

La Femme

by Webvisia LLC



User Guide

www.webvisia.com

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English

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E-mail: support@webvisia.com

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Reporting Bugs

If you find a bug in our software, it would be helpful if you reported the bug to us. To report a bug, please e-mail us with Bug Report Request in the subject line. In your e-mail, include the following information:

What type of PalmPilot you are using (i.e. Personal).

The software name and version number (i.e. La Femme 5.80).

The error number and the exact contents of the error message.

A brief description of how we can recreate the error.

Your name and e-mail address so we can contact you when the bug is fixed.

It is best to report bugs by e-mail, so that the programmers have a written record of the information they need to solve the problem. As soon as we receive your e-mail, we will examine the problem, and fix it. Because our programmers are busy creating software, it can take a while for them to reply, but they will release a new version of the software that fixes the bug as soon as they can.

Version History

Version 4.00 – completely redesigned interface.

Version 4.01 – now supports color.

Version 4.02 – improvements in the Celsius / Fahrenheit converter

Version 4.50 – add directly from prediction screen; pill records for past dates; My Diary

Version 5.00 – period length display in Schedule Edit screen, minimum/maximum cycle length display in Prediction screen, new look of cycle charts; fixed bugs: last cycle end used for calculation of predicted cycles, removing of bleeding notes.

Version 5.01 – temperature history loads up faster, option to disable initial logo screen upon startup (for registered copies only), fixed bug: missing arrow showing current day.

Version 5.50 – added Ideal Body Calculator. Fixed bugs: the current cycle can be edit.

Version 5.51 - Fixed bug in Calculate your ideal body

Version 5.80 – Supports more than 8 days length of the period and new look for the Ideal Body Calculator

Version 5.81 – Supports all kind of numbers format!

La Femme – User Manual

Welcome and Registration

Welcome to La Femme



La Femme is powerful tool to help all mobile and organized women enjoy a more natural life and yet have control over it....

Included in this archive are the following packages:

La Femme.prc - This is the software package that you need to install on your PalmPilot.

La Femme.pdf - This is the Users' Manual for La Femme. You are reading it right now.

System Requirements

Palm OS 3.0 or higher

171 KB free memory

Registering La Femme

La Femme is downloadable shareware, and it costs \$19.95.

Its demo version is completely functional except that there is a limit to the data you can enter – only 4 cycles, 120 temperature readings and 120 pill records.

NB! The program will store your records and they will be ready to use upon purchasing/registering your copy.

You can register your software at our home site:

www.webvisia.com

or at our retailer's web sites:

www.palmgear.com

www.handango.com

It is very important that you include your serial number EXACTLY as it is shown in your PalmPilot (tap Registration on La Femme start dialog to see it). We use this to generate your password, so you must be precise.



Once you register, you will receive by e-mail a registration number from us. To install the registration number, first tap on the Menu silkscreen button. Then, select Help, and tap Registration. Finally, enter your Registration Code on the space provided.

About La Femme

La Femme is a Palm supplement - medical calendar that helps modern women keep accurate records of their menstrual cycle. It is a handy assistant when it comes to contraception, family planning and getting control over one's body (and life).

La Femme is an excellent aid for the supporters of the natural contraception method. Nevertheless, counseling by a Doctor, Health Worker or at a Family Planning Clinic is recommended. Natural methods offer no protection from STDs and there is also an increased risk of pregnancy.

La Femme is here to help and assist and advise...

- If you have chosen the natural contraception method;
- If you want to keep your pill intake under control;
- If you wish to help your family planning;
- If you would like to take notes to help your next medical check;
- Don't get caught by surprise – especially if you suffer from cramps and discomfort;
- Be in control of your life (not only intimate).

La Femme and your Cycle

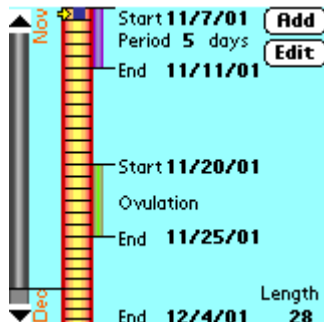
Each time a girl gets her period, a new cycle begins. The cycle usually lasts about 28 days, but the length of the cycle varies. Each girl's menstrual cycle can be different. La Femme visualizes data of no more than 40 days and no less than 14 days.

