

Body Pass Plus

Body Composition Scale Software

Software Program User's Manual



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About This Manual



This manual can be viewed and downloaded from the Rice Lake Weighing Systems website at www.ricelakehealth.com. Rice Lake Weighing Systems is an ISO 9001 registered company.

System Specifications for Installing the Body Pass Plus Software Program

To run the program the following computer specifications must be in place.

- CPU: Pentium III, 600 MHz or greater
- Memory: 128MB
- Monitor resolution: 1024 x 768
- Operating system: Windows® 2000, XP, 7 (x86 x 64), Vista (x 86 x 64), Bluetooth or USB for communication

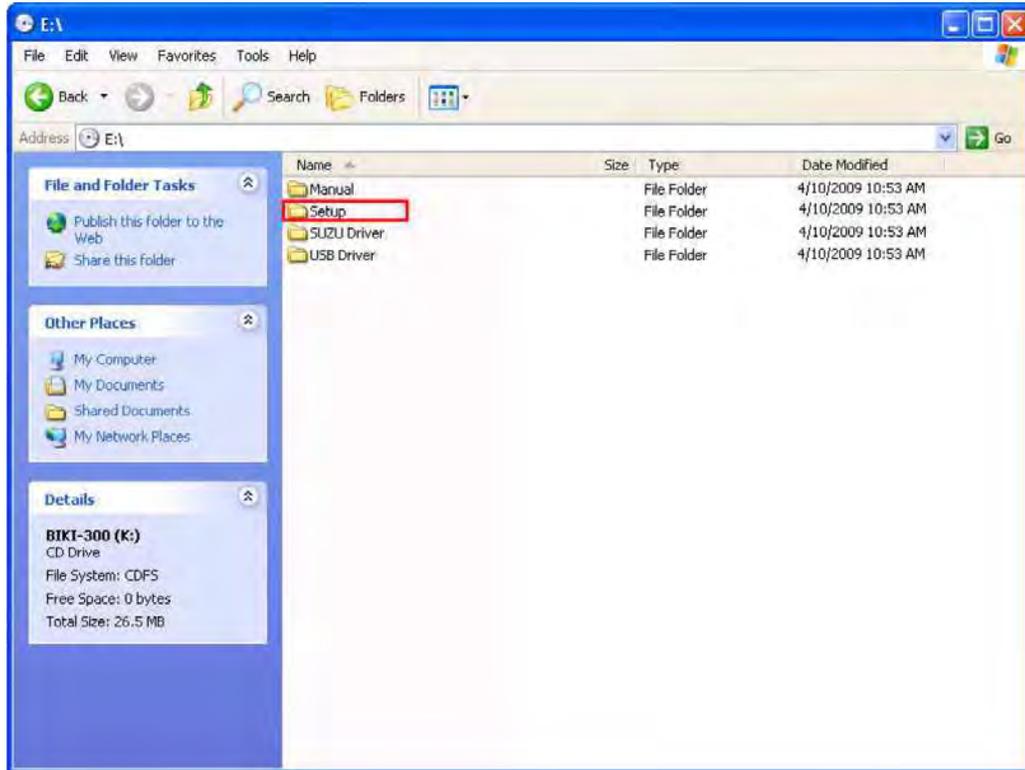
To properly install and successfully use the software:

- PC must be connected to the Competitor Series body composition analyzer
- Have Body Pass Plus CD
- USB cable available for communication (not included)

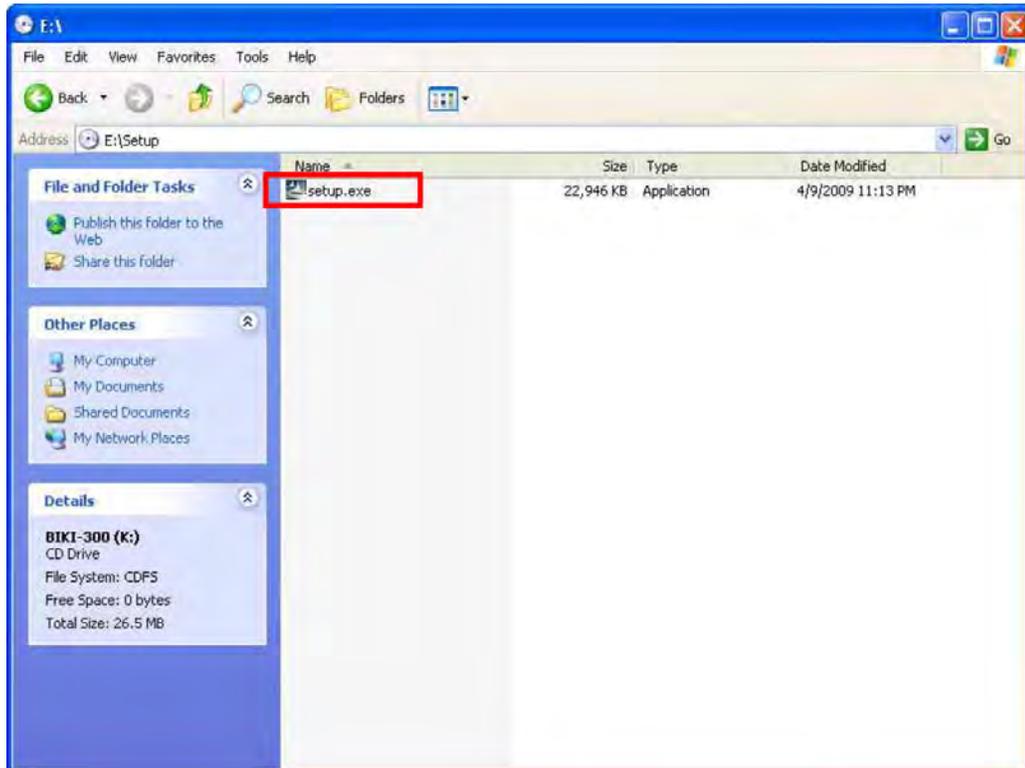
1.0 Body Pass Plus Software Installation

Use the following steps to install the Body Pass Plus software on your PC.

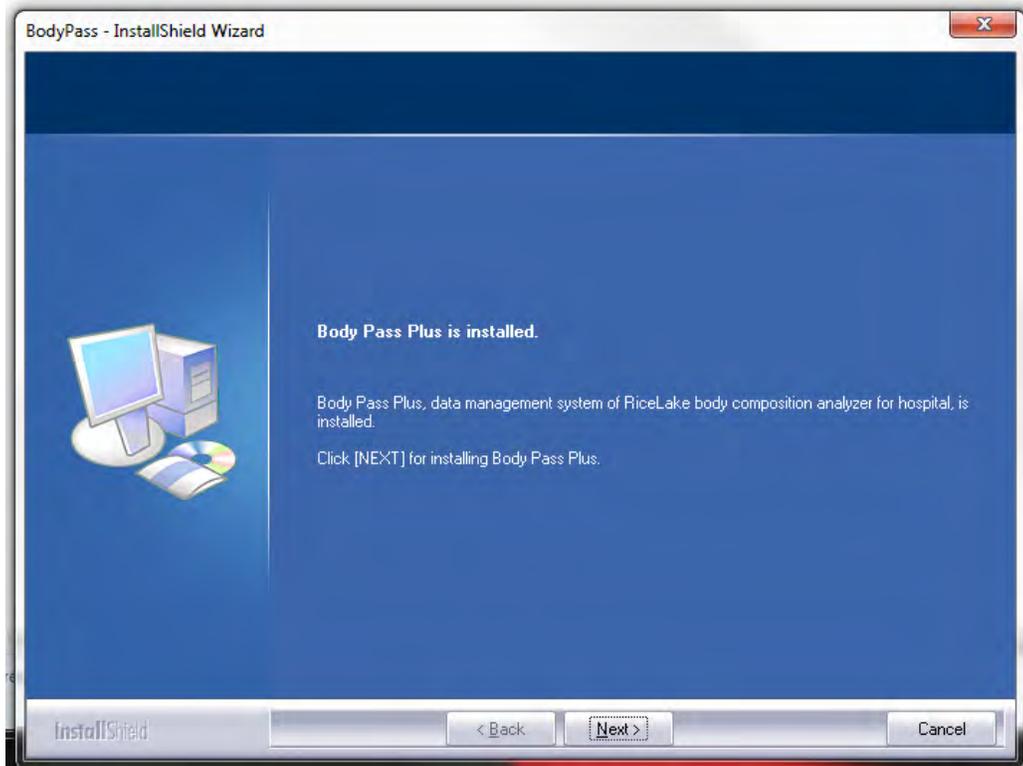
1. Put the program installation CD into the PC CD-ROM drive. Check the contents of the CD.



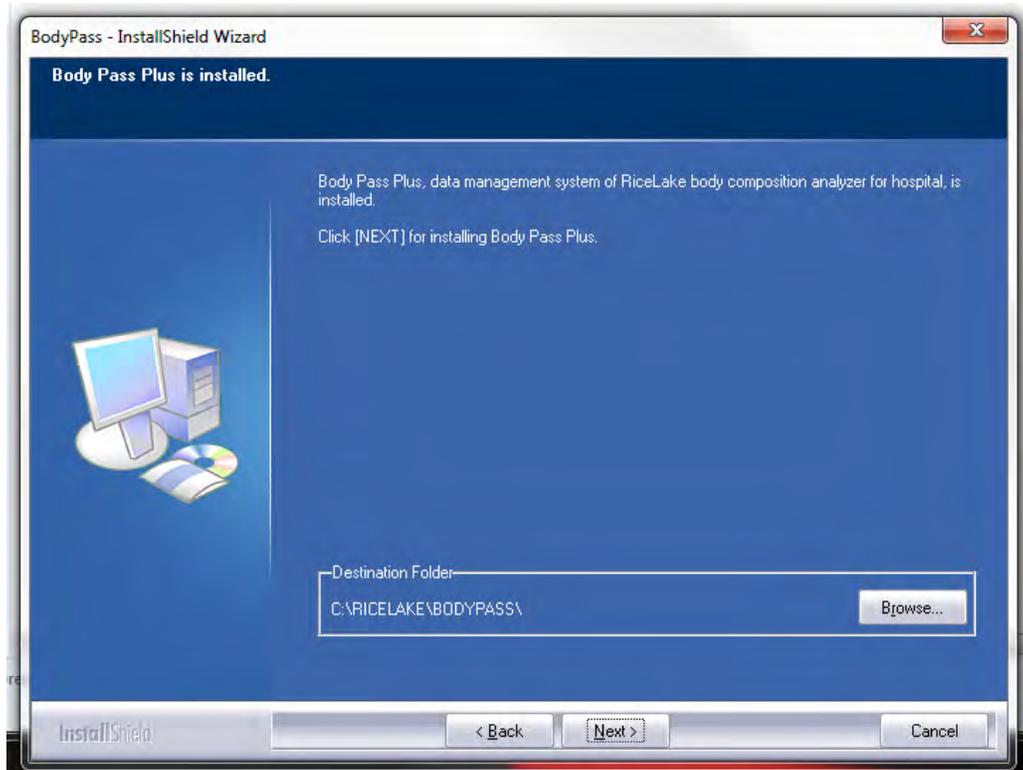
2. Program installation is started by double-clicking the setup.exe file on the installation CD.



