

TrainingBase - 32 bit -- Introduction

TrainingBase is the athlete's database for Windows and provides the state of the art in computerized training logs. The TrainingBase application is designed to help you keep track of and analyze your sports workouts. To do this TrainingBase creates a database in which you enter information about your workouts. Each workout is stored in one record. Once you have entered the information TrainingBase allows you to analyze and review your workouts.

TrainingBase - 32 bit -- Getting Started

To enter your workouts in TrainingBase you must first create a database. After creating a database, TrainingBase will open your database for entry of records in the database. The main TrainingBase window (titled the data view) contains a record view (displays a single record) and a grid view (displays all of your records at the same time in a table format) of your records that can be accessed by selecting a notebook tab. In the record view you can enter or edit information about your workouts. You cannot edit or enter records in the grid view. When you select a record in the grid view that record will be the record displayed in the record view. You should set two options before you enter any workout records in the database:

- ◆ Set the Metric or English distance measure. The type of distance measure can be set on the General Options page of the Options dialog.
- ◆ Designate your primary sport. You should set the workout type you do the most as your primary sport. The primary sport can be set on the Sport Options page of the Options dialog. You should also add any custom sports that you will use on this page.

SAMPLE DATABASE: To see a sample of a TrainingBase database open the Sample32.mdb file located in your TrainingBase directory.

TrainingBase - 32 bit -- Getting Help

To learn how to use TrainingBase you can use this help file. You can get context sensitive help by pressing the “F1” key when a window, button, or other control has the focus while using TrainingBase. The Status bar, in the bottom left of the TrainingBase main window, also provides useful information as you move the mouse over items it will display text to explain what that item does. ToolTips help is also provided. When the mouse moves over the toolbar a window will appear with text explaining the button’s function. In dialog boxes you can use What’s this help. Click on the “?” button in the top right corner of the dialog box and then click on the item you want help on.

Help Tip Dialog: When you start up TrainingBase a dialog box will display a tip on how to use features of TrainingBase. If you check the box to not display help tips on startup and later change your mind you can turn on the help tips in the options dialog by selecting the “Edit/Options” menu item.

What's New -- 32 bit Windows Application

TrainingBase for 32 bit Windows is a full 32-bit application with support for long file names. TrainingBase for 32 bit Windows requires Windows 95 or greater or Windows NT 3.51 or greater. It is recommended that Windows NT 3.51 users use service pack 5 or greater and Windows NT 4.0 users use service pack 3 or greater.

What's New – Custom Sports

TrainingBase now allows the creation and use of as many as 25 custom sports. You can select a name, icon, distance measure, pace measure, and a details type for each sport.

What's New -- Notebook Metaphor

TrainingBase uses a notebook metaphor to allow easy access to either a single record view of your database or a grid view of all the records in your database with a single click of the mouse.

What's New -- Supports Metric or English Distances

You can now choose to use Metric, meters and kilometers, or English, yards and miles, as the distance types in your databases.

What's New -- New Workout Fields

You can now use TrainingBase to track your weight and heart rate. Both fields are optional and will only be displayed if you select them from the [display page](#) of the Options dialog

What's New -- Workout Details Form

You can now enter and display detailed information about your workouts. For weight training and other workouts that you set to use repetitions for details you can enter a detail description, the number of sets and repetitions completed and the weight used. You can also keep track of body measurements by entering the area you measured in the detail field and entering a measurement in the size field. For workouts that are not based on repetitions you can enter detail information such as a description of the workout detail, the distance (if that sport has a distance component), the time and a heart rate value. If you enter a distance and a time for a detail TrainingBase will calculate the pace automatically. You can also use the detail field to keep track of different heart rate settings, i.e., maximum heart rate, minimum heart rate, in range heart rate, etc. by entering the type of heart rate in the detail field and then entering a heart rate in the heart rate field. This allows you to divide your workout into its individual details to better monitor your workouts.

Detail graphs: You can create graphs of your detail information. Just select the detail field that you want to graph in the grid so that it appears in the data entry fields. Then double click on the field that you want to graph. For example if you want to graph the weight used in a bench press exercise: select the bench press record in the grid and then double click on the weight text entry box. You will see a graph of all bench press entries for the last year or six months from the date of the current workout, depending on your settings in the options dialog box.

Printing Details: New in version 4.1 is the ability to print the details form. You can use this feature to plan your workout and take a hard copy with you. For example enter your planned weight training workout exercises, sets, repetitions and weights in the details grid and then print the workout. Take it with you to the gym, note any changes in the workout on the printout, and when you get home enter the completed workout.

What's New -- Append Command

You can now use the append database command to add all the records from another database to an open database. This command will add a database created in any version of TrainingBase to a current version TrainingBase database. You can use this command to update your old database to the current TrainingBase database or to combine several databases into one. **NEW IN VERSION 4:** The speed of the append command has been greatly enhanced and the command now shows the progress of the append operation.

What's New -- Reports Bound to the Current Recordset


Reports are now bound to the currently used recordset. If you filter the workout records using query by example the records in your query will be included in the report. It is no longer necessary to enter filtering information in the report dialog. TrainingBase now uses the Crystal Reports 6.0 report engine.

What's New -- Ease of Use Enhancements


TrainingBase is significantly easier to use and more powerful than previous versions. Here are some of the improvements:

- All operations can now be performed from the data entry form, including database operations.
- Graphing is a single Click operation.
- A notebook interface allows easy switching between single record and multiple record views of the database
- Totals are now automatically calculated upon opening the total dialog.
- The Find dialog will remain on screen after a search allowing multiple searches without reopening the Find dialog each time.
- What's This Help is available in each of the dialog boxes by clicking on the "?" button in the far right of the title bar.
- A calendar is available to select a date for your workout. Click the down arrow in the date text box to open the calendar.
- Help tip dialog, offering a tip of the day, is displayed on startup.
- The Toolbar is now customizable.

Creating a New Database


TrainingBase uses a database to store your workout records. Before entering any workout information you must create a new database. You can create a database for each person who wishes to record his or her workouts. To create the database Click on . When the file “save as” dialog box opens select a directory to store your database and enter a file name. After you create a new database TrainingBase will open it in the data entry form to allow you to enter new workout records.



Opening an existing Database

To open an existing database Click . The file open dialog box appears to allow you to select an existing database. You can also select the last four opened databases from the file menu. If you exit TrainingBase with an open database it will automatically open that database the next time you start TrainingBase. This feature can be turned off on the Display Options page of the Options dialog.

To Enter a New Workout Record in the Database

To enter information about your workout you must first insert a new record in the database. You can insert a new record in one of two ways:

- Click  to insert the new record. TrainingBase will enter the current date in the date field, set the workout type as training, and set the sport to your primary sport. You must enter the rest of the information about your workout in the text boxes on the record view form.
- You can also insert a new record by selecting a frequent record from the frequent record dropdown list on the toolbar. A frequent record is used to save information about a workout that you do regularly. When you select a frequent record TrainingBase will enter the information into the new workout in addition to the date, workout type, and sport that you saved with the frequent record.

