

# Woman for Palm OS<sup>®</sup>

Version 5.0



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## Introduction

Welcome to **Woman** for Palm OS, the personal calendar and family planning tool for women!

If you are new to **Woman**, please take a few minutes and read this manual, which will help you get started with the program.

This manual is best seen when printed. When viewing on a desktop computer, the graphics may be distorted, unless you manage to find the exact viewing scale, which will show them unmodified.

## ***What this program is about***

**Woman** is a personal calendar and family planning tool for women.



Its major goal is to help women **organize** and **use** the information coded in their past menstrual cycles.

Whether trying to conceive, avoiding it, or just planning the best time for vacation, you can always use some extra help from you own body's history.

The period and its menstrual symptoms contain a lot of information.

By filing, reading and using it properly you can increase your chances of achieving the desired goal.

### **Woman helps you organize yourself**

Knowledge is power. By frequently filing the important events from your personal life you automatically get valuable source for reference whenever you need it.

### **Woman helps you plan your vacations**

Using the program's period predictions, you can quickly figure out which are the best days for vacation! Even when not 100% accurate, it still adds the little extra comfort you need when traveling or just enjoying life.

### **Woman helps in family planning**

Having sex during ovulation strongly increases the chances of becoming pregnant. Alternatively, by simply avoiding these days a woman can still have the most natural form of protection while getting most fun the rest of the time.

### **Woman is a friend of your doctor**

By filing information frequently, you crate a valuable history archive of your physical status, which may turn very valuable. Your doctor will appreciate the information you can give and so will you.

### **Woman offers affordable, accessible and natural alternative to contraceptives**

Actually, it is the Fertility Awareness Methods that provide all that. **Woman** is only an application for your PDA, which helps utilizing FAM and joining the million supporters of the natural family planning all over the world.

### ***What this program is NOT about***

**Woman** was never meant to fully replace the family doctor or family planning instructor. It is not a toy.

As with every system in the world, the Fertility Awareness Method and therefore Woman has its limitations and carries certain risks. Real life could never be fully predicted.

Pay attention to the following important statements before using the program:

### **Woman does not guarantee anything**

We have taken the necessary precautions and have tested the program before releasing it to the market. However, due to the many side factors affecting a live organism it is impossible for us to guarantee anything. **The user takes sole responsibility for the results of using the program.**

### **The Fertility Awareness Method is inappropriate for women with abnormal period length**

If your menstrual periods are anything but periodic then avoid using the program predictions. You can still use it as calendar and profile notebook, but the quality of its predictions will not be satisfactory.

### **Woman is NOT 100% accurate**

Hardly anything is. Use the predictions with care and always keep in mind that side effects such as food, stress, sleep or emotional waves can affect the actual results.

### **Woman is NOT a doctor**

A real human can always take into considerations your previous history and current status.

## ***System Requirements***

The **Woman** versions up to 5.0 require Palm OS version 3.0 or higher in order to operate.

Starting with version 5.0, **Woman** requires minimal Palm OS version 3.5.

**Woman** can work on **any** Palm OS powered device running Palm OS 3.5 or higher regardless of its model and screen resolution.

Woman 5.0 was designed and tested for compliance with Palm OS 5.0 and was found to be compatible with it.

When installed from a Microsoft Windows executable, the installation will also include desktop synchronization conduit. It requires Windows 98 or more recent with at least 6 MB free disk space.

The conduit is most useful when the desktop version of Woman is installed on the host machine; otherwise it only serves as slightly improved backup alternative to the standard backup conduit in Palm Desktop. If Woman for Windows is not installed on the host machine, Woman for Palm OS does not actually need it in order to operate.

## Getting started

The following considerations must be taken into account before getting started, since they affect the optimal approach to the program:

- **Have you used previous version of **Woman** or other similar program on your handheld?**  
If so, then you might want to attempt importing your existing data into **Woman**. Refer to the chapter “[Importing data from older versions and other applications](#)” for details.
- **Do you plan to use the handheld version of **Woman** in conjunction with the desktop version?**  
If so, make sure you start entering data **only** at one of them, then synchronizing before you start entering data on the other one. Synchronizing could not work well if the data for same day has been modified on both the handheld and desktop side, because there is no way to automatically tell which one of them is more accurate.