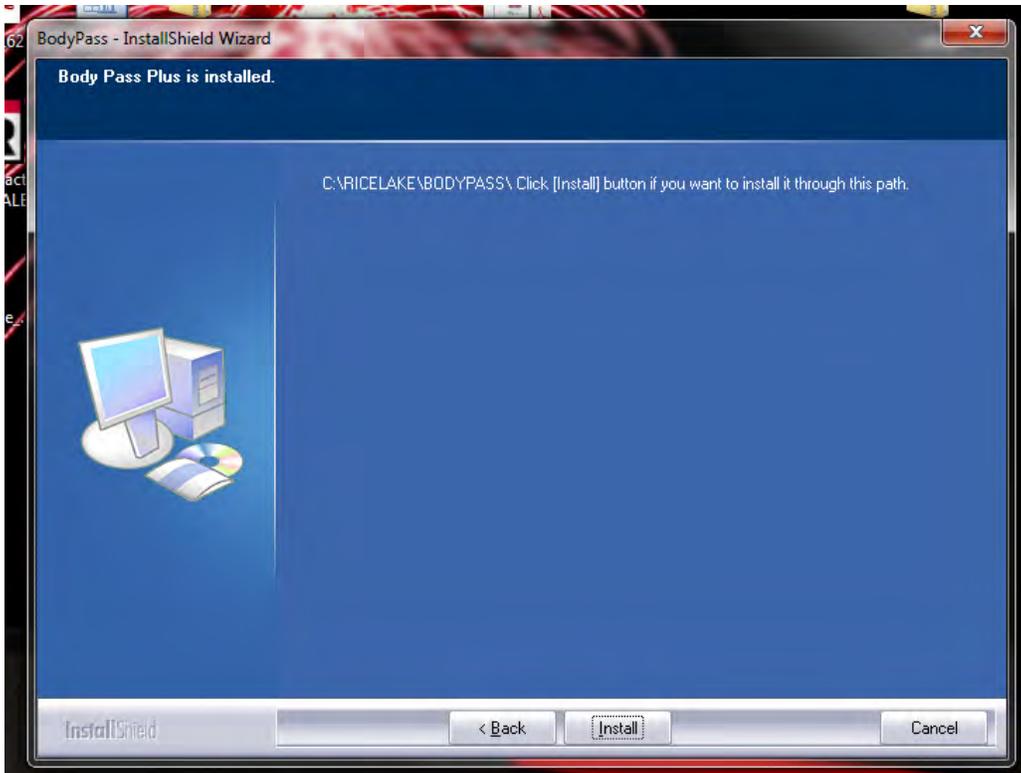
3. The *InstallShield Wizard* screen will appear. Press the **Next** button on the screen displayed below.



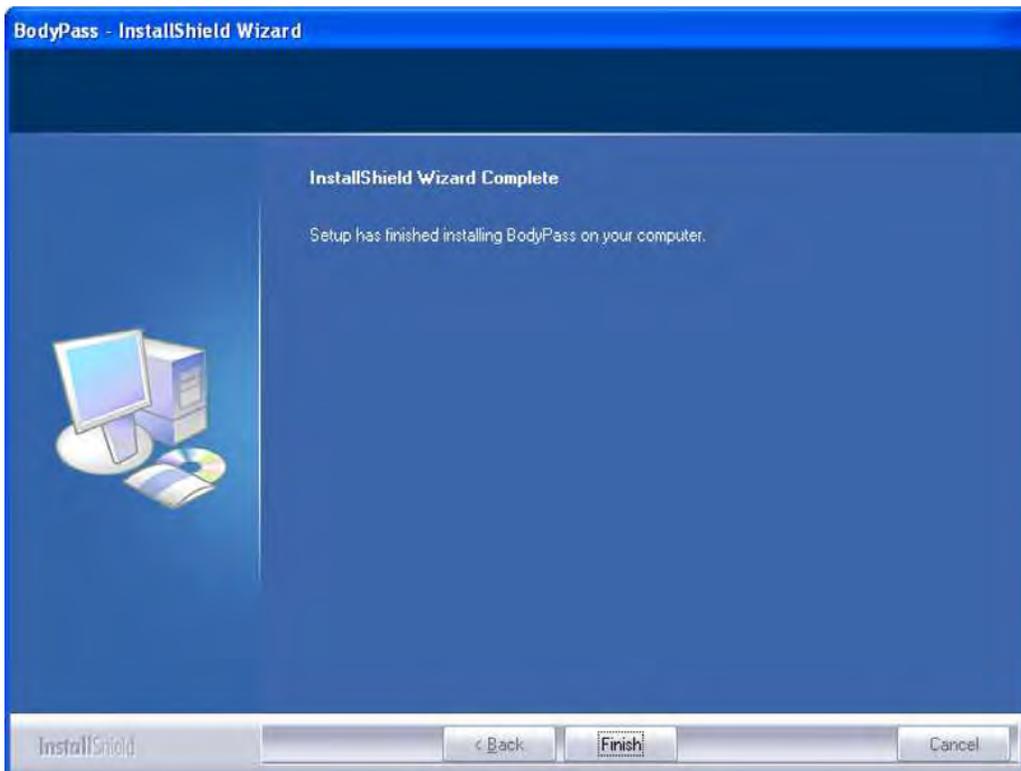
4. The install program will determine a destination file for the Body Pass Plus software program. Press the **Next** button to continue.



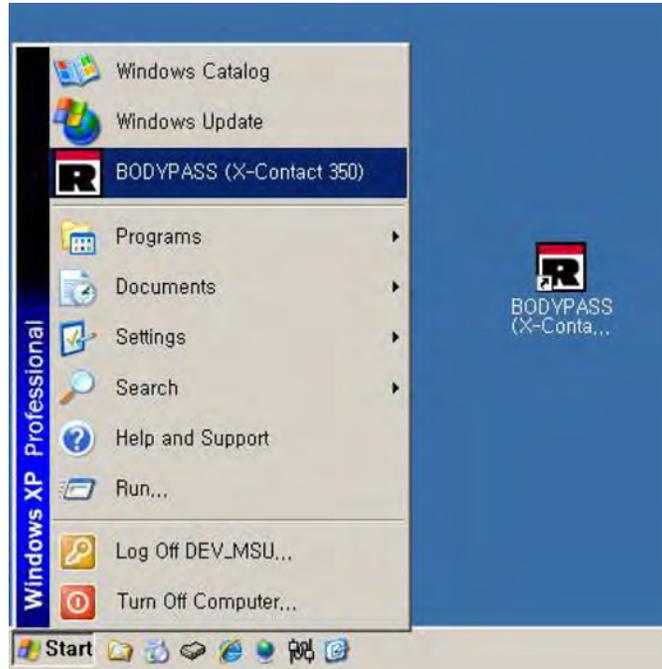
5. Once the destination file is found, press the **Install** button to continue the installation.



6. The InstallShield Wizard will install the software to the desired destination and when complete, press the **Finish** button.



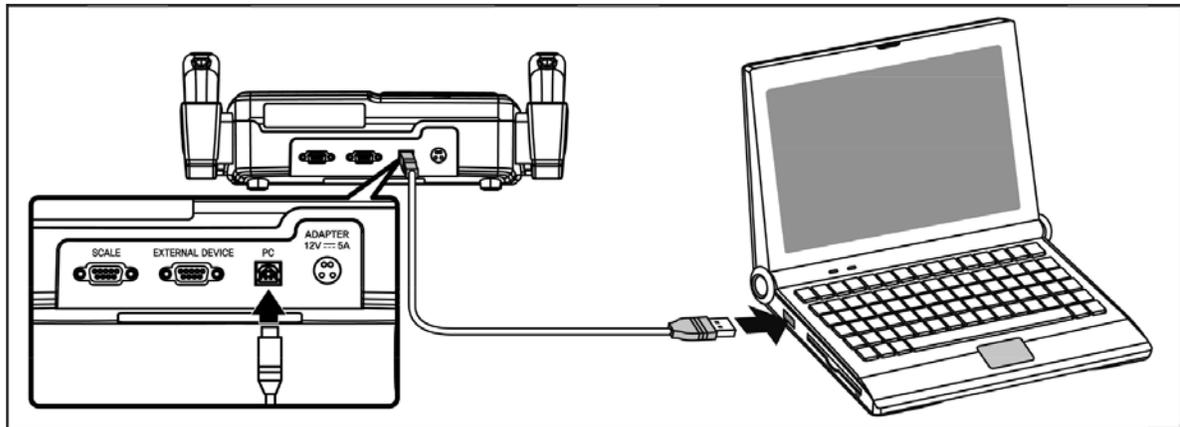
7. Once the program installation is complete, a Body Pass Plus shortcut icon is created on the PC desktop and the program is added in the program tray.



1.1 USB Driver Installation

The Competitor Series can be directly connected to a PC using a USB cable. Use the following steps to install the USB driver on the PC.

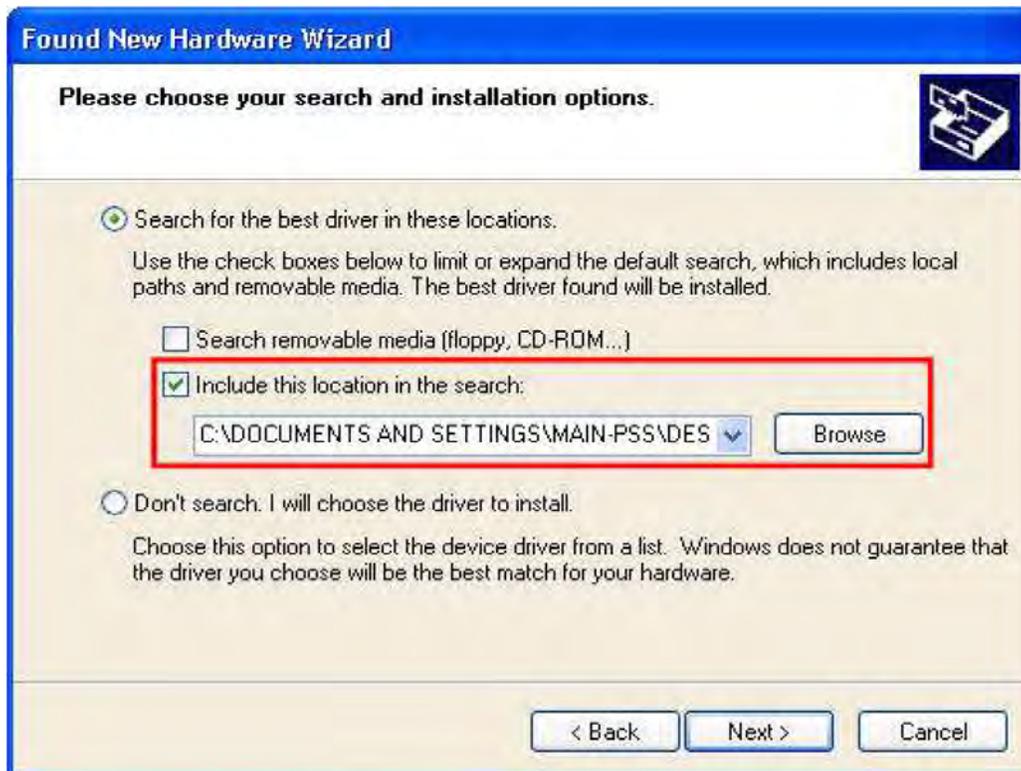
1. Connect the USB cable to the PC using the picture below.



2. Once connected, a message appears that indicates new hardware is detected and the *Found New Hardware Wizard* window appears. Put the Body Pass Plus program CD into the CD-ROM and choose [Install from a list or specific location (Advanced)] and press **Next**.