Enter Cycle Data

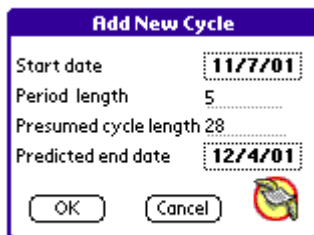
Tap the **Add** button on this screen if you are new to La Femme.



Alternatively, tap **Add** in the main screen:



The following **Add New Cycle** screen is displayed:



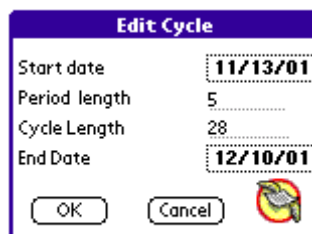
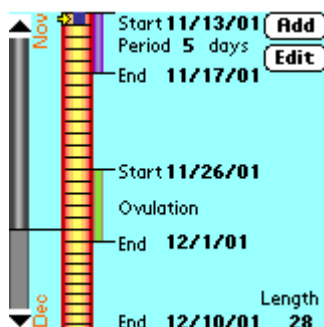
The 'Add New Cycle' screen is a purple-bordered dialog box. It contains four text input fields: 'Start date' with '11/7/01', 'Period length' with '5', 'Presumed cycle length' with '28', and 'Predicted end date' with '12/4/01'. At the bottom, there are 'OK' and 'Cancel' buttons, and a small icon of a hand pointing at a screen.

By default today's date will appear in the Start date field. Tap the date to choose your start date from the calendar. Use the arrows at the top to scroll through years, tap the box with the required month and then the date. Alternatively, tap **Today** or **Cancel**, if you want to abort the action.

In the **Add New Cycle** screen enter the period length and presumed cycle length (select the sample data and replace using the 123 keyboard of your Palm device). La Femme will automatically calculate for you the predicted end day.

Tap **OK** to confirm the entry – the program will display your records on its main screen or **Cancel** to return to the previous screen.

You can edit an existing cycle record by tapping the **Edit** button in the main screen:



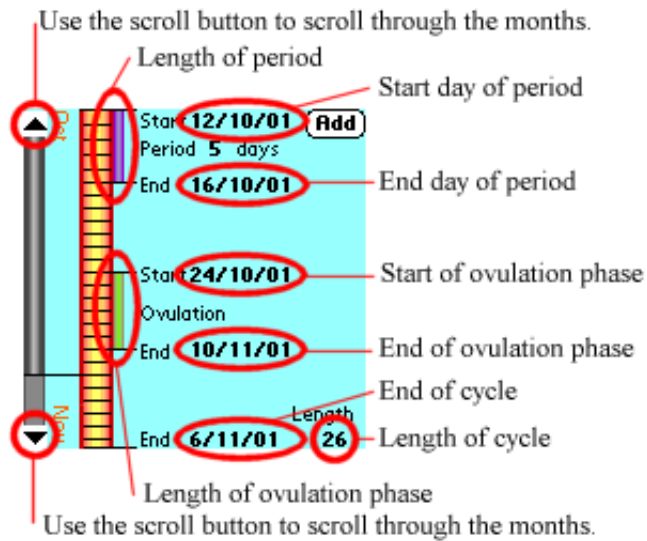
The 'Edit Cycle' screen is a purple-bordered dialog box. It contains four text input fields: 'Start date' with '11/13/01', 'Period length' with '5', 'Cycle Length' with '28', and 'End Date' with '12/10/01'. At the bottom, there are 'OK' and 'Cancel' buttons, and a small icon of a hand pointing at a screen.

In the **Edit Cycle** window change desired record and tap **OK** to confirm or **Cancel** to abort the action.

NB! This program will only visualize cycles with length between 14 and 40 days. Should different data be entered, a special screen will appear, but its attributes will be insufficient and calculation will be impossible.

