

R i p T i m e !

Update Manual **(Version 1.3)**

What's New

The following changes appear in Version 1.3:

- Diary Filter now contains only those routines that have been completed.
- Change of exercise name in RipTime! Exercises automatically updates in RipTime!.
- Technical changes in the way the Diary Filter identifies routines.
- Can now view exercise log from RipTime! without opening exercise form in RipTime! Exercises.
- 46 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 1.3

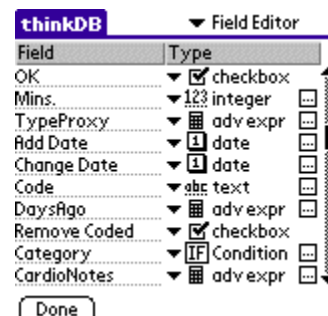
If you do not care about retaining any data you have already recorded in RipTime! or RipTime! Exercises, you can update simply by deleting your current versions of RipTime! and RipTime! Exercises and installing version 1.3 of each. Because of changes in the links between RipTime! and RipTime! Exercises, you cannot update one without the other.

If you want to retain your data in RipTime! do not install Version 1.3. Instead, follow these instructions:

Changing the Way the Diary Filter Works

Changes to the Diary Filter occur in three parts. The first is to change the way the program identifies whether a routine is a strength or cardio routine using the proxy function in thinkDB. The second is to change the Diary Filter so that it shows only those routines that have been completed. The final step is to make a couple of conforming changes to make sure the Cardio View and Cardio Filter work correctly. The entire process can be completed by following these steps:

1. Go into the Field Editor in RipTime! and change the label on Mins. to TypeProxy. Make sure that the field type for TypeProxy is set to Advanced Expression. Tap the button to the right of "advexpr". Tap "Clear" and then "Yes". From the Field drop-down menu, select "Type". Tap "OK".
2. While still in the RipTime! Field Editor, change the title of the "Time" field to "Mins."



3. While still in the RipTime! Field Editor, add a new field called "Strength" below "Notes". Make it a Conditional Expression. Tap on the "Condition" button and set it to "No. = 1". Select constant from the drop-down list next to "THEN" and insert "Strength" next to "constant". Set the color as Blue. The "ELSE" field can remain at their defaults, i.e., a blank constant field and black color. Tap "OK".

Field Properties

Field: Strength

IF ☐ Condition

THEN Set this field to:

▼ constant Strength

Color: ▼ Blue

ELSE Set this field to:

▼ constant

Color: ▼ Black (default)

Condition

Condition for Expression

▼ No.

▼ = ▼ 1

4. While still in the RipTime! Field Editor, go to the Category field and change the Conditional Expression. First, tap on the Condition button and change it to read reads "Mins. >= 15". Next, change the drop-down list under "ELSE" to the Strength field (as opposed to the existing constant field with "Strength" inserted in the blank). Tap "OK".

Condition

Condition for Expression

▼ Mins.

▼ >= ▼ 15

Field Properties

Field: Category

IF ☐ Condition

THEN Set this field to:

▼ constant Cardio

Color: ▼ Red

ELSE Set this field to:

▼ Strength

Color: ▼ Blue

5. Exit the RipTime! Field Editor and select Design Filters from the Tools menu. Select the Diary filter. The filter is in three parts and is constructed as follows: (1) Change the first drop-down menu in the first box from No. to Category. Leave the second drop-down menu in the first box at =; and write "Cardio" where "1" now appears. (2) Change "AND" to "OR" between the first and second boxes. (3) Do not make any changes to the second box. (4) Change "OR" to "AND" between the second and third boxes.

Filter Designer

Filter: ▼ Diary

▼ Category

▼ = ▼ Cardio

▼ OR

▼ Category

▼ = ▼ Strength

▼ AND

▼ Done

▼ = ▼ ☒

(5) Change Category to Done in the first drop-down menu in the third box; make sure the second drop-down menu is set at = and the third drop-down menu has a checked check-box. If the check-box is not checked, tap on it. Tap "OK".

6. Go into the Field Editor and tap on the button next to "advexpr" in the CardioNotes field. You want to change the expression to substitute the field "Mins. for "TypeProxy". Tap "Clear" and then "Yes". Then select "Exercise" from the Field drop-down menu. Tap on +. Enter a single quote followed by a space in the Constant field and tap "enter". Tap +. Select Mins. from the Field drop-down menu. Tap +. Enter a single quote followed by a space followed by mins. in the Constant field and tap "enter". Tap +. Enter a single quote followed by a space in the Constant field and tap "enter". Tap +. Select Notes from the Field drop-down menu. Make sure that the Format is set to Text. Tap "OK".

