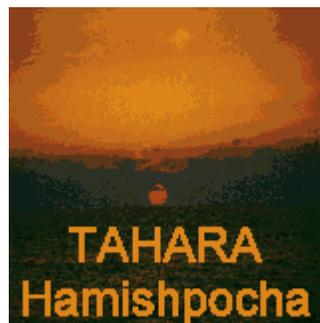


# Tahara

by Webvisia LLC

CONCEPT © [www.OhrTorah.com](http://www.OhrTorah.com)  
TAHARA HOME: [www.OhrTorah.com/tahara](http://www.OhrTorah.com/tahara)



## User Guide

[www.webvisia.com](http://www.webvisia.com)

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Version 2.04

June 2004

English

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Tahara ©2002 is a tracker following basic Jewish Laws of Family Purity. Before you register you will be limited to enter only 4 cycles.

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Main Palm Pilot software page: [www.zalman.org/pilot](http://www.zalman.org/pilot)  
Tahara Homepage: [www.ohrtorah.com/tahara](http://www.ohrtorah.com/tahara)



SALES and Programming handled by

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## Contacting Webvisia LLC

There are several ways to get in touch with us here at Webvisia, LLC. E-mail is the preferred form of communication, but whatever works for you is fine. If you have any questions, commands, suggestions or compliments, please don't hesitate to contact us.

E-mail: [support@webvisia.com](mailto:support@webvisia.com)

World Wide Web: <http://www.webvisia.com>

## MONTHS ABBREVIATIONS

Nissan	Nsn
Iyar	Iyr
Sivan	Svn
Tammuz	Tmz
Av	Av
Ellul	Elu
Tishri	Tsh
Cheshvan	Csh
Kislev	Ksl
Teves	Tvs
Shevat	Svt
Adar I/Adar	Adr
Adar II	Ad2

## 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. Tahara 2.04).

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

A brief description of how we can recreate the error.

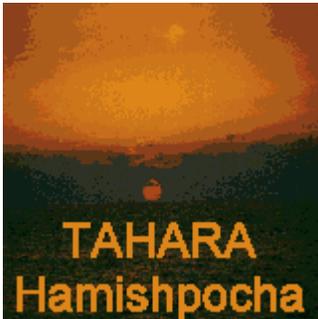
Your name and e-mail address so we can contact you when the bug is fixed.

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.

# **Tahara – User Manual**

## **Welcome and Registration**

### **Welcome to Tahara**



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

Included in this archive are the following packages:

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

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

## **System Requirements**

Palm OS 3.5  
216 KB of RAM

## Registering Tahara

Tahara is downloadable shareware, and it costs \$11.95.

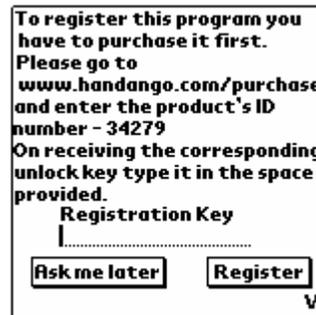
Its demo version is completely functional except that there is a limit to the data you can enter – only 4 cycles, 120 temperature readings and 120 Bedika records.

After purchasing the program, you will receive a registration key.

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

You can purchase/register your software at [www.handango.com](http://www.handango.com)

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



After purchasing the product you will receive a registration key. To register this program first tap on the Menu silkscreen button. Then, select Help, and tap Registration. Finally, enter your Registration Key on the space provided.

## New versions

**v.1.10** – 100 % compatible with Palm OS 5.0!

**v.2.00** – New additional functions are added in the calendar – now the clean days of the cycle are visible! An option to switch between Hebrew Calendar and Gregorian Calendar is available.

**v.2.01** – Improved graphics design.

**v.2.03** – A bug in the Cycle view for Tungsten T is fixed.

**v.2.04** – A bug in the Hebrew calendar is fixed. Additional information has been added in page About. The icon of the application is changed.

## About Tahara

Tahara is a Palm supplement - medical calendar that helps women keep accurate records of their menstrual cycle. It is a handy assistant when it comes to Halacha, family and getting control over one's life.

Tahara is an excellent aid for the followers of Tahara HaMishpocha.

Tahara is here to help, assist and advice.

If you have followed the Halachos of Family Purity;

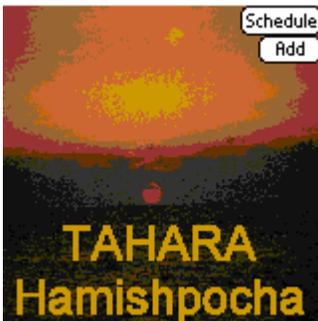
- If you want to keep your Bedika on time;
- If you wish to help your family doctor;
- If you would like to take notes to help your next rabbi check;
- Don't get caught by surprise – especially if you suffer from cramps and discomfort;
- Be in control of your life and soul.

