

The Pulse – Issue 31

March '11

Hello CC'ers!!

It's a busy few weeks for us here at PulseTec with the Melbourne Trade Show FITX – on the long weekend (thanks Neil!) and then the biggy up in Sydney in April – FILEX. So if you come to either of them, please drop by to say hello as it's always great to be able to put a face to a name! See you there!

Reminders

As usual, please send **ALL** correspondence to support@pulsetecsolutions.com NOT to our personal emails because if we are away, you may not be answered and we don't want that to happen. You can also phone us directly on +61 (0)3 9878 7813 or check out our support website <http://support.pulsetecsolutions.com> for handy hints, instruction sheets and archived newsletters.

Health and Fitness Exhibitions

PulseTec Solutions will be exhibiting at the following expo's. If you're in the area, please drop by and see us.

 <p>Fit SPORT & FITNESS EXPO MELBOURNE EXHIBITION CENTRE MARCH 12TH - 13TH, 2011</p>	<p><u>Fitx Sport and Fitness Expo:</u> <u>Stand J01</u> Melbourne Exhibition Centre www.fitx.com.au 12th to 13th March 2011</p>
 <p>australian fitness&health expo sydney convention & exhibition centre 15 april to 17 april 2011</p>	<p><u>Australian Fitness & Health Expo:</u> <u>Stand M36</u> Sydney Convention & Exhibition Centre www.fitnessexpo.com.au 15th April to 17th April 2011</p>

Handy Hint Number 31

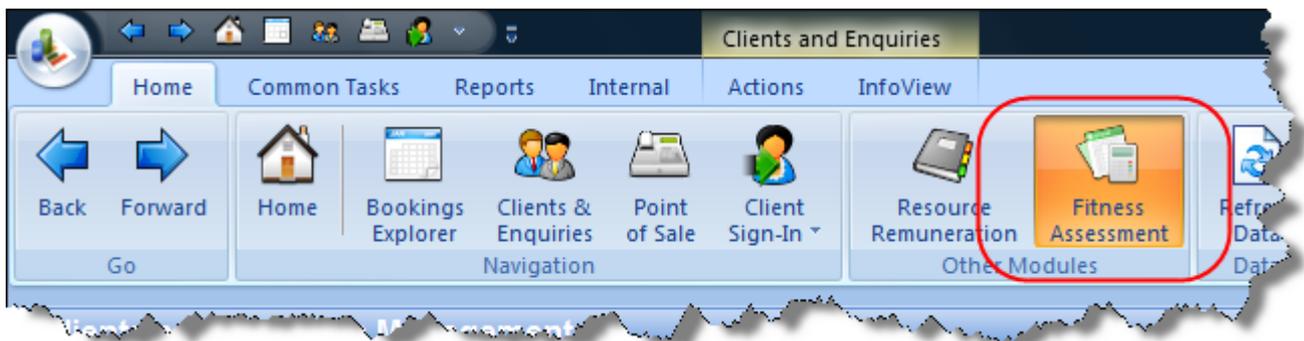
Fitness Assessments

ClientConnect has the ability to record fitness assessments for your clients. Over time, as you record a number of assessments for clients, you can track their overall progress.

Because every business has their own items they wish to assess, ClientConnect gives you the ability to construct and customise your own tests to record for your clients.

Go to the 'Home' tab, and click on 'Fitness Assessment'.

March fig 1.



