



TrainingBase 2.0 Help

The TrainingBase application is designed to help you keep track of and analyze your sports workouts. To learn how to use the TrainingBase Help file select the *Help|Using Help* menu item. While using TrainingBase you can get context sensitive help by press the "F1" key when a window, button, or other control has the focus. The status bar at the bottom of the "Record View" form will also contain helpful information when you pass the mouse over the items on the screen or when menu items are highlighted. ToolTip help is provided for the toolbar buttons when the mouse is left over a button for 2 seconds.

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Setting Up a New Database

TrainingBase creates a Database to keep track of your sports workouts. In order to record your workouts you must set up a database for each athlete who wishes to keep track of his/her workouts.

New Database:

Click on *File|New Database ...* to create a new database. When the file "save as" dialog box opens:

1. Enter a name in the text box (Max. 8 letters and the .MDB extension).
2. Select a directory in which to save the file.
3. Click "OK" to create and save the new database.

Open the Database and go to the "Record View" form:

After creating a new database you must open it to be able to enter workouts. Click on *File|Open Database ...* to open the database in the "Record View." When the open file dialog box appears;

1. Select the directory where the database file was stored
2. Click on the file and open it by selecting "OK".

The opening of a file will cause the "Record View" form to show. In the "Record View" form you can enter new records or view old records. When you start TrainingBase thereafter it will automatically open the last used database in the "Record View" form unless you select preferences and turn off auto loading.

Entering Data in the Database

You must enter the information regarding your workouts in the "Record View" form. TrainingBase allows you to enter data in the following categories:

Date

Workout Type

Sport

Distance

Time

Route

Workout

Comments

To begin entering data you must first create a new record by selecting the *Record|Add* menu item or by clicking on the toolbar new record button. Upon adding a new record TrainingBase will enter the current date in the new record, select training as the workout type, and select the sport for the new record based on your primary sport. (See preferences for selecting a primary sport.) You may thereafter change the date, workout type, or sport and type information in the other fields. TrainingBase does not automatically save the information you enter. To save the information you must select the *Record|Save* menu item or click on the tool bar save record button before moving to another record or exiting TrainingBase. After starting a new record if you decide not to save it click the cancel record button on the Toolbar or the *Record|Cancel* menu item to delete the record.

Date Text Box :



You may enter any valid date in the date text box. In order to save a record you must enter a date. The date is the only field that must be filled out to save a record. The date for each record need not be unique and you can enter as many workouts as you want with the same date. For example, if you are a triathlete, you might enter running, swimming, or cycling workouts all on the same day. The records in the database will be sorted by date in descending order (i.e., the oldest date last). Upon saving your record that record will be inserted in the database in the correct date order. You can change the date automatically entered in the following three ways

Date Spinner:

The date spinner (up and down arrows next to the date text box) will add one day to the date (up arrow) or subtract one day from the date (down arrow).

+ Or - Keys:

The same outcome can be accomplished on the key board by pressing "+" to add one day and "-" to subtract one day from the date.

Enter a Date From the Keyboard:

You can type any valid date in the box from the keyboard.

Day

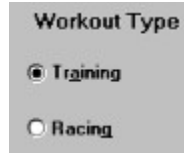
Next to the date text box is the day label which will show the day of the week of the currently selected record date. You cannot enter information in this box.

International Date Formats:

You may use TrainingBase with other than U.S. date formats if you do not show the century in the short date format. (95 not 1995) To turn off the century use the Windows Control Panel and select the international icon. In the international settings dialog under Date Format click the Change ... button. Make sure the Century check box is unchecked in the Short Date Format settings. Select Ok to make the change.

Tip: You can plan future workouts by entering records with dates in the future and then updating them as they occur if you need to.

Workout Type



A screenshot of a form titled "Workout Type" with two radio button options: "Training" (selected) and "Racing".

Workout Type


Training

Racing

You may designate each workout as either a training workout or a racing workout. Upon adding a new record the workout type is initially listed as training since most workouts are of this type. To select a racing workout click the racing option button.

Sport

The sport for the current record is shown as an icon in the "Sport Box" on the top right of the form. When a new record is selected your primary sport is shown in the "Sport Box." The following Sports can be recorded:

SPORT	ICON	SHORTCUT KEY
Cycling		CTL + B
Running		CTL + R
Swimming		CTL + Z
Walking		CTL + H
Weights		CTL + W
Aerobics		CTL + A
Misc.		CTL + M

You can change the selected sport by selecting the sport in the "Sport Menu" or by using one of the shortcut keys for the sport listed in the "Sport Menu" and above. You can also change the sport by clicking with the mouse on the sport icon. Left clicking cycles through the sports in one direction and right clicking cycles in the other direction.