View Cycle Data

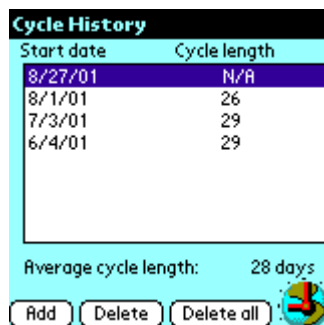
Go to **Menu|Main|Cycle View** to view your records. From this same screen you will enter your new records – tap **Add** and fill in the information in the Add New Cycle Screen as described above.



Cycle History

To view the records of previously entered cycles go to **Menu|Main|Cycle history**.

A screen appears displaying a list in chronologically descending order of all the cycles entered in the program. Every cycle is followed by its real length, the last one being followed by N/A since its length will be calculated only after it has been entered.



Start date	Cycle length
8/27/01	N/A
8/1/01	26
7/3/01	29
6/4/01	29

Average cycle length: 28 days

Use **Menu** to go to a different screen.

Delete Cycle Records

Go to **Menu|Main|Cycle history**

If you wish to delete a cycle, tap on its record and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm deletion or **Cancel** to abort the action

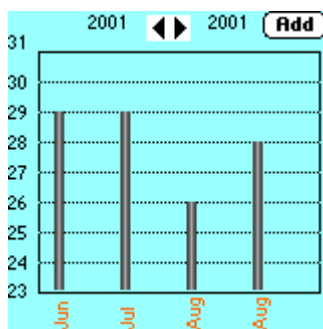
Use the **Delete All** button to delete all the cycles entered so far. Tap **OK** to confirm deletion or **Cancel** to abort the action.

Cycle Charts

You may also view your records in a different form.

Go to **Menu|Main|Cycle Charts**.

The screen displays a graph of all the cycle lengths. On the left-hand side you will find a chart of the dates chronologically arranged on a monthly basis. The arrows at the top of screen will enable you to move round the calendar.



To set cycle chart to display your minimum/maximum cycle length as a permanent lower/upper limit, go to **Menu|Tools|Options**.

Check the **Show min/max length** box. Tap **OK** to confirm or **Cancel** to abort the action.

Cycle Notes

Dates and length may not always be sufficient especially if you are planning a visit to your doctor. For more detailed data entry:

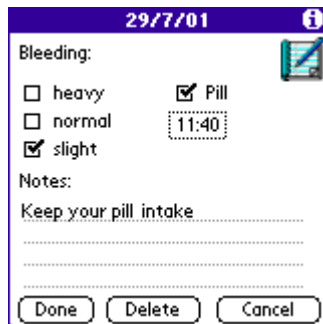
Go to **Menu|Tools|Schedule Edit**.

Choose a date and tap it.

In the screen that appears select the respective boxes with the intensity of bleeding.

Add free notes if you wish to.

The arrows at the top of screen will enable you to move round the calendar.



29/7/01

Bleeding:

☐ heavy ☒ Pill

☐ normal 11:40

☒ slight

Notes:

Keep your pill intake

Done Delete Cancel

NB! The **Schedule Edit** screen can also set an alarm for your next pill.

Special icons signifying the intensity of bleeding, notes, as well as pill (if option selected) will appear on the calendar for further reference.



Oct'2001

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

The thin red line on top indicates the period dates.

Cycle Prediction

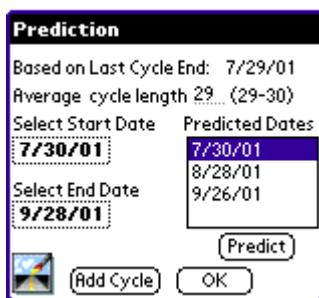
La Femme can predict your future cycles on the basis of previously entered data. To activate this option of the program go to **Menu|Tools|Prediction**.

The program uses the dates of your last cycle and your average cycle length and calculates your future cycles for a specific period of time.

Enter the date of the beginning and the end of the cycle and tap **Predict**. The program will calculate and display on the right-hand side the estimated dates of the beginning of all the new cycles for this period of time.

