

# **R i p T i m e !**

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## **Update Manual** **(Version 1.2)**

## What's New

The following changes appear in Version 1.2:

- Notes column was added to Today, Selected, By Date, By Exercise and Coded Views.
- Past Week and Past 30 Days filters were modified to exclude workouts planned for the future.
- Added a Diary View and Diary Filter to allow for a daily summary of the workout history.
- Deleted the 61-90 Day Filter to make room for the Diary Filter.
- 28 exercises have been added to RipTime! Exercises.

In addition, changes have been made to the User's Manual to accommodate these changes and to make certain minor corrections and clarifications.

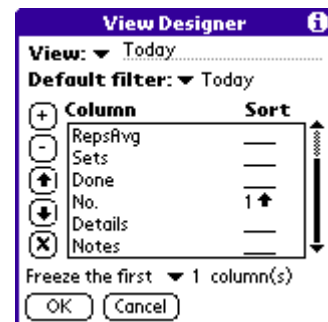
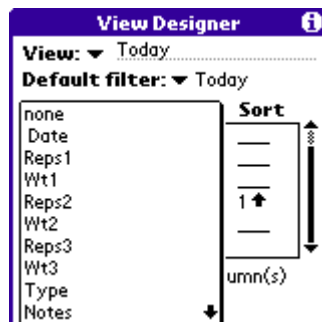
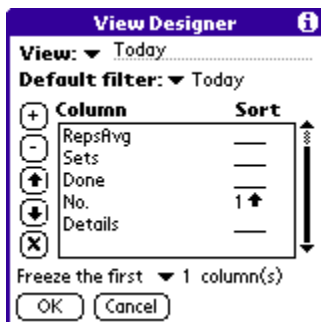
## Updating to Version 1.2

If you do not care about retaining any data you have already recorded in RipTime! or RipTime! Exercises, you can update simply by deleting your current versions of RipTime! RipTime! Exercises and installing version 1.2 of each. You can also install just RipTime! v.1.2 or RipTime Exercises! v.1.2. Both are compatible with the earlier versions of RipTime! and RipTime! Exercises.

If you want to retain your data in RipTime! do not install Version 1.2. Instead, follow these instructions:

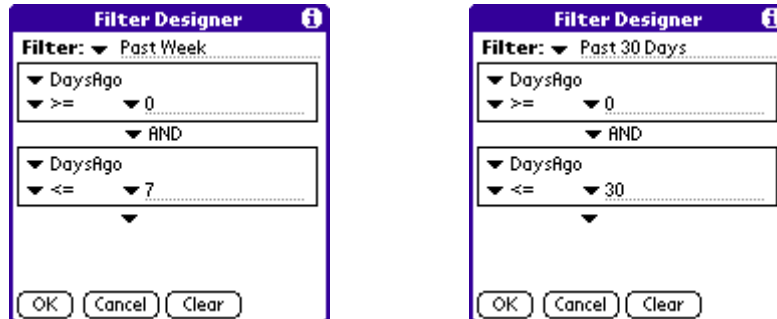
### *Adding Notes to Today, Selected, By Date, By Exercise and Coded Views*

The Notes column has been added to Today, Selected, By Date, By Exercise and Coded Views to allow you to quickly see whether you have entered any notes for the exercises in those Views. You can add the Notes column to each of these views by selecting Design Views from the Tools menu and tapping the plus sign followed by Notes.



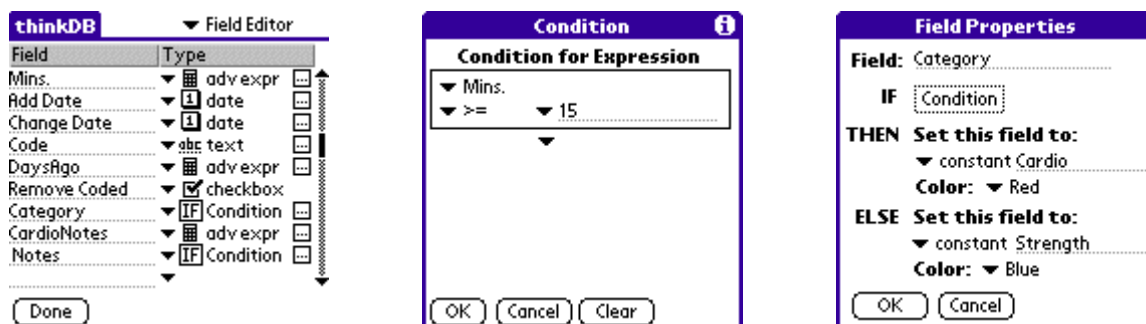
### Modifying the Past Week and Past 30 Days Filters