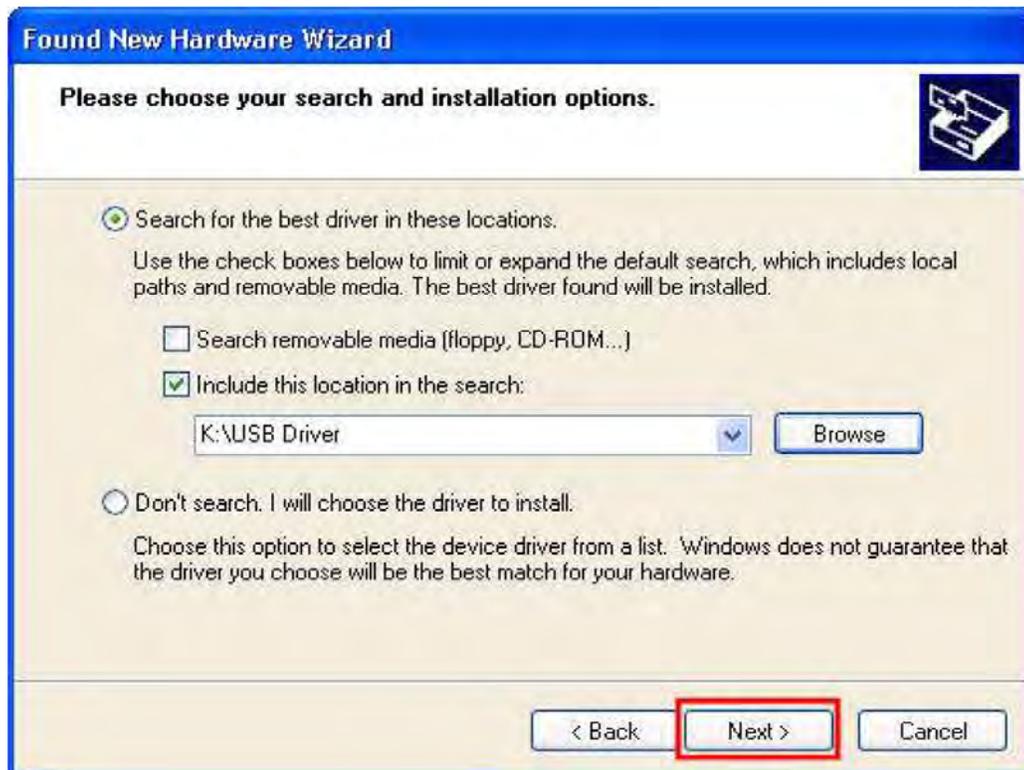
3. When the window changes, choose *Include this location in the search*, and press **Browse**.



4. In the *Browse for Folder* screen, choose the USB driver folder (located in the Body Pass Plus program CD folder) and press **OK**.



5. Confirm that the folder which was chosen in Step 4 is assigned in the window shown below. Press **Next**.



- The software program will search for the USB driver and will automatically install.



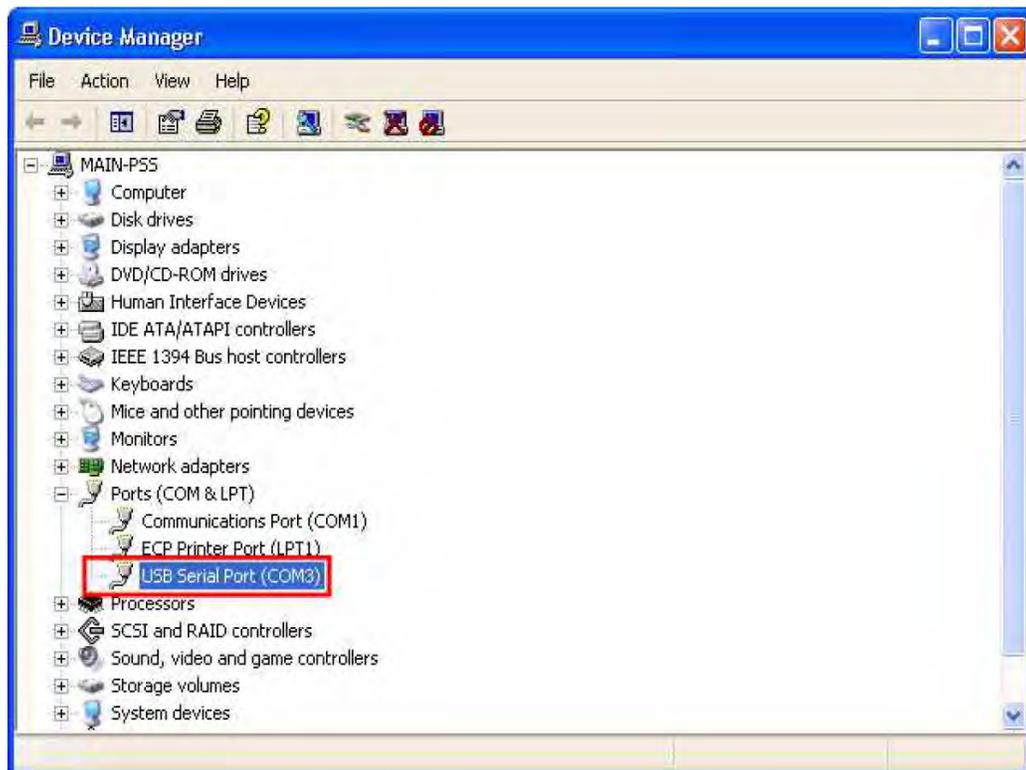
- Once installed, the following screen appears. Press the Continue Anyway button.



8. Press the **Finish** button on the screen shown below when the USB serial port software has been installed.



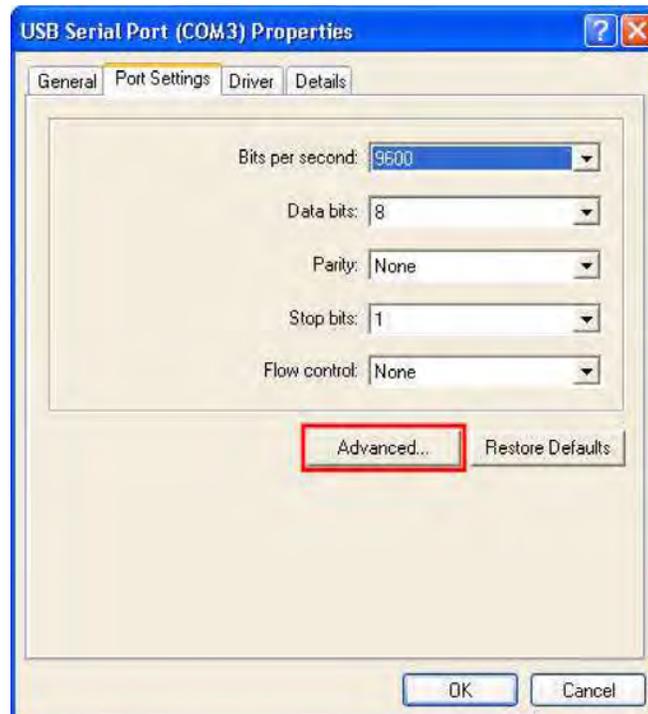
9. After the USB serial driver has been installed, the *Found New Hardware Wizard* is executed again and starts installing the USB serial port driver. This may be repeated two to four times.
10. Once the installation is complete, go to the Start —> Setup —> Control Panel —> System —> Device Manager —> List and press the **USB Serial Port (COM 3)**. The port number can be assigned another number.



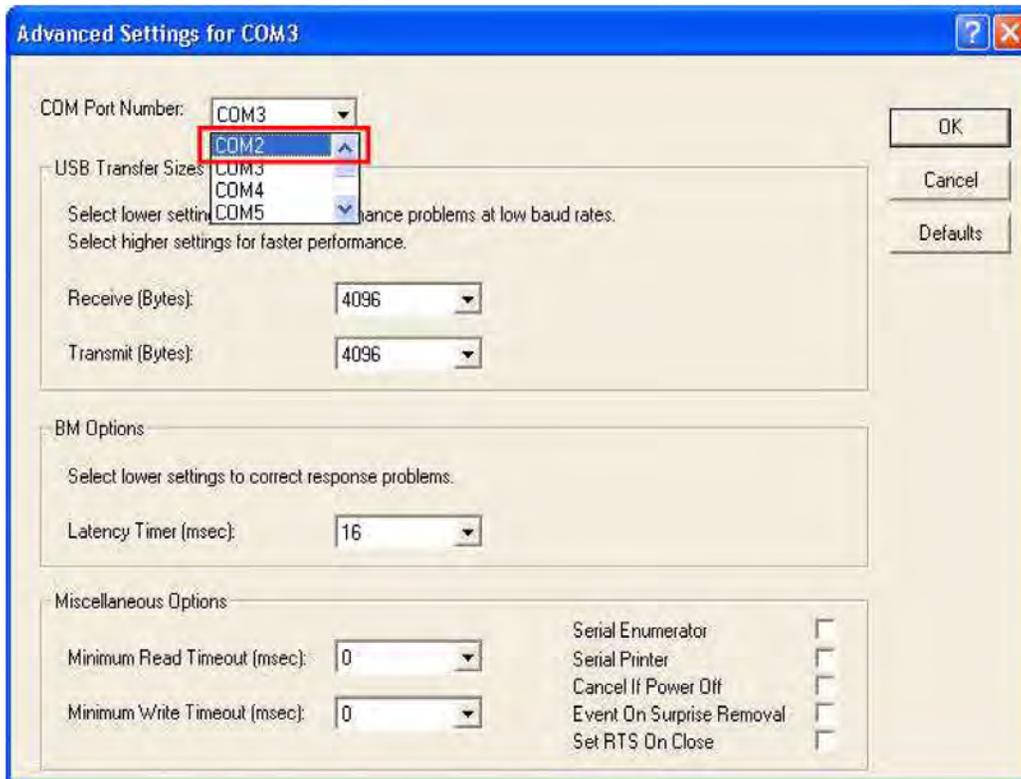
11. To change the port number, double click **USB Serial Port (COM 3)** then the *Port Settings* tab as shown in the following picture and press **OK**.



12. Default settings are displayed below and press the **Advanced** button to change the COM port setting.



13. Select the desired COM port setting from the drop down list and press **OK**. COM 2 is the port used as an example in this manual.



14. Once the port number is changed and completed, communication is possible between the Competitor Series body composition analyzer and the PC when connected together using the USB cable.

1.2 Alternate USB Driver Installation

In the event that the *Found New Hardware Wizard* does not automatically appear, use the following steps:

1. Go to the *My Computer* icon on the PC desktop and right-click the mouse to access the pop up menu.
2. Press the *Properties* tab to access Device Manager.
3. When the Device Manager window appears, right-click your mouse to pop open the *Scan for Hardware Changes* screen and start installing the software program from the beginning.