Distance

Enter a distance traveled for a sport in this text box. Some of the sports do not allow the entry of a distance. For most sports this number should be in miles and may have decimal places to the hundreds. (i.e., 100.01) The maximum number of miles is 999.99. For swimming the distance entered should be in yards.

Distance Measurement Box:

This label will change to show the type of distance you should enter in the Distance text box. (Either Miles or Yards depending on the sport selected.)

Pace:

If you enter a distance and time TrainingBase will calculate a pace for your workout. Depending on the workout this will either be MPH (Miles Per Hour)(Cycling - Swimming) or MPM (Minutes Per Mile)(Running - Walking)

Metric Distances:

If you measure your workout in meters or kilometers you may automatically convert them into yards or miles, depending on the sport. After entering your distance in meters, use the keyboard and press "M." This will convert meters to either yards for swimming, or miles for running, cycling and walking. To convert kilometers press "K" for a similar conversion. Note: This only works with a capital M or K, not with a lower case m or k. For example, if you run 10 kilometers merely enter 10 in the distance text box and press "K" and it will convert to 6.21 miles. Also, if you swim in a metric size pool, you may enter the distance in meters and press "M" to convert it to yards.

Time

Enter the time the workout covered. The first text box is for hours (to a maximum of 99), the second text box is for minutes (to a maximum of 59) and the third for seconds (to a maximum of 59.99). If you enter a number for minutes and seconds larger than 59 or 59.99, respectively, 60 will be deducted from either the minutes or seconds entered and 1 additional hour or minute will be added to the total time. For example entering 89 in the minute text box will result in a time of 29 minutes and 1 additional hour in the hours text box.

Route

Enter a description of the route traveled or location of your workout if you want. Maximum number of characters is 155.

Tip: Entering Route information will be important if you later want to query your database to find records of interest. By entering descriptive information you will be able to make better queries. A route for running or cycling might describe the streets taken or a name you have given to a particular route. For swimming, aerobics, or weight workouts you would enter the location of the workout, like home, Golds gym, YMCA pool, Lake Tahoe, etc.

Workout

Enter a description of the workout you did. The more descriptive the information you provide the greater will be the results of querying your database. Maximum number of characters is 200.

Tip: Workouts might be entered as follows: Running: LSD (long slow distance), speed work with a listing of split times; Cycling: sprints, intervals etc. Weights: free weights, circuit training; Aerobics: jazz, step; etc.

WARNING: If you do not enter text in the workout text box your reports will not contain the text you enter into the comments section, if any. Therefore, if you want to have the comments show in the report be sure to enter data in this text box.

Comments

Enter any comments about your workout up to a maximum of 64K.

Tip: Comments might include the following: a rating of how the workout felt or how hard it was, a description of who you worked out with, your weight, your maximum heart rate, split times, or any other information which may not fit in one of the other fields. You may also use this to track equipment usage. For example, by listing in the comments that you had started wearing a new pair of shoes (or new tires) you could later query the database to find the entry and then again query the database to only include the records since the equipment change. Finally, use the totals dialog "all record" check mark to calculate the miles the equipment lasted.

Delete Record

To remove a record permanently from the database make that record the one displayed by moving to it and click the Delete Button on the Toolbar. You will be asked to confirm the deletion. Select "OK" to delete the record.

Navigating the Database

There are four ways to navigate (or move among) the records in the database. You can:

Use the Navigation buttons on the Toolbar

Use the Locate dialog box

Use the Bookmark button on the Toolbar

Use the Record menu items (or their Short Cut keys):

First Record	F2
Next Record	F3
Previous Record	F4
Last Record	F5

Using the Navigate Buttons

To move through the database click on the arrow buttons on the tool bar.



- Move to the most current record



- Move to the next record in time

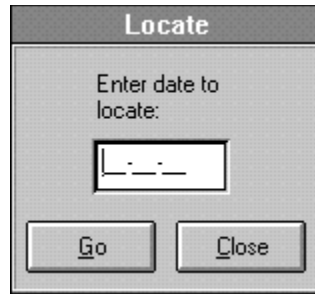


- Move to the next older record



- Move to the oldest record in the database

Locate Dialog Box



To locate a particular date click on the locate record button on the tool bar or the *Record|Locate ...* menu item. A dialog box will open that will prompt you to enter a date. Enter a valid date. Click "Go" and you will go to either that date, if you have a record for that date, or the next record in your database after that date. If you change your mind click "Cancel" and you will return to the current record.