## Installation

The program comes in two forms – ZIP file or self-executable EXE file for Microsoft Windows users. The first can be used for installing the Woman program file through any host platform (provided there is already Palm Desktop software installed on it), while the second is only used for automated installation through Microsoft Windows host.

*Note: A very important difference between the ZIP and EXE installation is that the EXE installation also includes the additional module (conduit) required to synchronize data between the Palm OS and Windows version of the program. If you will be using both versions, you MUST use the EXE installation for the Palm OS version.*

The ZIP file contains the necessary program and help files compressed in a single file for faster download. Before installing the Woman program file, the contents of the ZIP file must be extracted somewhere on your desktop.

ZIP itself is a very popular compression format on Internet. Every major platform out there – Windows, Mac OS and Linux – has at least one application that can extract ZIP files. For Windows, this is usually WinZip (<http://www.winzip.com>); for Mac OS this is StuffIt (<http://www.alladdin.com>; StuffIt also has Windows version).

## Evaluating and activating the program



Unless purchased from retail store or special distributor, when first installed the program will be in **evaluation** mode. It is fully functional, but will

- remind you about it every time you run the program
- allow you to enter only certain amount of data, usually enough to decide if you want to keep the program or not

Should you decide to keep the program, you must register. You will then receive the unlocking registration code that will allow further use.

Woman v.5.0 for Palm OS®

The Palm OS version of the program is only \$14.95 or less at <http://www.beiks.com> or through some of our distributors like Handango (<http://www.handango.com/beiks>) or Palm Gear (<http://www.palmgear.com>).

You may also check out the desktop version of Woman, or order a bundle of the two at discounted price.

Immediately upon placing the order you should receive the unlocking key for the application.

## What do registered users get

Registered customers are entitled to the following benefits:

- **Fully functional, nag-free program**
- **Free program updates**

Please read this, it is not with small print, it *wants* to be read: Beiks reserves the right to charge for major program updates, requiring significant amount of work, such as porting to new hardware platforms etc; the promised free updates are to show our best intent to reward our customers for their trust and choice of Beiks, which we believe we manage to do. For example, all versions of Woman for PalmOS from 1.0 to 5.0 came free to registered customers, despite the fact that version 5.0 was totally rebuilt from the ground up.

However, while trying to be a good vendor and partner to our customers, we would not like to sacrifice the good old common sense. For example, the desktop application introduced with the version 5.0 has been developed by a separate team and had separate development costs; it was never promised or advertised as a free add-on and we do not consider it applicable as free program upgrade.
- **Discounts for related products**

With the introduction of Woman 5.0 for Palm OS Beiks had also introduced a desktop companion application; current customers will get the PalmOS update for free and the desktop version will be offered at sweet discount to them
- **Free, timely email and web support**

We try to keep our support turnaround time under 24 hours and it is often under *one* hour. Check out our web forum and see the time stamps of our answers or send a support question to [support@beiks.com](mailto:support@beiks.com) prior to purchasing the program to see how fast and how we will respond.
- **Notifications for program updates**

Well, unless you opt out of them ;-)

## Medical background

**Woman** is designed to help you organize and use the information coming from your own body.

This chapter gives the necessary medical background that explains how your body works, why and what to look for and what to expect from the different approaches you can take.

In short, **Woman** relies on the Fertility Awareness Methods (FAM) to help you determine the fertile days. On their turn, FAM methods are often referred to as *natural* family planning methods, because they do not require use of pills or other chemical or physical contraceptives or catalysts.

Keep in mind it is not required to use any of the FAM methods in order to use Woman. You may as well use the program as calendar or notepad alternative.

## Ovulation and fertilization

**Ovulation** is the release of one or more eggs from a follicle that developed in the ovary. The egg travels to a fallopian tube where it is typically fertilized. Ovulation is brought about by a series of events within the hypo-pit-ovarian axis.

Day 1 of menstrual bleeding is the first day of the cycle. The time interval from day 1 to ovulation may vary from woman to woman and from one cycle to another. The time interval from ovulation until menstruation is about 2 weeks. Ovulation will occur early in a short cycle and later in a long cycle. Observing the cervical mucus symptom gives information about being potentially fertile or infertile on a day by day basis.

## Understanding your menstrual cycle

Understanding your menstrual cycle is essential for your good health. It is especially important if you want to chart your fertility pattern as a method of contraception.