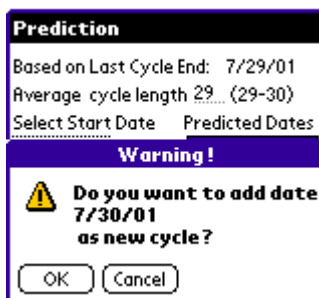
Tap **OK** to return to the main screen.

You may use the **Add cycle** button to add new cycle start date, if the predicted one coincides with the actual one. Select from the **Predicted dates** list the desired date and tap the button.



The screenshot shows the 'Prediction' window. It contains the following text: 'Based on Last Cycle End: 7/29/01', 'Average cycle length 29... (29-30)', 'Select Start Date' with a date picker showing '7/30/01', and 'Select End Date' with a date picker showing '9/28/01'. To the right, under 'Predicted Dates', is a list with three dates: '7/30/01' (highlighted), '8/28/01', and '9/26/01'. At the bottom, there are four buttons: a small icon button, 'Add Cycle', 'Predict', and 'OK'.

In the **Warning** window tap **OK** to confirm or **Cancel** to abort the action.

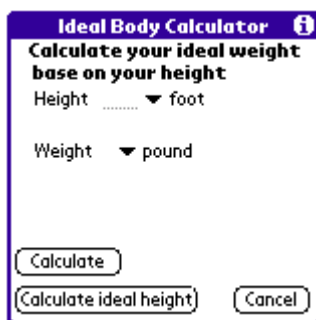


The screenshot shows a 'Warning!' dialog box. It features a yellow warning triangle icon and the text: 'Do you want to add date 7/30/01 as new cycle?'. At the bottom, there are two buttons: 'OK' and 'Cancel'.

Calculate your ideal Weight/Height

La Femme can calculate your weight or height on the base of your height/weight. To do this you have to choose **Menu | Tools | Weight/Height scale**. After you activated it you must input your height and tap **Calculate**.

To calculate your ideal height tap on the **Calculate ideal height** button.

The image shows a screenshot of a mobile application window titled "Ideal Body Calculator" with an information icon. The subtitle is "Calculate your ideal weight base on your height". There are two input fields: "Height" with a dropdown menu currently set to "foot", and "Weight" with a dropdown menu currently set to "pound". At the bottom, there are three buttons: "Calculate", "Calculate ideal height", and "Cancel".

Ideal Body Calculator ⓘ

**Calculate your ideal weight
base on your height**

Height ▼ foot

Weight ▼ pound

Calculate

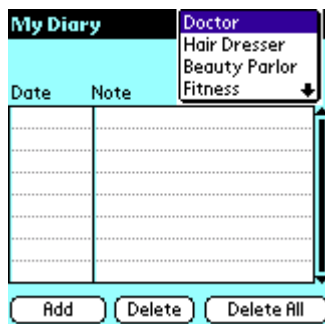
Calculate ideal height Cancel

Note: The calculations may have +/- 10% diversion because of your body type.

La Femme as a Diary

Add a Note

La Femme allows you to take short notes (up to 24 symbols) of regular events, such as medical check-ups or fitness training. To add notes go to **Menu|Tools|My Diary**. From the popup list in the upper right corner of the screen select the type of event you will record.



Tap the **Add** button to start writing your note. In the window that appears tap the date field to select a date. In the space provided below **Date** type your text. Tap **OK** to confirm or **Cancel** to abort the action.



Delete a Note

To delete a note from your diary go to **Menu|Tools|My Diary**. Select the record you wish to remove and tap the **Delete** button at the bottom of the screen. Tap the **Delete All** button if you wish to delete all your notes.

La Femme And Your Temperature Readings

The Temperature Method is another natural contraception method that relies on the fact that around the time of ovulation the temperature of the woman rises by about 0.3 degrees Celsius or 0.5 degrees Fahrenheit and remains there for about 14 days of the cycle.