Analyzing the Data

You may analyze your data in the following ways:

Calculating Totals

Showing Records in a Grid

Graphing your records

Query Records by Example

Making Reports

Using the Bookmark button on the tool bar

The bookmark button on the Toolbar allows you to set a bookmark on a record so that you can later return to that record by clicking the return button on the Toolbar from any place in your database.

Calculating Totals

Click the sum record button on the Toolbar or *Tools|Total ...* menu item. A dialog box will appear to calculate your totals. Select a sport to total in the drop down list box. (Your primary sport will automatically be selected on opening of the dialog box) For a total of all sports select "All Sports" from the drop down list box.

Totals				
Cycling			Calculate	Close
Time Period (from current record)	#	Time	Distance (Miles)	Average Pace
<input checked="" type="checkbox"/> Week	3	4:48:42	77.88	16.19 MPH
<input checked="" type="checkbox"/> Month	7	9:11:08	144.63	15.75 MPH
<input checked="" type="checkbox"/> Year	32	34:22:28	574	16.70 MPH
<input checked="" type="checkbox"/> All Records	912	1363:40:07	23890	17.52 MPH

Select one or more of the time periods for which you want totals. ("Week", "Month", "Year", "All records") Selecting all records will give you a total of all the records in the currently defined group of records. When you have performed a query by example this will limit the records totaled.

Now click the "Calculate" button to show the totals for the following items:

- Number of Workouts for the Selected sport (#)
- Time (total time in Hours, Minutes, Seconds for the period)
- Distance (in miles or yards where appropriate)
- Pace (average pace for the period in MPH - miles per hour or MPM - minutes per mile)

When you are through looking at your totals Click the "Exit" button to return to the "Record View" form.

Showing records in a grid

Viewing records in a grid allows you to see multiple records at one time.

Click the *Tools|Show grid ...* menu item or the grid button on the Toolbar to show the selections form. The "Select Records" dialog box opens. Select a sport from the options buttons on the form, including "All Sports". Select a time period to show records which will be calculated backwards from the date of the currently selected record in the database.

To show the records in grid form click the "Show grid ..." button or press enter. To show the records in a graph click the "Show graph ...". If you change your mind click "Exit" to return to your database without showing the selected records.

Grid View

Move around in the grid view form by using the scroll bars to see the records. Grid box sizes can be changed to see more of a record by placing the cursor at the top of the grid on the grid line and moving the line. Click the "Exit" button to return to the "Record View" form.

Graph Records

The *Tools|Graph ...* menu item or the graph button on the Toolbar options allow you to display a graph of your sport totals for the last six months or one year from the date of the currently selected record. There must be a minimum of two points (i.e, either two weeks of data or two months of data depending on the preference chosen) to display a graph.

The "Select Records" dialog box will open first to allow you to select the records to graph. Then click on the "Show graph ..." button or press enter to display the graph view form. Your graph will initially display the default period you selected on the preferences form (Monthly or Weekly).

You can display any graph you want by selecting the option buttons for the time period and totals you want graphed and then clicking the "Graph Data" Button. On the graph, besides a line showing your data, there will be two blue dashed lines; one of which represents the mean (——— mean line style) of the data graphed (this line will be parallel to the horizontal axis) and the other is the best fit (----- best fit line style) which should indicate the trend of the data, i.e. whether the data is rising or falling.

To print a copy of the graph to the active printer click the "Print Data" Button.

When you are done viewing your graph select "Exit" to return to the record selection dialog. Clicking again on the "Exit" button will return you to the "Record View" form or you can select other criteria to view a different graph.

Report

The report option allows you to print a report of your database records to a window (on your screen), to a printer, or to a file.

Click on the *Tools|Report ...* menu item or the report button on the Toolbar to select the report options dialog box.

In the report options dialog box click on the list box to select the type of report you want:

"Window" - prints a report of all records to the screen in order of the oldest record to the newest record.

"Printer" - output records to the active printer.

"File" - output records to a file which may then be imported into other applications.