The first part of the cycle, from menstruation to ovulation, may vary from 13 to 20 days in length. The length of the first part is not only different from one woman to another, but also differs in some women from month to month. It is during this critical first part of the cycle that fertilization can occur. Such common circumstances as sickness, worry, physical exertion, and even sudden changes in climate may occasionally upset a regular pattern by shortening it or extending it.

The second part of the cycle, from ovulation to menstruation, is about the same length in all women. The egg is released consistently 14 to 16 days before the onset of menstruation, regardless of the length of a woman's menstrual cycle.

During your cycle there are many changes that tell you whether you are fertile or not. Here are brief descriptions of the changes you can chart to predict when you ovulate in order to plan or prevent pregnancy.

- For the temperature method: Your temperature rises between 0.4°F and 0.8°F on the day of ovulation. It remains at that level until your next period.
- For the cervical mucus method: Normally cloudy, tacky mucus will become clear and slippery in the few days before ovulation. It also will stretch between the fingers. When this happens you are in your most fertile phase.
- For the calendar method: For women with relatively constant period indications, both the menstrual period and the ovulation periods can be predicted

## ***The temperature method***

One of the changes that ordinarily take place in a woman's body as part of her menstrual pattern is that her body temperature is lower during the first part of the cycle. In most women it usually rises slightly with ovulation and remains up during the second part until just before her next period. Recording each day's temperature helps to indicate when ovulation has occurred.

The temperature method requires charting your basal body temperature (BBT), the temperature your body registers when you're completely at rest. BBT varies slightly from person to person. For most women, 96 to 98 degrees Fahrenheit taken orally is considered normal before ovulation and 97 to 99 after. The changes are small fractions—from 1/10 to 1/2 degree. So it's best to get a special, large-scale, easy-to-read thermometer that registers only from 96 to 100 degrees. A rectal or oral basal temperature thermometer can be bought in most drug stores for about \$10. Generally, rectal readings are more reliable. But whichever you choose, take your temperature the same way every day.

See File the Temperature for more information.

As each day's temperature is plotted on the graph, you will learn to recognize your own pattern. Your temperature rise may be sudden, gradual, or in steps. The pattern may vary from cycle to cycle.

You must also realize that your BBT can be influenced by physical or emotional upsets or even lack of sleep. In addition, illness, emotional distress, jet lag, disturbed sleep, smoking, drinking an unaccustomed amount of alcohol the night before, and using an electric blanket may affect your body temperature. Be sure to chart your temperature for at least three months before relying on this method.

After the temperature rise has lasted for at least three days, you can assume that your ovulation is over and the safe days have begun. They will last until the temperature drop that usually comes just before your next menstrual period.

The temperature method is quite accurate in detecting when ovulation has occurred, but can't predict when it's about to happen.

When you become confident about using your BBT to determine your safe days, you may not need to take your temperature between the start of the infertile time and the beginning of your next menstrual period.

## ***The cervical mucus method***

The cervical mucus method is based on a mucus change that occurs during the menstrual cycle. The hormones that control menstrual cycle phases also act on the glands of the cervix that produce mucus secretions. The mucus secreted by the cervix collects in the cervix and vagina. It changes in quality and quantity just before and during ovulation. The cervical mucus method is also known as the **ovulation method** or the **Billings method**.

### **The Mucus Pattern**

The cycle begins with menstruation. During vaginal bleeding, the flow disguises the mucus signs.

The menstrual period is usually followed by a few days when no mucus is present - these are "dry days."

As an egg starts to ripen, mucus increases in the vagina and appears at the vaginal opening. It is generally yellow or white, and it is cloudy and sticky.

The greatest amount of cervical mucus usually occurs immediately before ovulation during the "wet days." The mucus takes on a clear and slippery quality that resembles raw egg whites. When the mucus can be stretched between the fingers, it is called *spinnbarkeit* (German for stretchable). This is the peak period of fertility.

About four days after the wet days begin, mucus may abruptly become cloudy and sticky, reduce sharply in volume, and a few dry days may return before your period starts.

See more in *How to Chart the mucus*.

## ***The calendar method***

The calendar method attempts to predict ovulation using a woman's menstrual history. A written record is kept—an ordinary calendar can be used to note each cycle, counting from the first day of one menstrual period up to, but not including, the first day of the next. The day bleeding starts is Day 1, and you mark down this by marking that date on the calendar. Continue to mark Day 1 for at least 8 months (12 is better). Then you count the days in each cycle.

