

User Training Manual

This guide introduces you to the VB.net workout tracker. You will use this program to log your workouts and nutrition. Follow the steps below to use the tracker without flooding support with emails or calls.

1. Getting Started

- Double-click the program icon to launch the application.
- The main menu opens with options for Workout and Nutrition.

2. Using the Workout Tracker

- Click the “Workout” button from the main menu.
- The Workout Form shows a list of workout templates.
- To start a new workout, click “Start Empty Workout” or select a template by clicking its label.
- In the workout window, you can add exercises by clicking “Add Exercise.”
- For each exercise, type the exercise name and add any notes you have.
- To add a set, click the “Add Set” button. Input your weight (in kilograms) and the number of repetitions.
- As you complete each set, mark it as completed by checking the corresponding box.
- When you finish, click “Finish.” A prompt asks if you want to save the workout as a new template.
- Your workout details appear in the template list for later use.

3. Using the Nutrition Tracker

- From the main menu, click the “Nutrition” button.
- The Nutrition Form displays the current date and your daily log.
- Use one of the “Add” buttons (Breakfast, Lunch, Dinner, Snacks, or Uncategorized) to record a meal.
- A Food Search window appears. Type a search term and click “Search.”
- When the list populates, select a food item.
- Choose a serving size from the dropdown and set the quantity.
- Click “Add” to include the food in your daily log.
- The program calculates and displays total calories, protein, carbs, and fat using metric measurements.
- Use the “Previous Day” and “Next Day” buttons to review logs on other dates.

4. Troubleshooting and FAQs

- If you see a message asking for input, check that you have filled in all required fields.
- If the food search does not return results, try a different term.
- For any errors or if the program stops responding, restart the program.
- You can check the on-screen messages for hints on fixing issues.

5. Getting Help

- Read this manual before contacting support.
- If you still have questions, contact your support team with specific details about the problem.