

# Health Tracker

Health Tracker Version 3.5.1    December 14, 2010

**Health Tracker** is a personal health logbook and graphing program. You can graph any measurements you'd like, such as your weight, blood pressure, blood glucose levels, and so on. If you're using it to monitor your weight loss, you may also want to record other body measurements, such as your waist, hips, % body fat, BMI, or any other measurements that are important to you.

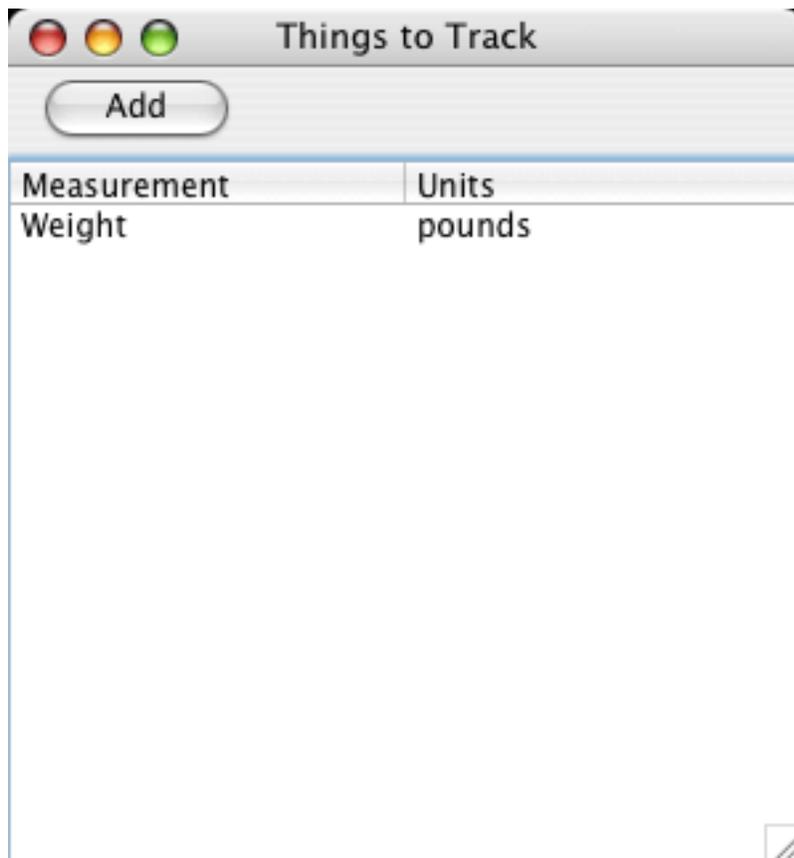
Health Tracker is free for you to evaluate for 30 readings. To use it past the 30 reading trial period, you need to buy your copy. Health Tracker only costs \$19.99, and your purchase also allow you to receive all program updates and new versions released during the next year for free.

This chapter contains information on using Health Tracker. The following chapters contain information on buying your copy, as well as how to contact us.

## Setup

Using Health Tracker is easy. When you start the program, you can open an existing logbook, or create a new one. If this is your first time using Health Tracker, you'll want to create a new logbook (if you were using a version of Health Tracker prior to 3.0.0, you will want to import the data, see the section on doing that later on).

As an example, we'll set Health Tracker up to keep track of weight measurements. Select New from the File menu. You will be presented with the Things To Track Window, which shows all the types of measurements your logbook is set up to keep track of. The list will be empty at first. Click on the Add button, and you will be presented with a window where you can add a new measurement type, or edit an existing one. Enter a name for the measurement, such as Weight in our example, as well as units for the measurement (if desired) such as pounds. Then click OK. The Things To Track Window should now look like this:

