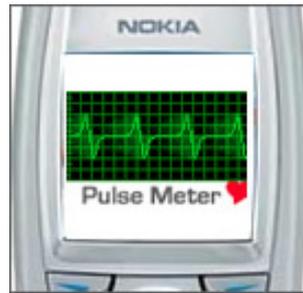


Documentation and User Instructions



Pulse Meter v1.1 for mobile java devices
by Op 111 Productions

With Pulse Meter you can measure your heart rate, tempo of music etc. by entering the beats with the #-button. The results can be saved in lists including time, date and a name for every result. The application can also calculate your individual maximum heart rate as well as your optimal training pulse depending on whether the goal with you training is fitness or weight loss.

User instructions

The application consists of three separate sections which have their own menus. From the main menu (on the pulse measuring screen) you can access the two sub menus - "Results" and "Manage lists". To return to the main menu, select "Back" or "Home". Other sections such as "Target HR", "Settings", "Instructions" and "About" are only accessible from the main menu.

1. Measuring Pulse

To measure, first listen or feel the pulse for a while and then enter five beats with the #-button. After the last beat the result will be displayed as number of beats per minute (BPM). Select "Reset" to measure again or "Save" to save the result in a list.

In the "Settings" section there are several different options for accuracy, precision and how to enter beats.

"Accuracy" controls the number of beats from which the result is calculated. Higher number of beats gives greater accuracy. In the "Low" setting you have to enter 5 beats, in the "Medium" setting, 10 beats etc.

"Precision" controls if the result should be displayed as whole numbers or with one decimal.

"Pulse input" let you chose between two ways to input the beats:

- "Every beat" is the default setting and may be most useful for situation when you hear the beats and the speed is not extremely fast, such as when measuring the tempo of a piece of music etc.
- "First/Last" is easier to use for measuring your own heart rate or for any situation when the pulse is very fast. You enter just the first and last beat of the measuring interval. As an example, (if "Accuracy" is set to "Low"), you count "1, 2, 3, 4, 5" in time with the beats but you only push the #-button on "1" and "5".

2. Managing Result Lists

The application can hold several lists of different formats simultaneously to store different kinds of results. The format of a list is decided when the list is created and can not be changed later. The options are to include either time&date, a name or both for every saved result. The default list is set to include only time&date. To create a new list, select "Manage lists" form the main menu and then "Add new list". You should specify a list name (instead of "My list") and select the format of the list by marking the fields you would like to include. Then select "Save" to create the list and "Back" to return to the main screen.

3. Results

When the pulse has been calculated and the result displayed you have the option to save the result. If you have created several lists you first get the option to select in which of the list the result should be saved. Then you get the option to edit the time and date or to give the result a name before you select "Save".

To view saved results, select "Results" from the menu on the main screen. The BPM values are displayed within brackets followed by time and name. On some devices the full line is not visible when a long name is entered and there is no option to scroll. In that case, select "Edit selected" to view all details.

If you would like to add a new entry manually (without calculating the BPM), select "Add new entry". To edit or delete an entry, select "Edit selected" or "Delete selected". The list of results can be sorted by time, name or BPM by selecting "Sort" from the menu.

4. Target Heart Rate

To calculate your optimal heart rate (HR) for training, select "Target HR" from the main menu and enter the requested details. This will tell you your individual target HR that you should try to keep during training calculated as a percentage of your Maximum HR.

Maximum HR is the definite upper limit your heart is able to work at. This value is individual and can only be measured by doing an extensive physical test controlled by a medical doctor. However, this application calculates your approximate Max HR from given facts such as age and gender.

Technical details

This application is written using the standard J2ME MIDP 1.0 specifications and should run in any device supporting these specifications.

The appearance and performance of the application varies between devices depending on how the MIDP specifications are implemented as well as the hardware specifications of the device. It is always recommended to test the demo version of this program before buying the full version, just to make sure you are satisfied with the performance in your device.

In some mobile devices that have very limited memory available for Java applications the performance of the results section of Pulse Meter may be slow when a great number of lists and results are stored. If that is the case, deleting some lists or results will speed up the performance.

Information about program updates and other useful applications for your mobile phone can be found at www.op111.com.

For any kind of support issues, comments and questions, please e-mail: support@op111.com