Of course, you have no assurance that your cycle variations will remain the same. So you must continue to mark down each Day 1 and list the length of your last cycle.

Note: These rules can only help you to find out a couple of days in advance when you probably will ovulate. The calendar method is especially chancy if your cycles are not always the same length.

If all your cycles are shorter than 27 days, don't try to use calendar estimates at all. The first part of any cycle may be irregular. Trying to add a few days of intercourse in the early part of your cycle can be risky when attempting to prevent an unplanned pregnancy. Learning the meaning of changes in your normal vaginal discharge may reduce miscalculations. But always be guided by any sign that says you may be fertile.

## Using the program

### *Program screens explained*

#### Calendar view

The calendar view can be invoked from the application's main menu. To invoke the menu, tap the Woman title or the **menu** silkscreen button.

When leaving the application while in this view, it will be remembered and then restored when returning back.

This is the main data input view of the program, but it also provides back a lot of information, just as a calendar should. And like a normal calendar, this one displays the data for a calendar month, not for your menstrual period (as the Bar View does).



The currently displayed month and year are shown at the top, next to the title of the view. Tap on either field to pick from a list of months and years respectively; this is done for quick selection of desired month and year for visualization.

Use the navigational backward and forward buttons next to the year to move to the previous and next month respectively. The device's hardware Page Down and Page Up buttons, as well as the jog dial or rocker button (for devices that has them) have the same effect.

**Note: You may realize that the program only allows you to move between years 2000 and 2005. This limitation is a result in compromising program features and speed and before 2006 will surely be at least increased or completely removed.**

**Woman** uses different colors (or shades, on monochrome devices) to indicate menstrual, fertile, predicted menstruation and regular period days. On the above picture:

- The **actual menstruation days** entered by the user are 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> of August and are colored in white red (of course they do not necessarily have to match the beginning of the month)
- The **predicted menstruation days** are 29<sup>th</sup>, 30<sup>th</sup> and 31<sup>st</sup> of August and are colored in pink to dark red
- The **fertility days** for the current period are 12<sup>th</sup> through 16<sup>th</sup> and are colored in green; they are also predicted
- The days that are neither fertile nor menstrual
- The current calendar date is 31<sup>st</sup> of August and since it happens to fall in the displayed month, it is displayed in white instead of black.

When you first run the application, the whole month will be painted in blue, unless you have already imported data in the program. As soon as you enter a single menstrual day, the program will be able to compute and color the rest.

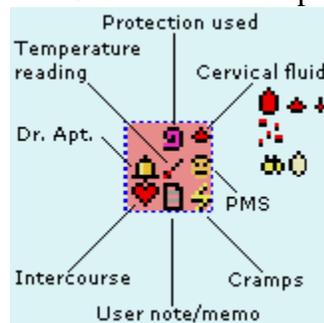
**Note:** We remind you that if you want to use the prediction features of the program it is vital that you mark all menstruation days appropriately.

To go to the current date, use the application’s menu “Go To Today” command in the Tools menu.

The Calendar organizes its start of week according to the global device settings (the same that affect the built-in calendar application). To change it, refer to your device manual or simply go to the Preferences application from within the Application Launcher.

## Information icons

The Calendar view displays different icons for the data the user provides for the day.

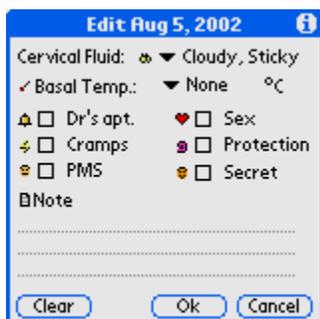


In addition to the day’s date (not displayed on the picture on the left), each day in the calendar may include up to 8 other icons, indicating various things. Some of them, such as the cervical fluid status and the pre-menstrual syndrome are giving the information itself, e.g. what was the cervical fluid for the day, if any, or have you had cramps on that day. Others, such as the temperature reading and the note icons, only indicate that there is some information entered for that day (temperature, note), but due to the limited space can not provide the information itself.