TrainingBase automatically saves the information you enter when you move to a new record or close TrainingBase. You can save without moving or closing by Clicking . If you decide you do not want to save the record Click  to cancel the insertion of the new record.

Date

You may enter any valid date in the date text box. In order to save a record you must enter a valid date. The date field is the only field of a record that must be entered to save a record. The date field for each record need not be unique, i.e., you can enter as many workouts as you want with the same date. TrainingBase maintains your database in descending (most recent date first) date order.

Keyboard Interface with Date Text Box:

When the calendar is not dropped down:

Press	To	Comments
Left Arrow	Move Left	Move the cursor position to the left in the date area either month, day, or year.
Right Arrow	Move Right	Moves the cursor one position to the right in the date area either month, day, or year.
Up Arrow / +	Increments Month/Day/Year	Increments the date area that is currently selected.
Down Arrow / -	Decrements Month/Day/Year	Decrements the date area that is currently selected.
Escape	Cancel Selection	Resets date to the date in the database before changes.
CTRL+T	Select Today's Date	Selects today's date.
ALT+Up Arrow / ALT+Down Arrow / F4	Drop Down the Calendar	Drops down the calendar portion of the control.
CTRL+Left Arrow / Home	Go to Beginning	Goes to the first date area.
CTRL+Right Arrow / End	Go to End	Goes to the last date area.

When the calendar is dropped down:

Press	To	Comments
Left Arrow	Focus on Previous Day	If previous day is visible, only the focus changes; otherwise the control scrolls.
Right Arrow	Focus on Next Day	If next day is visible, only the focus changes otherwise, the control scrolls.
Up Arrow	Focus on Same Day of Previous Week	If previous week is visible, only the focus changes; otherwise, the control scrolls
Down Arrow	Focus on Same Day of Next Week	If next week is visible, only the focus changes; otherwise, the control scrolls.
CTRL+Left Arrow	Focus on Same Day of Previous Month	If previous month is visible, only the focus changes; otherwise, the control scrolls to the current day in the previous month.
CTRL+Right Arrow	Focus on Same Day of Next Month	If next month is visible, only the focus changes; otherwise, the control scrolls to the current day in the next month.
Page Up	Focus on Same Day of Previous Year	Scrolls to the current month in the previous year.

Page Down	Focus on Same Day of Next Year	Scrolls to the current month in the next year.
Home	Focus on First Day of Month	Sets the focus to the first day of the current month.
End	Focus on Last Day of Month	Sets the focus to the last day of the current month
Enter / Spacebar	Select Day with Focus	Selects the day with focus and closes the dropdown calendar.
Escape	Cancel Selection	Cancels any selection made through the calendar, restores the date to the date that was in the edit portion before the calendar was dropped down and closes the calendar.
CTRL+S	Focus on Selected Date	Sets the focus on the selected date.
CTRL+T	Focus on Today	Sets the focus on today's date.
ALT+Up Arrow / ALT+Down Arrow / F4	Close Up the Calendar	Closes up the dropdown calendar portion of the control.

Day: Next to the date text box is the day label that will show the day of the week for the date you entered.

Tips:







- You can plan future workouts by entering records with dates in the future and then updating them as they occur if needed.

Workout Type

You can designate each workout as either a training or competition workout. Upon adding a new record the workout type is initially listed as training. To change the selection click the appropriate option button in the Workout Type box.

Sport

The sport for the current record is shown as an icon in the top right corner of the record view form. The following seven sports are predefined by TrainingBase:

Sport	Icon	Shortcut Key
Cycling		Ctrl + B
Running		Ctrl + R
Swimming		Ctrl + Z
Walking		Ctrl + H
Weights		Ctrl + I
Aerobics		Ctrl + A
Misc.	MISC	Ctrl + M

You can not change the predefined sports except to set the type of pace to use for swimming or to select distance and pace options for the Misc sport.

Creating Custom Sports : You can set as many as twenty-five custom sports to use in your databases by using the [Sport Options](#) page of the Options Dialog box. For each sport you set up you can set a name, an icon to represent the sport, a distance measure, a pace type, and what type of detail grid to use.

When you insert a new record the sport will initially be set to your primary sport. You can change a workout record's sport by selecting the sport from the "Sport" menu, by using one of the short cut keys listed above (predefined sports only), or by Clicking on the sport icon. Left Clicking the icon moves the sport in order down the sports list, while right Clicking the icon moves the sport in order up sports list.

Distance

Enter the distance traveled for a sport in this text box. Below the distance text box will be displayed the distance measure. The distance measure will depend on whether you select Metric or English in the Options dialog and the workout record sport.

Converting Distances Between Metric and English: If you are using Metric as your distance measure you can enter a distance in English and, while the distance text box has the focus, press “M” to convert miles to kilometers or press “Y” to convert yards to meters. If you are using English as your distance measure you can enter a distance in Metric and, while the distance text box has the focus, press “K” to convert kilometers to miles or press “M” to convert meters to yards. Note: This only works with capital letters “M”, “Y”, or “K” not “m”, “y”, or “k”. For example, if your distance measure is English and you enter a running workout of 10 Kilometers just enter 10, press “K” and the distance will be converted to 6.21 miles. Similarly, if your swimming workout is in a metric size pool and you use English as your distance measure, you may enter your workout distance in meters and press “M” to convert the distance to yards.

Time

Enter the time the workout took to complete. Enter the time in hours, minutes, and seconds in the appropriately labeled text boxes. If you enter a time for minutes or seconds equal to or greater than 60 you will be prompted to enter a figure less than 60 before you can save or move from the record.

Pace

If you enter a value in the distance and time text boxes greater than zero TrainingBase will calculate a pace for your workout. If you enter values that produce meaningless pace results the pace field will be blank. (For example, enter values which result in MPH or KPH speeds over 999.99 will result in a blank pace.) Sports without a distance field do not show a pace. The pace depends on the type of workout you have entered and whether you have selected Metric or English as your distance measure. Pace is calculated as one of the following:

Pace Caption	Description	Sport
MPH	Miles per Hour	Cycling, User Defined
KPH	Kilometers per Hour	Cycling, User Defined
MPM	Minutes per Mile	Running, Walking, Swimming, User Defined
MPK	Minutes per Kilometer	Running, Walking, Swimming, User Defined
MPHY	Minutes per Hundred Yards	Swimming, User Defined
MPHM	Minutes per Hundred Meters	Swimming, User Defined

For Swimming, Misc, and custom sports you can select which pace to use on the [Sports page](#) of the Options dialog.

Location

Enter a description of the location of your workout. (Max. 255 characters)

Tips:


- Entering location information will be important later if you want to query your database to find records of interest. By entering descriptive information in the workout fields you will be able to make more specific queries of your database. In this manner you can select specific records for examination.
- A location for running or cycling might describe the street taken or a name you have given to a particular route taken. For swimming, aerobics, or weight workouts you could enter the location of the workout, like home, Gold's gym, YMCA pool, Lake Tahoe, etc.