Select Design Filters from the Tools menu. Modify the Past Week and Past 30 Days filters by adding "DaysAgo >= 0" and "AND" to each of them, as shown below:



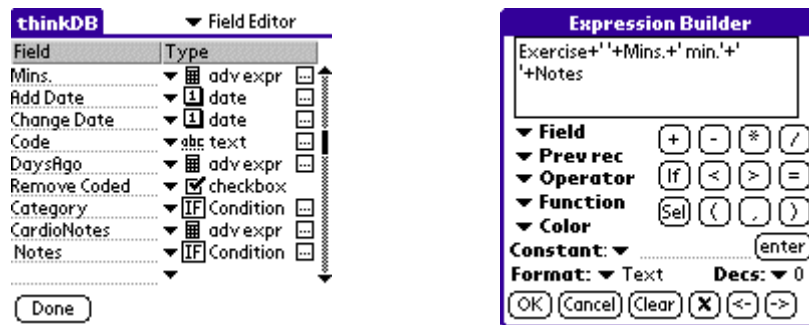
### Adding the Category Field

The Category field is used in conjunction with the Diary View and the Diary Filter. It displays whether an exercise is a strength exercise or a cardio exercise. To create the Category field, select Design Fields from the Tool menu. In the Field Editor, add "Category" on the left side under "Remove Coded". On the right side, select Conditional Expression for the field type. Configure the conditional expression by first setting the condition to "Mins. >= 15". (This will display as a cardio exercise only those instances where you perform a cardio exercise for 15 minutes or more. If you prefer to use a different number, you can enter that instead.) Under "THEN Set this field to:", select "constant" and insert "Cardio" in the blank. Under "ELSE Set this field to:", select "constant" and insert "Strength" in the blank field. If you are using a color device, you should set Red as the color for Cardio and Blue as the color for Strength (or whatever color combinations you prefer). Press OK when you are done.



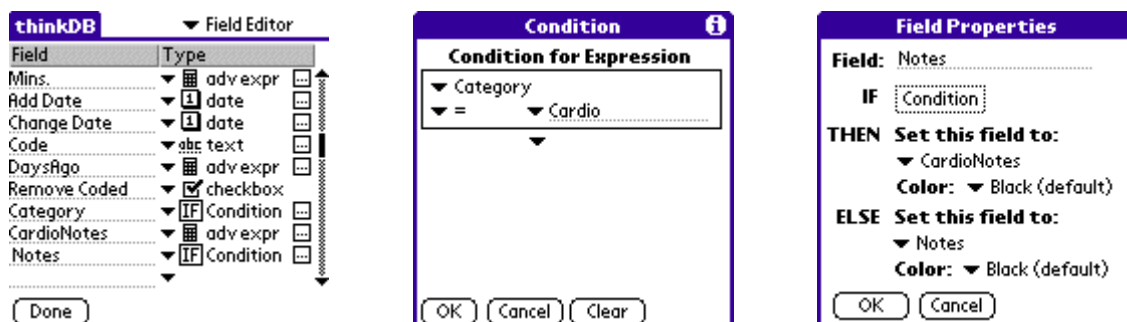
### Adding the CardioNotes Field

The CardioNotes field is used in conjunction with the Diary View and the Diary Filter. This field is not visible in RipTime!, but instead is used in designing the Notes field (see below). To create the CardioNotes field, select Design Fields from the Tool menu. In the Field Editor, add "CardioNotes" on the left side below "Category". On the right side, select Advanced Expression for the field type. Configure the advanced expression by selecting "Exercise" from the Field drop-down menu. Tap the + button. Then insert a single quote followed by a space in the blank to the right of "Constant" and tap the "enter" button. Tap the + button again and then select "Mins." From the Field drop-down menu. Then insert a single quote followed by a space and then "min." in the blank to the right of "Constant" and tap the "enter" button. Tap the + button and then insert a single quote followed by a space in the blank to the right of "Constant" and tap the "enter" button. Tap the + button again and then select "Notes" from the Field drop-down menu. Press OK.