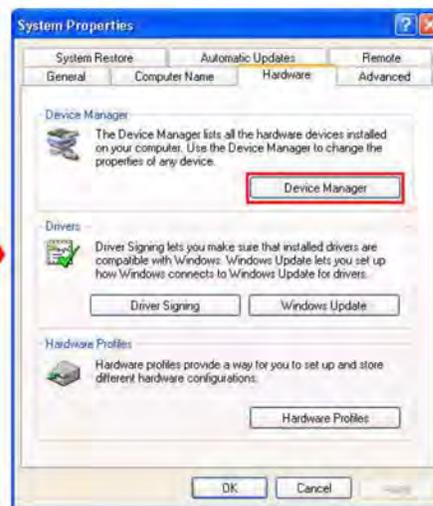
Notice

In case "Found New Hardware Wizard" wizard does not appear automatically, Place the mouse on "My Computer" icon of desktop and click the right button of the mouse then pop up menu is opened. Click "Properties" then the window like below picture appears.

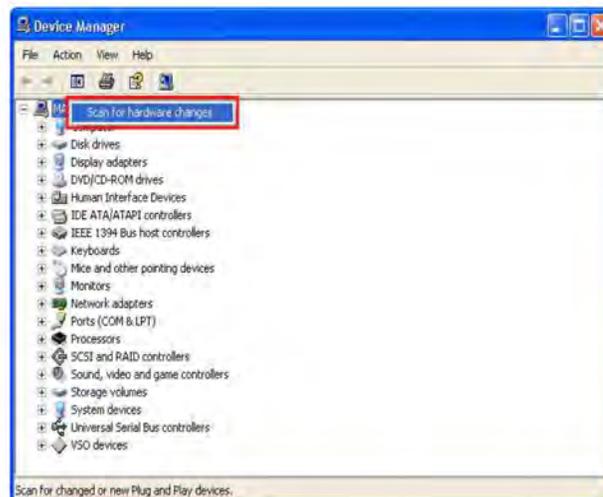
① Click "Hardware" tab.



② Click "Device Manager"



③ When "Device Manager" window appears, click the right button of mouse then pop up menu is opened. Open wizard window by clicking "Scan for hardware changes" and start installing from the beginning.

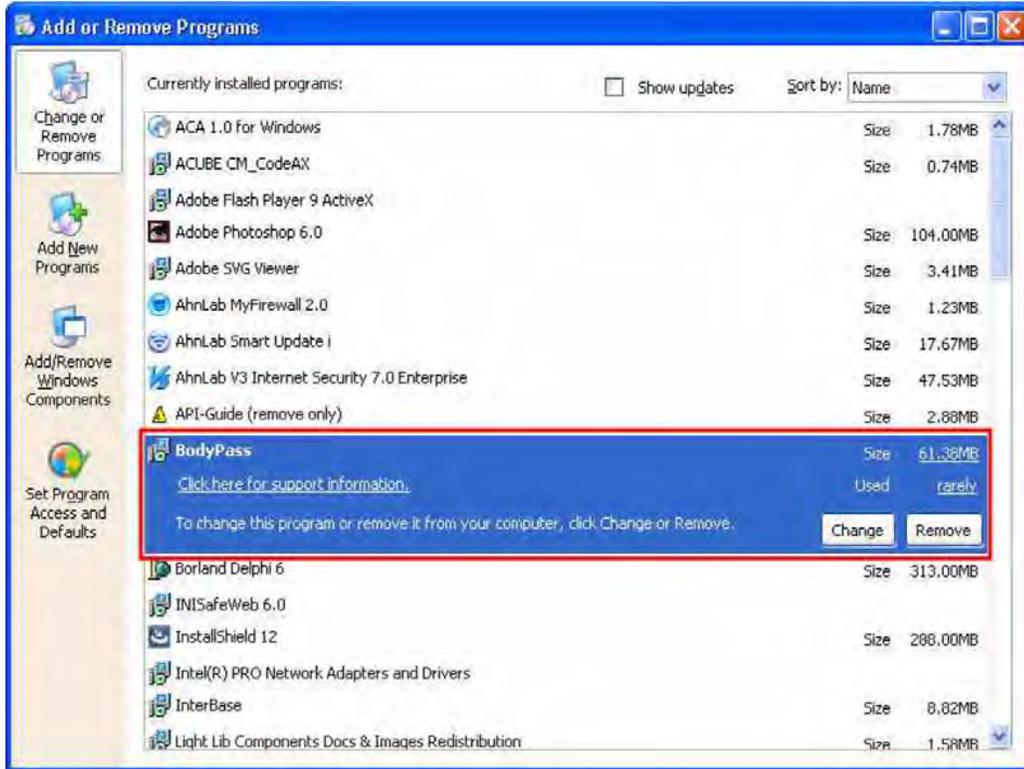


1.3 Un-installing the Software Program

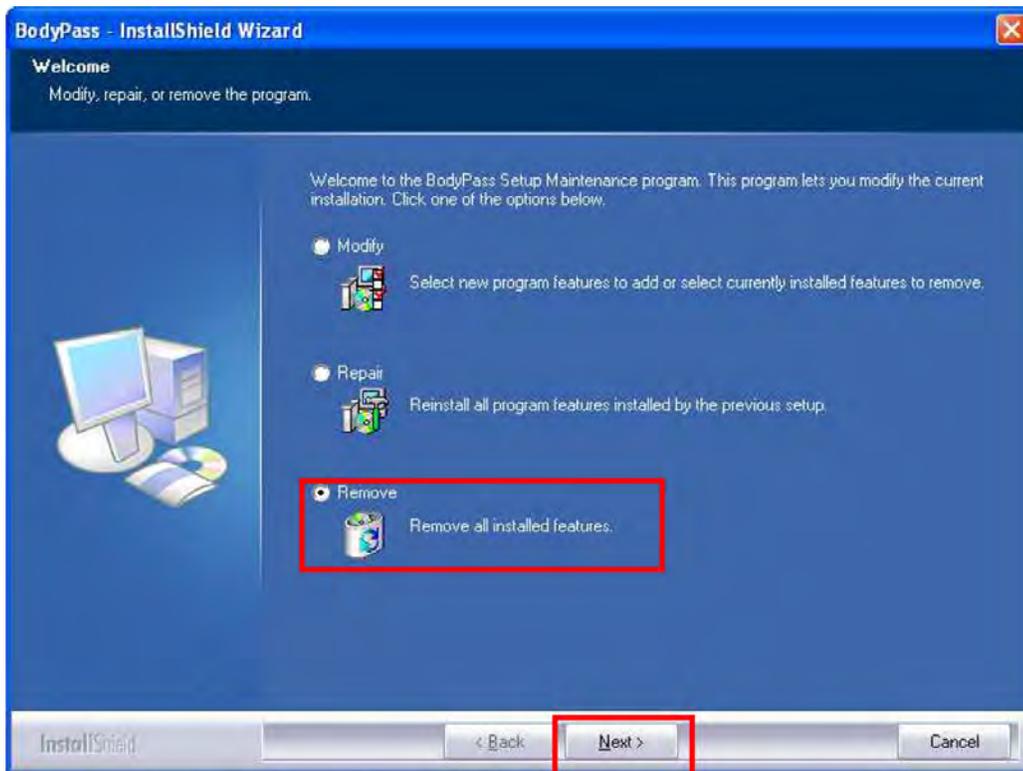


Important Data backup should be done prior to un-installing the software program. Refer to Section 1.4 on page 15 for information on backing up data.

1. Press the Start —> Setup —> Control Panel —> Add or Remove Programs. Choose Body Pass Plus in the list of installed programs and then press the **Remove** button.



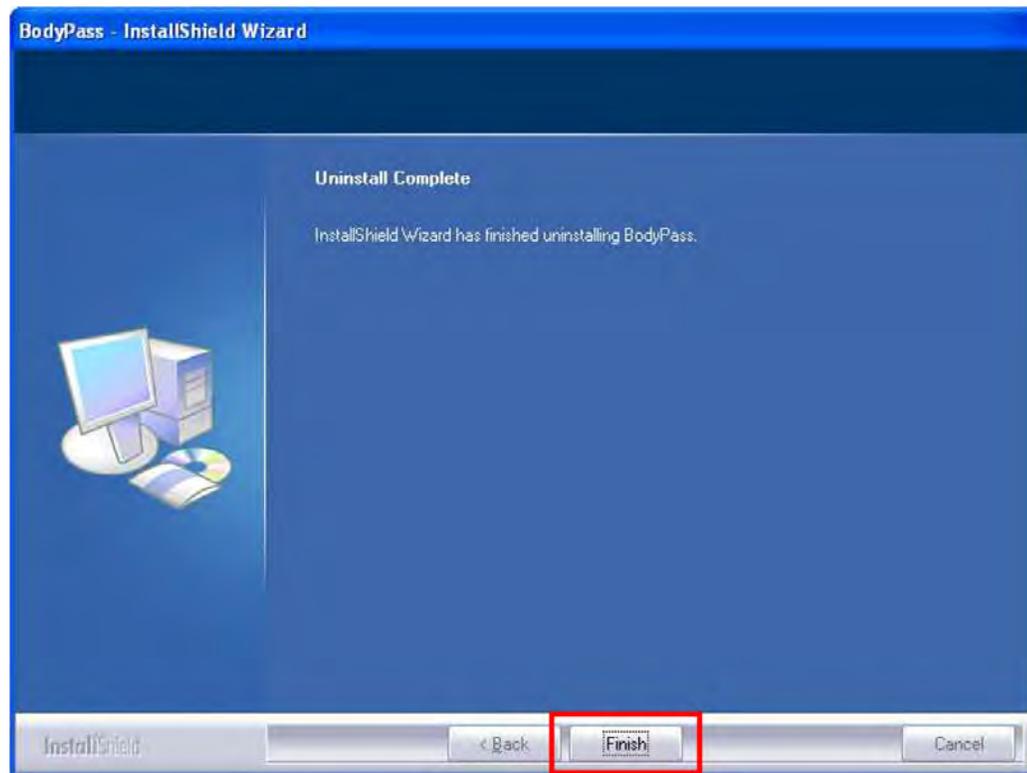
2. Select **Remove** and press the **Next** button as shown below.



3. Press the **Yes** button to completely remove the selected application and features.



4. Press the **Finish** button to signify that the software program has been deleted.



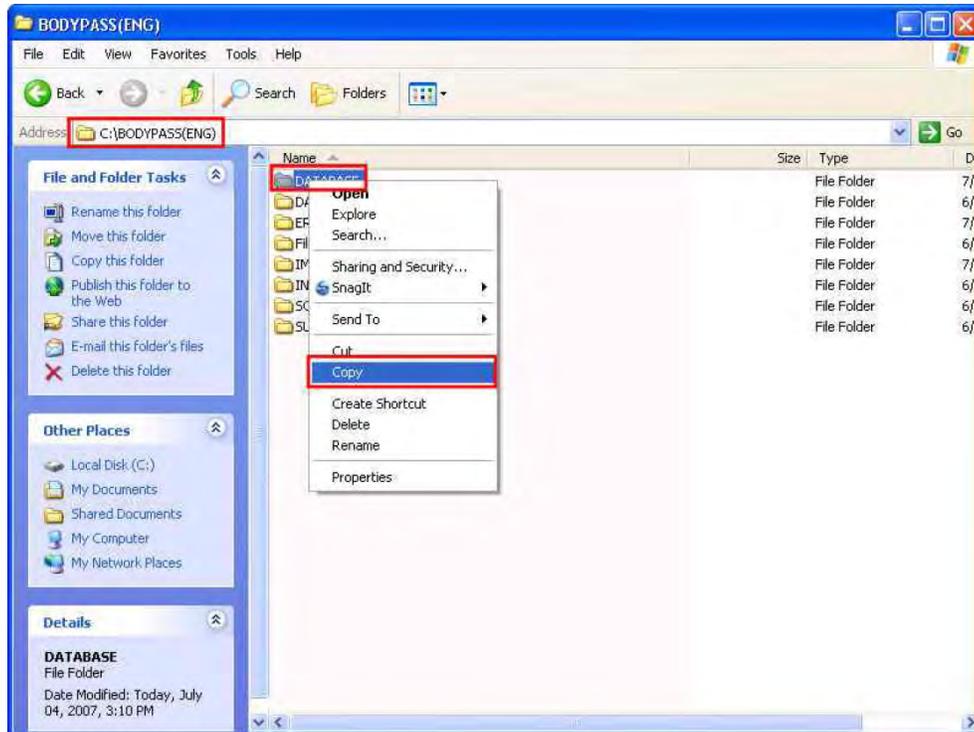
1.4 Data Backup and Restoration

The Body Pass Plus software program can be backed up and/or restored using the following steps.