Workout

Enter a description of your workout. (Max. 255 characters)

Tips:

- The more descriptive the information the easier it will be to specify the records returned when doing a query.
- Workouts might be entered as follows: Running: LSD (long slow distance), Fartlek; Cycling: sprints, time trial, etc.; Weights: free weights, circuit training; Aerobics: jazz, step, etc.

Entering or Viewing Workout Details: Click  to open and view the workout details form. In this form you will be able to enter or view [detail information](#) about your workouts.

Comments

Enter any comments about your workout. (Max. 32Kb)

Tips:

- Comments might include any of the following: a rating of how the workout felt or how hard it was, a description of who you worked out with, the weather, or any other information that may not fit in the other fields.
- You can also use this field to track equipment usage. For example, by listing in the comments that you had started wearing a new pair of shoes (or used new tires on your bike) you could later query the database to find the entry and then query the database to only show the records since the equipment change. Finally, by totaling the records in the Totals dialog you would have the distance you got on the shoes.

Weight


Enter you body weight. Weight may be entered in tenths. To obtain a graph select the “*Tools*” / “*Graph*” / “*Weight*” menu item or double Click in the weight text box.

Heart Rate

Enter a heart rate in the text box. To obtain a graph select the “*Tools*” / “*Graph*” / “*Heart Rate*” menu item or double Click in the Heart Rate text box. If you want to keep track of multiple heart rates use the details form by double clicking on the Workout text field.

Tip: You should decide what rate you want to keep track of and enter that figure consistently. For example, some people might want to keep track of resting heart rate. (A resting heart rate is taken upon waking in the morning. A variance of resting heart rate of over ten beats is usually a sign of over training. Therefore, by tracking resting heart rate an athlete can be aware of when to rest.) Others might want to track the maximum heart rate achieved during that workout. Any scheme you choose will work as long as you remain consistent.

Entering Workout Details Information

To show the workout details form Click . The appearance of the form will depend on the sport selected for the record displayed in the record view. For all sports that are based on time or distance (Cycling, Running, etc.) you can enter workout details in the following fields: detail (Enter a description to a maximum of 30 characters), distance (for sports with a distance field only), time of workout, and heart rate. If distance and time values are entered TrainingBase will calculate a pace for the split. [Repetition based sports such as weight training have the following fields: detail, sets, repetitions, weight, and size.] Workout details for a particular workout are viewed in a grid at the top of the form. Information is entered into the database in the labeled edit boxes below the grid. To enter information in the workout details form perform the following steps:

- Click the Insert button at the bottom left of the form.
- Type the information in the edit boxes below the grid that you wish to enter.
- Click the Save button to save the record and view it in the grid.

To make a record appear in the text boxes select that record in the grid. Edits made in the text boxes will be updated to your database when you move to another record or close the details dialog. To delete a record, select it in the grid so that it appears in the text boxes and Click the Delete button. To return to the TrainingBase record view Click Close.


Splits drop down edit box: After you have entered details in the database details form the next time you open the details form you will be able to select the details from the drop down edit box by selecting the down arrow. For example, if you always enter a warm up split for your workouts instead of typing it each time you will be able to select it from a list. When you type in the drop down list the first record with the same letters you type will appear.

Graphs: You can create a graph by selecting the detail you want to graph in the grid and making it appear in the edit text boxes. Then double click in the field, other than the detail field, that you want to graph.

Printing: Click the print button to print out a copy of your detail grid. The grid will print in black and white by default. If you get print errors or want to print the detail grid in color use the Detail Printing Options page of the options dialog.

Entering Details for Repetition Based Sports -- Weight Workouts



To show the workout details form Click . When the record view sport is Weight Training, Aerobics, Misc, or a custom sport which you have designated in the sport options dialog to use repetition details the workout details form will allow you to enter information in the following fields: Detail (Enter a description to a maximum 30 characters), Sets, Reps, Weight, and Size (for keeping track of physical measurements). Workout details for a particular workout are viewed in a grid at the top of the form. Information is entered into the database in the labeled edit boxes below the grid. To enter information in the workout details form perform the following steps:

- Click the Insert button at the bottom left of the form.
- Type the information in the edit boxes below the grid that you wish to enter.
- Click the Save button to save the record and view it in the grid.

To make a record appear in the text boxes select that record in the grid. Edits made in the text boxes will be updated to your database. To delete a record, select it in the grid so that it appears in the text boxes and Click the Delete button. To return to the TrainingBase record view Click Close.







Splits drop down edit box: After you have entered details in the database the next time you open the details form you will be able to select the detail from the drop down edit box by selecting the down arrow. When you type in the drop down list the first record with the same letters you type will appear.

Graphs: You can create a graph by selecting the detail you want to graph in the grid and making it appear in the edit text boxes. Then double click in the field, other than the detail field, that you want to graph.


Printing: Click the print button to print out a copy of your detail grid. The grid will print in black and white by default. If you get print errors or want to print the detail grid in color use the [Detail Printing](#) Options page of the options dialog.

Moving Through the Records

The workout records in TrainingBase are kept in descending (most recent to the oldest) order. You can move about in the database and display the record in the record view by using the grid view and selecting the record you want to display or by:


- Clicking  to move to the most recent workout in your database.
- Clicking  to move ahead in time by the number of records you have set in the options dialog (the default amount is seven records.)
- Clicking  to move ahead one record in time.
- Clicking  to move back one record in time.
- Clicking  to move back in time by the number of records you have set in the options dialog (the default amount is seven records.)
- Clicking  to move to the oldest record in your database.


Finding Records by Date

To search your database and display a workout record in the record view use the Find dialog. Click  to show the Find dialog. In the Find dialog enter a date in the text box and Click “Go” to display the workout record with the date closest to the date you entered. The Find dialog will remain displayed until you click “Close”. The Find dialog will return to the upper right corner under the toolbar whenever the TrainingBase form is resized. The date edit control on the find dialog has the same keyboard interface as the date edit control on the record view form


Using Bookmarks

You can set a bookmark on a record so that you can immediately return to that record from any other place in your database. To set a Bookmark take the following steps:


- Display the record you want to Bookmark in the record view.
- Click  to set the Bookmark.

To return to a Bookmarked record Click .

Editing Workout Records

You can edit workout records in the record view form and your changes will be automatically saved when you move to another record or close TrainingBase. Any changes you make can be canceled by Clicking  before you move to another record.

Deleting Workout Records

Click  to delete the record displayed in the record view. **Caution:** Once you delete a record it can not be recovered. You will be prompted to confirm your deletion to prevent the inadvertent loss of records.

Creating a Saved Frequent Record

To eliminate repetitive typing of similar records into your database you can save frequently used workouts and enter the data by clicking on the dropdown list on the toolbar. For example, If you run the same course every Wednesday morning by creating a saved record you could enter the location, sport, workout and distance fields by clicking on the saved record. To create a saved record take the following steps:

- Display the workout record on which you want to base your saved record.
- Modify the fields of the displayed record so that only those fields that would not change are displayed. Numerical fields will revert to 0 when you clear them as they cannot be set to blank once data has been entered. Any numerical fields with a 0 will not become part of your saved record.
- Select the “*Tools*” / “*Frequent Records...*” menu item.
- In the Frequent Records form enter a name for the frequent workout.
- Click the “Add” button.