Data	Icon(s)	Comment
Cervical fluid	<ul style="list-style-type: none"> <li>• Period bleeding (slight, medium, heavy)</li> <li>• Intermenstrual bleeding</li> <li>• Mucus (cloudy/sticky, stretchy/white)</li> </ul>	<p>Normally, this is the most important indication for the day, as it determines the beginning of each period.</p> <p>When a regular period bleeding is indicated (one of the three red drops), the program will automatically account that day for either a start of a new period or a period bleeding day (depending on whether the previous day had similar mark).</p> <p>Note the three sets of icons (and associated statuses) are mutually exclusive: you can’t have intermenstrual bleeding during normal period bleeding and you can’t measure and file mucus when bleeding.</p>
PMS	One	<p>The pre-menstrual cycle syndrome days are sometimes important for your doctor and he or she may ask you to mark them. The particular indications may vary from person to person, but are commonly related to pain, headache, mood changes, cold feet etc.</p> <p>The program does not use the PMS information you provide for anything else other than displaying it.</p>
Cramps	One	The cramps indication is used for any other specific pain

Data	Icon(s)	Comment
		that you think might be related to your menstrual diary, but are not pre-menstrual. When you file those, you'd usually want to add a note describing them. The program does not use the marked days for any calculations.
User note	One	This icon is displayed when the user has entered a note or the particular day.
Intercourse	One	This icon appears when the user has marked the "intercourse" (or "sex") icon for the particular day. The program itself does not use the provided data.
Appointment	Two – pending and past appointments	The icon appears when the user has checked the appointment setting for the day. This usually goes along with a note describing the appointment. As of version 5.0 Woman does not organize the actual alarm notifications for you; the feature is only used to serve as information and reminder when reviewing the monthly schedule. Future versions of the program may as well add the actual notification scheduling. The past appointments are displayed with grayed out icon.
Temperature reading	One	This icon appears whenever the user has entered a temperature reading for the day. The icon itself is purely informative. The temperature itself, however, is used in the Temperature Chart and by the Temperature Method for ovulation detection.
<b>Secret</b>	One	There is another setting in the daily's data editor, which is called " <i>Secret</i> ". It does not have particular meaning and the user can decide what they want it to mean. As of version 5.0 of the program, it is not displayed in the Calendar View and can only be seen and modified in the daily data editor window. Future program versions may allow customization of the displayed icons.

### Daily data editing form



Whenever you tap on a day in the Calendar view, the daily data editing form will open. If there was some data already populated for that day, it will automatically be selected in the form's controls.

The **Cervical fluid** can be specified from a drop-down list with entries. It might be one of four readings: *dry*, *regular period bleeding* (light, medium or heavy), *intermenstrual bleeding* or *mucus* status reading.

The regular period bleeding readings are used by the program to determine the beginning of each new period (this is the first day of regular bleeding, regardless of its magnitude, after a day without bleeding).

The *intermenstrual bleeding* is used for indicating occasional bleeding during the period. Your doctor may be interested in these, so it is good to file them as well, although the program does not use them for anything in particular. However, because of the above said, **it is important NOT to confuse the intermenstrual bleeding with the regular period bleeding**. Sometimes this may be hard, but you can always fix the entry if it turns out invalid. The important thing is to remember to do it if it happens.

Many women need or want to track the status of their *mucus*; two different options are predefined in the program to help you enter and track this information down.

To clean the data for the day, select “Dry”.

The **basal temperature** can be entered by selecting the value from a list with precision to the second digit after the decimal point. The list displays values in Celsius or Fahrenheit depending on the program setting, specified in the Preferences screen. The temperature reading is used by the Temperature Method for ovulation detection and the Temperature Chart is designed to help that. Remember you need to enter the temperature daily and at the same time, best immediately after waking up in the morning. If you are not interested in using the Temperature Method, you may not enter the temperature.

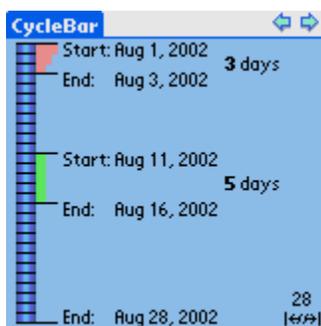
The **note** field allows you to enter a short note about something for that day. As of version 5.0 the program only allows for up to 128 characters in the note; further versions will increase that limit.

For the rest of the data controls, refer to the [Information Icons](#) chapter above.

## Bar view

The Cycle Bar view can be invoked from the application’s main menu. To show the menu, tap the Woman title or the **menu** silkscreen button.

When leaving the application while in this view, it will be remembered and then restored when returning back.



This is a view of your menstrual periods, displayed one at a time and with indication of the fertile days.