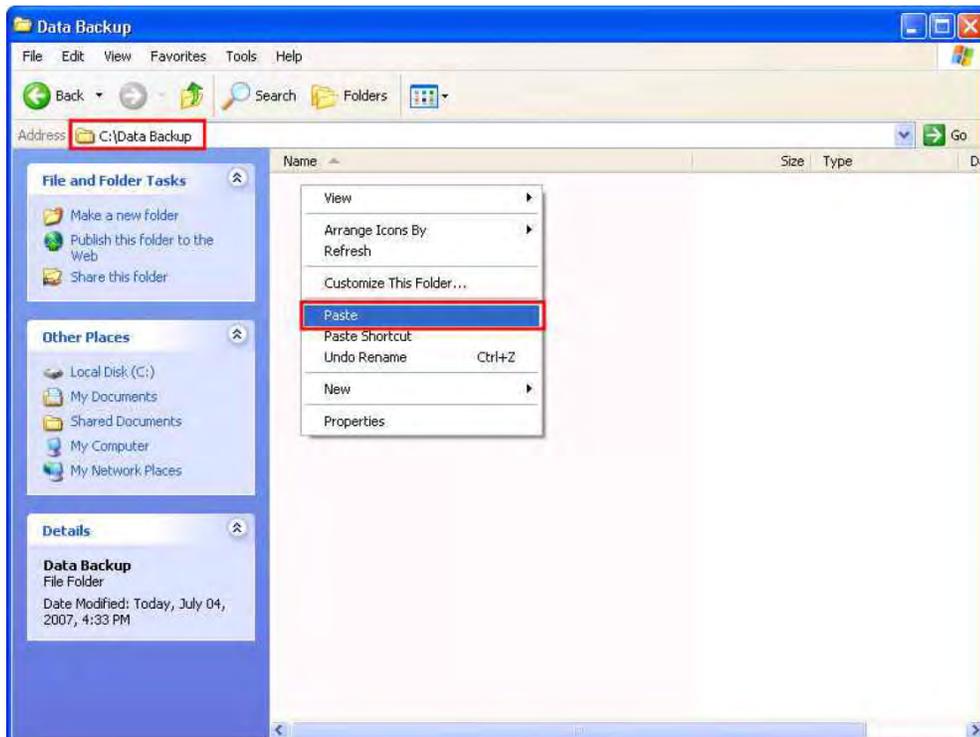
1.4.1 Data Backup

It is preferable to back up all of the data if the software program needs to be reinstalled. Use the following steps to do a data backup.

1. Copy My Computer —> local disk (C:) —> Body Pass (Eng) folder —> Database folder.



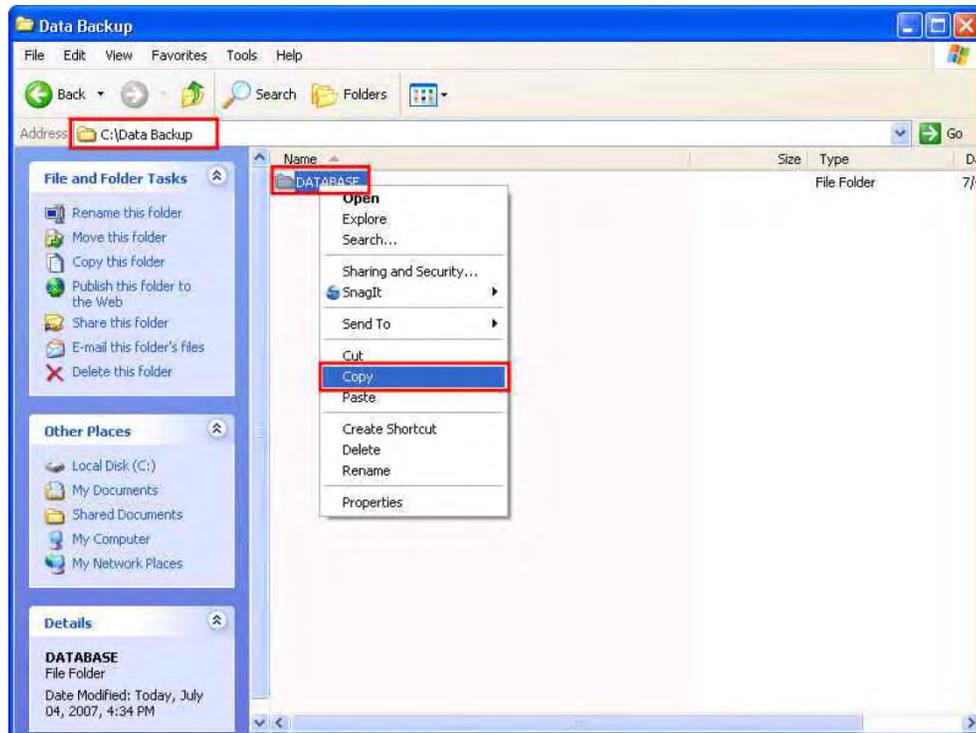
2. Make a database backup folder in the location where the file is to be saved and paste the database folder copied in the database backup folder.



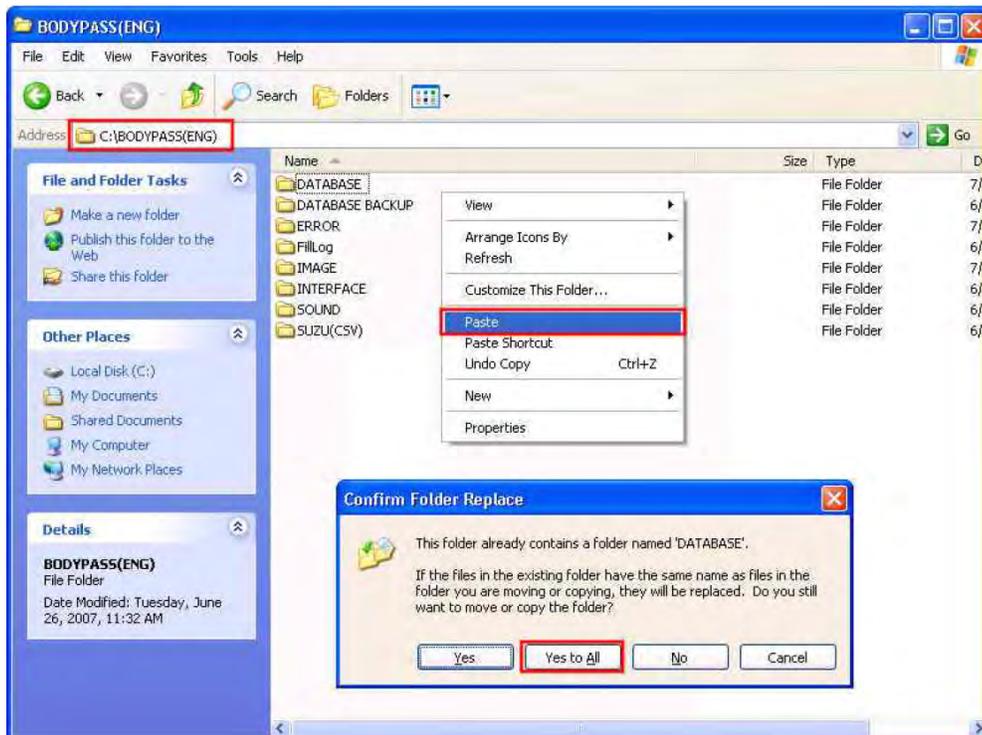
1.4.2 Data Restoration

In order to check previous data after reinstalling the Body Pass Plus program, restore the backup data. Use the following steps to restore data.

1. Before restoration, execute the Body Pass Plus program and exit out of it. That is because program related files are created when the Body Pass Plus program is executed.
2. Copy the backup data (database folder) in the data backup folder that was made.



3. Overwrite the database folder in the following location: MyComputer → local disk (C:) → Body Pass(ENG) folder.



4. If prompted to replace existing files, check **Yes to all**.

2.0 How to Use Body Pass Plus Software Program

The following steps explain how to use the Body Pass Plus software program.

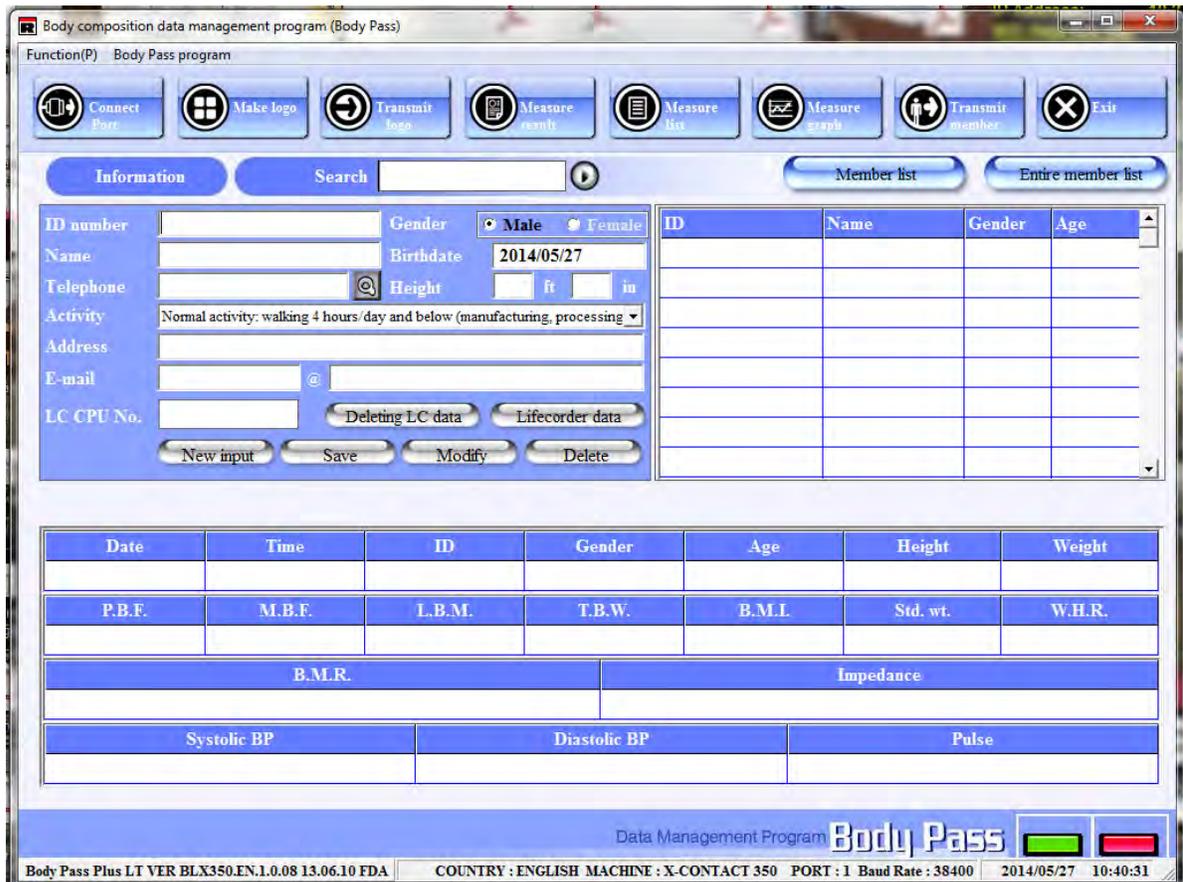
2.1 Log-in

At initial start up of Body Pass Plus, the following screen is displayed. Input the ID and the password given to you and click on the Log-in button. The main screen of the program appears.