## Tahara and your Cycle

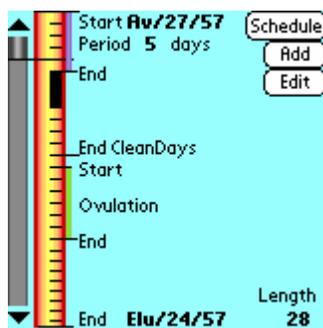
Each time a woman gets her period, a new cycle begins. The cycle usually lasts about 28 days, but the length of the cycle varies. Each woman's menstrual cycle can be different. Tahara visualizes data of no more than 40 days and no less than 14 days.

### Enter Cycle Data

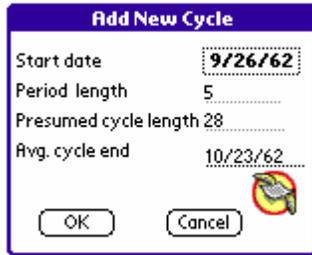
Tap the **Add** button on this screen if you are new to Tahara.



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



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

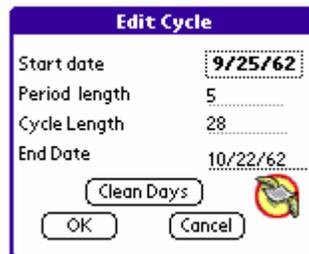
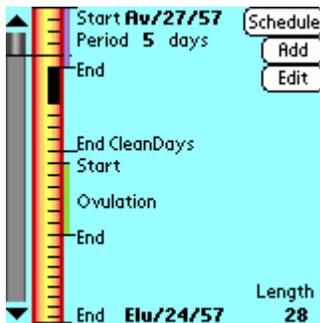


By default today's date will appear in the Start date field. Tap the date to choose your start date from the calendar. Use the arrows at the top to scroll through years, tap the box with the required month and then the date. When you input the cycle date, the program automatically adds one alarm and one note. 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). Tahara 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:

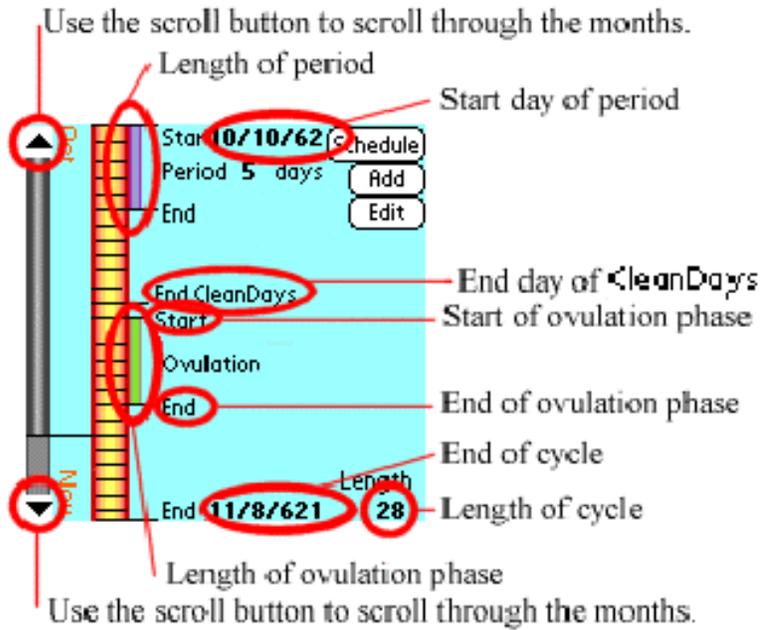


In the **Edit Cycle** window change desired record and tap **OK** to confirm or **Cancel** to abort the action. Here you can edit your Clean Days, if you have bleeding through this period.

**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

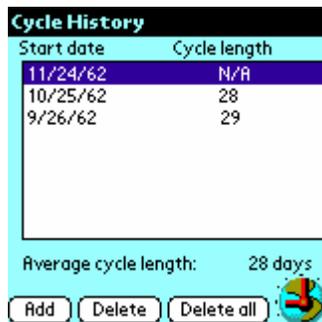
Go to **Menu|Main|Cycle View** to view your records. From this same screen you will enter your new records – tap **Add** and fill in the information in the Add New Cycle Screen as described above.