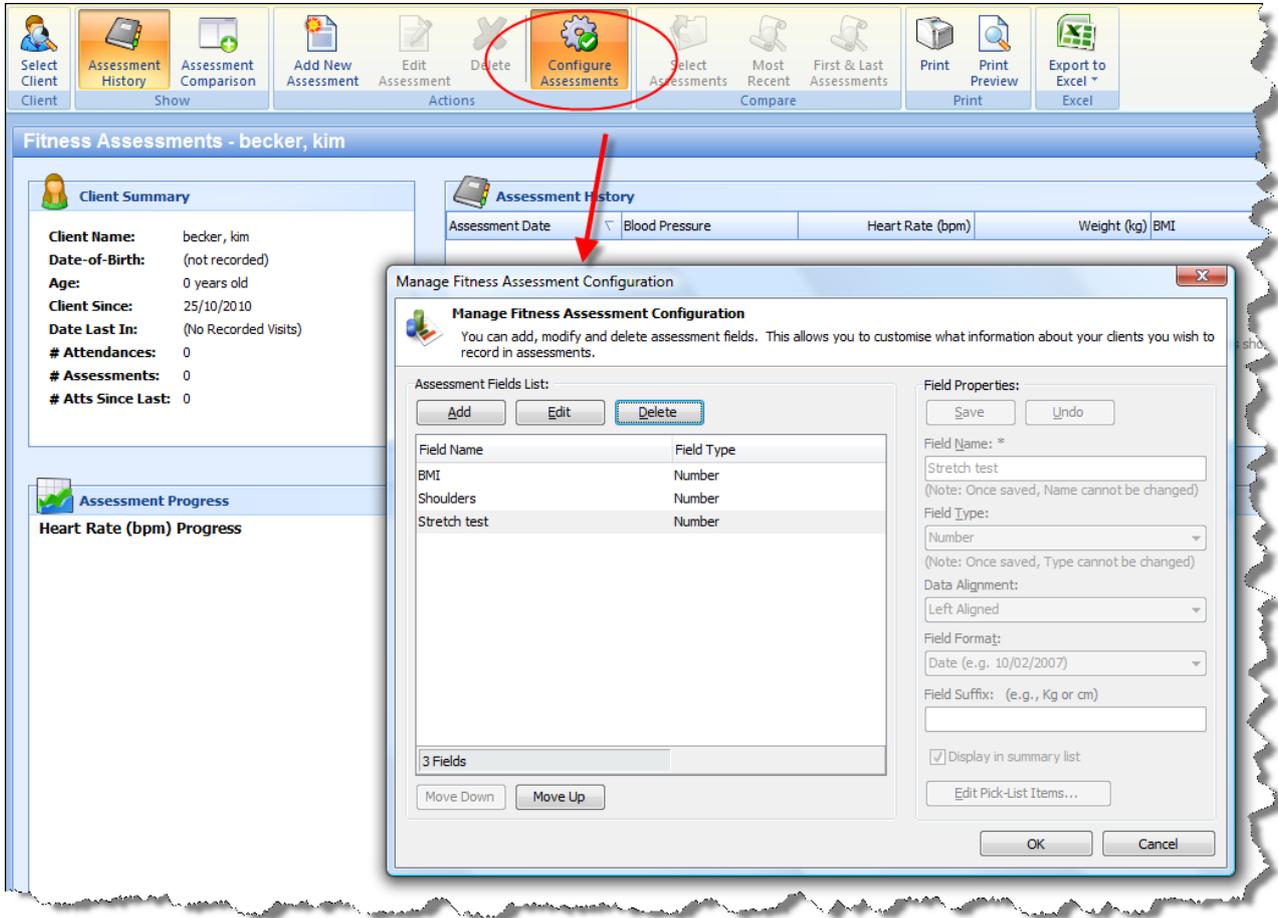
You will then be prompted to select a client – simply select any client to access the Assessment area.

Configure Fitness Assessment

ClientConnect includes assessment fields for Blood Pressure, Heart Rate and Weight by default. These items cannot be modified.

To add or customise your own fields, click on the 'Configure Assessment' button to access the configuration menu.