2.2 Registering, Modifying, and Deleting

Once logged into the Body Pass Software software program, the main screen menu appears.



2.2.1 Member Registration

Input personal information of a member and press the **Save** button. Enter the ID number, gender, name, date of birth, and height of the member in the following fields.

ID	Name	Gender	Age
00000001	Test1	Female	29

1. ID number: enter the ID number of a new member. The ID is unique to that member and should not be duplicated. If the ID number is duplicated, a warning window displays that the ID number is duplicated.
2. Name: Enter the name of the member.
3. Gender: Check the gender of the member.
4. Birthdate: Enter the date of birth of the member.
 Telephone: Enter the phone number of the member.
 Height: Enter the height of the member.
 Activity: Choose one according to the amount of daily activity of the member. This is applied to the total energy expenditure calculation of the member and is composed of six items.
 - Target PBF
 - Address
 - Wrestler mode
 - Email
5. After inputting all of the basal information of the member, press the **Save** button. All of the information appears on the right hand side of the screen confirming the member information is registered.

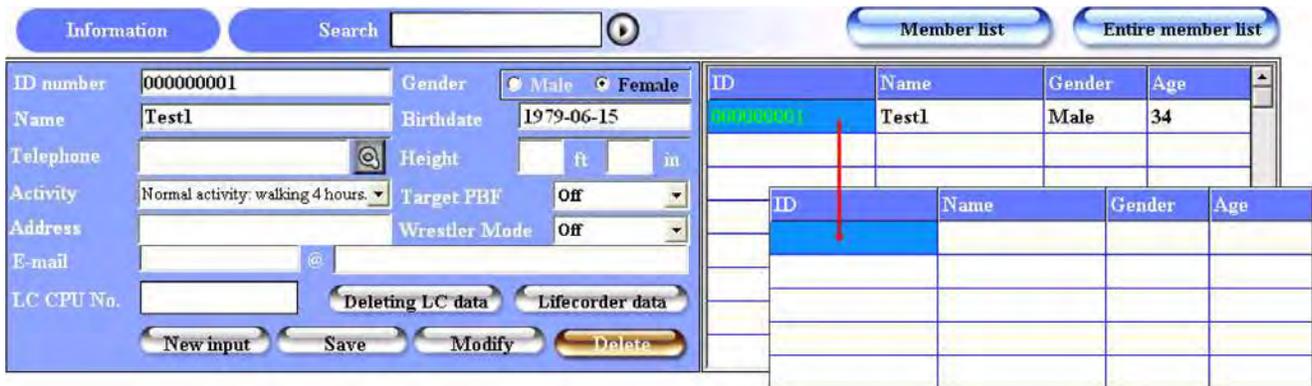
2.2.2 Member Modification

Click a member to change personal information for. That member’s data is then listed under the information button. After modifying the items you want to change, press the **Modify** button, then the member’s data is changed and displayed again in the right hand list.

ID	Name	Gender	Age
00000001	Test1	Male	34
00000002	Test2	Male	34

2.2.3 Member Deletion

Like with modification, click a member to delete in the list and then click the **Delete** button. When the confirmation window for member deletion appears, click the **Yes** button and the member is deleted. When deleting a member, all measured data for the member is removed and it is not possible to restore that data back.



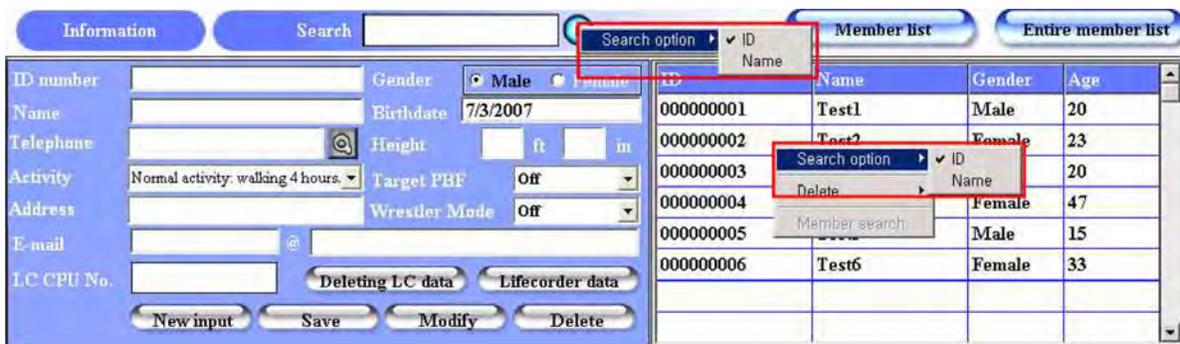
2.3 Search for a Member

There are several different ways to search for a member in the database. Those ways are explained in the following sections.

2.3.1 Individual Member Search / Deletion

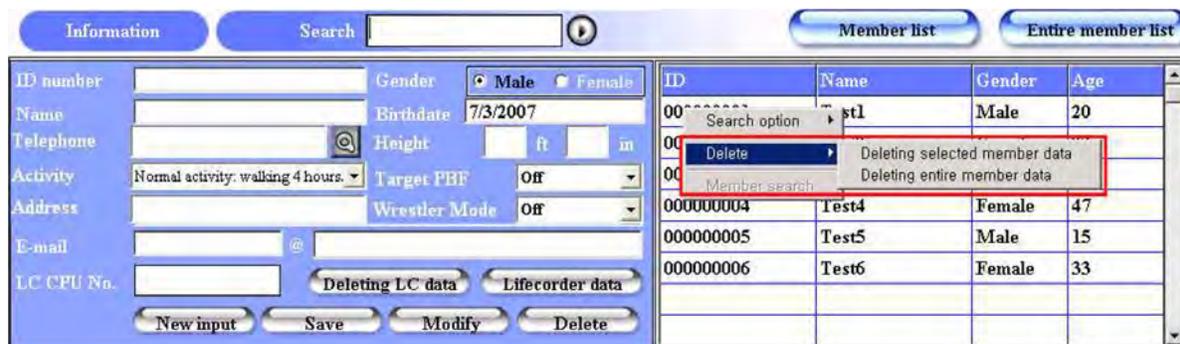
To do an individual member search, place the cursor on any part of the right hand list and right-click the mouse. A pop up menu appears for Search Option/Delete. There are ID and name fields in each search option. Input ID or name of the member to search for and then the member's information is displayed. The search option can be chosen by clicking the cc button beside the member list button. To see the latest measured result of the member, press **Measure Result** in the menu buttons.

To see the measurement list of the member, double click on the member.



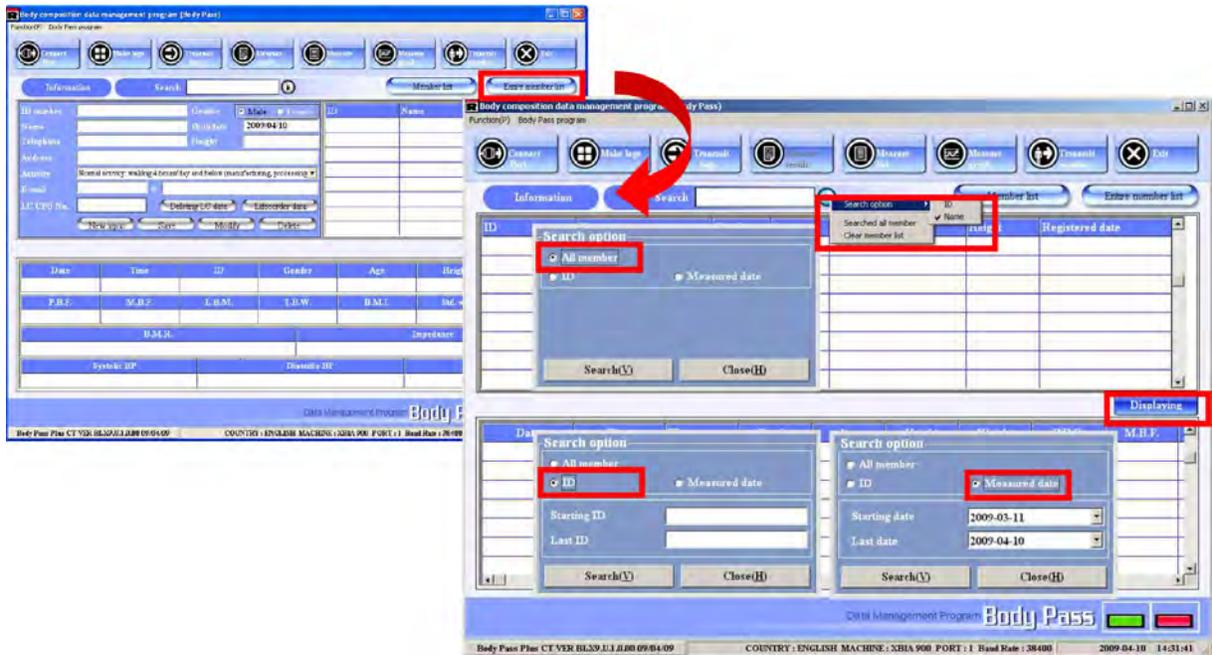
Searched Member Deletion

A member deletion is possible through a member search. Place your mouse on any part of the right hand list and right-click your mouse. A pop up menu appears for Search Option/Delete. It is possible to delete the data of a searched member or the entire member. When you choose **Delete**, a confirmation window for deletion is shown and if you click **Yes**, in that window, the member information is deleted.