Your frequent record workout name will then be added to the drop down list and the fields that you changed to create the frequent record will return to the original value entered for the base record.

Deleting a Frequent Record: Open the frequent record form by Clicking on the “*Tools*” / “*Frequent Records...*” menu item. Select the name of the record you want to delete and press the “Delete” button.

Inserting a Saved Frequent Record

Click the name of the frequent record that you want to use from the drop down list on the toolbar. A new record will be inserted and the information about the workout that you previously saved will be entered. You must create a frequent record before the drop down list will become enabled.

Filter the Recordset Using Query by Example

When you first open TrainingBase all of your records are displayed. Using the query by example dialog box you can filter your database to display only those records that meet the criteria that you specify. To open the query by example dialog box Click . When you have a recordset open which is based on a query you will not be able to insert new records in the database.

Query by Example Dialog: First place a check mark next to the fields that you want to use to perform your query. You must select at least one field to perform a query. After selecting a field you must specify what criteria you wish to use to select records based on that field in your database. For example, if you want to select your records based on the date field you would check the box next to date and then enter a start date and an ending date. You can also change the order of your records in the query by example dialog. After specifying your criteria Click “Apply QBE” to return to the main TrainingBase form and only those records between the dates you specified will be displayed.

When you want to return to displaying all records Click . You may perform a query on the following fields:

Date: Enter any valid dates. The start date (the first date entered) must be less than or equal to the end date. If you enter the same date in both boxes your results will consist of all workouts on that date. The date edit control on the Query by Example dialog has the same keyboard interface as the date edit control on the record view form

Workout Type: Select a workout type from the drop down list.

Sport: Select a sport from the drop down list.

Time and Distance: Select an operator (equal, less than, etc.) and then enter a time or distance value in the text boxes. If you use the equal operator TrainingBase will select all times or distances within 10% of the amount you enter. (For example, if you enter 20 in the distance text box your records will include those with distances between 22 and 18.) You can change this by entering a different value in the increment text box. If you enter 0 in this box you will only get records that match exactly the distance or time value.

Location, Workout, or Comments: Select an operator from the drop down list then enter text to search for in the text box next to each check mark. If you select the “=” operator your query will return only records that have those exact characters in the text box. If you choose the like operator you may search for one or more characters at any location in the text by using wild card characters(*,?). The query you create is not case sensitive. (For example, using liKe will return record with like, LIKE, Like, etc.)

Order Records in a Query

Workout records in TrainingBase are normally kept in descending date order. You can order your queries by the descending date order, by time, or by distance. Order by distance can only be selected when you query a sport that uses a distance field. If you order the records by time or distance you will not be able to graph the records.

Tips:

- You can find your personal best times by selecting all the records for a particular course or distance and then ordering by time. The fastest time will be shown first.
- Another possible use is to find the longest distance you have cycled. Check sport and select cycling then order by distance.


Use of the Like Operator

Purpose:	Example:	Returns:
Match any text that contains the characters	[Like] *am*	ram, rams, damsel, amnesty
Match any text beginning with the characters	[Like] John*	Johnson, Johnsson
Match any text ending with the characters	[Like] *son	Johnson, Anderson
Match any text and a single trailing character	[Like] Glen?	Glenn, Glens
Match any text and any single preceding character	[Like] ?am	dam, Pam, ram
Match the text with one preceding character and any trailing characters	[Like] ?am*	dam, Pam, Ramses

Calculating Totals

Click Σ to open the Totals dialog box. When the dialog box opens totals will be calculated for your primary sport based on the automatic total values set in the options dialog. By default all totals will be calculated for the primary sport. To change these values use the Totals page of the Options dialog box. To calculate totals for another sport or time period select the sport or time period and Click “Calculate.” When you have a recordset that has been filtered by using query by example and then sorted by time or distance you can only calculate a grand total.

Graphing Records

To display a graph for your primary sport Click . To display a graph for other sports select the sport you want to graph in the “Tools” / “Graph” / menu list. The graph displayed will show either weekly or monthly totals for the time span of the workouts. By default TrainingBase will display the graph as weekly totals for the last year prior to the date of the record displayed in the record view. (You can display any time period you want to display by positioning the displayed record in your database. For example to graph records from 1992 move to the last record in 1992.) You can change these defaults on the [Graph](#) page of the Options dialog. **Warning:** In order to show a graph you must have at least two points to graph, i.e., you must have workouts in the database from either two different weeks or months.

Graph View Form: In the graph view you can show a graph for other totals, time periods or sports by Clicking the option button for the time period (monthly or weekly), the totals (Time, Distance, Pace, or Number of Workouts), or the sport drop down list and selecting a sport to graph and Clicking “Graph Data.” Three lines can be shown on a graph. TrainingBase will automatically show a line with your workout data and a mean line (an average figure for the period graphed, therefore a line parallel to the x-axis) for the data graphed. Optionally you may show a best-fit line. The best-fit line will indicate the trend of the data. By default the best-fit line is not shown. To show the best-fit line change its line style to other than none in the options dialog box, graph page. The legend on the graph will show the different line styles.

X Axes Titles: The X axes displays the first day of the week (determined by your settings in the options dialog box as either Sunday or Monday) and the number of the week in the year when graphing weekly totals. For monthly totals an abbreviation for the month will be displayed.

Showing values for graph data points: When you move the mouse over the graph points a label will appear showing the value for that data point. (data and mean lines only, to find the mean line points move the mouse over the mean line at the same locations as points on the data line)

Allowing data holes: By selecting the allow data holes option on the [Graph](#) page of the Options dialog you can eliminate zero values from your graph. (weeks or months with zero values will not display on the graph and will not be used to calculate mean or best fit lines)

Printing: To print a copy of the currently displayed graph click the “File/Print” menu item.

Copying the Graph: You can create a copy of your graph and place it on the Windows clipboard (use the “File/Copy to Clipboard” menu item) or save it in a file (use the “File/Copy to File” menu item). You can copy a graph to the clipboard in the following formats: Bitmap, Metafile, Enhanced Metafile, or Standard Metafile. You can copy a graph to a file in the same formats plus in JPEG and PNG formats that are often used on the web. When you select a JPEG formatted file you can set the following properties: 1) GrayScale: Check to save the graph image in GrayScale. A grayscale image is composed of 256 shades of gray. 2) Optimize Compression: Check to optimize the compression, resulting in a smaller file size (but longer load time). 3) Progressive JPEG: Check to create a JPEG that will display incrementally. 4) Quality: A value from 0 to 100. The larger the value, the better the image quality (but a larger file size). When you select a PNG formatted file you can create an interlaced image by checking the option in the displayed dialog box.

Customizing the graph appearance: You can customize the graph colors, line patterns, and data point symbols on the [Graph](#) page of the options dialog.

Interacting with the Graph: You can interact with the graph as it is running to examine data more closely or visually isolate a part of the graph. The interactions described here affect the graph displayed inside the graph area; other graph elements like the header are not affected.