## 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
11/24/62	N/A
10/25/62	28
9/26/62	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

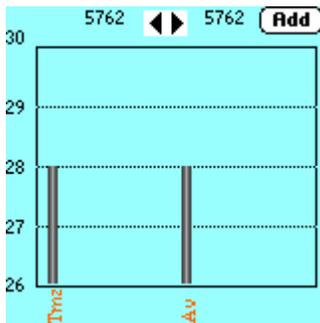
Use the **Delete All** button to delete all the cycles entered so far. Tap **OK** to confirm deletion or **Cancel** to abort the action.

## 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 lengths may not always be sufficient especially if you are planning a visit to your rabbi. For more detailed data entry:

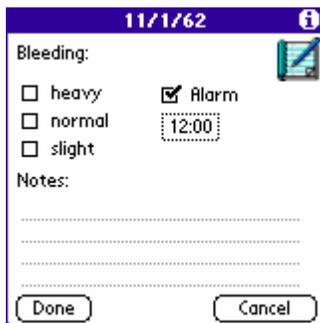
Go to **Menu|Tools|Schedule Edit**.

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.



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

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



S	M	T	W	T	F	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	

The small figures on the upper right corner of the squares show your clean days.

## Cycle Prediction

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

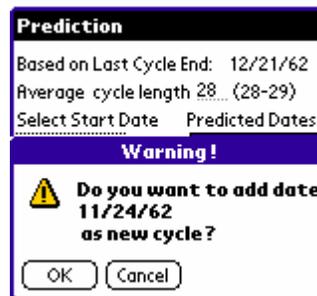
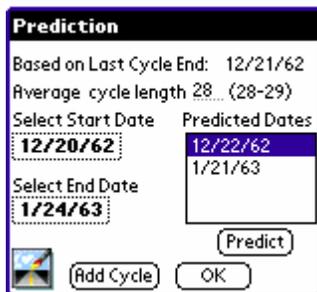
The program uses the dates of your last cycle and your average cycle length and calculates your future cycles for a specific period of time.

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. There are three ways of prediction:

1. The same date each month (based on the Hebrew calendar, is easy enough for the person to figure it themselves. Simply take the same day next month. 24 Sivan becomes 24 Tammuz.
2. The next method is based on average Cycle length.
3. Finally, the last is based on average CLEAN DAYS. If a woman has a period of 5 days then is clean for 18 days and then a 6 day period then 22 Clean Days. Then the next date depends on what she enters as her period length plus 20 days average. The average is based only on last three months.

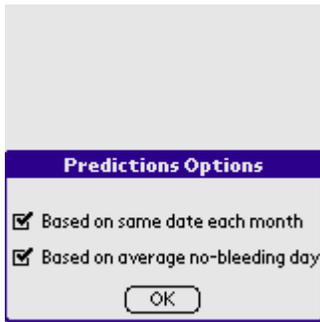
Tap **OK** to return to the main screen.

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.



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

These are chosen in the **Menu|Tools|Prediction Options**



The lattice marks same-Date prediction.

The Grey shading marks average monthly clean days.



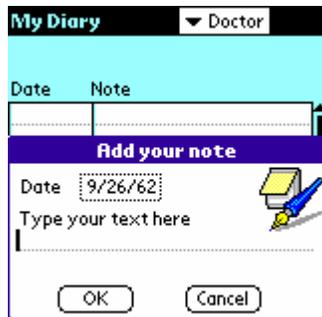
## Tahara as a Diary

### Add a Note

Tahara allows you to take short notes (up to 25 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.

## Tahara And Your Temperature Readings

The Temperature Method is another monitoring 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. Although Halacha can not use this for Taharas it is useful in monitoring patten mood swings and their severity.

### Entering Temperature Data

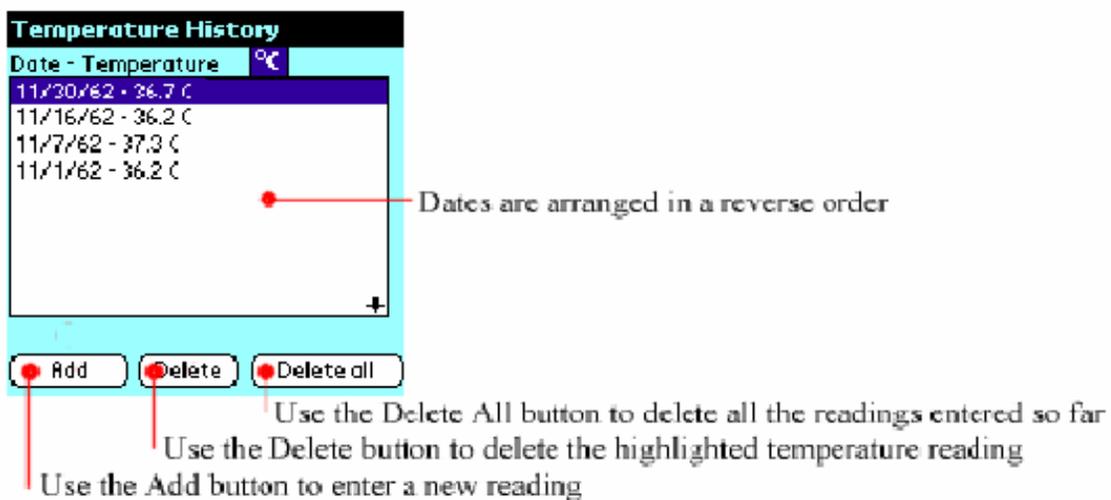
To enter your temperature readings go to **Menu|Main|Temperature History**.