Entering Temperature Data

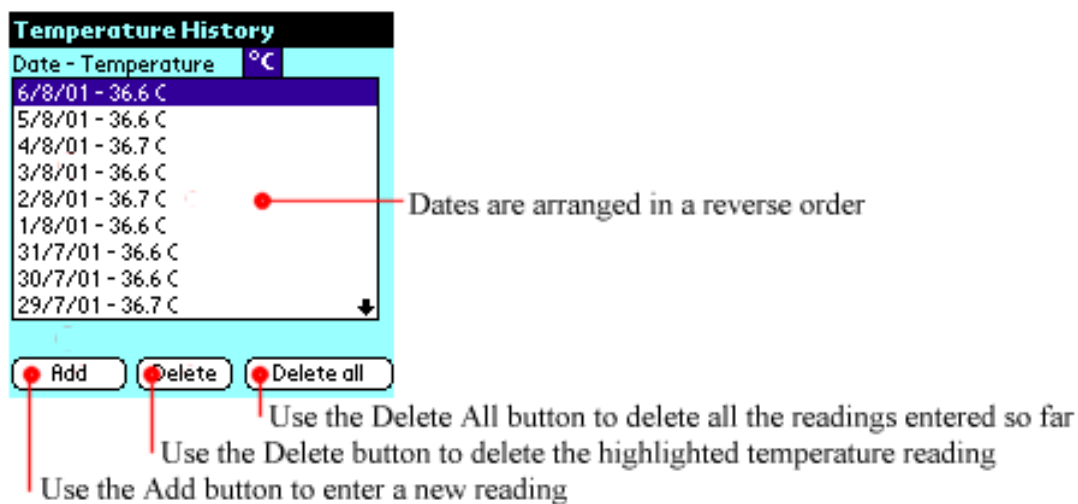
To enter your temperature readings go to **Menu|Main|Temperature History**.

Tap on the desired scale symbol - °C or °F – which you would like to use for your records.

Tap the **Add** button.

By default today's date will appear highlighted in the calendar. Use the arrows at the top to scroll through the calendar, tap the box with the required month and then the date you wish to enter your temperature readings for. Alternatively, tap **Today** or **Cancel**, if you want to abort the action.

A new **Temperature History** screen will appear. From the popup list select your readings. They will immediately appear in the chronological list.



Tap **Add** if you wish to enter more data and repeat the above steps.

Use **Menu** to go to a different screen.

NB! You can also set the preferred temperature scale for your readings from the **Options** screen. Go to **Menu|Tools|Options**.



Select the respective box. Tap **OK** to continue or **Cancel** to abort the action.

View Temperature Data

Go to **Menu|Main|Temperature History** to view all your temperature readings previously entered. They are arranged in ascending chronological order.

Delete/Edit Temperature Records

Go to **Menu|Main|Temperature History**

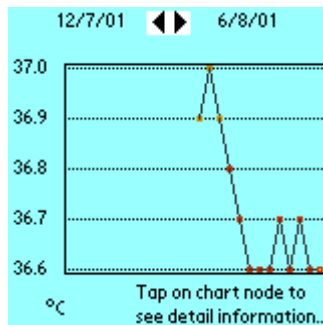
If you wish to delete a reading, tap on its record and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm deletion or **Cancel** to abort the action.

Use the **Delete All** button to delete all the readings entered so far. Tap **OK** to confirm deletion or **Cancel** to abort the action.

Temperature Charts

You may also view your records in a different form.

Go to **Menu|Main|TempCharts**.



The screen displays a graph of your temperature readings. On the left-hand side there is a chart with a chronological list of all the readings. Use the arrows at the top of the screen to move along the chart. To find out the exact date of a specific temperature reading, tap the node and the date with the respective reading will appear at the bottom of the screen.

La Femme and Your Pill

La Femme is your Palm prompter when it comes to taking your pill.

Schedule your medication

Go to **Menu|Tools|Schedule Edit**.



Choose a date and tap it.

In the screen that appears select the box for pill.

11/15/01

Bleeding:

☐ heavy ☒ Pill

☐ normal 12:00

☐ slight

Notes:

Done Delete Cancel

6/5/02

Bleeding:

☐ heavy ☒ Pill

☐ normal 12:00

☐ slight

Notes:

Time to take a pill

12 : 00 AM PM

OK Cancel

La Femme will set an alarm for your next pill – an icon will appear in the calendar for your further reference.

NB! You can enter data in your Pill schedule for any date (past, present, future), but alarm is activated for future dates only. Pills for past dates are colored green.