TrainingBase graphs provides users with 2 different mechanisms for zooming the graph: Graphics zoom and Axis zoom. Performing a Graphics zoom enlarges the selected area of a graph, while not necessarily showing the axes. Performing an Axis zoom changes the minimum and maximum data values to those selected, and redraws only that

data with axes.

To Scale the graph:

Press CTRL, and hold down both mouse buttons (or middle button on 3-button mouse).
Move the mouse down to increase graph size, or move the mouse up to decrease graph size.

To Move the graph:

Press SHIFT, and hold down both mouse buttons (or the middle button on 3-button mouse).
Move the mouse to change the positioning of the graph inside the graph area.

To Graphics Zoom an Area of the graph:

Press CTRL, and hold down left mouse button.
Drag mouse to select zoom area and release the mouse button.


To Axis Zoom the graph:

Press SHIFT, and hold down left mouse button.
Drag the mouse to select the zoom area and release the mouse button.

To Reset to Automatic Scale and Position:

- Press the “r” key to remove all scaling, moving, and zooming effects.

Create a Report

To create a report Click . In the report dialog you can select the destination of the report either to a window (similar to print preview), to a file, or to a printer by selecting the appropriate option button. Your report will include the records that are in your current Recordset. (If you have done a query prior to starting a report the records will only include those in the query). The report will print in the standard TrainingBase order, which is in descending order by date, unless you Check the “Sort Ascending” check box. You can select the type of report from the drop down list. The standard report that comes with TrainingBase is the default report. If you select a file type report you must select the type of file you want to output from the option list either Tab Separated (Presents data in tabular form. Encloses alphanumeric field data in quotes and separates fields with tabs.), Text (Saves the data in ASCII text format), DIF (Data Exchange Format, is often used for the transfer of data between different spreadsheet programs) , Excel 5.0, or HTML format for display on the Internet. After making your selections Click “Create Report” to show your report.

Obtaining Custom Formatted Reports: If you have access to Crystal Report 5.0 or greater you can create custom reports by creating your own reports and placing them in the TrainingBase directory. In order for your reports to show in the drop down list you must name your report customX.rpt where *X* is a number between 1 and 5. (If you want custom bound reports modify a copy of tbase32.rpt, found in your TrainingBase directory, otherwise your reports must be based on the underlying “*.MDB” file.) You can also modify the standard report which is in the TrainingBase directory (with a “.rpt” extension) by using Crystal Reports 5.0 or greater. If you do not have access to Crystal Reports you can contact [Customer Support](#) at Aimbie Software for reports customized to your needs. Additional reports may be made available on the Aimbie Software Home Page.

General Options

To set general options open the Options dialog by selecting the “*Edit*” / “*Options*” menu item. The following options can be set from the general options page:

Distance Measure: You can select to have TrainingBase recognize the distance values you enter as either Metric (Meters and Kilometers) or English (Yards and Miles). The default value is English. **Warning:** Once you select a value for the database you should keep it the same. If you change the distance measures you will have to go through the records and change the values you have previously entered to the new distance measure.

Week Start: This option controls when the week starts for the purpose of calculating totals and graphs. You can select either Monday or Sunday as the week start. The default is Sunday.

Page Up/Down Amount: Enter a value to move through the database when either the move Page Up or Page Down buttons are Clicked. The default amount is 7.

After making your selections Click “OK” to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click “Cancel.”

Display Options

To set display options open the Options dialog by selecting the “*Edit*” / “*Options*” menu item. The following options can be set from the display options page:

Autoload Last Database: You can have the database, which was used the last time TrainingBase was run, automatically loaded on start up by selecting the on option. Otherwise you will have to open a database each time you start TrainingBase. The default is on.

Show Toolbar Help Tips: When you move the mouse cursor over a toolbar button a popup help tip will be displayed if you set this to on. Turn off to prevent the display of the popup help tip. The default is on.

Start Window State: If you start the TrainingBase program other than normally with a command line option the main form may not be properly sized. To have TrainingBase start with the form maximized use this option instead of the command line. The default is to open the TrainingBase main window in normal sized mode.

Show Fields: By default TrainingBase will not show the weight or heart rate fields. If you wish to use these fields to track data check the box next to the field or fields that you want to show.

Show Help Tips on Start Up: To show help tips on startup check this box.

After making your selections Click “OK” to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click “Cancel.”

Graph Options

To set graph options open the Options dialog by selecting the “*Edit*” / “*Options*” menu item. The following options can be set from the graph options page:

Graph Default Time Period: The options you select here, monthly or weekly, determine the time period that sport totals are calculated and then graphed when you first display the graph. The default is weekly.

Graph For: Determine the time span of the records to include in the graph. Records will be selected for either the last year or six months from the date of the record displayed in the record view. The default is one year.

Is Double Buffered: Select this option to improve the display of graphs. (Double Buffered is the default setting) When used the graph display will require more memory. To save memory, at the expense of screen flicker, uncheck Double Buffered to turn this feature off. Turning this feature off will also improve the speed of the display.

Allow data holes: Select this option to eliminate zero weeks or months from appearing in your graphs or being used to calculate mean or best fit values. (The default is off.)

Setting graph colors, line patterns and data symbols: First, select the graph object you want to change in the list. You may then change the item by selecting a color from the list of colors or by clicking the button next to the color list to select a custom color. If you select a line object you can also change its line pattern or symbol style (data line only) from the drop down list. To use the default values for all graph objects click the set default button.

After making your selections Click “OK” to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click “Cancel.”

Totals Options

To set graph / totals options open the Options dialog by selecting the “*Edit*” / “*Options*” menu item. The following options can be set from the graph / totals options page:

Calculate Totals on Open: Check the box for the time period you want to have calculated upon opening of the Totals dialog. The default is to show all totals on open.

After making your selections Click “OK” to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click “Cancel.”

Sport Options

On the center of this page is the sports list that you can use in your databases. By default the seven predefined sports will always be in the list. You can add up to twenty-five custom sports to use in your databases. To create a custom sport click the Add button on the Sports page. A dialog box will ask you to type in a name for your custom sport. The name is limited to a maximum of 15 characters. After entering your new sport it will be added in the sport list box along with your other custom sports and the seven predefined sports.

When you select a sport in the sport list its properties will be displayed to the right. Each sport has an icon, a distance measure, a pace measure and a detail type. The predefined sports have fixed properties except for Swimming, Aerobics, and Misc sports. If you can make changes to the sports properties the option boxes to make the changes will become enabled. You can delete the selected sport by clicking the Remove button. The predefined sports cannot be removed.

Sport Icon: You can select any icon you want to be show on the record view form to identify your custom sport. The icons for the seven predefined sports can not be changed. To change the icon click on the Browse button and use the dialog box to select an icon to use. The TrainingBase installation program will place icons you can use in your TrainingBase directory for Roller Blading, X-Country Skiing, Rowing, and Hiking. You can make your own icons or find icon collections from many online services or other sources. If you do not select an icon or if TrainingBase cannot find an icon file it will use the icon for the predefined Misc sport.

Primary Sport: Select the sport workout you do the most as your primary sport. This is the sport that will be used when new records are added, when getting totals, and creating graphs from the toolbar. To make a sport the primary sport select that sport in the sport list and check the make primary box in the bottom right of the sport page.