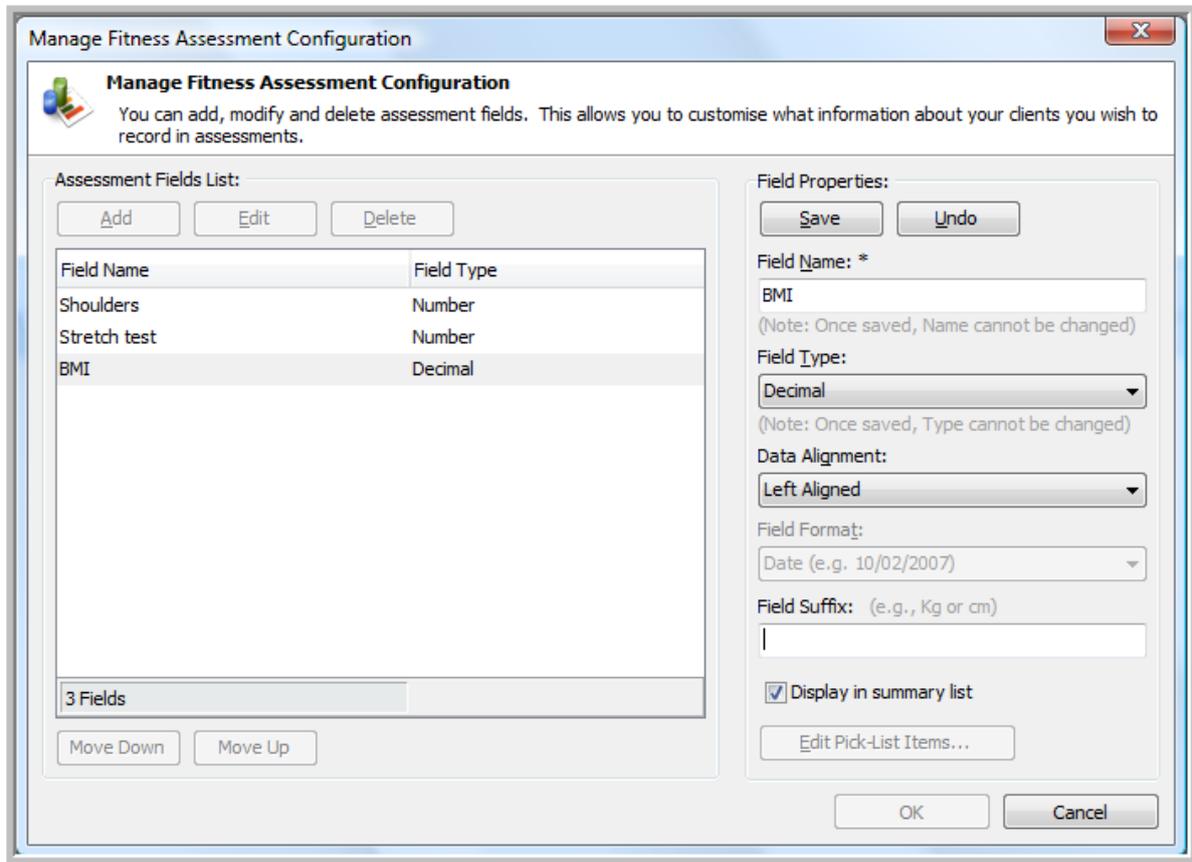
March fig 2.



To add a new field to your assessment, click on the 'Add' button and fill in the relevant details on the right hand side of this screen.

You can also Edit or Delete an Assessment Field from this list by clicking on the relevant button.

March fig 3.



Note : if you would like to see your Assessment Field results presented in a graph, these need to be set up as numeric types. That is, in the Field Type, use Number, Currency or Decimal.

