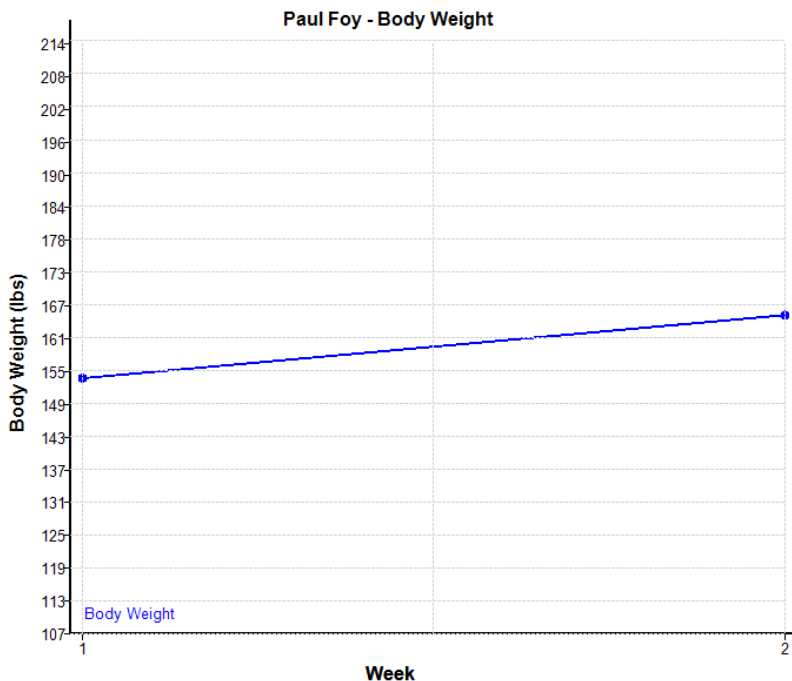


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# 1 Introduction

This is a manual for the installation and use of the application 'BodyWeight'. The program is a Windows application, for logging body weights and creating a chart or list for printout. A typical chart would look like:

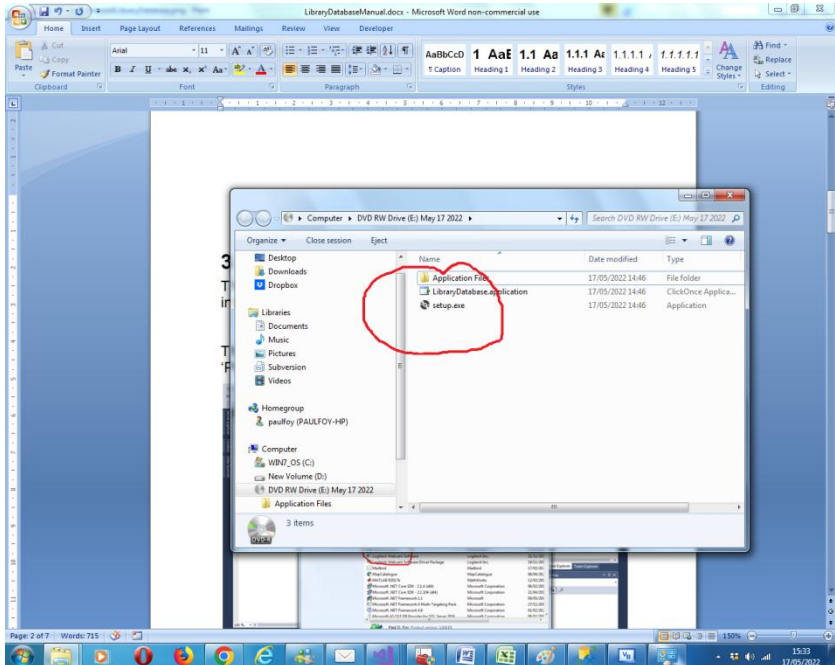


## **2 Pre-requisites.**

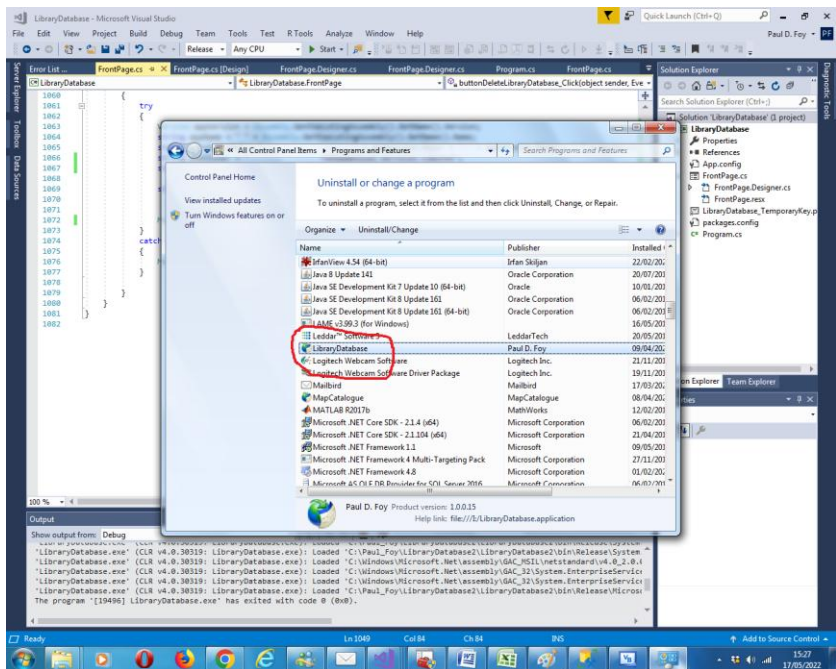
1. A PC running Windows 7 or above.
2. A USB stick or optical drive containing the program setup files, together with this manual.