Select Details Type: You can set up the selected sport to use either a time based details form or a repetition sport details. All default sports except weights are set to use time and distance details. (where distance is appropriate) Weights are always based on a repetition type details form. You can change Aerobics, Misc, or your custom sports to use a repetitions type detail form, if you wish. For example you could set up a sport as floor exercises and use repetitions to keep track of pushups, sit-ups, etc. Check this box to use the repetition based details form with the selected sport.

Warning: If you remove a custom sport that has been used in your database thereafter TrainingBase will use the Misc sport icon whenever you select that record.

After making your selections Click "OK" to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click "Cancel."

Detail Printing Options

To set detail printing options open the Options dialog by selecting the “*Edit*” / “*Options*” menu item. The following options can be set from the detail printing options page:

Print in Color: By default the detail grid will print in black and white. Check this option to print the grid in color.

Optional Printer Settings (These setting should remain at auto unless printer errors are occurring): Due to inconsistencies in which certain printer drivers implement windows printing techniques TrainingBase will automatically attempt to compensate for these inconsistencies. (This is the default Auto setting.) If you are getting errors in printing the detail grid you can change the setting from auto to on or off to correct these printing errors. If you are getting errors such as multiple blank pages, either before or after the grid prints, or pages containing garbage text try a different setting for the Printer Driver Override. If you are getting errors such as text overlapping the lines in the grid, text extending outside the cell that contains it, or gaps between the edge of the printed text and the edge of the cell try a different setting for the Clipping Override.

After making your selections Click “OK” to save the changes and return to the main TrainingBase form. If you decide you do not want to save your option changes Click “Cancel.”

Append Records

You can append the records from a database created with any version of TrainingBase. To append all the records from a database follow these steps:

- Open the database to which you want to add the records in TrainingBase.
- Select the “*File*” / “*Append Database...*” menu item.
- In the file append dialog select the database that contains the record you want to add.

Depending on how large the file is it may take a few minutes to append the records.

Compacting the Database

In the course of long-term use of your database, you may find that the .MDB database file seems to grow more than you had expected, based on the amount of data you've added and deleted. In order to maintain a high state of performance, TrainingBase defers the removal of discarded pages until you shut down the database and compact the discarded pages. Compacting the database copies all the data from one database into another, and in the process, organizes the data in the resulting database contiguously so that disk space is recovered. To protect your data you should never give the same source and destination names for the database being compacted, as your database will be deleted if the compacted database process is not completed.

To compact your database first close any open database by selecting the "File" / "Close" menu item and then select the "File" / "Compact Database..." menu item. Select the name and location of the database you want to compact and then a name and location for the new compacted database.

Tip: To prevent data loss it is a good idea to keep a backup copy of your database files. A good way to make a backup is to Compact your old database to a new one that you can then use as a backup copy.

Repairing a Database

If your database is damaged, TrainingBase can attempt to repair it by deleting damaged records so that the remaining undamaged records can be used. The most common cause of this type of damage is an incomplete data page read/write operation. This damage can occur when the system is not shut down normally (such as a power failure).

Warning: To minimize any loss of data occurring from damaged files, be sure to make a regular backup of your TrainingBase “*.MDB” files. You can use the compact database command to easily make a backup.

You must close any open database by using the “*File*” / “*Close*” menu item. Then select the “*File*” / “*Repair Database...*” menu item. In the file open dialog select the name of the file to repair.

Update from a Previous Version of TrainingBase

To use a database made in a previous version of TrainingBase with the current version of TrainingBase take the following steps:

- Create a new database in the current version of TrainingBase.
- Append the records from your old database to the new database created in step 1.

WARNING: Using a database created with a previous version of TrainingBase can cause damage to the database.

Customizing the Toolbar

You can customize the toolbar by right clicking any where on the toolbar and select the customize option. This will bring up a dialog box which allow you to add a custom toolbar, remove buttons from the standard toolbar by dragging and dropping them off the toolbar, reset the standard toolbar to its default state, or delete a custom toolbar. To add buttons to a toolbar select the commands tab and then select a type drag a button on to the toolbar and drop it.

Saving a Toolbar: After you have made your changes to make them permanent you must save the toolbar by clicking the “*Edit/Save Toolbars*” menu item.

Resetting or restoring the default Toolbar settings: Before you can use the reset button in the customize tools dialog or the “*Edit/Use Default Toolbars*” menu command you most close any open database. Use the “*File/Close*” menu item to close the database.

Contacting Technical Support

For the latest information and updates check our Web Site at <http://www.psnw.com/~aimbie/>. We are committed to making TrainingBase the best-computerized training log available. If you have any problems with TrainingBase please contact us and we will make every effort to insure your satisfaction. If you find a bug let us know and we will drop everything and find a solution. Often we will send a fix within 48 hours.

If you use the Microsoft Internet Explorer [Click Here](#) to go to the Aimbie Software Concepts Home Page for the latest information regarding TrainingBase.

For Product Support or suggestions for future features contact Aimbie Software Concepts at:

Internet email: aimbie@psnw.com (Mail sent to the Internet address will receive the fastest service.)

CompuServe: CIS 70323,763

America Online: RobertR484

Regular mail:

Aimbie Software Concepts

908 East Salem Ave.

Fresno, California 93720-2130

Registration

The unregistered version of TrainingBase is limited to a maximum of 50 records in a database. When you register TrainingBase you will be given a code that will remove the 50 record limit from your database.

To register your copy of TrainingBase:

With a Credit Card (Visa, MasterCard, American Express) \$39.95 (plus tax for Calif. residents):

If you want a set of 3.5" disks include: \$6.00 (US and Canada, first class mail), \$10 (International Postage), \$15 (USPS Express Mail)

ORDERING INSTRUCTIONS: TrainingBase by Aimbie Software Concepts

HOW TO ORDER:

For your convenience, you may order by credit card in any of the following ways:

1. Online: <http://www.axxis.com/cgi-bin/order-train>

You can order over the World Wide Web using a secured form.

All information sent this way is encrypted for your protection.

This is the fastest way to order. Your order will be sent within minutes to Aimbie Software Concepts for fulfillment.

2. Phone toll free: 1-888-AT-ALTUS (1-888-282-5887)
9:00 a.m. to 12:00 Midnight MST Monday - Saturday.
3. Phone Voice-mail: 801-523-8221

When ordering by phone, please provide the information requested below. Orders placed by phone may take up to 48 hours to be verified and sent to Aimbie Software Concepts

4. FAX: 801-576-5663

When ordering by FAX, please provide the information requested below. Orders placed by FAX may take up to 48 hours to be verified and sent to Aimbie Software Concepts.

5. E-mail: altus@axxis.com

When ordering by e-mail, please provide the information requested below. Order placed by e-mail may take up to 48 hours to be verified and sent to Aimbie Software Concepts.