Field Name:	This is the name of the test item. The name can be any combination of letters and numbers up to 64 characters.
Field Type:	<p>This is a drop-down field that lets you select what type of data you will be storing in this field.</p> <p>You can choose from the following:</p> <p>Plain Text: Simple text field that can store any alphanumeric character (including punctuation marks) up to 250 characters in length (if you need to store more text than this, choose 'Rich Text' as the Field Type).</p> <p>Date/Time: Stores a date and/or time value. For example, you can store a simple date (such as</p>

	<p>01/01/2007), or you can store a date <i>and</i> time (such as 01/01/2007 10:30am).</p> <p>Yes/No: Stores a Yes or No value</p> <p>Number: Stores a whole number. This does not allow for fractions or decimals. You can store positive and negative numbers. If you need to store decimal numbers (such as 10.5), then choose 'Decimal' as the Field Type).</p> <p>Currency: Stores monetary amounts (such as \$10.50)</p> <p>Rich Text: Stores a virtually unlimited amount of text. This field type is commonly used for 'Notes'-type fields.</p> <p>Pick-List: Allows you to set up a fixed list of values that you must pick from each time you fill out a field of this type. For example, you may have a field called "Favourite Colour", and have the pick-list items include "Blue", "Red" and "Green". The user will only be able to pick one of these three pre-defined values when entering data.</p> <p>Decimal: Stores a decimal number (such as 10.5).</p>
Data Alignment:	This lets you customise how data in this field is aligned when viewed in a list. You can have the data aligned Left, Right or Centered.
Field Format:	If you are adding a field that is a Date/Time -type, the Field Format lets you select whether you wish to store just the date, or store both the date and time.
Field Suffix:	This field is optional, and lets you specify some text that you want to appear at the end of the field name. For example, if you add a custom field called "Skinfold Thigh", you may wish to enter "mm" as the field suffix to indicate the data is measured in millimeters.
Display in summary list:	If ticked, the custom field will appear by default in the Fitness Assessment History list. Be careful about how many custom fields you tick, as there is limited space on the Fitness Assessments screen to display them all.
Edit Pick-List Items:	If you chose ' <i>Pick-List</i> ' as the field type, then this button lets you add in the items you want to appear in the pick-list.

Click the **Save** button to save these changes, or click **Undo** to remove these changes.

Changing the Display Order of Test Fields:

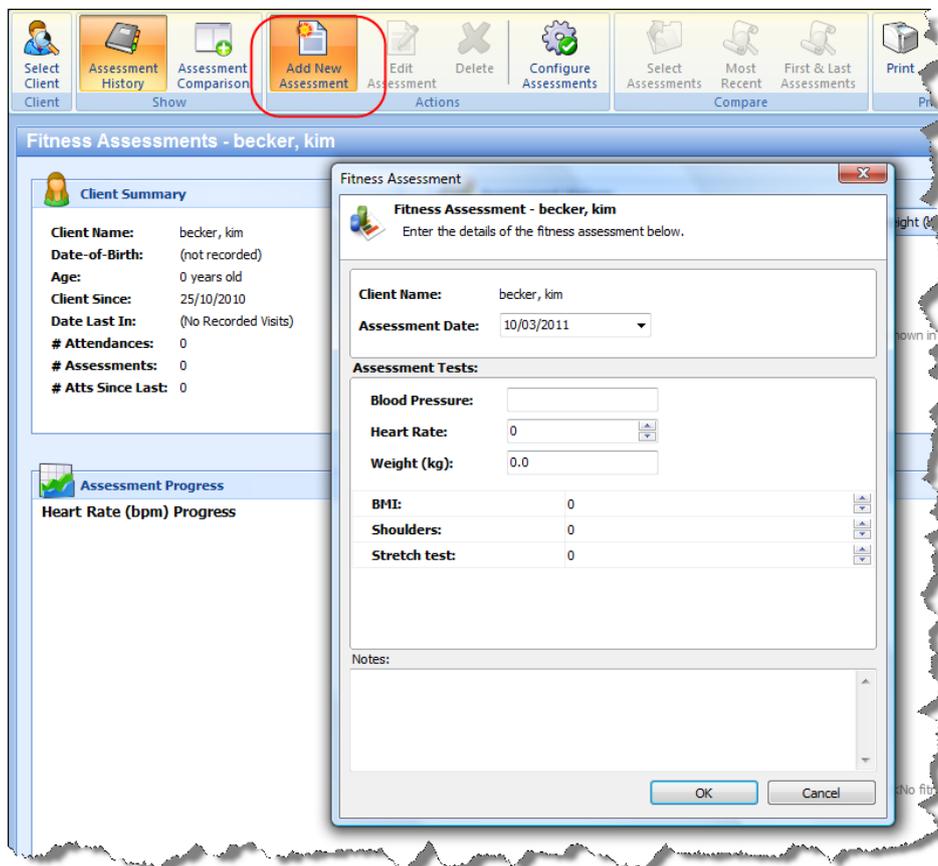
You can change the order that the assessment fields will appear onscreen by selecting individual custom fields and using the **Move Up** and **Move Down** buttons.