When the "Printer" option is selected and create report is clicked, a dialog box will open to allow you to select the number of copies, etc. You must use the default printer to print a report. If you want to use another printer you must first make it the default printer

When the "File:" option is selected and create report is clicked a dialog box will allow you to specify a name for the file in one of the following file types:

File Type	Purpose	File extension
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Record	Record style (columns of values). Doesn't use commas or separators. Outputs every record with a fixed field	.asc
Tab separated	Tab separated values. Presents data in tabular form. Encloses alphanumeric field data in quotes and separate fields with tabs.	.tsv
Text	Text style. Saves the data in ASCII text format with all values separated by spaces. This style looks most like the printed page	.txt
DIF	Saves the data in DIF (data interchange format) format. This format is often used for the transfer of data between different spreadsheet programs	.dif
CSV	Comma separated values. Encloses alphanumeric field data in quotes and separates fields with commas	.csv
Tab separated text	Saves the data in ASCII text format with all values separated by tabs.	.tst

In order to save the file by the selected type you must use the appropriate three character extension in your file name.

Selecting the filter option button will allow you to filter the records to report by date, workout type, or sport.

CAUTION: When selecting records by date do not list an ending date greater than the last record in your database. If you do so, no records will match your selection.

Registration

This shareware version of TrainingBase is limited to a maximum of 50 records in your database. To receive an unlimited copy of TrainingBase, a manual, technical support, notification of special upgrade offers, and the undying gratitude of the programmer, you must register.

To register your copy of TrainingBase:

Send \$20, + \$5 shipping and handling (\$8 outside of the U.S. and Canada), California residents add sales tax,

along with an order form to:

(To print the order form select "Print Topic" from the file menu on the order form page.)

Aimbie Software Concepts
908 East Salem Avenue
Fresno, California 93720-2130

This product is shareware and is protected by copyright laws. You may try out the software and freely distribute it for that purpose. If you decide to use the product you must register it at the above address.

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

Compuserve: CIS 70323,763
America Online: RobertR484
Interchange: Aimbie
Internet E-Mail: robert@cybergate.com
Mail: at the above address

Open a Database

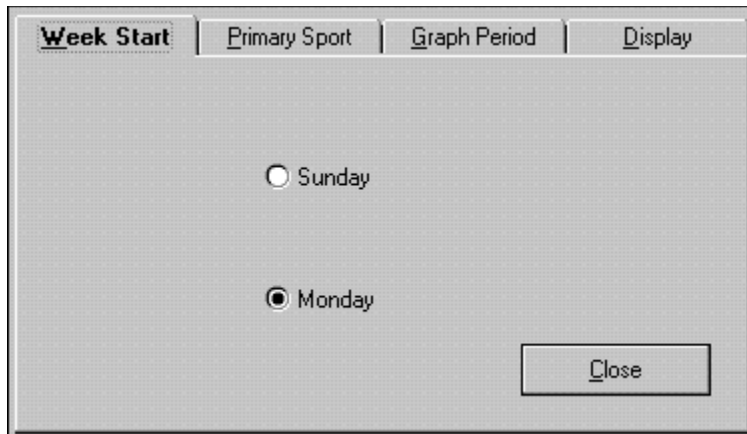
Select the *File|Open Database ...* menu item to open a database for viewing, editing, or entering of new records.

An open file dialog box will be displayed allowing you to select the database file you wish to open.

Note: TrainingBase files are saved in Microsoft Access 1.1 format with a .MDB extension.

After you select the file and click "OK" the file will be opened in the "Record View" form. Once you open a file that file will automatically open when you startup TrainingBase thereafter, unless you set auto load to off in the preferences dialog.

Setting Preferences



Select the *Edit|Preferences ...* menu item to set your preferences in the following areas:

Primary Sport: The sport you select here will be automatically entered as you add new records in the database.

Week Start: This option will set the start of the week for calculating week totals. You may either have the week start on Sundays or Mondays.

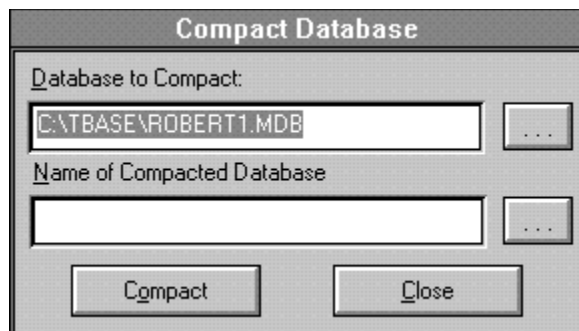
Graph Period: This option will determine the period for the graph on startup, either Weekly or Monthly.

