

Subsembly Jogjah 1.0

User Manual for Windows Mobile PDA und Smartphones



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SUBSEMBLY
mobile applications 

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1. Preface

With Joggah you always have your complete running log book with you on your smart phone. Using the integrated GPS tracker functionality you can record your running tracks straight to your log automatically. Of course you can still listen to music or place phone calls simultaneously while Joggah tracks your outdoor workout. As each running path is stored in standard KML format, they can be opened directly in Google Earth™.

This manual helps you installing Joggah on your Windows Mobile™ device and shows you how to get the most out of the program.

If you have any further questions, please do not hesitate to contact us by sending an e-mail to support@subsembly.com. We will try our best to solve your problem as soon as possible. Please provide us with exact informations about your device and program version in your inquiry.

1.1. System Requirements

Joggah is compatible with all Windows Mobile PDA and Smartphones with touch screen with at least Windows Mobile 5. Installation of the .NET Compact Framework 2.0 (or newer) may be required.

Use of GPS tracking feature requires integrated or external GPS hardware which is supported through the Windows Mobile GPS driver.

The following Windows Mobile versions are supported:

- Windows Mobile 5 Pocket PC
- Windows Mobile 6.0 Classic / Professional
- Windows Mobile 6.1 Classic / Professional
- Windows Mobile 6.5

The following display resolutions are supported:

- 240 x 320 QVGA portrait, 320 x 240 QVGA landscape
- 240 x 240 QVGA square

- 320 x 320 square
- 480 x 640 VGA portrait, 640 x 480 VGA landscape
- 480 x 480 VGA square
- 480 x 800 WVGA portrait, 800 x 480 WVGA landscape

1.2. Overview

Joggah has four main views that are navigable by a icon bar that rests as the bottom of the screen. The first view is the programs start screen which displays summary information and a customizable background picture. The second view is the actual running log book which presents a list of all your recorded log book entries. Next is the running shoe list which automatically maintains a summary of the mileage of each of your shoes. The last view is the stop watch and GPS track recorder.

In addition, there is a menu accessible through the usual Windows Mobile soft keys at the very bottom of the screen.

2. First Start

When starting Joggah for the very first time you should change the program settings according to your preferences and also enter some personal details which are required for some computations later.

2.1. Settings

Start **Menu** > **Settings** in order to open the program settings sheet. By tapping on **Done** all your changes are accepted and stored. Tap on **Cancel** in order to dismiss all your changes and keep the initial settings.

Choose your preferred measurement units and enter your personal data. The personal data will be used later for computing training effect, calories burnt and other values.

If you have a storage card it is recommended to choose it as the storage location for the KML files from the GPS track recording. Otherwise, if you are exercising a lot your precious main storage could quickly fill up with KML files.

2.2. License

After starting Joggah for the first time you can use it without any restrictions for 30 days. After this trial period you will have to purchase a license key for further use. You enter this license key in the license sheet which is opened through **Menu** > **License**.

3. Views

3.1. Summary View

When Joggah is started it always presents the summary view. You can change the displayed summary value by tapping on the transparent panel. If you tap on the left side of the panel, the type of the displayed summary value changes. If you tap in the right side of the panel, the date range of the displayed summary value changes.

A very special summary value is the Activity Class. This value in the range from zero to ten indicates your training activity during the last four weeks. The following table shows how the Activity Class is determined.



Figure 1: Summary View

Your Activity	Activity Class
No activity	0,0
Less than 30 minutes training per week	4,0
30 to 60 minutes training per week	5,0
1 to 3 hours training per week	6,0
3 to 5 hours training per week	7,0
5 to 7 hours training per week	7,5
7 to 9 hours training per week	8,0
9 to 11 hours training per week	8,5
11 to 13 hours training per week	9,0
13 to 15 hours training per week	9,5
More than 15 hours training per week	10,0

3.2. Log Book View

In the log book view a list of all our running log book entries is shown. To give you a better overview weeks are displayed with an alternating background color.

For each run the intensity of the exercise is shown by a heart symbol. The color of the symbol indicates the intensity based on the average heart rate. The color is chosen according to your personal heart rate reserve (and not your personal maximum heart rate) in percent. The following table shows the meaning of the different colors.

