Weight Watch for Windows 1.0
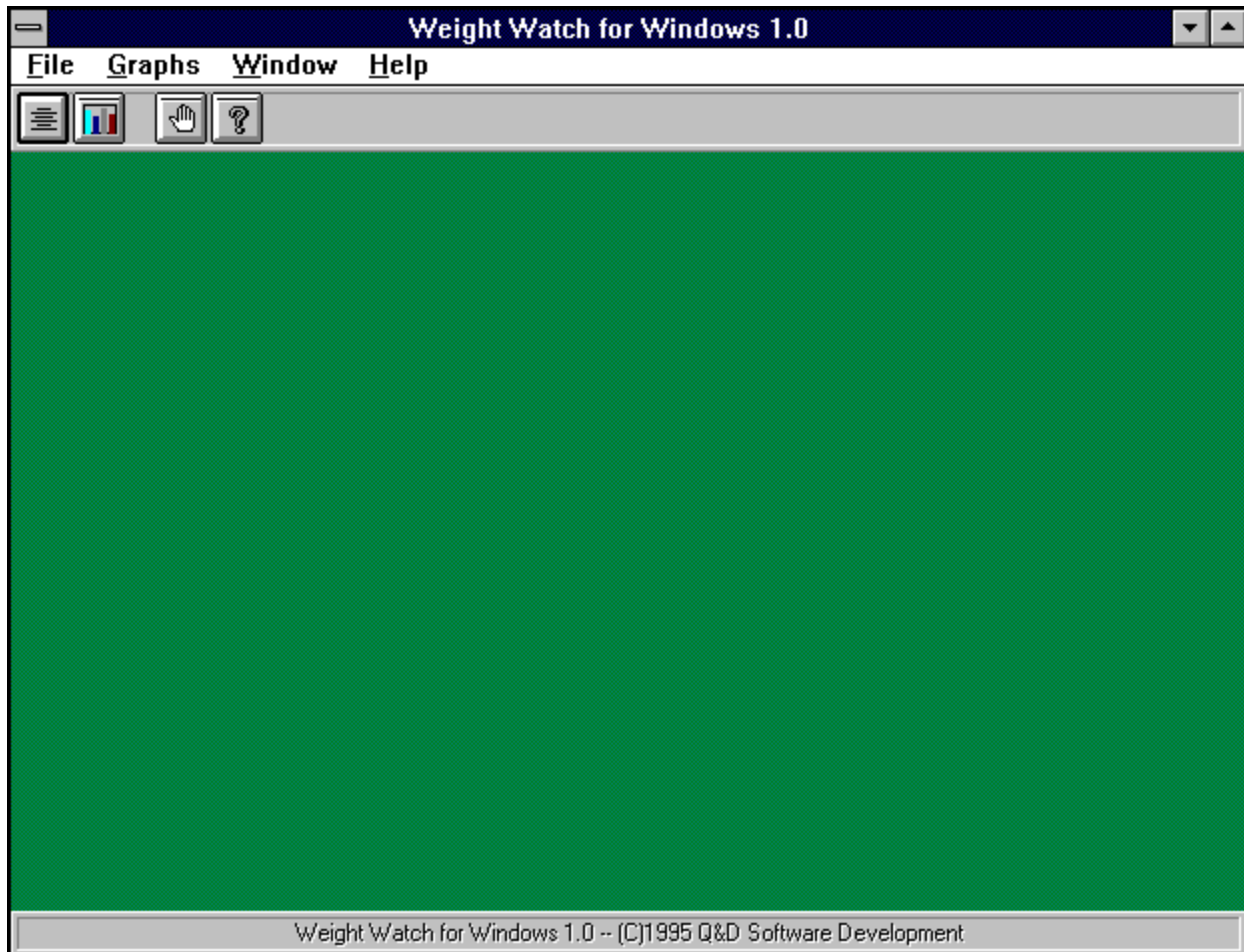
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See below for registration and tech support info.

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Registration Benefits:

The shareware (unregistered) edition of Weight Watch for Windows offers all of the features of the registered version, but for a limited amount of time (approximately 30 days), with the exception of the graph printing feature.   After the initial evaluation period, certain features of the program may cease to function.

Users of the registered version will not be subjected to 'nag' screens or any other reminder messages which occur in the unregistered version of Weight Watch for Windows.