The actual menstruation days at the beginning of each period are displayed and indicated with appropriate color. The bleeding magnitude is indicated by the length of the pink stripe at the right of the bar.

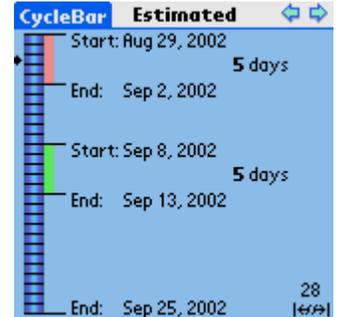
Accordingly, the fertile days are indicated with green stripe on the right of the bar.

Use the navigational buttons to move to the previous or next period. Device’s hardware page up and page down buttons as well as the jog dial or rocker (whenever present) will have the same effect.



Note you can move as far ahead in future as the program allows you to, but only as back as you have period data entered.

When navigating through estimated periods, the program will remind it to you by showing appropriate label at the top of the screen.



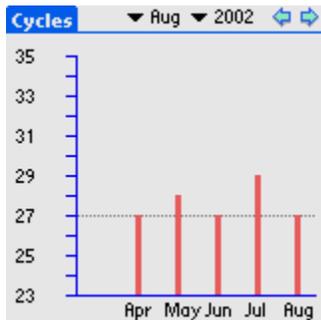
The length of the displayed period – actual or estimated – is displayed in the lower right portion of the display.

When the displayed cycle includes the current date, it will be marked on the screen with a little pointer at the left of the bar.

See also the [Cycles Chart](#) and the [Cycles History](#) screen.

## Cycles chart

The Cycles chart can be invoked from the application’s main menu. To show the menu itself, tap the Woman title or at the **menu** silkscreen button.



The Cycles chart allows for a quick graphical view of the length of your past periods. It relies on actual data and will only allow you to go as far ahead as there is such data.

Up to six bars (periods) can be displayed at a time. Use the navigation keys or the hardware buttons, including the jog dial or rocker, to navigate backward and forward.

Reminder: for the program a *period* is the interval between the first of the “menstrual bleeding days” before which there were no other bleeding days. (a “bleeding day” is a day for which you have marked slight, medium or heavy bleeding).

Same information can be seen in tabular text form in the [Cycle History](#) form.

The horizontal line represents the calculated average period length, which is usually used for predictions (unless the user specifies hard value).

## Cycles history

A tabular list of past cycles can be invoked through the application’s menu as illustrated at the picture on the right. To show the menu itself, tap the Woman title or at the **Menu** silkscreen button.



The Cycles History window is very simple and you will hardly use it much, but it is still very convenient way to quickly go to the first or last data entry you have made.

## Temperature chart

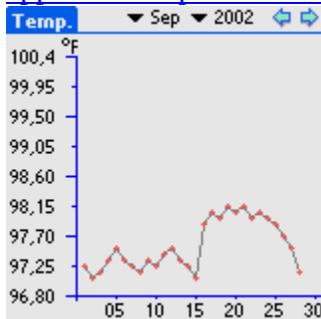
The Temperature chart can be invoked from the application's main menu. To show the menu, tap the Woman title or at the **Menu** silkscreen button.



This chart is very important if you use the temperature method for determining the ovulation day.

The graphic shows the temperature as a function of the month's day and, as described in the temperature method, you will be looking for a clear and prompt daily increase with 0.4 – 0.6 degrees.

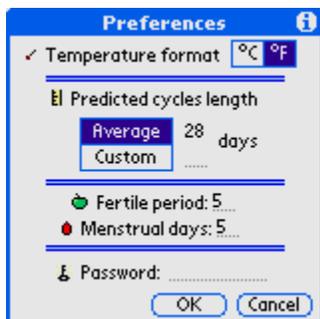
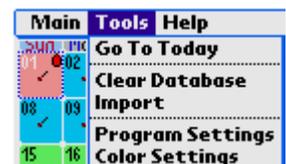
The temperature is displayed in either Celsius or Fahrenheit, depending on what is specified in the [application's preferences](#).



## Configuring the program

### Configuring global application settings

The global application configuration screen is available through the Tools menu as indicated on the image on the right. To show the application menu itself, tap the application's title or the Menu button on the display (usually the one below the button you press to see the list of applications).



The **temperature format** can be set to either Celsius or Fahrenheit. The switch can be done at any given moment, with or without data already entered. All temperature charts and all data entry values will be in the selected unit from then on. Previously entered temperatures will be automatically converted if necessary.