Display: This option allows you to turn tool tip help off or on. (After learning the meaning of the buttons on the Toolbar you may want to turn tool tip help off.) It also allows you to turn off the automatic loading of the last used database. (You may want to do this if you have different people using the program.) Finally, it allows you to start the "Record View" form in either a normal, the default, or maximized state. When you select Auto Load or the "Record View" window state these changes will go into effect the next time you load TrainingBase. Your changes to tool tip help will happen upon closing the dialog box.

Your preference will be saved to the TrainingBase ".ini" file and will be in effect until you change the setting.

Compacting a 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 select the *File|Compact Database ...* menu item from the "Database" form. The compact database dialog will open allowing you to select the database to be compacted and name for the compacted database. To go to a file selection dialog box to perform either operation select the button with three dots ("..."). Click the "Compact" button to compact the selected database or "Cancel" to exit without performing the compaction.

After performing the compact operation you may use the new database by opening it.

"Select Records" dialog box

The "Select Records" dialog box is a rectangular window with a title bar at the top. The title bar contains the text "Select Records". The main area is divided into two columns. The left column is titled "Sport" and contains eight radio button options: "Cycling" (selected), "Running", "Swimming", "Walking", "Weights", "Aerobics", "Misc", and "All". The right column is titled "Time Period" and contains two radio button options: "Six Months" and "One Year" (selected). Below the "Time Period" column are three buttons: "Show Graph ...", "Show Grid ..." (which is highlighted with a thick border), and "Close".

Sport	Time Period
<input checked="" type="radio"/> Cycling	<input type="radio"/> Six Months
<input type="radio"/> Running	<input checked="" type="radio"/> One Year
<input type="radio"/> Swimming	
<input type="radio"/> Walking	
<input type="radio"/> Weights	
<input type="radio"/> Aerobics	
<input type="radio"/> Misc	
<input type="radio"/> All	

Buttons: Show Graph ..., Show Grid ..., Close

Repairing a Database

If your database is damaged, you can use the "Repair Database" option to repair the database. This option will repair a database that was left invalid by an incomplete data page read/write operation. This kind of damage can occur when the system is not shut down normally (such as a power failure).

WARNING: Remember to back up your database files regularly to avoid data loss that cannot be recovered with the "Repair Database" option.

To conduct the "Repair Database" option select the *File|Repair Database ...* menu item from the "Database" form. Enter the name of the database to repair and select "OK" to conduct the repair. To use the repaired database in the "Record View" form you must then open the database.

Exit the Program

To exit from the program select the *File|Exit* menu item or the exit button on the Toolbar.

Tool Tip Help

Tool Tip Help: When you hold the mouse cursor over a Toolbar button for approximately two seconds a window will open showing the purpose of the button and its shortcut key, if any. After you learn the purpose of the buttons you can turn off tool tip help by selecting the *Edit|Preferences ...* menu item and making the appropriate changes in the display dialog of the preferences form.

Importing a Database

If you are currently using another database or spreadsheet program to store your records and wish to import those records contact Aimbie Software Concepts for assistance in converting those records.

Frequent Records

The screenshot shows a dialog box titled "Frequent Records". At the top, there is a label "Name of Workout:" followed by a text input field and an "Add" button. Below this is a label "Saved Workouts:" followed by a list box containing the following items: "5 m. XC - Run", "Apolosa", "Circuit CCW", "Hollister", "Intervals", "Lodge Rd. CCW", "Mountain - WP", "O'Neals - Sum", "Run - 1 x d", and "Sprints". To the right of the list box are "Delete" and "Close" buttons. The list box has a vertical scrollbar on its right side.

The frequent record feature allows you to save frequently used workouts by a name you choose and then select them for entry on the Toolbar in a frequent record drop down list

Once you save a record when you select it from the drop down list on the Toolbar it will automatically make a new record and enter the information you saved. This can save a substantial amount of typing if you frequently do the same or similar workouts.

To save a frequent workout: First, select a previously entered record to use as a model for the saved record. Then make any changes to the record you want, such as leaving the time blank if you always run the same distance but the time varies. (**Do not** click on the add record or edit record buttons first. That way after you save your frequent record any changes you made to the base record will not be permanent and when you move to a new record the changes will be ignored.) After you have the information in each of the fields the way you want select the *Tools|Frequent Record ...* menu item and the above dialog box will open. Type a name for the workout, that will appear in the drop down list box on the Toolbar, and click the add button. The name will be added to the saved workouts and the drop down list box on the Toolbar.

If you want to delete a previously saved record select it in the list and click delete. You may not save more than one record by the same name.