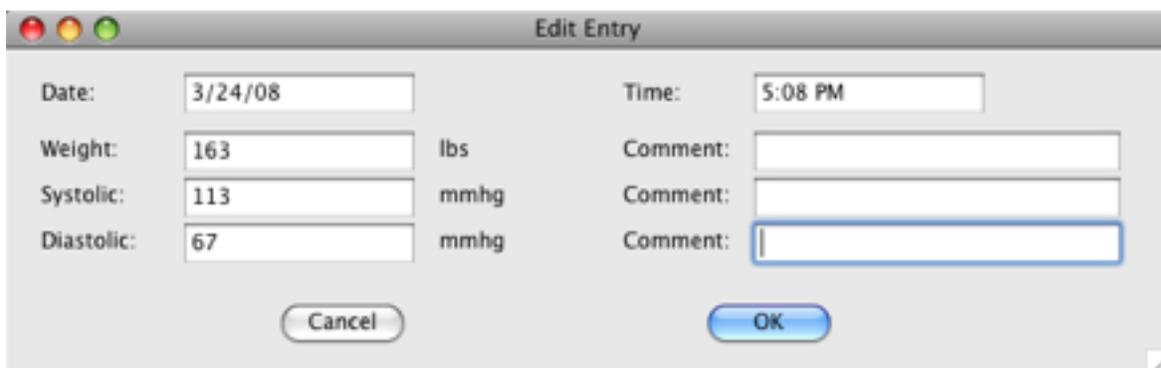


You can edit a type of measurement (or delete it and all associated data) by

clicking on the measurement name in this while, while holding down the control key (or left clicking with your mouse). You will be presented with the same window you used to enter the name and units for the measurement. You can change them and then click OK, or click on the delete button to delete this measurement type, as well as all associated data. Use the delete button with care!

The other window you will see is the Data Window. It should be blank for now, except for column headers Date and Weight.

To add an entry, select Add Data... from the Edit menu. You will see a window like this appear (this window shows additional information being tracked, in this case blood pressure as well as weight):



The date and time will be pre-filled with the current date and time, you can change them if you wish. You enter in the value for that entry, and an optional comment. Then click OK.

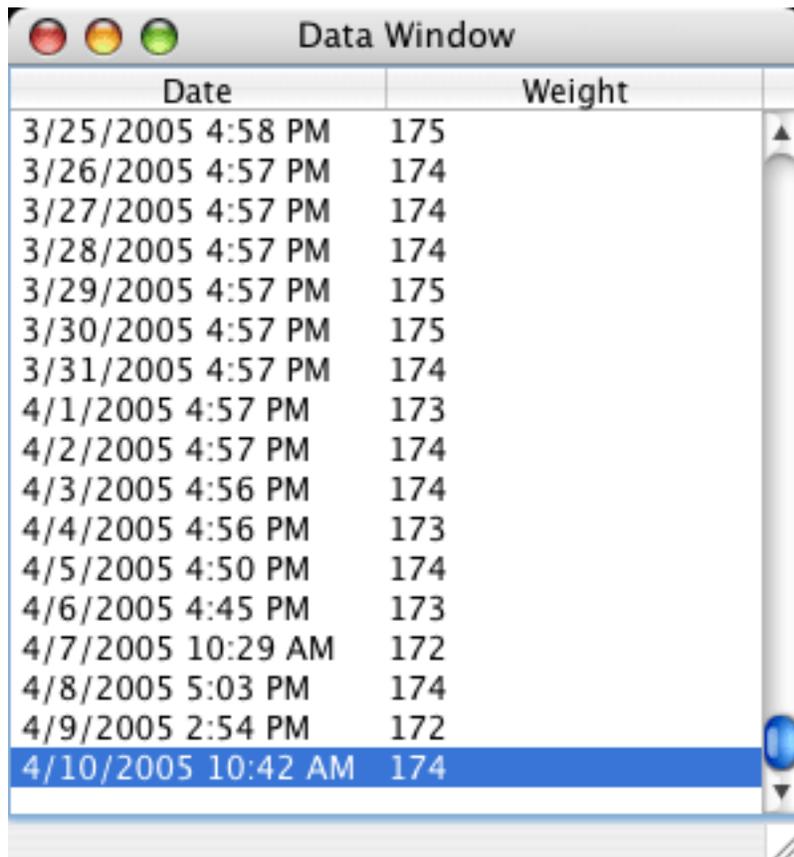
Note that if you close the Things To Track Window, all of the other windows (data and graph) associated with it will also close.

If you have more than one measurement type, enter in those measured values as well.

To edit an existing entry, double click on the date of the entry in the Data Window. Or click on the actual value, and edit the value right in the Data Window.

To edit the date of an entry, double click on the date.

One you have many entries, the Data Window will look something like this:



Date	Weight
3/25/2005 4:58 PM	175
3/26/2005 4:57 PM	174
3/27/2005 4:57 PM	174
3/28/2005 4:57 PM	174
3/29/2005 4:57 PM	175
3/30/2005 4:57 PM	175
3/31/2005 4:57 PM	174
4/1/2005 4:57 PM	173
4/2/2005 4:57 PM	174
4/3/2005 4:56 PM	174
4/4/2005 4:56 PM	173
4/5/2005 4:50 PM	174
4/6/2005 4:45 PM	173
4/7/2005 10:29 AM	172
4/8/2005 5:03 PM	174
4/9/2005 2:54 PM	172
4/10/2005 10:42 AM	174

If there is a • after a date, that means that one or more entries for that date have a comment.