ORDERING INFORMATION:

When ordering by Voice-mail, FAX, or e-mail, you must provide the following information:

Your Name:

Billing Address (the address your credit card bill is sent to)

Street:

City:

State:

Zipcode:

Country:

Mailing Address (if different than billing address)

Street:

City:
State:
Zipcode:
Country:
Home Phone Number:
Work Phone Number:
E-mail Address:
Credit Card Information
Type (Visa, MasterCard, American Express)
Account Number:
Expiration Date:
Software to Order
Title (32 or 16 bit version):
Quantity:
Total Dollar Amount:

If faxed or e-mailed, please include the following language (and sign if faxed):

I authorize AXXIS(TM) Internet to bill my credit card and agree to pay the total amount according to my card issuer agreement.

Signature Date

By Check or Money Order:

Send \$39.95 (plus sales tax for California residents) along with an order form to:
Aimbie Software Concepts
908 East Salem Avenue
Fresno, California 93720-2130

UPGRADE FROM VERSION 3.X TO VERSION 4.X: \$25 (plus sales tax for California residents), \$6 for a set of disks. Note: Your version 3.x registration number will not work with version 4.x.

The unregistered version of TrainingBase is shareware and is protected by copyright laws. You may try out the software and freely distribute it for that purpose in its unregistered form. If you decide to use the product you must register it at the above address.

Order Form

TrainingBase Registration Form.

To order: Send this order form and a check (made out to "Aimbie Software Concepts") to "TrainingBase", Aimbie Software Concepts, 908 East Salem Ave., Fresno, CA 93720-2130, USA. Payments must be in US dollars drawn on a US bank, or you can send international postal money orders in US dollars.

TrainingBase is distributed electronically unless you request it sent on 3.5" disks. (The file you have downloaded contains all the necessary files for the registered version and by registering you will receive a personal code to unlock the record limitation.)

TrainingBase: ___ 32 bit Version (for Windows 95 and Windows NT 3.51 or >)		at \$39.95 each = (Upgrade for current registered users \$25)	
___ 16 bit Version (for Windows 3.1	_____ Copies		_____
		at \$6 each U.S. and Canada, \$10 elsewhere (includes shipping and handling) =	_____
Set of Disks	_____ Copies		_____
California Residents add Sales Tax		x 7.85 %	
		Total =	_____

PLEASE BE SURE TO PRINT CLEARLY!

Name: _____ Date: _____
Organization: _____
Address: _____
City, State, Zip: _____
Country: _____
Day Phone: _____ Eve: _____
Electronic Mail Address: _____

(If you enter your email address your registration code will be sent by email with a confirming letter.)

How did you hear about this Product? _____

Comments:

A database is a file that contains information in records. TrainingBase uses the same format for its database files as Microsoft Access version 7.0.

A Record contains information about a single workout. A record consists of fields that hold information about the workout.

The group of workout records that TrainingBase displays. A recordset can consist of all the records in the database or a subset of the records if you have performed a query.

The number of records that the Page Up and Page Down commands move in the recordset. To change enter a new number between 0 and 100. The default is 7.

Saves current option settings and closes the options dialog.

Cancel any changes to the option settings and close the options dialog.

Options to determine the type of distance used to measure workouts.

Set the workout distance measure to Metric.

Set the workout distance measure to English.

Options to set the first day of the week for calculating weekly workout totals.

Sets weekly workout totals to run from Sunday to Saturday.

Sets weekly workout totals to run from Monday to Sunday.

Click a tab to set options to customize TrainingBase.

Set options to determine whether TrainingBase automatically loads the last used database on startup.

Allow autoloading of the last used database at startup.

Turn off autoloading of the last used database at startup.

Show or hide optional database fields.

Check to show a field for entering weight in the database. Set to unchecked to hide the weight field.

Check to show a field for entering heart rate in the database. Set to unchecked to hide the heart rate field.

Set the data view form to be maximized or in a normal state upon startup.

Start the data view form in a normal size.

Start the data view form in a maximized size.

Set the period of time for workout totals to be calculated upon startup of the graph form.

Start the graph form showing weekly workout totals.

Start the graph form showing monthly workout totals.

Set the period of time to graph totals.

Graph totals for the last year from the current record.

Graph totals for the last six months from the current record.

Determine which time periods will automatically be calculated upon opening the totals dialog.

Automatically calculate weekly totals for your primary sport upon opening of the totals dialog.

Automatically calculate monthly totals for your primary sport upon opening of the totals dialog.

Automatically calculate yearly totals for your primary sport upon opening of the totals dialog.

Automatically calculate totals for all records of your primary sport upon opening of the totals dialog.

Add a new sport to use in your databases. New sport names have a maximum length of 15 characters.

Remove the currently selected sport in the list box.

List of sports that can be used in a database.

The icon used to represent the currently selected sport in the list box.

Click to show a file open dialog to select a new icon for the currently selected sport in the list box.

Select a distance measure to use for the currently selected sport in the list box.

Set if the currently selected sport has no distance measure.

Set if the currently selected sport distance measure is yards. (Meters if you use metric distances.)

Set if the currently selected sport distance measure is miles. (Kilometers if you use metric distances.)

Select a pace measure to use for the currently selected sport if a distance measure is set.

Calculate the pace for the currently selected sport in miles per hour (MPH). (Kilometers per hour (KPH) if you use metric distances.) This choice is only available if you use miles/kilometers as the distance measure.

Calculate the pace for the currently selected sport in minutes per mile (MPM). (Minutes per kilometer (MPK) if you use metric distance.)

Calculate the pace for the currently selected sport in minutes per hundred yards (MPHY). (Minutes per hundred meters (MPHM) if you use metric distance.) This choice is only available if you use yards/meters as the distance measure.

When checked this will make the currently selected sport in the list box your primary sport. To change primary sports you must select the new sport you want to be your primary sport.

Enter a name to add the current record in the data view to the saved workouts list. You will be able to select the workout from the data view frequent record drop down list using this name. The name is limited to 15 characters in length.

Contains a list of saved frequent workouts. These workouts will be in the data view frequent record drop down list.

Add the current record from the data view to the saved workout list. You must enter a name for the workout before you can add it to the list.

Delete the currently selected saved workout in the list box.

Close the frequent records dialog and return to the data view.

If checked your query will only include records between the dates entered in the date text boxes.

Your query will not include records before the date you enter here.

Your query will not include records after the date you enter here.

If checked your query will only include records of the workout type selected in the drop down list.

Select the type of workouts you want to be in your query.

If checked your query will only include records of the sport type selected in the drop down list.

Select the type of sport you want to be in your query.

Check to query your records by distance values. First select an operator to use for your query in the drop down list (either =, <, >, <=, >=) and then enter a value in the text box. If you use “=” as your operator all distance values within the percentage range specified in the increment text box will be included your query.

Select the distance operator =, <, >, <=, >= to use in your query.

Enter a distance for your query.

Check to query your records by time values. First select an operator to use for your query in the drop down list (either =, <, >, <=, >=) and then enter a time in the hour or minutes text boxes. If you use “=” as your operator all time values within the percentage range specified in the increment text box will be included in your query.

Select the time operator =, <, >, <=, >= to use in your query.

Enter a hour value for your query.

Enter a minute value for your query.