### 3 Installation/Removal

The program is installed by inserting the supplied stick or disc into the PC and running the 'setup.exe' program on it.



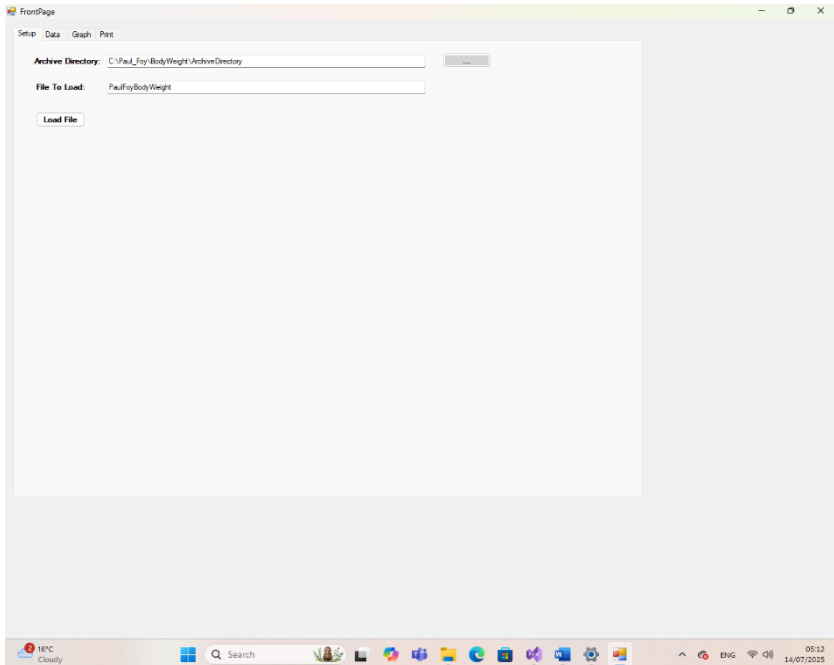
The program can be removed from the PC, by using the 'Program & Features' menu from within Control Panel.



## 4 Use

The application has 4 tabs:

### 4.1 Setup



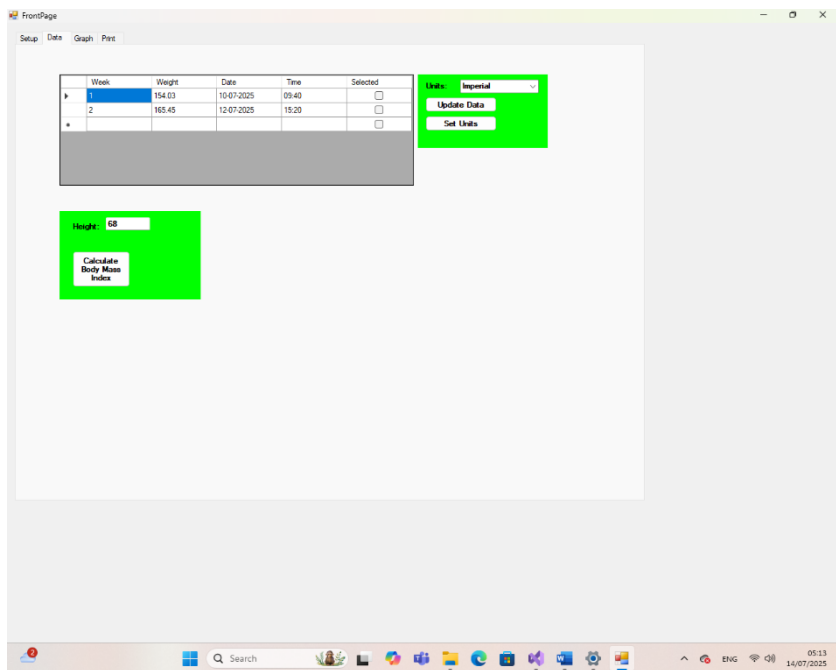
This tab initialises the names and directories and the settings.

**Archive Directory:** the directory where all files are loaded from or saved to.

**File To Load:** the name of the text file to load or save to. This is used for the text file name of the archive file which is saved on program quit and loaded on program start. The contents of this text file populate the entries in the Flex Grid on the Data tab.