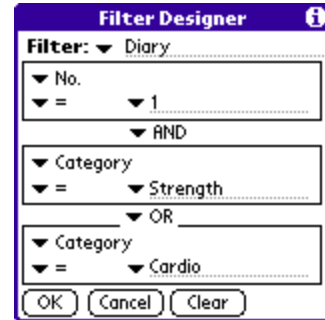
### Adding the Notes Field

The Notes field completes the three fields that are necessary for the Diary View and the Diary Filter. This field is designed to hold notes for your entire workout and extended notes for cardio exercises. It incorporates the Notes Field that exists on the RipTime! form. To create the Notes field, select Design Fields from the Tools menu. In the Field Editor, add "Notes" on the left side below "CardioNotes". On the right side, select Conditional Expression for the field type. Configure the conditional expression by first setting the condition to "Category = Cardio". Under "THEN Set this field to:", select "CardioNotes" from the drop-down list. Under "ELSE Set this field to:", select "Notes" (the 11<sup>th</sup> item from the top) from the drop-down list. Press OK.



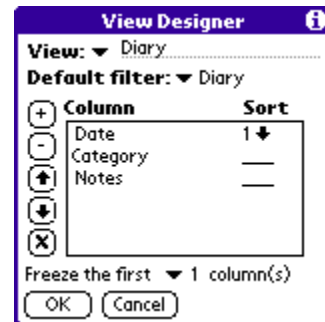
### Adding the Diary Filter

Select Design Filters from the Tools menu. Select the 61 to 90 Days filter and rename it Diary. The filter is in three parts and is constructed as follows: (1) Select No. from the first drop-down menu in the first box; select = from the second drop-down menu in the first box; and set the right-hand drop-down menu to "constant" and insert 1 in the blank. (2) Select "AND" between the first and second boxes. (3) Select Category from the first drop-down menu in the second box; select = from the second drop-down menu in the second box; and set the right-hand drop-down menu to "constant" and insert Strength in the blank. (4) Select "OR" between the second and third boxes. (5) Select Category from the first drop-down menu in the third box; select = from the second drop-down menu in the third box; and set the right-hand drop-down menu to "constant" and insert Cardio in the blank. Press OK.



### Adding the Diary View

Select Design Views from the Tools menu. Select View 10 and rename it Diary. Add Date, Category and Notes (in that order) by tapping on the + button. Set the Sort for Date at "Primary, Descending". Set the Default filter to Diary. Freeze the first "1 column(s)". Press OK.



### Using the Diary View

The Diary View allows you to see your daily workouts at a glance. You can easily see how often you performed cardio and strength workouts and notes about each workout.

The Diary Filter that is used in conjunction with the Diary View uses the following rules for its display:

- For cardio exercises, it shows each exercise where the duration is 15 minutes or greater. That amount of time can be adjusted by changing the condition in the Category field to whatever minimum duration you want for displaying cardio exercises in the Diary View.
- For strength exercises, it shows any exercise that has "1" as the No. inserted on the RipTime! form that is not also a cardio exercise lasting 15 minutes or longer. Using this formula, cardio exercises of less than 15 minutes duration that also have "1" as the No. are viewed as warm-up for the strength routine that follows.



Date	Category	Notes
5/17/02	Cardio	Treadmill 45 mi
5/14/02	Strength	FM total body
5/12/02	Cardio	CrossTrainer 25
5/11/02	Strength	PT supersets
5/9/02	Strength	PT 4/27 workou
5/4/02	Strength	Legs and arms
4/30/02	Cardio	CrossTrainer 35
4/28/02	Cardio	StairMaster 45
4/27/02	Strength	PT upper body

These rules result in all cardio exercises that are 15 minutes or longer appearing in the Diary View and only strength exercises that are designated as No. 1 appearing

there. Because the exercise name itself does not appear in the view, you are able to see the category of the routine with which it is associated, together with the notes for the routine.

For cardio exercises, RipTime! automatically includes the exercise name and duration in the Notes column in the Diary View. Notes that are recorded in the Notes field on the RipTime! form are appended to the exercise name and duration.

If you want to record notes for an entire strength routine (as opposed to a particular exercise within the routine), you should record them in the Notes field for the No. 1 exercise.

If you begin your exercise routine with a cardio exercise lasting 15 minutes or longer, you should leave the No. field blank. Doing that will allow you to label your first strength exercise as No. 1 while at the same time retaining the order that you performed the exercise. If you perform a cardio exercise lasting 15 minutes or longer either in the middle or at the end of your routine, you should record the actual order that you performed the exercise. Both the strength routine and the cardio exercise will appear in the Diary View. As indicated above, cardio exercises of less than 15 minutes duration will be viewed as strength or warm-up exercises.

If your unit supports color, the name "Cardio" will appear as red and the name "Strength" will appear as blue on the Diary View. This way, you can easily see how often you performed each category of exercises and adjust your workout schedule if appropriate.

### **Further Information**

For more information, consult the RipTime! User's Manual. Questions or comments about RipTime! may be directed to [RipTimeDB@hotmail.com](mailto:RipTimeDB@hotmail.com).