RMRBio
Biorhythm Calculator
(for Symbian OS7 UIQ – Sony Ericsson P800/P900)
User Guide

RMR Software
Producing programs for PDAs since 1994
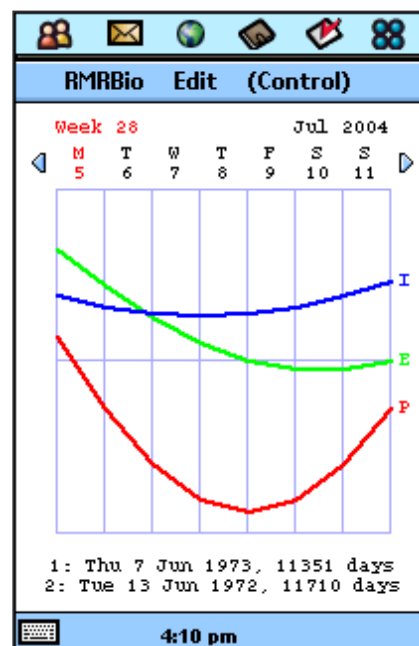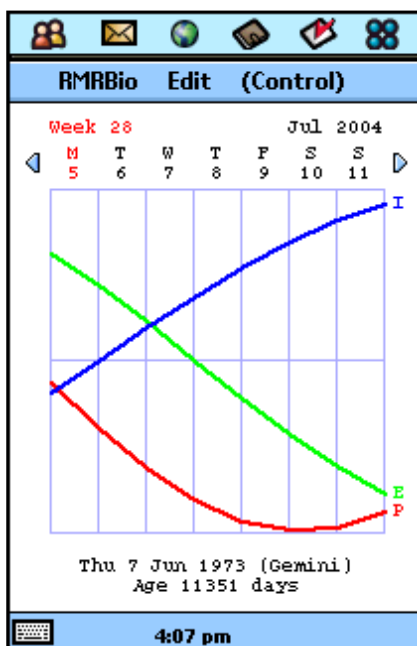
Contents

RMRBio Overview

RMRBio 'Biorhythm Calculator' displays a biorhythm chart that can be used to predict how you will be feeling on any date in the past, present or future. This can be useful if you want to know how you might be feeling on the day of a job interview or a dentist appointment, or you could be extra sneaky and enter the birthday of a friend to find out how they will be feeling. There are 2 types of chart that can be displayed:

- **Biorhythm** chart – predicts how you will be feeling on any date.
- **Comparison** chart – compare how similar two people will be feeling on any date.

To switch between the two views, use the **Edit > Chart type** menu item. You can also use this to select **Portrait** or **Landscape** mode.

Use **RMRBio > New chart** to enter the birthday and chart date, and display a new chart.

Use **RMRBio > Interpret** to display a message telling you what the chart means in real terms.

Use **Edit > Birthdays** to add, edit or delete entries from RMRBio's birthday database.

Moving around charts

There are various shortcut methods for moving around the charts:

- **Tap** on an entry to display an interpretation message for that day.
- Tap on the **Left/Right arrows** beside the chart to move a screenful at a time.
- Jog-dial up/down moves a day at a time.
- Push in jog-dial to display interpretation for the current day.

Registering the program

If you wish to register your copy, which will then give you full access to the program, and no nag screen, the cost is £7 or US$10. There are several ways to register:

Credit Card:

If you wish to register on-line using a credit card you have 2 options:

PAYPAL:

We now support the PayPal system for transferring of money, as that avoids the $5 handling charge put on by REGNET. Simply send the money to registrations@rmrsoft.com quoting the program name, RMRBio (UIQ), and we will send the registration code to you within a few hours.

If you are not already signed up for PayPal it is very straightforward. Just go to www.paypal.com and follow the instructions. You even get a $5 bonus for signing up.

REGNET:

Alternatively, you can register on the WWW through RegNet, the Registration Network (note that paying by this method will involve an extra US$5 handling charge and if you live in the EU they will also charge VAT). RegNet can be reached by e-mail: orders@reg.net or on the World Wide Web: http://www.reg.net or in the USA by calling 1-800-WWW2REG (1 800 999-2734) or the easiest way is by following the links from our Home page at:

http://www.rmrsoft.com/

RMRBio (UIQ) has been allocated the RegNet Number **13979** and this should be quoted. The notification tends to get to us within 12 hours and we reply within another 12 hrs.

By Post:

Payment can be made by post as:

- UK cheque in GBP (NO cheques in foreign currencies or on non-UK banks)
- International Bankers Draft in Sterling
- Cash - 'real folding' money in any currency
- US$ checks (send to the USA address)

Please make any cheques (checks) payable to 'RMR Software' and include a stamped, self-addressed envelope or provide an E-Mail address, and send to either of these addresses:

RMR Software
c/o 46 Mortimer Road
Kempston
Bedford MK42 8RE
ENGLAND

RMR Software
c/o 6000 Natick Court
Burke, VA 22015
USA

We will then send you a unique code to enter with the **Register** menu option, which will allow you unrestricted use of the program.

If you have any questions, we can be contacted at support@rmrsoft.com

What are biorhythms?

