General Information for BodyBuilder (readme.wri)

To install BodyBuilder simply run the program SETUP.EXE from Windows.

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.

If you have questions on how to use BodyBuilder, select Help after running
the program. The Help file includes detailed usage descriptions for the software.
General usage tips are also included.

NOTE: We have made every effort to insure that this software is safe to
use; however, to keep our laywers happy: Products from The Iron Jungle
contain no express or implied warranties. Use at your own risk.

Enough said. Thank you for using BodyBuilder.
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