equations above. Typical values for M are 1.036/km for running, and .088/minute for moderate hiking.

Preferences

Preferences

First day of week: ▼ Sunday

Summary Preferences

Display distances in [miles] [km]

Log Preferences

Show distances: [as entered] [miles] [km]

Duration format: [hh:mm:ss] [mm:ss]

Align Columns: [left] [right]

Grid style: [⊞] [⊡] [☐]

Default body weight: 150   [lbs] [kg]

(Done)

Select this option from the menu to activate the preferences screen (shown to the left).

At the top of the preferences screen you can select what day of the week you consider to be your "first day". This preference is used when tabulating weekly statistics on the Summary screen. By default, the program considers Sunday the first day of the week.

For the Summary Screen, you may select either miles or km to be used to display distances.

The Log Preferences include how to display distances, how to display time (duration), how to align text in the columns of the overview log list, and the style of lines to use when drawing the grid on the log screen. The final item on the Preferences screen is the Default body weight, which can be entered as either pounds (lbs) or kilograms (kg). This value is used when the program computes calories for log entries if the individual log entry does not have a body weight entry.

Export Data to Memo

You can export the data for any category (or All categories) of log entries by selecting "Export Data to Memo" from the Options menu. When you select this option you will be given the choice of which log fields you would like to be included in the exported file.

The exported log data will be formatted as a tab delimited text file (memo), titled "Runner's Log Data" followed by the selected category name. After you perform a HotSync with your desktop machine, you can easily copy and paste the data into a variety of other programs (such as MS Excel or Word for printing). Note that Palm memos are limited to a maximum size of 4Kb, so larger logs may not fit in a single memo.

About Runner's Log
Select this option from the menu to display information about the version of Runner's Log that is installed on your Palm device.

Register
Select this option from the menu if you would like to register your copy of Runner's Log!

Purchasing the Program

Runner's Log is shareware and as such its development is supported through user registration. You are invited to try Runner's Log for 30 days free of charge. Then, if you would like to continue to use the program, you may purchase it at www.palmgear.com. The registration fee is presently $10 US. You may also download updates (free to registered users) from the same site.

When you register the software, you will receive a registration code by email. The registration code is unique for your Palm device and is based on your HotSync user ID. When you purchase Runner's Log, be certain to indicate your EXACT hotsync ID. You can view your hotsync ID by going to the Register screen. After you have received your registration code, simply enter the code into the registration screen.

How To Get Help

If you should have any difficulties using Runner's Log, please send your email to:
martyrice@pobox.com

Also, please send your comments and suggestions as these help make Runner's Log better!