From time to time we all have ill-fated when we feel tired or depressed for no apparent reason, when just the day before everything had been all right.

Swiss scientists investigated this phenomenon, studying medical files and conducting a huge amount of statistical analysis, and they discovered that these ill-fated days seem to occur at regular intervals.

According to the theory, our well-being is subject to three regular cycles that start at birth and continue throughout our entire life:

- **Physical cycle (23 days)** – concerning stamina, vitality, energy, vigour and physical strength.
- **Emotional cycle (28 days)** – concerning the nervous system, our emotions and sensitivity, optimism, self-assurance, moods, and creativity.
- **Intellectual cycle (33 days)** – concerning our judgement, perception, concentration, ability for logical thought, and powers of reason.

Secondary cycles have also been identified which some people believe influence our abilities, including:

- **Intuition cycle (38 days)** – concerning our subconscious perception, instinct and "sixth sense".

Biorhythm charts

Biorhythm charts display your Physical (**P**), Emotional (**E**) and Intellectual (**I**) curves on a graph, revealing how you will be feeling on any date in the past, present or future. Each curve follows a cyclical pattern, rising above the median to form a peak, falling back down below the median forming a trough, and then rising again.

Critical days occur when one or more curves pass through the median – the centre-line that runs across the middle of the chart – and are days when you are especially vulnerable.

Displaying a new chart

Use **New Chart** to display a new biorhythm chart, and enter:

- The **Birthday** of the person who the chart is for.

- The **Chart date**.

Tap the **Birthday** button to display a list of all the people in RMRBio's birthday database, allowing you to display someone's chart by selecting their name from the list.

Interpreting biorhythm charts

Select **Interpret** to display a short message telling you what the chart means in real terms. You can also display an interpretation message for any day of the chart by tapping the required day, or by selecting it using the jog dial.

Comparison charts

Comparison charts display a graph showing how similar two people will be feeling on any date in the past, present or future. Separate lines are shown representing your Physical (**P**), Emotional (**E**) and Intellectual (**I**) level of similarity, with 100% similarity at the top of the chart and 0% at the bottom.

Displaying a new chart

Use **New Chart** to display a new comparison chart, and enter:

- The **Birthday** of the person who the chart is for.
- The birthday of the person who you want to **Compare with**.
- The **Chart date**.

Tap the **Birthday1** and **Birthday2** buttons to display a list of all the people in RMRBio's birthday database, allowing you to enter their birthday by selecting their name from the list.
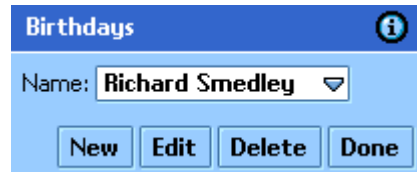
Interpreting comparison charts

Select **Interpret** to display exact percentages of the level of similarity for each curve. You can also display this for any day of the chart by tapping the required day, or by selecting it using the jog dial.

Birthday database

You can enter the birthdays of family & friends in RMRBio's birthday database. This allows you to display their chart by simply selecting their name from a list, instead of having to remember the exact date when they were born.

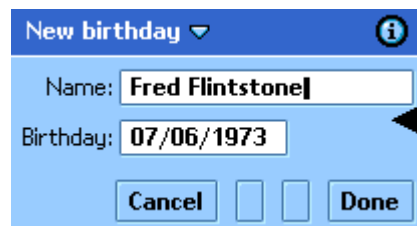Select **Edit > Birthdays** from the menu to access the database.

Adding new people

Use the **New** button, and enter the following details:

- The **Name** of the person.
- Their **Birthday**.
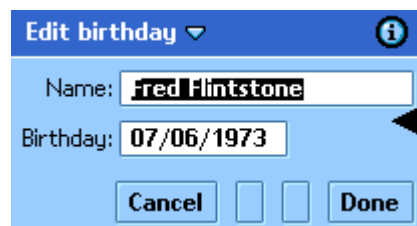
Tap the **Done** button to finish.

Editing an entry

Use the list to select the person whose details you want to change, and press the **Edit** button to modify the following details:

- Their **Name**.
- Their **Birthday**.

Tap the **Done** button to finish.

Deleting an entry

Use the list to select the person that you want to delete, and tap the Delete button. A dialog will appear asking you to confirm that you really want to delete the entry – press **Yes** to confirm and it will be deleted.

Configuration

Chart type

Use **Edit > Chart type** to change the chart settings:

- **Chart type**. Select biorhythm or comparison charts.
- **Orientation**. Display the charts in either portrait or landscape mode.

Curve settings

Use **Edit > Curve settings** to select which curves to display on the charts:

- The **Physical**, **Emotional**, **Intellectual**, **Intuition** and **Average** curves can all be individually turned on/off as required.

Note that you cannot turn all curves off. At least one curve (excluding 'average') must be selected for display.

Days of the week

You will notice that the charts tell you on what day of the week you were born. According to the old rhyme…

Monday's child is fair of face

Tuesday's child is full of grace

Wednesday's child is full of woe

Thursday's child has far to go

Friday's child is loving and giving

Saturday's child works hard for a living

And the child that's born on the Sabbath Day

Is bonny and blithe and good and gay