Double clicking on one of the measurements in the Data Window will bring up the graph window for the measurement (it is also automatically opened when you open an existing logbook file). The graph may not look too interesting, until you have entered several entries.

Double clicking on the date will bring up a window where you can edit the date, or the entries.

If you position the mouse cursor over one of the datapoints, a small window will pop up, showing you the date and value for that entry.

To delete entries for a given date, click on that date in the Data Window, then select Cut from the Edit menu.



The popup menu in the upper left corner lets you select one of several ranges of time to graph, either the last month, three months, six months, year, or all time. Each individual entry is graphed with a small dot, and they are connected with a blue line. In addition, an orange line is drawn through the average of the readings. The number of days of readings which are averaged is controlled by the value in the field in the upper right corner of the window. The larger the number of days to average, the more smooth the orange average line is, which helps reduce the variations often found in daily readings. For example, your weight often varies by several pounds day to day, this variation is caused by changes in the amount of water stored in the body, not due to actual changes in the amount of body tissue, fat, etc.

A goal value can be entered in the box in the upper middle of the window. The required change until this goal is reached will be displayed. Health Tracker will then estimate the number of days until this goal is reached, using the data which is currently being graphed (so changing the time period graphed using the popup menu will change this estimate).

In addition, the average for the last week is displayed, as well as the average

change per day, week, and month.

## Printing

You can print from either the Data Window, or from any of the Graph windows. Just select Print from the File menu (and perhaps Page Setup first to select the page layout information).

## Exporting Data

Select this option from the File menu, while the “Things To track” window is open. Health Tracker will save your measurements to a comma delimited text file, which you can import into a spreadsheet or other program. The format is:

```
Date,Time,measurement#1,measurement#2...
```

## Importing Data

If you have version 2.1.6 of Health Tracker, which stored data in a different format, you can export data from it, and then use the Import... option to read that data into this version of Health Tracker. Specify the exported file from version 2.1.6, and it will be read in.

You can also import data from a spreadsheet or other program. To do this, the data needs to be formatted as follows:

It should be a comma delimited ASCII text file. The first line must identify the names of the measurement types, and must also first have fields for the date and time. For example:

```
Date,Time,Weight,Waist
```

In this case, there are two measurement types, one called Weight and the other called Waist. Then, following this line, should be a series of lines containing the actual data, for example:

```
8/28/06,8:15 AM,196,35.5
```

```
8/29/06,8:12 AM,193,35.5
```

8/30/06,7:26 AM,194,35.5

## **Saving Data**

Health Tracker automatically saves the logbook when you quit. The only exception would be when you create or import a new logbook, you will need to specify the filename to save it as, the first time you quit the program.

And that's basically it! Simple to use, quick, and effective for tracking any measurement you'd like.

Please be sure to read the additional chapters for more information on Health Tracker, and how to purchase your copy to use it past the 15 day demo period.

## Using Health Tracker for Blood Pressure

In order to use Health Tracker to keep track of and graph blood pressure, follow these steps:

Create two measurements, one called "**Systolic Blood Pressure**" and the other called "**Diastolic Blood Pressure**", both with units of "**mmHg**".

To enter your readings, each time you take your blood pressure, you will want to enter both readings. Click on a value in the first (Systolic) column, select Add Data... from the Edit menu, and enter in the reading. Then click on a value in the Diastolic column, and do the same.

## **Purchasing your copy of Health Tracker:**

Purchasing your copy of Health Tracker is quick and easy. And purchase helps to show your support for Health Tracker, helping to ensure there will be new versions in the future.

## **Purchasing Using a Credit Card Online:**

The easiest way to buy is by using a credit card via the web. The web URL is: <http://www.blackcatsystems.com/register/health.html>

You can also select Buy Health Tracker from the Apple menu. Your web browser will be sent to the Black Cat Systems online ordering page where you can select your payment method: though our stores at Kagi, SWREG, or PayPal.

Payments sent via email or online are typically processed within 1 to 2 days, often within a few hours. You will receive an email acknowledgement when it is processed. Payments sent via fax or normal mail take up to 10 days. Be sure to always use your correct email address, or we will have no way to get in touch with you!

Thanks again for giving Health Tracker a try.

Black Cat Systems  
4708 Trail Court  
Westminster, MD 21158

email: [info@blackcatsystems.com](mailto:info@blackcatsystems.com)  
Web: <http://www.blackcatsystems.com>

## Purchasing by Check or Money Order

To order by check, please fill out and mail the following form, along with your payment. You can pay with a wide variety of cash from different countries but at present if you pay via check or money order, it must be drawn in US Dollars on a US bank. While there is the risk of loss in the mail, currency is also OK, including foreign currency (We collect foreign banknotes).