View your pill history

Go to **Menu|Tools|Pill History**. This screen displays the dates and times for taking the pills. All the dates are chronologically arranged.



Delete Pill records

Go to **Menu|Main|Pill history**

If you wish to delete a record, tap it and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm deletion or **Cancel** to abort the action

Use the **Delete All** button to delete all the entered records for pills taken so far. Tap **OK** to confirm deletion or **Cancel** to abort the action.

Password

La Femme takes care of the privacy of your records. Go to **Menu/Tools/Password** and enter your password. Tap **OK** to confirm or **Cancel** to abort the action.

If you decide to change your password go to the same screen. Enter your old password, enter your new password and verify/retype it. Tap **OK** to confirm or **Cancel** to abort the action.

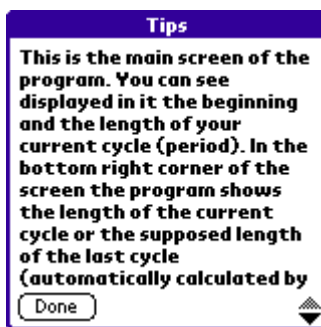


Get Help with La Femme

Some basic tips for how to work with the program you can find if you go to **Menu|Help**.

Main Help

– provides some tips for working with the program's main screen.



This is the main screen of the program. You can see displayed in it the beginning and the length of your current cycle (period). In the bottom right corner of the screen the program shows the length of the current cycle or the supposed length of the last cycle (automatically calculated by the program!).

Use the **Add** button to add a new cycle.

The arrows on the left-hand side of the screen will enable you to get displayed the previous or the following cycle from the chronologically loaded data.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Cycle History

– provides some tips for working with the **Cycle History** screen of the program.

The screen displays a list in chronologically descending order of all the cycles entered in the program. Every cycle is followed by its real length, the last one being followed by N/A since its length will be calculated only after it has been entered.

Use the **Delete** button to delete the highlighted cycle.

Use the **Delete All** button to delete all the cycles entered so far.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Cycle Charts

– provides some tips for working with the **Cycle Charts** screen of the program.

The screen displays a graph of all the cycle lengths. On the left-hand side you will find a chart of the dates chronologically arranged on a monthly basis. The arrows at the top of screen will enable you to move round the calendar.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Temp History

– provides some tips for working with the **Temp History** screen of the program.

This is where you can enter your daily temperature readings. The dates are arranged in a reverse order. Use the **Add** button to enter a new reading and it will immediately appear in the chronological list.

Use the **Delete** button to delete the highlighted temperature reading.

Use the **Delete All** button to delete all the readings entered so far.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Temp Charts

– provides some tips for working with the **Temp Charts** screen of the program.

The screen displays a graph of the temperature readings. On the left-hand side there is a chart with a chronological list of all the readings. Use the arrows at the top of the screen to move along the chart. To find out the exact date of a specific temperature reading, click on it and the date with the respective reading will appear at the bottom of the screen.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Schedule Edit

– provides some tips for working with the **Schedule Edit** screen of the program.

Use this screen to enter chronological data like the schedule for taking your contraceptive pills, the intensity of the bleeding, as well as any other remarks. Choose a date and click on it. In the respective screen, enter the necessary data. Use the same screen to preset a customized alarm for a particular date and time. The latter will remind you to take your pill.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Pill History

– provides some tips for working with the **Pill History** screen of the program.

This screen displays the dates and times for taking the pills. All the dates are chronologically arranged.

Use the **Delete** button to delete the highlighted pill.

Use the **Delete All** button to delete all the entered pills so far.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

Prediction

– provides some tips for working with the **Prediction** screen of the program.

Use this screen to predict your future cycles. The program uses the dates of your last cycle and your average cycle length and calculates your future cycles for a specific period of time. Enter the date of the beginning and the end of the cycle and the program will calculate and display on the right-hand side the estimated dates of the beginning of all the new cycles for this period of time. The latter can also be changed.

Use the arrows to scroll up and down through the text.

Tap **Done** to exit the screen.

The End

Well, that's all for now. Enjoy your time with La Femme.

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www.webvisia.com