7. Go into the Design Views menu from the Tools menu and select the Cardio View. Delete "TypeProxy" and replace it with "Mins."
8. Go into the Design Filters menu and change the Cardio filter so that the first box reads "TypeProxy = Cardio", there is an "AND" between the first and second boxes, and the second box reads "TotReps < 1".

9. To make sure that your changes have been incorporated, select "Recalculate expressions" from the tools menu. Make sure that you do not have any filters applied when recalculating expressions or you may find that not all of your data displays properly.

Changing How the Exercise Details Button Works

Changing the way the Exercise Details Button Works requires one simple step. Go into the RipTime! Field Editor and reconfigure the 1-to-Many field in Details by tapping on the button to its right and then, under "View information", change "View" to Strength Log in the drop-down menu. Tap "OK".

[Changing to Automatically Update RipTime! With RipTime! Exercises Changes.](#)

Important: This is a time-consuming change if you have a lot of exercises entered in RipTime!. The estimated time for 300 exercises is 60 to 90 minutes. You may want to consider deleting some of your older exercises before proceeding. Proceeding with the changes described below will erase the exercise names from RipTime!. You can preserve all of your data using the following procedure. First, create a new DB join field in RipTime! that is identical to the existing Exercise field but name it something else (e.g., TempName) to avoid confusing it with the Exercise field. Second, go into the RipTime! Form Designer and add (temporarily) your newly created field to the bottom of the Set1 tab. Third, manually go through each of the RipTime! forms and tap on the link next to the newly-created field on Set1 and select the exercise name to match the exercise on the top half of the form. After linking all of the RipTime! forms to RipTime! Exercises, you should then follow the procedure described below. Once you have completed that procedure, you will notice that all of the exercise names are blank in the top half of the RipTime! form. Reset the links by tapping on the link icon and matching the name to the name that appears at the bottom of Set1. After making all of the changes, you can delete the TempName field in the Field Editor, which will also remove that field from the RipTime! form.

Through version 1.2, the DB join between RipTime! and RipTime! Exercises worked through the exercise name. This change links the two databases through a Key field in RipTime! Exercises, rather than the exercise name. By doing this, changes to the exercise name in RipTime! Exercises will automatically update the name in RipTime!. The changes are made by following these steps:

1. Go into the Field Editor in RipTime! Exercises and add a field titled "Key" under the Log field. Set the field type to Key. Tap "Done"
2. Tap on the button next to 1-to-Many in the Log field in RipTime! Exercises and change the first drop-down menu under "Relationship" to Key. Tap "OK".
3. Tap on the button next to 1-to-Many in the LogCardio field in RipTime! Exercises and change the first drop-down menu under "Relationship" to Key. Tap "OK". Tap "Done" to exit the RipTime! Exercises Field Editor.

Field Properties

Field: Exercise

Source tB: ▼ RipTime! Exercises

Join: ▼ Key

Display: ▼ Name

Use view: ▼ Main

OK Cancel

thinkDB ▼ Field Editor

Field	Type
Name	▼ abc text
Equipment	▼ abc text
N.B.	▼ abc text
Detail	▼ abc text
Type	▼ abc text
Log	▼ 1 to Many
LogCardio	▼ 1 to Many
Key	▼ key

Done

Field Properties

Related tB: ▼ RipTime!

-- Relationship --

- This tB - - Related tB -

▼ Key ▼ Exercise

▼ none ▼ none

▼ none ▼ none

--- View information ---

View: ▼ History

Label:

Field: ▼ Name

OK Cancel

Field Properties

Related tB: ▼ RipTime!

-- Relationship --

- This tB - - Related tB -

▼ Key ▼ Exercise

▼ none ▼ none

▼ none ▼ none

--- View information ---

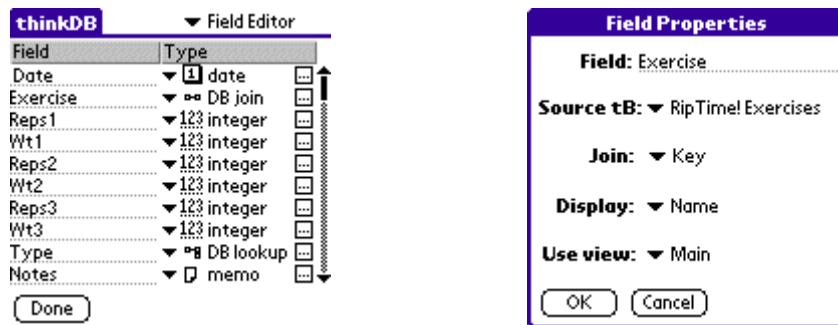
View: ▼ Cardio

Label:

Field: ▼ Name

OK Cancel

4. Go into the Field Editor in RipTime! and in the Exercise field tap on the button next to DB join. Change the drop-down menu next to "Join" from "Name" to "Key".



Further Information

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