I would like to buy \_\_\_\_\_ copies of Health Tracker, at \$19.99 US per copy.

Please make sure you include your email address with your payment. That way we can send the registration code to you, so you **must** include your email address. If you do not send us a valid email address, we have no way to send you the code. Please write clearly.

If you must have your registration code snail-mailed to you, please include an addition \$5 processing and postage fee.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

ZIP/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Email Address: \_\_\_\_\_

Macintosh Model: \_\_\_\_\_ System Version: \_\_\_\_\_

Enclosed, please find my check / money order / cash in the amount of \$\_\_\_\_\_ MD residents please add 6% sales tax.

**Mail this form, along with payment, to:**

**Black Cat Systems  
4708 Trail Court  
Westminster, MD 21158  
USA**

## Contacting Us

If you'd like to get in touch with us, please send us an email. The address is [info@blackcatsystems.com](mailto:info@blackcatsystems.com). We prefer email over traditional (snail) mail, it's faster and less expensive for both of us! We're not able to provide support over the telephone, please use email instead.

If you have a question about Health Tracker or how to use it, think you've found a bug, or would like to suggest a new feature, please let us know! We'd love to hear from you.

If you would like to write to us via snail mail, our address is:

**Black Cat Systems**  
**4708 Trail Court**  
**Westminster, MD 21158**  
**USA**

## Revision History:

December 14, 2009 3.5.1

Corrected a bug that caused incorrect dates to appear in the tooltip display for the graphing window.

September 17, 2009 3.5.0

Entries with comments now have a • symbol after the date in their entry in the Data window, to make them easier to locate.

April 2, 2009 3.4.0

Fixed a bug dealing with deleting entries.  
Several user interface enhancements.

January 22, 2009 3.3.3

Fixed a bug that could cause the OK and Cancel buttons to not appear when adding/editing data entry.

November 22, 2008 3.3.2

Fixed a bug that could cause a crash when graphing less than all of the data.

November 18, 2008 3.3.1

Fixed a bug that could cause a crash when a new log file was created.

November 13, 2008 3.3.0

Better looking graphs by using a new graphing library.  
Added an option to copy a graph to the clipboard.

March 27, 2007 3.2.0

Improvements to the user interface for handling multiple measurements.

January 10, 2007 3.1.2

Double clicking on a log file will now open it.

November 16, 2006 3.1.0

Added Universal Binary support for Mac OS X  
Added tooltip to graphing window  
Logs for a given day can have blank entries for some measurements.

November 16, 2006 3.1.0b1

Fixed a bug which could cause a crash when creating a new log file.

June 29, 2005 3.0.0  
Release

May 31, 2005 3.0.0b3  
Added printing features.

April 29, 2005 3.0.0b2  
Added export feature.  
Double clicking on a measurement in the Measurements Window opens  
up the Data Window if it is closed.

April 10, 2005 3.0.0b1  
First beta version release of version 3.0.0, new re-write.

November 15, 2003 2.1.6  
Fixed a bug which would cause incorrect information to be graphed,  
if none was within the specified date range.

November 10, 2002 2.1.2  
Fixed a bug with printing under OSX 10.2.

November 3, 2002 2.1.1  
Fixed a bug which could cause a crash when a graphing window is  
opened.  
Fixed a bug with the graph displaying all measurements.

June 16, 2002 2.0.3  
Fixed a bug which could cause a program crash when launched.

July 15, 2001 2.0.2  
Data windows may be resized.

April 26, 2001 2.0.1  
Enabled printing.

April 10, 2001 2.0.0

Re-write for carbon, Health Tracker now runs native under Mac OS X, as well as MacOS 8.1 and greater.

March 28, 2001 1.6.1

Fixed a bug that could cause a crash when clicking on the graph window.

March 26, 2001 1.6.0

Added ability to display multiple measurements on a single graph.

March 19, 2001 1.5.0

Renamed Health Tracker

Added ability to enter several readings per day, and the time of each reading.

February 15, 2001 1.3.0

Displays average over past week for all measurements.

December 9, 2000 1.2.0

Added ability to print graphs.

Added ability to copy graphs and data.

Added ability to add/remove measurement types.

Several bug fixes dealing with displaying graphs.

November 29, 2000 1.1.1

Fixed a bug that caused inaccurate rate of loss calculations in some cases.

November 25, 2000 1.1.0

Now FAT for both PPC and 68k Macs

Added graph of average.

Any open data windows refresh when new measurements are added.

November 19, 2000 1.0.0

Initial Release.

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