

R i p T i m e !

Update Manual **(version 1.1)**

What's New

A feature has been added to allow you to remove records from the Coded View. This will allow you to retain exercise routines for easy reference without having to view every instance that you performed that routine. For more information on using this feature, see Recreating Routines Using the Coded View below.

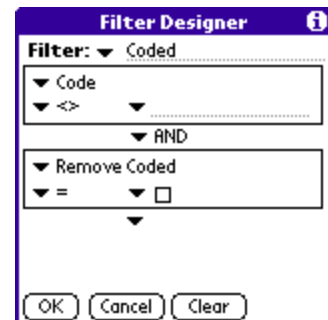
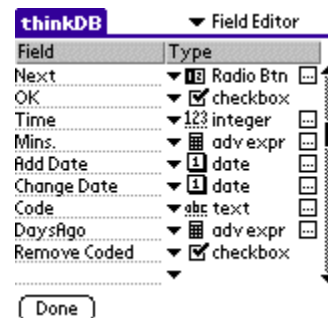
Changes have been made to the User's Manual to describe the use of this new feature, in addition to certain other minor changes to the Manual.

Updating to Version 1.1

If you do not care about retaining any data you have already recorded in RipTime!, you can update simply by deleting version 1.0 of RipTime! and installing version 1.1. While the version number has changed for RipTime! Exercises to match that of RipTime!, there has been no change made to that program. Accordingly, there is no need to update RipTime! Exercises.

If you want to retain your data in RipTime! do not install the RipTime! program. The easiest way to update the program is to follow these steps:

- Go into the Field Editor under "Design Fields" in the thinkDB Tools menu. Go to the bottom of the list and add a new field called "Remove Coded". You do this by inserting "Remove Coded" in the Field name under "DaysAgo" and by selecting "checkbox" at the Type drop-down arrow.
- Go into "Design Filters" in the thinkDB Tools menu and select the Coded filter. Select "AND" at the bottom drop-down arrow. Another box will open. Select "Remove Coded" at the upper left drop-down arrow. A checkbox should appear with a checkmark in it at the lower right drop-down arrow. De-select the checkmark. Change the lower left drop-down arrow to "=". The Coded filter should look exactly like the screenshot on the right.



Recreating Routines Using the Coded View

Using codes allows you to group exercises together as a single, repeatable routine. If you have entered exercise numbers on the RipTime! form, you will not only be able to easily identify the exercises that are part of that routine, but you will also be able to retain the order in which you performed them. You can recreate routines using the Coded View through the following four-step process:

- Select exercises in the Coded View with the same Code and Date by checking the Select checkbox for each of those exercises. These exercises will now appear in the Selected View.

- Go to the Selected View, open each record and duplicate it through the Actions menu or the Duplicate Record graffiti shortcut.
- Uncheck "Select" for the duplicate records. Note that it does not matter which of the two duplicates you de-select; the duplicates are identical records of each other in every way.
- Use one of the three methods described in Planning and Recording Workouts (above) for changing the dates of the records in the Selected View.

After you perform your workout, you will note that you now have more than one set of records with the same Code showing in the Coded View. The dates of these records should be different. If you want to remove the extra records from the Coded View you can do so by first selecting the records (using the Select checkbox) that you want to remove. You should then go into Filtered Operations under the Tools menu and, in the Update submenu, set the operation to "Remove Coded to on". Press OK and all of the unwanted records in the Coded View will be removed.



Further Information

For more information, consult the RipTime! User's Manual. Questions or comments about RipTime! or about this update may be directed to RipTimeDB@hotmail.com.