Workout Tracker Help Contents

Help Topics

Introduction

WORKOUT TRACKER is a program that lets you record your daily workouts.   Keep track of distances covered and elapsed times.   A wide variety of plots allows you to monitor your progress toward established goals, whether it be weight loss or a desired 10K running time.   Plots show individual and cumulative workout distances, elapsed time, calories burned, and pounds lost.   Trend lines predict where you will be at an established goal date.   Rate plots show your speed during workouts and how long it takes for you to cover some selected distance.   Workout files of up to two years in length can be established and saved.   Any number of files can be saved, hence a separate file can be used for each activity you are involved in.   The current workout file name is always displayed in the main window title bar.

There are several options available: (1) **New Workout File**, (2) **Change File Information**, (3) **Open Workout File** , (4) **Save Workout File**, (5) **Save Workout File As**, (6) **Edit Workout File**, (7) **Workout Plots**, and (8) **Last Workout Results**.

New Workout File

Choose this option to start a new workout file.   This option is selected by clicking **New Workout File** under the **File** menu or by clicking the corresponding toolbar button.   The idea is to establish a file for every activity you participate in.   Keep track of distances covered and the amount of time spent during each workout.   Several pieces of information are required by each new file.   You need to specify a starting date (default is today's date), an ending date (default is one year from today), an activity, distance units, calorie rate, a 'goal distance', and your weight (unclothed).   Each piece of information is in its own data field (the active field is highlighted in blue).   To move from field to field, use the <Tab> key, the right arrow key or <Enter> key to move forward, or the <Shift>-<Tab> combination or left arrow key to move backward.   Or, simply click on the field.   Once the desired field is highlighted, use the scroll bar at the bottom of the box to change the selected value to its desired value.   Once all values are as desired, click **OK** to return to the main screen.   At this point, you should save your new file with a name other than 'NEW'.

The activity choice and goal distance need a little explanation.   When you highlight the activity field, a window opens with all the activities you can choose from.   Highlight the desired choice and click **OK**.   When you select an activity, the distance units and calorie rate associated with that activity (and adjusted for your weight) are automatically entered in their particular fields.   These are default values - you may change them if you want.   The program provides a wide variety of activities to choose from.   If you want to add your own activity, a separate program called the **Activity Editor** is included. Running instructions for that program are at the end of this guide.   What's the goal distance?   Under the plot option explained later, there is a plot called the Rate Plot.   In almost every activity, you always want to relate your latest workout performance to some goal.   For example, if you go on a 4 mile run and you record your time, you might like to know how that translates to a 10K (6.2 mile) run you are training for.   You would set your goal distance to 6.2 miles.   Then on the rate plot, each run you take (and its associated time) are analyzed and your predicted 6.2 mile time computed and plotted. After you've used the program a few times, you will get a good feel for what goal distance means and what values you would like to use.

Files can be up to two years in length.   However, it is suggested you keep your files as short as possible to speed up execution times.   Then, you can expand or shrink your file as needed using the **Change File Information** option.

Change File Information

Use this option to change the starting date, ending date, calorie rate, goal distance, and weight for the current file.   This option is selected by clicking **Change File Info** under the **View** menu   You cannot change the activity or distance units.   The editing procedure is identical to that described for starting a new file.   Click **OK** when done making changes.   One word of warning: if any dates in the previous range are not within any newly established range, the workouts corresponding to the old dates are lost.

Open Workout File

Use this option to open a previously saved workout file.   This option is selected by clicking **Open Workout File** under the **File** menu, pressing the shortcut key **Ctrl+O**, or by clicking the corresponding toolbar button.   Workout files have the extension ".TYW" Available files under the current directory will be listed.   Make your choice, or click **Cancel**   to return to the main screen without loading a new file.   Several example files are included for your use.

Save Workout File

Use this option to save the current workout file using the current file name.   This option is selected by clicking **Save Workout File** under the **File** menu, pressing the shortcut key **Ctrl+S**, or by clicking the corresponding toolbar button.   There are no provisions within the program to delete unwanted workout files that have been previously saved. To delete a file, you must use Windows File Manager (Windows 3.1) or Windows Explorer (Windows 95).   Files are stored with the name you gave them plus the extension .TYW.