In addition to receiving added features, registered users are entitled to FREE UPGRADES to this program as they occur.   (Shipping and handling charges may be incurred in some cases.)

Registered users of software products by Q&D Software Development have come to expect high quality customer service, whether by telephone or electronically.   We encourage suggestions from our registered users.   If you have any questions or suggestions about any of our products, please do not hesitate to let us know.

Ordering Information:

Weight Watch for Windows is available for $19.95.   A shipping and handling charge of $3.95 will also be applied.   (Shipping and handling charges of $4.95 apply for orders outside the U.S.)

To order Weight Watch for Windows by CREDIT CARD, choose one of the following options:

Visit the On-Line Order Desk section of our WWW home page at
http://www.intac.com/~dversch/

OR

E-mail us your name, address, phone number (optional), credit card type, number, and expiration date.   Also, be sure to tell us which program you are ordering.   Compuserve users may e-mail credit card orders to 76336,3271.   Internet users can send e-mail orders to 76336.3271@compuserve.com.

OR

Call the Public (Software) Library at 1-800-242-4775 (1-800-2424-PSL), or 1-713-524-6394. These phone numbers are for CREDIT CARD ORDERS ONLY.   We accept VISA, MasterCard, American Express, and Discover.   Specify Product Number 14185.   When ordering by credit card, please be prepared to give your name and billing address as it appears on the card.

OR

Mail us your name, address, phone number (optional), credit card type, credit card number, and expiration date.   Also, be sure to tell us which program you are ordering. Our mailing address is:

Q&D Software Development
10-B Sentinel Court
Chatham, NJ 07928

To order **Weight Watch for Windows** via Compuserve:

GO SWREG and register ID# 7082.

To order **Weight Watch for Windows** by mail:

Send a check or money order, mail to:

Q&D Software Development
10-B Sentinel Court
Chatham, NJ 07928

Be sure to specify your name and shipping address, as well as the program name and version you are registering.

Tech Support:

As of April, 1995 **Q&D Software Development now has a support forum on Compuserve!** Feel free to stop in and visit us at GO WINAPD, Library 1.   For free technical support, registered users of **Weight Watch for Windows** have several options.   You may call us at (201)635-1824, leave e-mail at Compuserve ID# 76336,3271, leave a message in our Compuserve forum **(GO WINAPD, Library 1)**, leave e-mail at Internet address **dversch@intac.com**, leave e-mail at AOL address DaveV36, or visit our home page on the Internet's World Wide Web at **http://www.intac.com/~dversch/**.