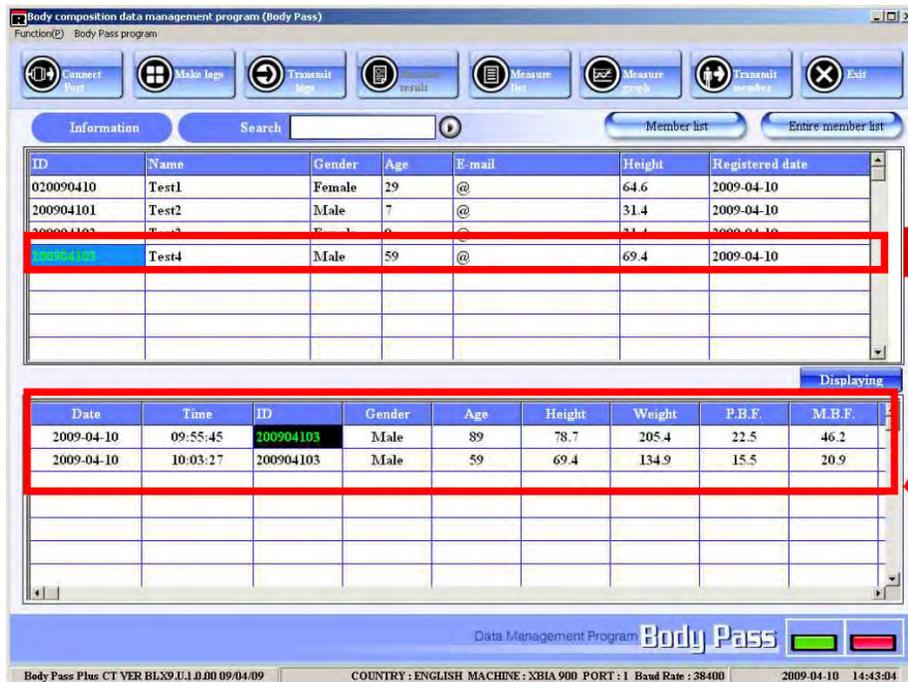
2.3.2 Entire Member Search

Click on the **Entire Member List** button on the right side of the main screen, then the entire member search screen appears as shown below.



1. There are several ways to search for a member.
 - Place the cursor in the middle of the screen and right-click the mouse to choose the searching option.
 - Or click the **Displaying** button and the search option window appears.
 - Or click **Search Option** button between the three tables and the search option window appears.

Assign all data, ID or measured date to be searched in the search option window and click the **Search** button, then the searched member appears in the upper table like the graphic shown below.



2. Click on a member in the upper table; measured information of that member is displayed in the lower table.
3. Double-click one in the lower table, the result sheet of the measurement appears.

2.4 Setting the Communication Port

Use the following steps to set the communication port between the Competitor Series body composition analyzer and the Body Pass Plus software program.

1. Click on the **Connect Port** button in the menu buttons.



2. Click on the **Port Scan** button as shown below.



3. Available ports are searched and displayed.



4. Double-click the port connected with the body composition analyzer and **CONNECTION OK** appears.



5. Click the **Apply** button in the confirmation window for the chosen port. Click the **OK** button in the confirmation window then the communication connection is completed. The Body Pass Plus shows the state of applied communication port at the bottom right of the main screen.



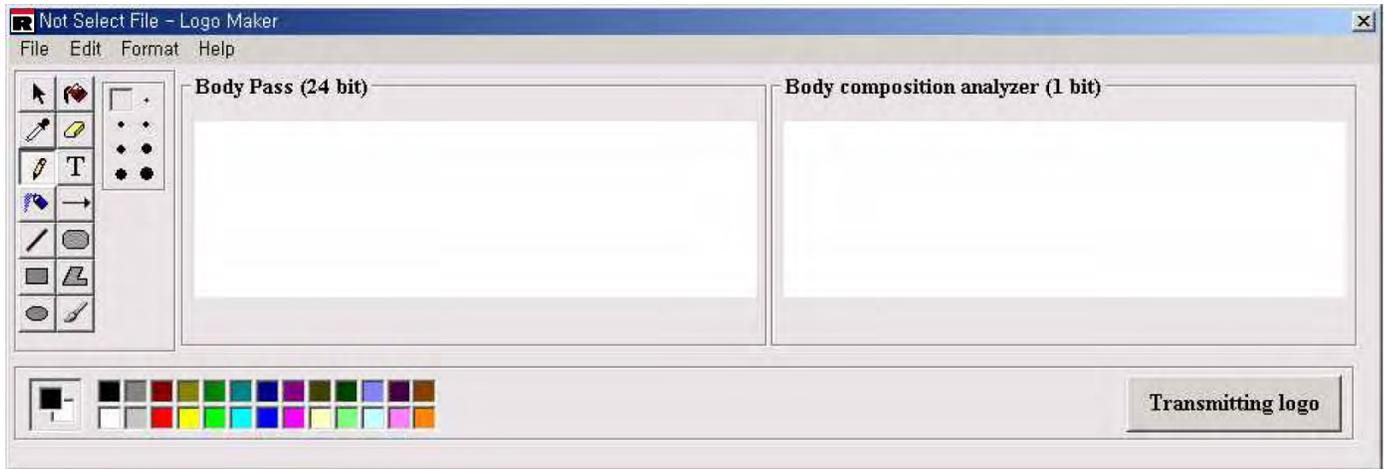
2.5 Making and Transmitting a Logo

A logo can be attached to a result sheet. It is printed on the upper right hand portion of the result sheet and is printed in black and white from the body composition analyzer. It can be printed in color when the printing is done through the Body Pass Plus program. The following steps illustrate how to make a logo.

1. Press the Function → Making Logo button located in the menu bar of the upper left part of the main screen or **Make Logo** button in the menu buttons.



2. The following screen is displayed.

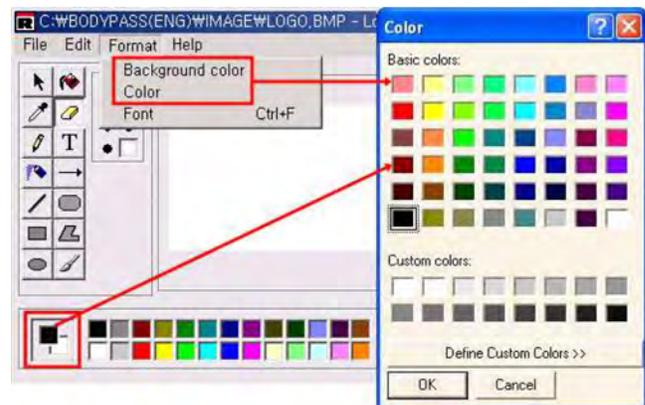


3. You can use the following menus in Logomaker.

File



Format



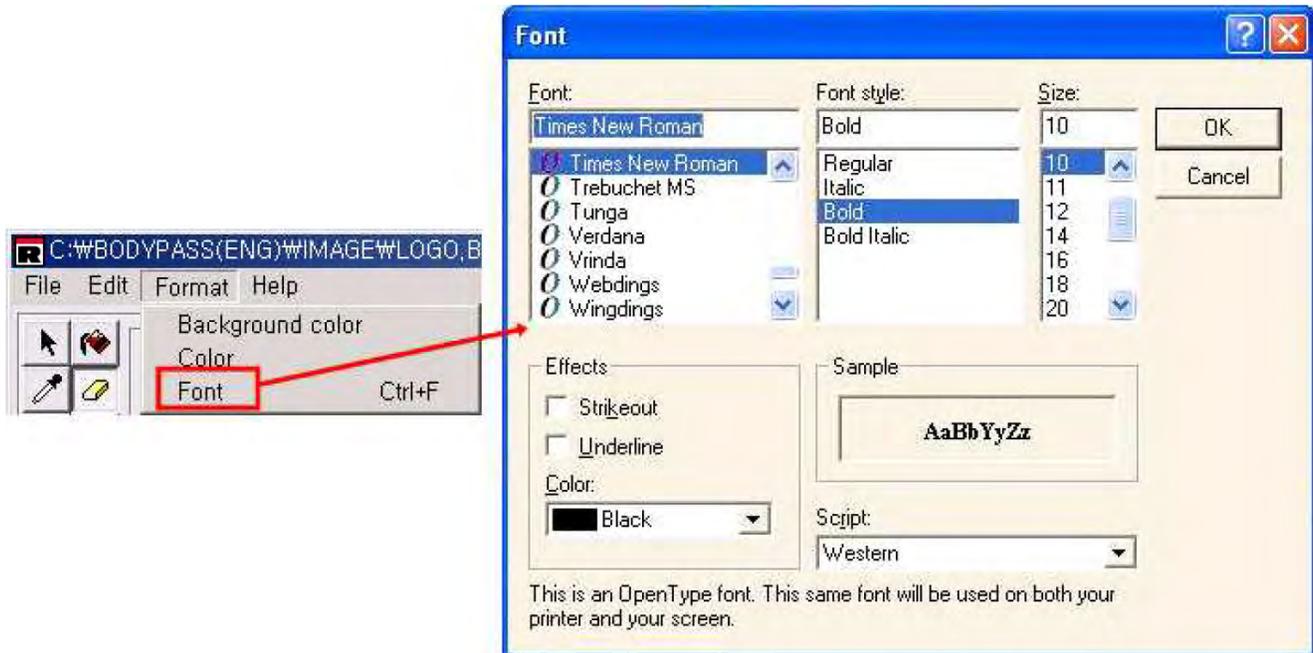
Edit



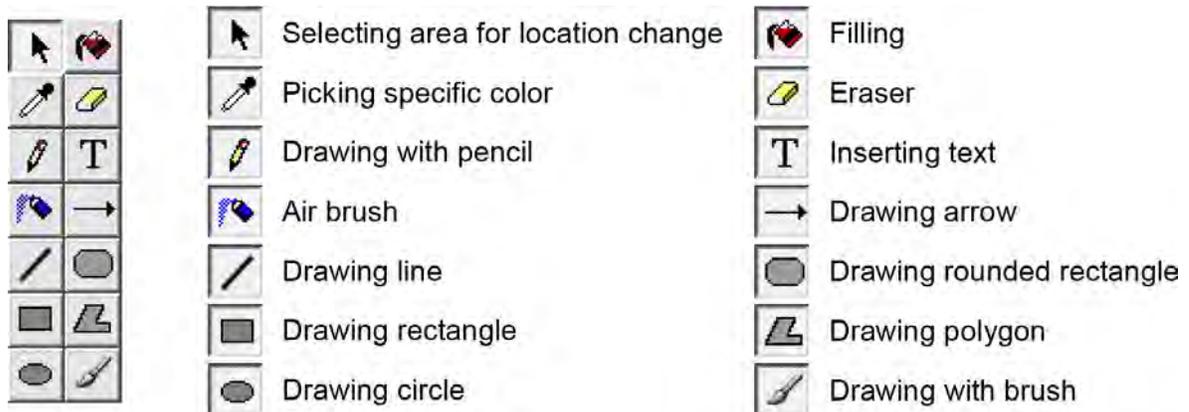
Background Color — Chooses the color of the background.

Color — Chooses the color for the letter or line. It is possible to choose a color from the color table at the bottom of the Logo Maker window. The color selection window appears by clicking on **Format** → **Background color** or **Color** or double clicking the left side of the color table at the bottom of the Logo Maker window. Choose the color you want and click **OK**. The color is applied to the following job.

Font — This allows you to choose the style, size, and color of the letter for the logo. The font window appears by clicking *Font*. Choose the items you want and click **OK**. The font is applied to the following job.



