



## BodyBuilder for Windows

### Who can benefit from BodyBuilder? What does it do?

Most people who try to gain or lose weight are interested in tracking their body composition. BodyBuilder allows you to create a logbook and record measurements of all your body parts, as well as see a graphical representation of your progress. This can be useful if you are trying to gain inches (bodybuilders, strength athletes, etc.) or lose inches (dieters, fitness enthusiast, etc.). In addition, BodyBuilder allows a full note capability to help you document your workouts and progress.

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We monitor The Weights List, an excellent source of information for any topic related to lifting weights. For further information or to subscribe, send e-mail to: [weights-request@fa.disney.com](mailto:weights-request@fa.disney.com)



## BodyBuilder for Windows Getting Started

Most "experts" (and we agree) recommend that you not measure more than once per month. Some even suggest once every three months. Your body changes slowly and entering measurements several times a week will be counterproductive. This tends to fill your logbook with near meaningless data. Notes, however, are a different story; you may want to enter notes or comments about your workouts and progress more frequently. See our suggestions for a few more guidelines.

When you run BodyBuilder you are presented with an opening screen that provides several options:



Create a logbook



Open a logbook



Display graphs



Show notes



Customize BodyBuilder



## BodyBuilder for Windows Creating a Logbook



The first thing you will need to do is create a logbook. You will enter all body part measurements and workout notes into this logbook. You can create as many logbooks as you like; however, you may want to review the suggestions for managing logbooks to get the most use from BodyBuilder.

After creating a logbook, select the date for the measurements you are going to enter. You do this by clicking on the one of the four arrow keys in the *Select Date* area. BodyBuilder will always "wake up" displaying the current system date.

Next you will want to begin inputting measurements. To input a measurement, simply click on the body part you would like to input, enter your measurement, and click OK. The measurement for that body part will be entered onto the grid.

There is no need to save your logbook. BodyBuilder will do this automatically. BodyBuilder will warn you if you are going to overwrite any existing measurements in the logbook and ask for your permission to continue.

The next time you use BodyBuilder you will want to open this logbook and add new measurement data or notes to it.



## BodyBuilder for Windows Opening a Logbook



Naturally, you will want to add measurement information or notes to your logbook in the future. To do this simply get the logbook that you will be adding to, select the date of measurement, and click a body part listed. Your changes will be saved automatically.

If no measurements were entered on the selected date, a list of all the measurements days for your logbook are displayed. Clicking on one of the days listed will display the measurements that were entered on that day.



## BodyBuilder for Windows Displaying Graphs



A powerful feature of BodyBuilder is its ability to display graphs of the measurement information that is in a logbook. You access the Graph feature by clicking on the Graph icon or selecting Review, Graphical Review from the menu bar. The Graphically Review screen actually contains a graph of four or your user body parts. The body parts that are initially loaded are defined in the customize screen. However, any body part can be reviewed by selecting the desired body part in the list box to the left of each graph.

The black dotted line on the graph represents the ideal measurement value that was entered for that body part. Ideal measurements are entered in the customize screen.

As you move your mouse cursor over a bar in a graph, you will notice that the measurement date and measurement value for that bar are displayed to the left of the graph. Clicking on a bar in the graph will display all measurement entries for that date.



## BodyBuilder for Windows Notes



The notes feature allows you to enter any information you would like. Select the date you would like to enter a note for, and click the Notebook icon, or select Review, Notes Input/Review from the menu bar. The note area is a good place to document such things as diet, personal bests, workout schedules, etc.

If no notes are available for the selected date, a list of all the days that notes were entered for your logbook are displayed. Clicking on one of the days listed will display the notes that were entered on that day.



## BodyBuilder for Windows Customizing BodyBuilder



The Customize screen allows you to personalize BodyBuilder to best meet your needs. To enter the Customize screen, click on the Customize (wrench) icon or select Customize Screen from the menu bar.

The Customize screen allows you to manually input your ideal measurements or have BodyBuilder calculate them automatically. These ideal measurements are displayed with a black dotted line in the [Graphs](#) screen.

Ideal values are input manually in the same way that actual body part measurements are entered. You simply click on the [body part](#) that you would like to enter an ideal measurement for.

If you have selected to have your ideal measurement values to be automatically calculated, BodyBuilder will do so based on your wrist circumference. These ideal measurements may only be useful to those that are interested in a powerful looking, bodybuilder type physique. Wrist circumference is commonly used by bodybuilder types as a baseline for their ideal measurements. After entering your wrist circumference, click the Update button for the changes to take effect.

The Customize screen also allows you to modify the labels for the four custom body parts that BodyBuilder provides. These can be any body part that was accidentally overlooked; use your imagination.

The default graph section allows you to choose which four [body parts](#) you would like displayed upon entering the graphs screen.



## BodyBuilder for Windows Suggestions for using BodyBuilder



The following are a few suggestions to help you get the most use from BodyBuilder.

Make measurements no more than once per month. It usually takes about that long to record a measurable difference in your body composition. Making frequent measurements will only clutter your logbook.

You should enter notes frequently. This will help you track your progress, record personal bests, workout routines, etc. This could be helpful several years down the road when you need to recall that wonderful bench pressing routine that added 15 pounds to your maximum.

If you input a measurement for one body part, it is best to enter measurements for all possible body parts. This keeps your logbook from having "No Data" results in your graphs. By entering all your body parts on each measurement date, your graphs are more useful. You can compare biceps size to weight, or Percentage Body Fat to Thigh Size, etc. Without entering measurements for all body parts on a selected date, this is not possible.

Name your logbook something meaningful, like BRAWN92.LOG to represent the year of the logbook. All DOS names are legal. Logbooks must have the extension .LOG.

Each logbook can hold a maximum of 365 measurement dates. There is no limit to the amount or number of days that notes are entered.





## **BodyBuilder for Windows Technical Stuff**



BB.INI contains your ideal measurements, custom information, and your registration codes.

Two files are created when you create a logbook. filename.LOG contains the measurement values for each date you have made an entry.

filename.NTS contains the notes for a logbook.

**Never Manually Modify These Files or Your Database Will be Corrupted!**

Why are my \*.VBX files in my working directory and not in the WINDOWS/SYSTEM directory?

There are several versions of most \*.VBX files. You could move the BodyBuilder \*.VBX's from the working directory if you like. However, here's the problem: If you install another software package with the same \*.VBX's, the BodyBuilder \*.VBX's will be overwritten if they are not in the working directory. Because there are several versions of many \*.VBX's, you run the risk of overwriting the BodyBuilder \*.VBX's with an OLDER version if they were in the WINDOWS/SYSTEMS directory. This could cause a problem when running BodyBuilder. Move them if you like, but be aware of this issue.

The Body Parts are listed on the left side of the Measurement Input and Ideal Input grids. The body parts include neck, chest, left and right forearm, left and right biceps, etc. Also included as "body parts" are Body Weight, Percent Body Fat, and four custom body parts. All lengths are in inches and the Body Weight in pounds. The Custom areas do not contain a measurement unit.

You can think of a logbook as the standard spiral bound notebook that you may have recorded your workouts and measurements in the past. However, this is the 90's and BodyBuilder will replace that paper with an efficient and cleaner way of recording your workouts. Recalling the recorded information and graphing your progress are a piece of cake, because all the information is recorded in your logbook for BodyBuilder to retrieve on your command.