Users of the unregistered version of **Weight Watch for Windows** must rely on this help file for support.
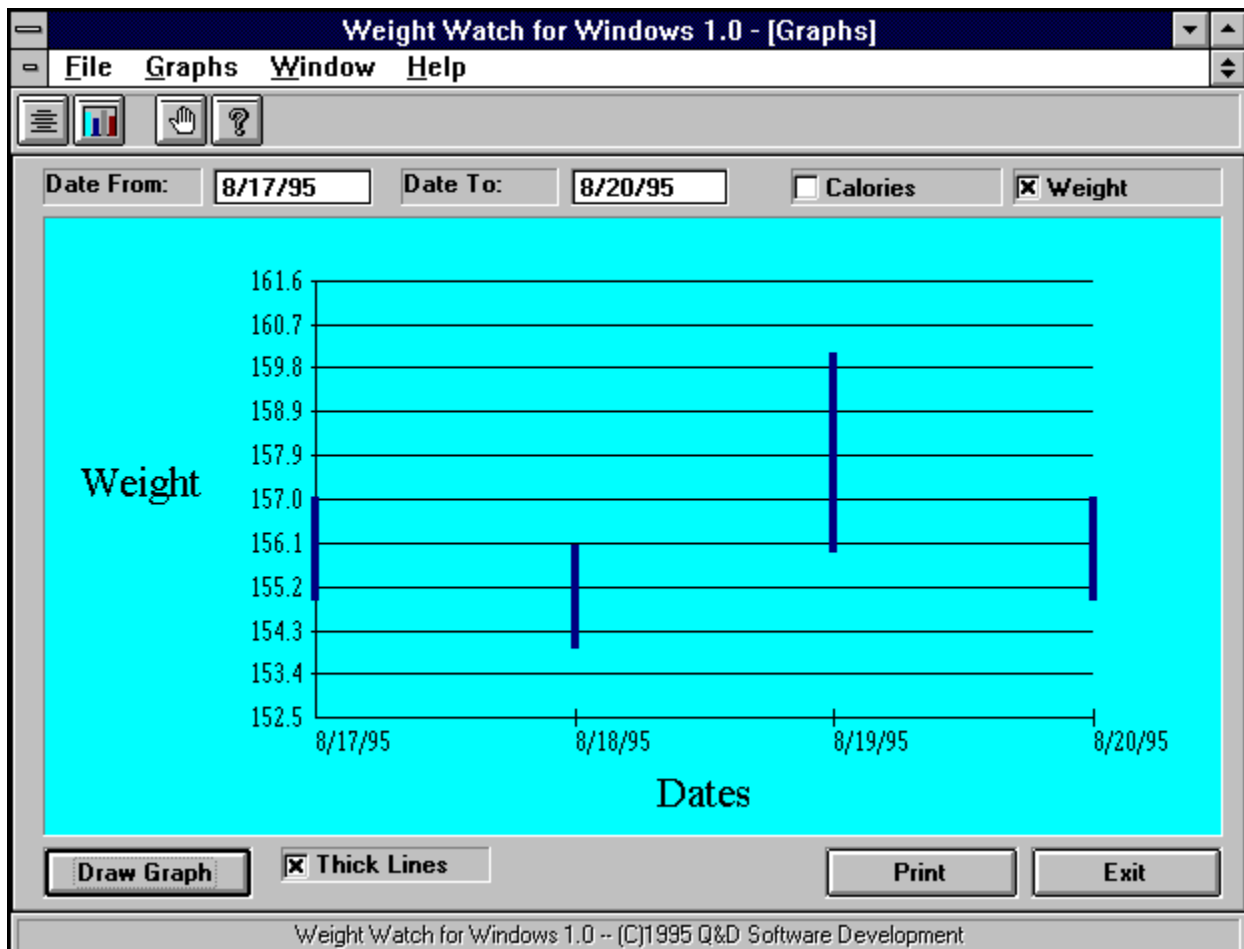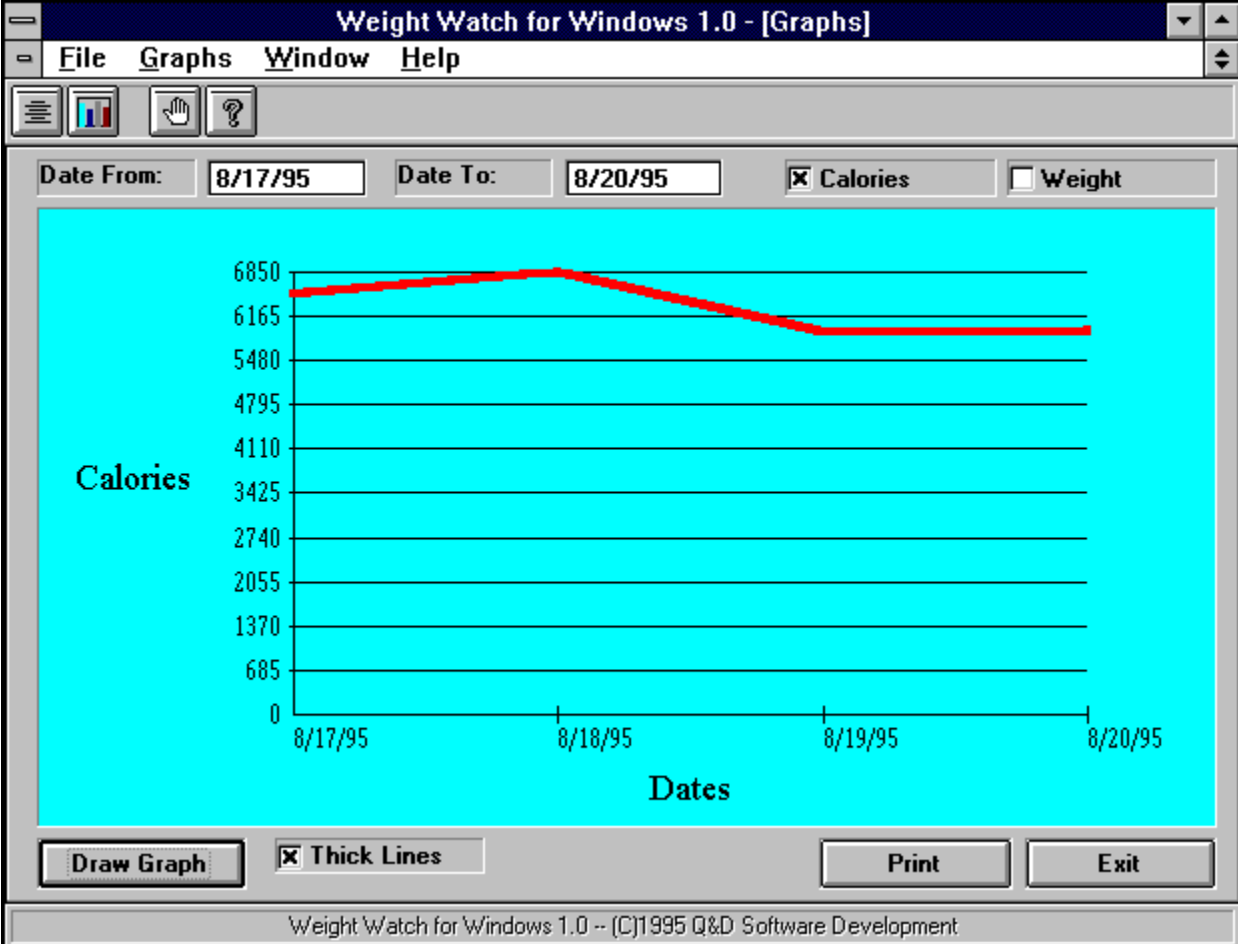
Graph Window