Note: Once you have made any changes, you will need to exit completely out of ClientConnect and go back in for the changes to take effect.

Add an Assessment for a Client

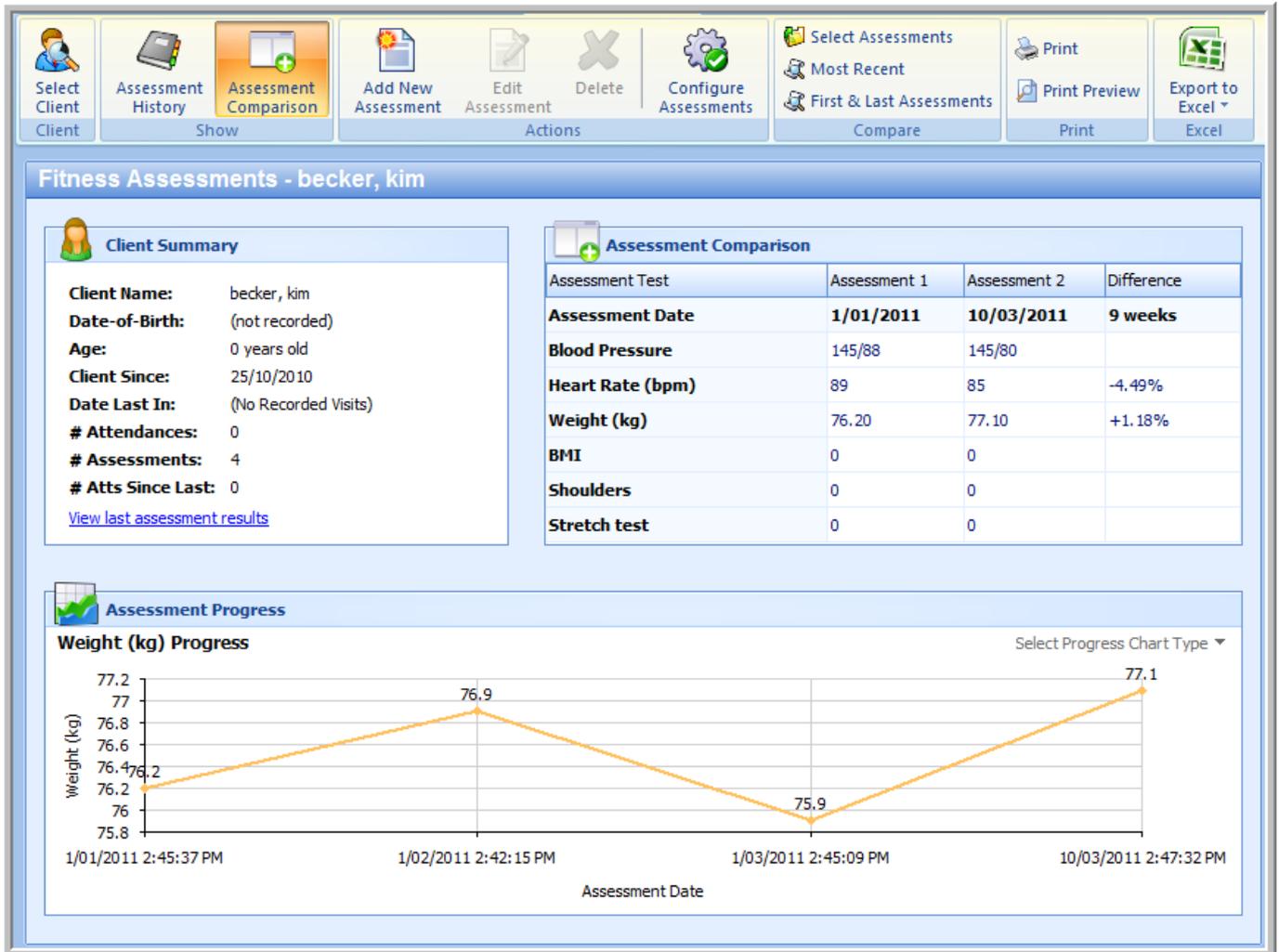
Select the relevant client and click on 'Add New Assessment'. The following screen will then appear. You can then enter the information that is being assessed, and any additional notes that may be relevant. Click on Ok to save these changes. Note that you can back-date an assessment to enter any old information for comparison purposes.