**Load File:** The file in the above text box is loaded into memory from its archived text file. If no such file exists an empty flex data grid is created. If you do not explicitly load a file, the last loaded file (as specified in the above text box) is loaded into the flex grid. This button is used for switching between files

## 4.2 Data



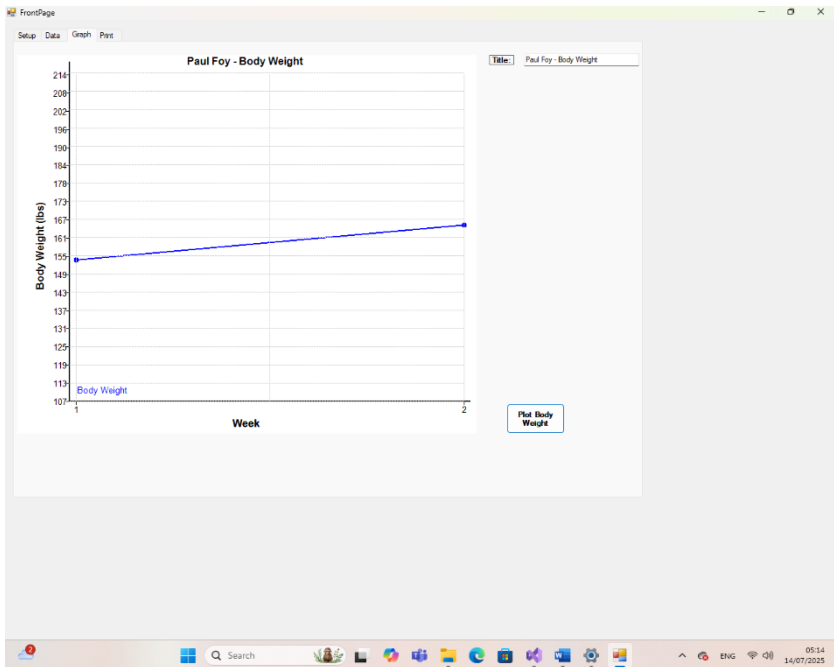
Use this data grid to add a body weight reading. 'Week' is an integer beginning with 1. 'Weight' is a double. 'Date' is in the format 'dd-mm-yyyy'. 'Time' is twenty-four hour time 'hh-mm'.

The units (either pounds or kilograms for weight and inches or metres for height) are set with the **Set Units** button ('Metric' for kilograms and metres and 'Imperial' for pounds or inches). The values already present can be translated between Metric and Imperial with the **Update Data** button.

The height is set with the **Height** textbox. The body mass index for a selected weight is calculated with the **Calculate Body Mass Index** button. The body mass index is weight (in Kg) divided by height (in m) squared.

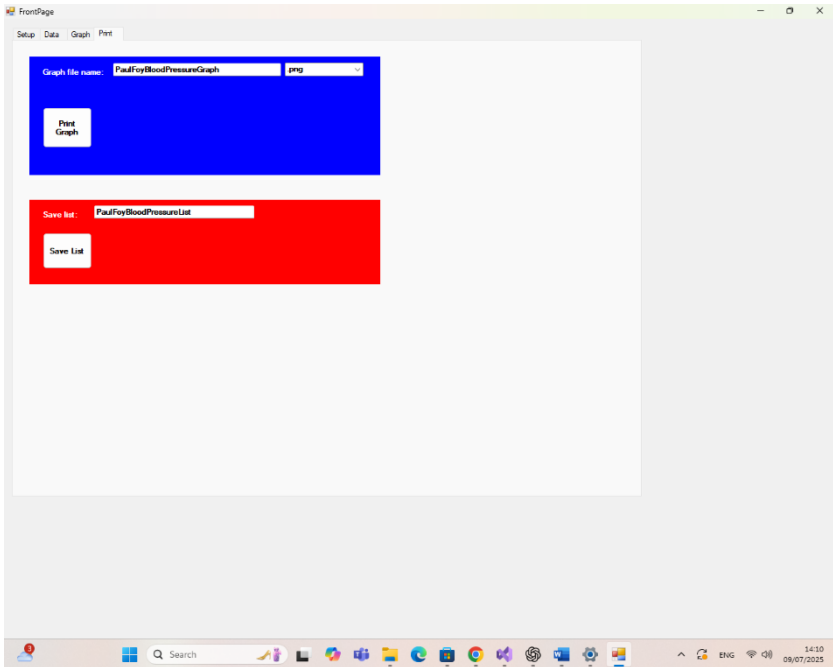


## 4.3 Graph



Use this tab to plot a graph of the body weight readings present in the flex grid. The title provided in the text box to the right entitles the graph.

## 4.4 Print



The upper panel allows you to create a file of the graph in the 'Graph' tab, as either a .png or .bmp file. This can then be printed. The name of the file is as provided in the text box.

The lower panel creates a text file listing the entries in the flex grid. The name of the file is as provided in the text box.

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