The Graph Window is accessed by clicking Graphs from the <u>main menu</u>.

The Graph Window allows you to view a graphical representation of the data you've entered via the <u>Data Entry Window</u>.   You can specify a date range for your graph, as well as whether you wish to see a graph of your Calorie Intake data, or your Weight data.

When the Graph Window is first opened, the date range of your graph defaults to the date range of all of the data you've entered into the system.   You may modify this date range as you desire.   If you wish to graph your Calories data, click the Calories check box.   If you wish to graph your Weight data, click the Weight check box.   You may create a graph consisiting of both sets of data by clicking both check boxes.   In this way, you can create a visual representation of how your caloric intake effects your weight over a period of time.

Once you've entered all of your criteria as outlined above, click the Draw Graph button to create your graph.   Once you've created your graph on the screen, you may print a copy of it by clicking the Print button.

Weight Watch for Windows 1.0 - [Graphs]

File **Graphs** **Window** **Help**

Date From: `8/17/95`   Date To: `8/20/95`   ☒ Calories   ☐ Weight

Calories

6850
6165
5480
4795
4110
3425
2740
2055
1370
685
0

8/17/95   8/18/95   8/19/95   8/20/95

Dates

Draw Graph   ☒ **Thick Lines**   **Print**   **Exit**

Data Entry

The Data Entry Window is accessed by clicking File|Open from the <u>main menu</u>.

Weight Watch for Windows 1.0 - [Data Entry]

File   Graphs   Window   Help

Calorie Intake

	Date	Total	7 AM	8 AM	9 AM	10 AM	11 AM	12 Noon	1 PM	2
	8/17/95	6500	1500					2500		
	8/18/95	6850	1200					2650		
	8/19/95	5900	1000					2400		
▶	8/20/95	5950	1100					2200		
✳										

Weight

	Date	1 AM	2 AM	3 AM	4 AM	5 AM	6 AM	7 AM	8 AM	9
	8/17/95							155		
	8/18/95							154		
▶	8/19/95							156		
	8/20/95							155		
✳										

OK   Cancel

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The Data Entry Window consists of two grids; the Calorie Intake Grid and the Weight Grid.   Each of these grids allows you to enter the appropriate data for any hour of the day or night, on any day.   The illustration above gives an example of how this data is entered into the grids.

You will be able to view a graphical representation of your data from the <u>Graph Window</u>.

To save your data, click the OK button.   To exit this window without saving your data, click the Cancel button.