

Calorie Factor™ v1.0



User's Guide

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Introduction

Calorie Factor™ is a dietary point calculator for PalmOS-based organizers.

Creative Algorithms, LLC and the Points™ dietary point calculator are in no way affiliated with Weight Watchers International, Inc, WeightWatchers.com, Inc, or any Weight Watchers® program.

Weight Watchers, and POINTS are registered trademarks of Weight Watchers International, Inc. Palm is a trademark of PalmOne. PalmOS is a trademark of PalmSource. Windows is a trademark of Microsoft Corp. Macintosh is a trademark of Apple Computer, Inc. Linux is a trademark of Linus Torvalds.

Software License

Before using the software, you must read, understand, and agree to the software license. The software license is available online and is included in the software package downloaded from the Creative Algorithms website.



Freeware

The program is freeware. You may freely use and share the program consistent with the terms of the license agreement.

Using the Program

When you launch the program, you will see the main screen:

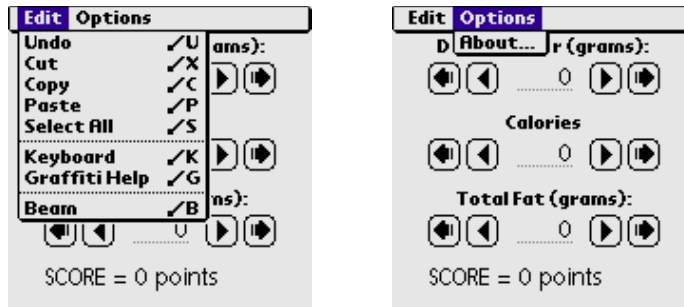


The screen is composed of three fields: fiber, calories, and fat. All of the other controls on the screen adjust these three basic fields. The small arrows change the fields by 1 unit. The large arrows change the fields by 10 units. The fields may also be changed directly.

At the bottom of the screen is the calculated point value.

Drop-down Menu Items

These screenshots illustrate the drop-down menu items accessible from within the program:



Undo/Cut/Copy/Paste/SelectAll/Keyboard/Graffiti Help:

Performs the selected action on the current field.

Beam:

Beams the program to other user's via the infrared port. See the “Sharing” section for more information.

About...:

Displays a screen containing information about the program's authors.

Sharing the Program

You can share the program with another Palm user either by “beaming” the program to them or by emailing it to them.

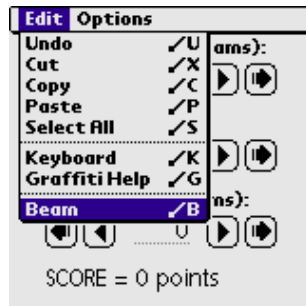
Beaming the Program

Press the applications button on the Palm™ device. The applications screen should appear. Tap the menu button to activate the drop-down menu. Select the “Beam” menu item:



Then, select “CalFactor” from the list of available programs. Follow the manufacturer's instructions for beaming programs.

You can also beam the program while it is running by selecting the “Beam ...” menu item from the drop-down menu:



Emailing the Program

The best way to email the program is to email a link to the latest version. Copy the following link and paste it into your email:

<http://www.creativealgorithms.com/calfactor.html>