Check to select records by the location text you have entered in your records. Select the “=” operator to find records with the exact text you entered in the text box or “Like” to find records that contain the same characters you enter in the text box. You can also use wild card characters with the “Like” operator.

Select operator to use in you location query.

Enter text to use in your location query.

Check to select records by the workout text you have entered in your records. Select the “=” operator to find records with the exact text you entered in the text box or “Like” to find records that contain the same characters you enter in the text box. You can also use wild card characters with the “Like” operator.

Select an operator to use in your workout query.

Enter text to use in your workout query.

Check to select records by the comment text you have entered in your records. Select the “=” operator to find records with the exact text you entered in the text box or “Like” to find records that contain the same characters you enter in the text box. You can also use wild card characters with the “Like” operator.

Select an operator to use in your comments query.

Enter text to use in your comments query.

Order the records in your query by date.

Order the records in your query by time.

Order the records in your query by distance.

Use the query parameters you have specified and return to the data view to browse the records in your query set.

Cancel your query and return to the data view.

Set the range to use in doing a time or distance query with the equal operator. The value is a percentage range from the time or distance value you enter. The default percentage is 10%. For example if you enter a distance of 20 a 10% increment query will return all records with distances between 18 and 22. If you enter a 0% increment only records with the exact value entered will be returned.

If selected the create report command will send your report to a window on you computer screen.

If selected the create report command will send your report to the printer.

If selected the create report command will send your report to a file on your hard drive. If you choose this type of report the form will expand to allow you to set the type of file format.

If checked your records will be ordered by oldest records first in the report. TrainingBase normally stores you records in newest records first order.

Creates a report based on the current record set you have open in the data view. To narrow the records your report contains use Query by Example before creating a report.

Closes the report dialog and returns to the data view form.

Select the type of report you want to create.

Select an option to set the file format when you save a report to a file.

The report file will be in tab separated format. This format presents data in a tabular form, it encloses alphanumeric field data in quotes and separates fields with tabs.

The report file will be in text format This format saves the data in ASCII text format.

The report file will be in data interchange format. This format is often used for the transfer of data between different spreadsheet programs.

The report file will be in Excel 5.0 format.

The report file will be in HTML 3.0 format. This format presents data in a form that can be displayed on the Internet in Web Browsers.

Select a sport to total.

Check to total records for the week that the current record is in. You can determine whether a week starts on Sunday or Monday in the "Edit/Options" menu item.

Check to total records for the month that the current record is in.

Check to total records for the year that the current record is in.

Check to total all records in your record set.

Click to calculate totals.

Click to close the totals dialog and return to the data view form.

Total number of workouts for the week.

Total number of workouts for the month.

Total number of workouts for the year.

Total number of workouts for all records.

Total time spent on the workouts for the week.

Total time spent on the workouts for the month.

Total time spent on the workouts for the year.

Total time spent on the workouts for all records.

Total distance for the workouts for the week.

Total distance for the workouts for the month.

Total distance for the workouts for the Year.

Total distance for the workouts for all records.

Average pace for the week's workouts.

Average pace for the month's workouts.

Average pace for the year's workouts.

Average pace for all record's workouts.

The detail grid contains a list of all details for this workout. To add a workout detail click the insert button and then enter the new detail information in the text boxes below the grid. To modify a detail select it and make any changes in the text boxes.

The details grid contains a list of all details for this workout. To add a workout detail click the insert button and then enter the new detail information in the text boxes below the grid. To modify a detail select it and make any changes in the text boxes.

Enter a detail or select a previously used one from the drop down list.

Enter a detail or select a previously used one from the drop down list.

Enter the number of sets for this exercise. Double click to graph the sets for this exercise.

Enter the distance of this split. Double click to graph the distances for this split.

Enter the number of repetitions per set for this exercise. Double click to graph the repetitions for this exercise.

Enter the hours for this split. Double click to graph time for this split.

Enter the amount of weight used for this exercise. Double click to graph the weight for this exercise.

Enter the minutes for this split. Double click to graph time for this split.

Enter a size measurement. Double click to graph size measurements.

Enter the seconds for this split. Double click to graph time for this split.

Enter the Heart Rate you want to record.

The pace for your split. You must enter a distance and time for pace calculation.

Add a detail record to the details grid.

Add a detail record to the details grid.

Save the detail record to the details grid.

Save the detail record to the details grid.

Delete the currently selected record in the details grid.

Close the workout details dialog and return to the data view form.

If checked a tip of the day dialog will be displayed upon starting TrainingBase. Uncheck to prevent the tip of the day from showing.

If checked the graph display will be double buffered which will allow for flicker free display of graphs. To save memory and improve speed of the display uncheck double buffering. (Without double buffering screen flicker will increase.)

If checked zero weeks or months totals will not be displayed in the graph or calculated in the mean and best-fit lines.
Zero weeks or months will leave a hole in the graph data.

Select the graph object whose properties you want to change.

The color of the graph object currently selected in the list. This color will be displayed on the button to the right. To change select a different color from the drop down list. To select a color not on the list, click on the button to the right and select a custom color. If the color is listed as “undefined” a custom color is being used.

The button displays the current color selection. Click to bring up the custom color selection dialog.

Select a shape from the drop down list to be used to display data points on your graphs.

Select a line pattern from the drop down list to display the currently selected line in the graph objects list above.

Click to reset all graph objects to their default values.

Check the totals you want automatically calculated when the total dialog is opened. Uncheck to turn off automatic calculation.

Click to save any changes to the options dialog and close the dialog.

Click to close the options dialog without saving any changes you have made.

Click to save the changes you have made in the options dialog without closing the dialog.

Enter the date of the record you wish to find and make the current record. If the date you have entered does not exist in your database TrainingBase will find the next date after the one you enter.

Click to make the first record in your database with the same or greater date the current record.

Click to close the find dialog.

Select the field to order your records by in the query. The default is to order the records by date. You can only order your records by distance for sports which have a distance field.

The current tip of the day.

Display another tip.

Close the tip of the day dialog.

Uncheck to prevent the tip of the day dialog from displaying on start up.

Check to save the image file in GrayScale. A grayscale image is composed of 256 shades of gray.

Check to optimize compression, resulting in a smaller file size (but longer load time).

Check to create a progressive JPEG, a JPEG that will display incrementally.

Set an image quality value from 0 to 100. The larger the value, the better the image quality (but a larger file size).

Check to create an interlaced PNG file type.

Click to close the dialog and select a file name.

Set options to determine if the toolbar will show a popup help tip for each item.

Turn on tooltip help for the toolbar.

Turn off tooltip help for the toolbar.

Check to use a detail form for this sport based on repetitions and sets. Otherwise the details will be based on time.

Click to print the current detail grid. To set printing options use the Print Detail tab of the Options Dialog Box.

Select a Printer driver override setting for printing a detail grid. This setting should be left at auto unless printing errors are occurring. See the help for more information.

Select a Printer clipping override setting for printing a detail grid. This setting should be left at auto unless printing errors are occurring. See the help for more information.

Click to print a detail grid in color. Otherwise detail grids will print in black and white.