Database: A collection of records (each record represents a workout) that has fields (each field contains individual pieces of information about the workout) which contain data.

Query Records by Example

Click on the *Tool/QBE ...* menu item or the QBE button on the Toolbar to display the Query by example dialog box:

TrainingBase initially opens a set of records which contains all the records you have entered. You may create a subset of those records in a new group which can be viewed in the "Record View" form by creating a query. The query by example dialog helps to create this subset group. You must select at least one of the check boxes to create a query. The more fields you select the more narrow will be your query. Any field that you do not check will contain all records of that field that meet the criteria you select for the other fields. Once you select the fields you wish to query click the Apply QBE button. This will close the QBE dialog and return you to the "Record View" form where your new subset will now be able to be viewed. To end the query and return to your full set of records click on the end QBE button on the Toolbar.

You may select the following fields to perform the query:

Date: Enter any valid dates. The first date you enter must be less than or equal to the second date. Your new record group will contain records between those dates. If you enter the same date in both boxes your group will consist of all the records for that date only.

Workout type: Choose either training or racing.

Sport: You may select any of the sports. By not checking this box you will select all the sports that otherwise meet your criteria.

Time and Distance: Select an operator (equal, less than, etc.) and enter a time or distance. If you use the equal operator Trainingbase will select all times or distances within 10% of the amount you enter automatically. (For example if you enter 20 in the distance text box you will have all records with distances between 22 and 18 in your new group of records.) You can change this by entering a different figure in the

increment text box. (Between 0% and 99%) If you enter 0 in this box you will only obtain records which match exactly. (For example if you enter 20 in the distance text box your query will return all records where the distance was exactly 20)

Route, Workout, Comments: Enter text to search for in the text box next to each check mark. If you enter "=" your query will return only records which have those exact characters. 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 records with like, LIKE, LikE, etc.)

Order By:

Workouts in TrainingBase are normally maintained in date order with the latest records first and the oldest last. You can order queries by date, time, or distance. Order by distance can only be selected when you query with one of the sports which uses distance as a field. If you order the records by time or distance you will not be able to graph, use a grid, or sum the totals.

Tip: You can find 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. For example if you wanted to find your fastest 10k time; 1) check sport, 2) select running in the drop down list, 3) set the distance to 6.2 with a 0% increment, and 4) sort by time. This will show all your 10k runs from the fastest to the slowest. Another possible use is to find the longest distance you have ever cycled. You can find your longest ride by sorting all your cycling rides by distance.

Order Form

TrainingBase 2.0a Registration Form

Order by check: To order by check send this order form and a check to "TrainingBase 2.0a", Aimbie Software Concepts, 908 East Salem, 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.

Prices guaranteed through September 1995.

TrainingBase 2.0a is shipped on 3.5" disks only.

Single Copy	_____ copies	at \$20 each =	_____
Shipping and handling	\$5 in the U.S. and Canada, \$8 elsewhere		_____
California Residents add Sales Tax	(7.85%)		_____
		Total	_____

PLEASE BE SURE TO PRINT CLEARLY!

Name: _____ Date: _____
Organization: _____
Address: _____
City, State, Zip: _____
Country: _____
Day Phone: _____ Eve: _____
Electronic Mail Address: _____
How did you hear about this product? _____
Comments: _____

Updating a Database

If your database was created with TrainingBase version 1.x it will not work with version 2.x until you update it to the new 2.x format. To do this select the *File|Update Database ...* menu item on the "Database" form. You will be allowed to select the database and then click OK. A message will notify you if the update was successful. Thereafter you may use the database with version 2.x by using the *File|Open Database ...* menu item.

WARNING: It is always a good idea to make a backup copy of your database in case of an unexpected error while updating a database.

Like

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 any 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

Editing Records

To edit information in any records in the database you must first click on the Edit button in the Toolbar or select the *Record|Edit* menu item. You may then make the changes in the appropriate Text Box. To save your changes to the database click the Save button. You can make changes to the text boxes without clicking the Edit button but your changes will not be saved. Once you click the Edit button you must save the changes you have made unless you exit TrainingBase.



-New Record Button



- Save Record Button



- Cancel Record Button



- Locate Record Button



- Bookmark Button



- Return Button



- Sum Record Button



- QBE Button



- End QBE Button




- Grid Button



- Graph Button



- Report Button

Lodge Rd. CCW 

-Frequent Record Drop Down List



- Edit Button



- Delete Button



- Exit Button