Save Workout File As

Use this option to save the current workout file using a new file name.   This option is selected by clicking **Save Workout File As** under the **File** menu or by pressing the shortcut key **Ctrl+A**.   Type the file name and click **OK** to save the file and return to the main screen.   Click **Cancel** to return to the main screen without saving the current file.

Edit Workout File

Use this option to edit values in the current workout file.   This option is selected by clicking **Edit Workout File** under the **View** menu or by clicking the corresponding toolbar button.   Dates for the file and the corresponding workout distances, times, and comments   are listed. A small calendar for the current month is printed for reference. Use the up/down arrow keys or the <PgUp>/<PgDn> keys to move vertically   through the list.   Use <Tab>, <Shift>-<Tab>, and <Enter> to move horizontally (across columns).   You can also use the scroll bar, or simply click on the desired field.   You can change any workout values or enter new ones.   The active edit field is highlighted in blue.   When the desired location is highlighted, simply type in the workout value. Distances should be in the selected units (decimals are allowed).   Times must be entered in the form Hours:MInutes:Seconds.   You must enter a value for hours, even if your workout was less than an hour.   A blank time of 0:00:00 is shown.   Use the editor to delete the zeroes (where needed) and type in your values. After entering a time, make sure it prints as you think it should, i.e. all values are in their proper locations.   A comment of up to 20 characters can be used with each workout.   There is no need to enter a workout for each date in the file.   Just enter your workouts for the days you do something.   The program will neglect any blanks.   For every date with both a distance and time entry, the program will compute and display your goal distance time.

Click **OK** to stop editing and return to the main screen.   Your workout file can be printed by clicking **Print**.   Make sure your printer is on-line and ready.

Workout Plots

Use this option to see a variety of plots of your workout results.   This option is selected by clicking **Workout Plots** under the **View** menu or by clicking the corresponding toolbar button.   A menu of five available plots appears.   The information provided by the plots is relatively self-explanatory.   On each plot screen, there are two plots each with dates plotted along the horizontal axis.   The dates run from specified start date to end date.   The available upper/lower plots are:

Distance Plots:
Upper-Individual Workout Distances (chosen units)
Lower-Cumulative Distance (miles or kilometers)

Time Plots:
Upper-Individual Workout Times (minutes)
Lower-Cumulative Elapsed Time (hours)

Calorie Plots:
Upper-Calories Burned in Each Workout
Lower-Cumulative Calories Burned (in 1000's)

Pound Plots:
Upper-Pounds Lost in Each Workout
Lower-Cumulative Pounds Lost

Rate Plots:
Upper-Individual Workout Speeds (mi/hr or km/hr)
Lower-Goal Distance Rate (minutes)

In addition to the plots, information such as high values, low values, average values and date-labeled values (initially, most likely your last workout value) are printed for each case.   In each of the lower plots, two curves are drawn.   A red line plots the actual values.   The yellow line is a trend line showing you predicted values at your selected end date and the rate at which the plotted value is changing.   For the goal distance rate, it also shows whether your goal rate is getting better (lower time) or worse (higher time).

You can scroll through the plotted values (displayed with a labeled date) by using the scroll bar at the bottom of the screen.   To stop viewing a particular plot, click **OK**.   To print the plots, click **Print**.   Make sure your printer is on-line and ready.   To leave Workout Plots and return to the main menu, select **Exit Plots** on the plot menu.

Last Workout Results

This final option summarizes your performance on your latest workout.   This option is selected by clicking **Last Workout Results** under the **View** menu or by clicking the corresponding toolbar button.   The table shows the date of that workout, the distance covered (if entered), and the elapsed time (if entered).   If an elapsed time was entered for your last workout, you are also shown the calories burned and pounds lost.   Lastly, if both a distance and time were entered, you are given your speed (in miles/hour or kilometers/hour) and the time required to cover your goal (rate plot) distance.