The **length of estimated periods** can be either set to a fixed number of days, or the average length of the actual periods entered in the program.

*Note: when first run, the program initially sets the average method; however, before the user enters one full period (that is, two distinct flow periods*

*around 28 days apart), the program will still automatically predict the first period length based on the average length.*

The **fertile period** tells the program how many days should the fertility period include. This period is actually based on the ovulation day computed by the program, which is estimated 14 days before the start of the next period. The day *after* the estimated ovulation day is automatically considered fertile as well. Hence, the program automatically has *two* days for fertile days. The indicated fertile period *includes* those two days and the days *before* them (i.e. it goes backwards from the day after the estimated ovulation).

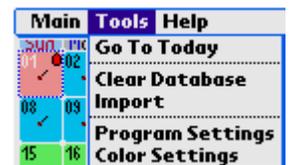
The **flow days** parameter specifies how many days to be projected as period days in the estimated periods.

The **program password** is used to protect the access to the whole application. If a password is assigned, an access validation dialog will ask for it when the application is run.

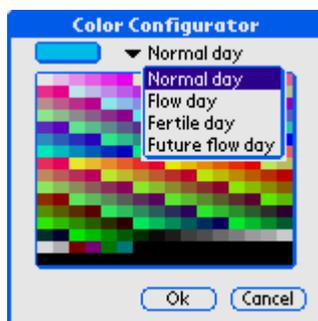
*Note: the password protection is a useful, but relatively weak method of protection of your data. Advanced developers can get around it, given physical access to the device. If security is of high importance to you, please contact [support@beiks.com](mailto:support@beiks.com). We do have the ability to implement much stronger protection, similar to the one used in our [BeSafe](#) application, but we will not do so until customers indicate they need it.*

## Configuring colors

Experimenting with colors can improve your efficiency using the program. The displays of the various devices on the market vary drastically in brightness and color reproduction capabilities and it is very likely that there are devices, for which the program is not optimally adjusted by default.



The colors indicating various statuses in the Calendar View and eventually other screens can be adjusted by you according to your preference and displays capabilities. To do the configuration, invoke the color configuration screen from the application's Tools menu.



A drop-down list contains the configurable color entries. The “normal days” are the days without flooding (“Dry”).

The flow days are the actual period days you have entered in the program.

The future flow days are the estimated period days

To assign a color to particular entry, first select it from the list. The currently assigned color will be displayed on the left of the selected entry. Tap on a color in the color table to change it.

## ***Importing data from older versions and other applications***

Starting with version 5.0, **Woman** for Palm OS is totally new and has totally new database files.

When installing the application over existing copy of **Woman**, it will replace the actual program, but will *not* use its databases; instead, it will create its own database. You can then import the older data into it.

**Note:** **Woman** can also import data from other similar menstrual tracking applications, but this feature is not widely advertised as it is hard to support. Use it at your own convenience and risk.

Before starting the import procedure, it is worth summarizing the following basic points of importing data:

- It is best to import the data into empty database; to clean (empty) the database from all records, use the “Clear database” command from the Tools menu
- The importer allows data to be imported in **two** modes – overwriting and blending; it does not make difference which one you would choose if the database is empty, but it does if it is not. In *overwriting mode* the imported data will take the place of the existing date in case there is a collision (e.g. if you already had a note for particular day, but the database you import also has a note for that day). In *adding (blending)* mode the imported data will only be added when there is no existing data in your database.  
All in all, we repeat the major recommendation to import to empty database.
- Due to program feature differences, the import may not necessarily import **all** existing data; it will only take as much as possible. For example, when importing data from Woman version 3.1, the application may need to truncate the user notes as the new database format only allow for up to 128 characters in the note while the older version used to allow more.
- Importing data *does not* change the original data! Even more, with exception of Woman’s own old databases, for which you would get prompts every time you run a registered copy of the new program version, there is no way to delete the other program’s database. This is done for security purposes, so that you can always install the older program (or the older Woman version) and still use its data.

To start the importing process, select the *Import* command from the application’s Tools menu. The import window appears.



If the program recognizes other possible data sources, it will display appropriate icons as well.

As the screen itself suggests, you must select the icon for the program from which you want to import data.

You must as well select whether you want to overwrite or add data (see above).

Tap the **Import** button to start the process.