Color of Heart	Heart Rate Reserve (HRR)
Gray	No heart rate entered, or HRR below 60%
Green	HRR from 60% to 75%
Orange	HRR from 75% to 85%
Red	HRR from 85% to 95%
Violet	HRR above 95%

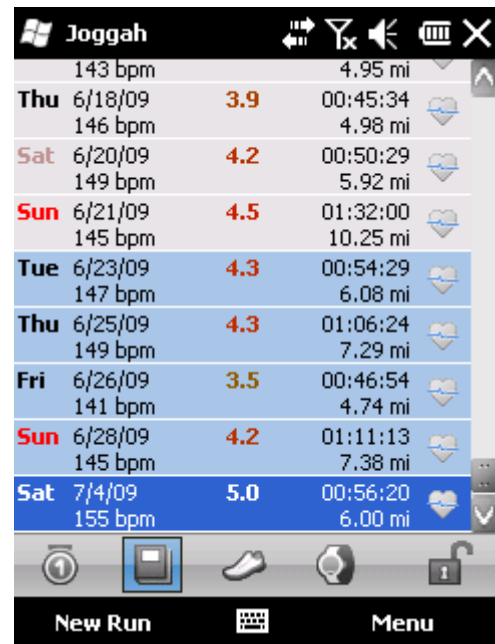
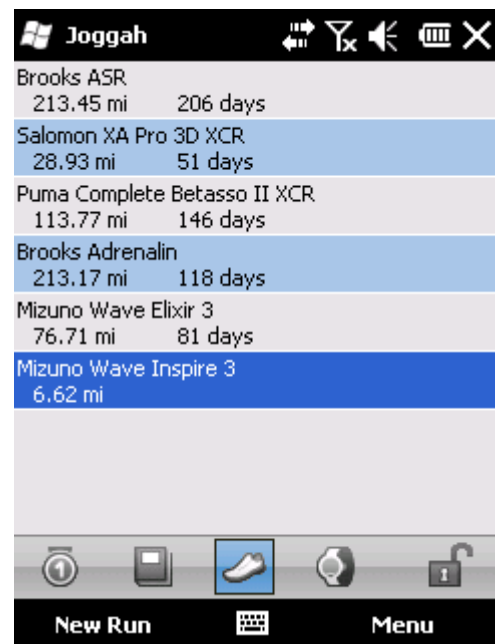


Figure 2: Log Book View

3.3. Shoes View

On the shoes view a summary of the millage of each of your running shoes is shown. This summary is computed from the shoe name that was entered for each log book entry. All log book entries with the same shoe name are totaled.



Shoe Name	Mileage	Days
Brooks ASR	213.45 mi	206 days
Salomon XA Pro 3D XCR	28.93 mi	51 days
Puma Complete Betasso II XCR	113.77 mi	146 days
Brooks Adrenalin	213.17 mi	118 days
Mizuno Wave Elixir 3	76.71 mi	81 days
Mizuno Wave Inspire 3	6.62 mi	

Figure 3: Shoes View

3.4. Stop Watch and GPS Tracker View

This view acts as a stop watch and GPS track recorder which you can use to track and measure your runs. If your device does not have a GPS receiver, then you can still use it as a simple stop watch.

Before starting your GPS track recording you should ensure that you have GPS reception with good signal strength. For this purpose the header of the view provides a traffic light style indicator which turns to green if a GPS location was obtained with good signal strength. Tap now on Start and begin your work out.

Tap on the transparent panels in order to switch through the various available display modes.

In order to prevent accidental operation of the stop watch and GPS tracker you can lock any input by tapping on the pad lock symbol in the bottom right corner. Tap the symbol once in order to lock out any touch screen or hardware button input from Joggah. Tap it again to unlock, or to switch of the display in order to conserve battery power. The GPS tracking continues, even if the display is switched off by this function.

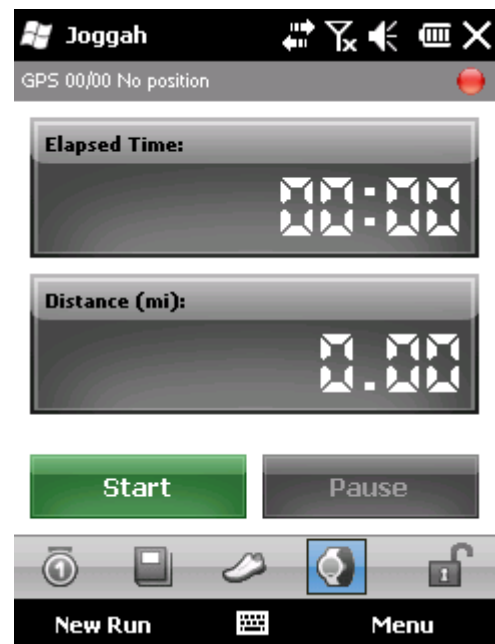



Figure 4: GPS Tracker View

Important Notice!	
	<p>If you switch of the display you will have to briefly press the power button of your device in order to switch the display back on.</p>