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.

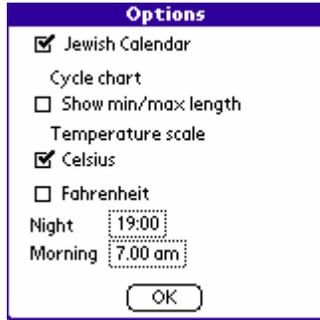
A new **Temperature History** screen will appear. From the popup list select your readings. They will immediately appear in the chronological list.



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**.



Here you can set the time for sunrises and sunsets. **Night** is the time for sunset and **Morning** is sunrise time. These times are used for the Bedika Alarms. Time should be set according to locations and time of year.

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**

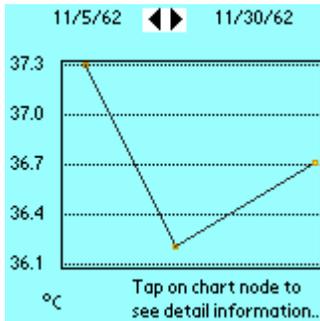
If you wish to delete a reading, tap on its record and when it gets highlighted tap the **Delete** button. Tap **OK** to confirm deletion or **Cancel** to abort the action.

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.

## Tahara and Your Bedika

**Tahara is your Palm prompter when it comes to Bedika.**

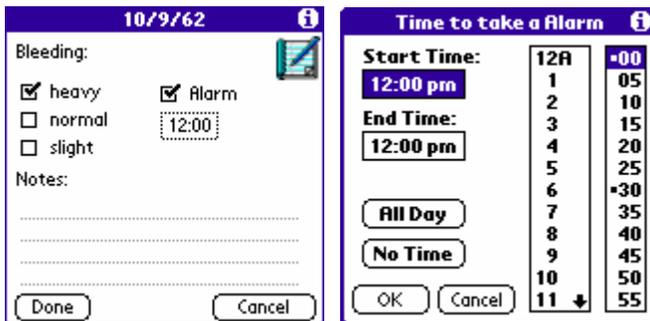
### Schedule your medication

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



Choose a date and tap it.

In the screen that appears select the box for Bedika.

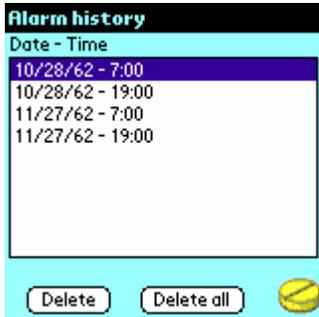


Tahara will set an alarm for your next Bedika – an icon will appear in the calendar for your further reference.

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

## View your Bedika history

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



## Delete Bedika records

Go to **Menu|Main|Alarm 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 Bedika so far. Tap **OK** to confirm deletion or **Cancel** to abort the action.

## Password

Tahara 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.



## Beam

If you want to copy the **Tahara** from one Palm device to another you must choose the option **Beam to a friend** from **Menu |Game |Beam to a friend**.

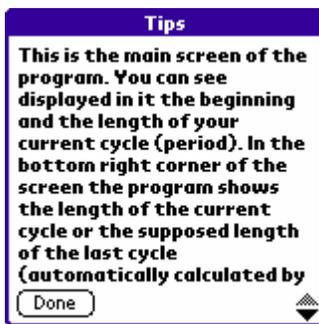


## Get Help with Tahara

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

### Main Help

It 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

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

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

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

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

Use this screen to enter chronological data like the schedule for making your Bedika, 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 make your Bedika.

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

Tap **Done** to exit the screen.

## Alarm History

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

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

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

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

Tap **Done** to exit the screen.

## **Prediction**

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.

**Thank you for choosing Webvisia's Tahara. Feel free to contact us with any comments and suggestions to help us make this product even better.**

**Webvisia LLC**

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