March fig 4.



As you build up a history of Assessments for a client, you can see results in graphical format. You can also use the 'Assessment Comparison' button and ClientConnect will compare 2 assessments side-by-side, and calculate the differences between the two.

March fig 5.



Client Summary

Client Name: becker, kim
 Date-of-Birth: (not recorded)
 Age: 0 years old
 Client Since: 25/10/2010
 Date Last In: (No Recorded Visits)
 # Attendances: 0
 # Assessments: 4
 # Atts Since Last: 0
[View last assessment results](#)

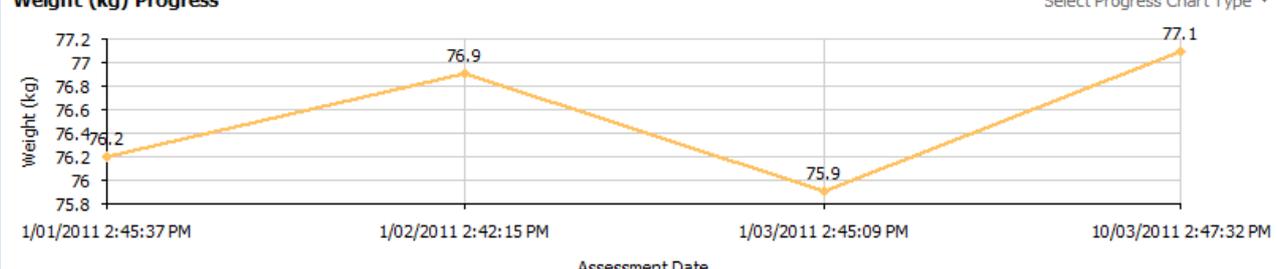
Assessment Comparison

Assessment Test	Assessment 1	Assessment 2	Difference
Assessment Date	1/01/2011	10/03/2011	9 weeks
Blood Pressure	145/88	145/80	
Heart Rate (bpm)	89	85	-4.49%
Weight (kg)	76.20	77.10	+1.18%
BMI	0	0	
Shoulders	0	0	
Stretch test	0	0	

Assessment Progress

Weight (kg) Progress

Select Progress Chart Type ▾



Assessment Date	Weight (kg)
1/01/2011 2:45:37 PM	76.2
1/02/2011 2:42:15 PM	76.9
1/03/2011 2:45:09 PM	75.9
10/03/2011 2:47:32 PM	77.1

If there is a particular subject that you would like us to cover, please contact us, and we'll help you find a solution.

RELEASE NEWS

Version 3 Users

Please contact us ASAP. We are no longer doing any enhancements to V3.5. There are some processes that will need to be completed in order for you to upgrade to Version 4.

Version 4 users

Our latest release - V4.2.10.4 is now available. Please contact us for information regarding the download.