Toolbox Menus

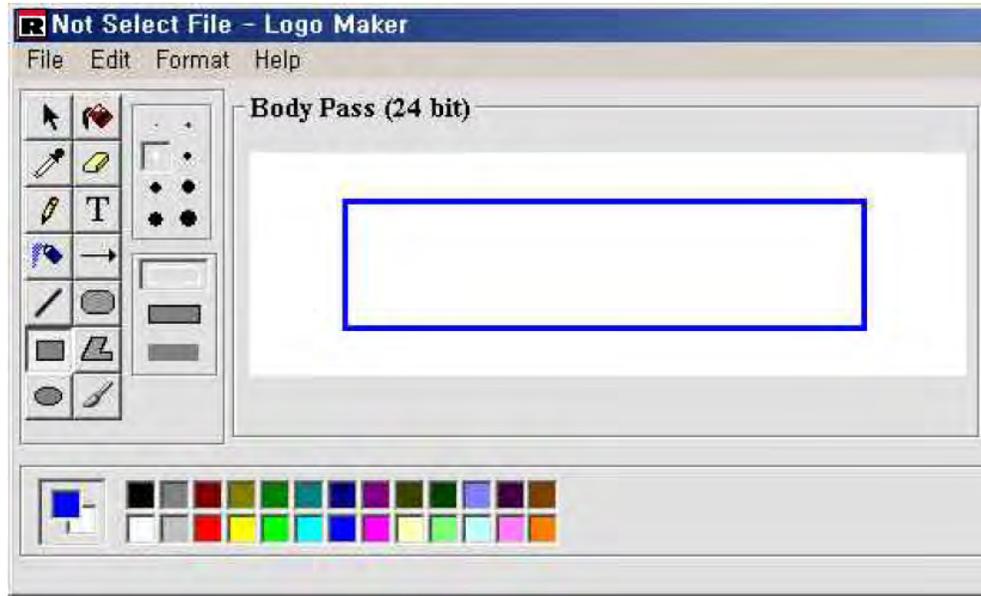


2.5.1 Example of Making a Logo

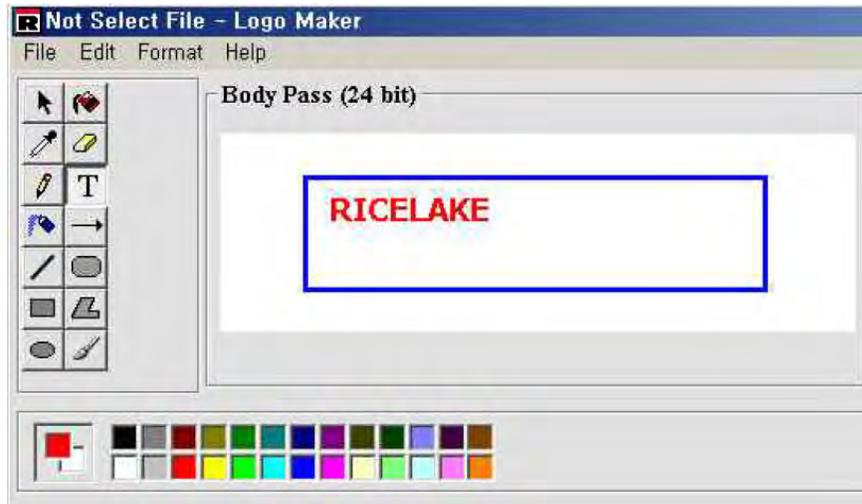
Use the following steps to make a logo like the one shown below.



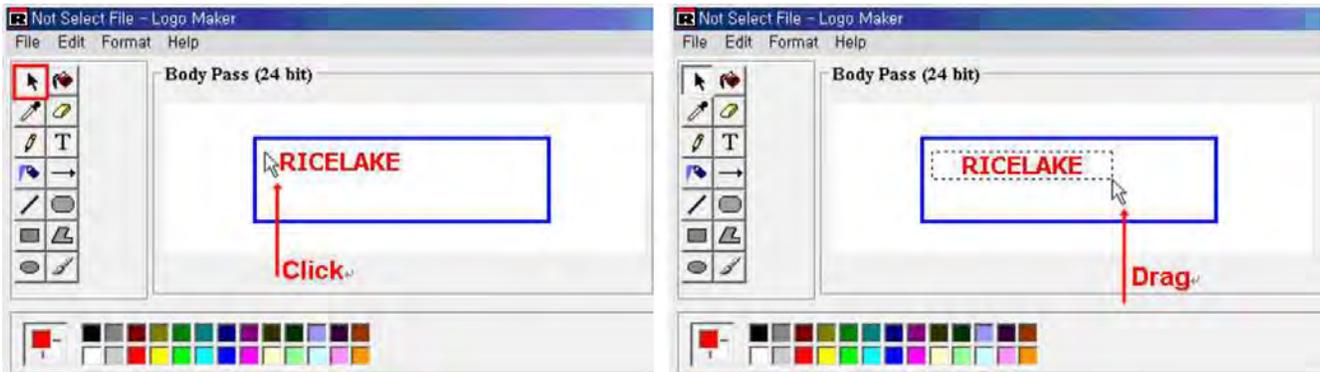
1. Click the blue box in the color table at the bottom of the screen and click on the rectangle in the tool box to draw a rectangle in the canvas area.



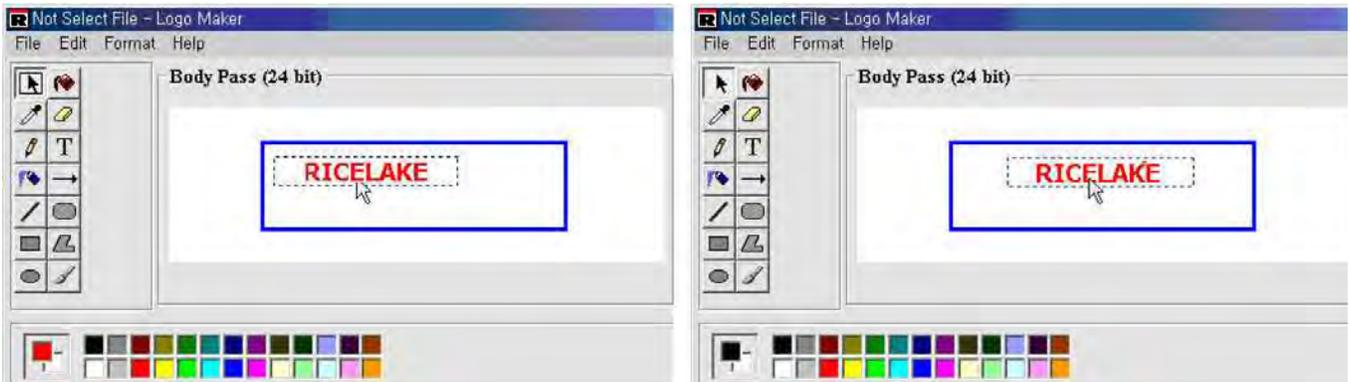
2. Open the font window by clicking Format —> Font. In the font window, choose Tahoma, Bold, 14 and red color and press the OK button.
3. Press the T (text) button, place the cursor in the desired location on the canvas and enter *RICELAKE*.



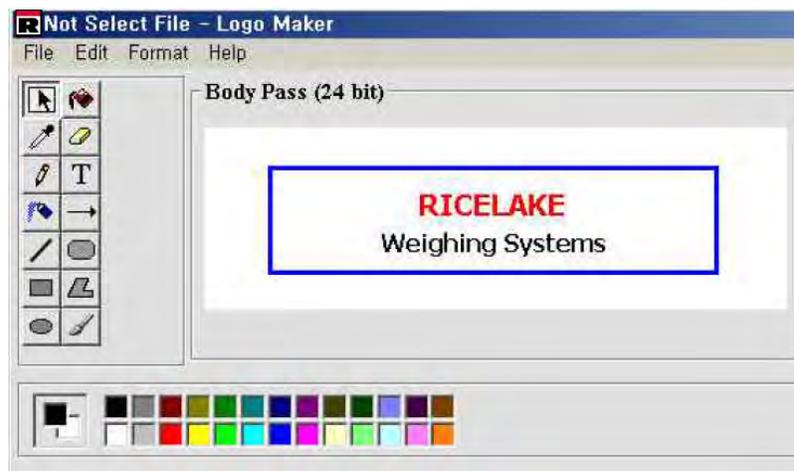
- To move the text to the center of the canvas, click the arrow (select area) button in the toolbox. Place and drag the mouse around the area to move, then a rectangular dotted line appears. To move the rectangular area:



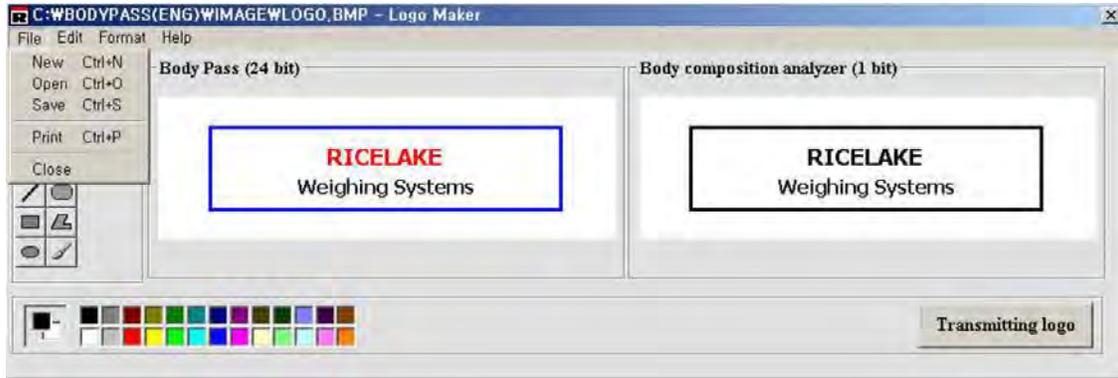
Click the rectangular area marked with the dotted line with the left -side of the mouse and move the mouse without releasing the left side mouse, then the area is moved.



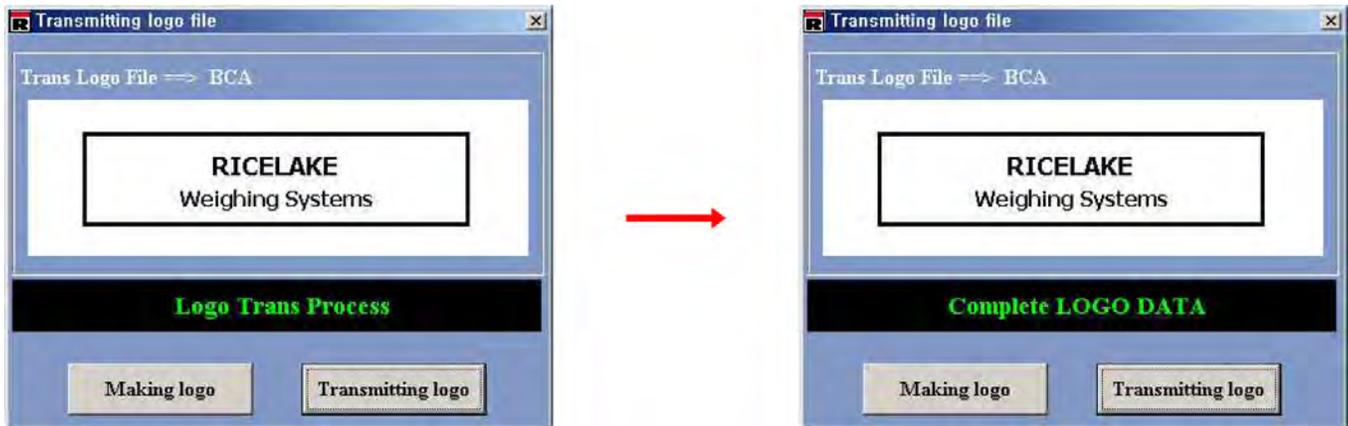
- Open the font window by clicking Format —> Font. In the font window, choose Tahoma, Bold, 12, and clack color and press OK.
- Click on the T (Text) button, place the cursor in the desired location on the canvas and enter *Weighing Systems*. If you want to change the location, do it in the same way as shown in Step 4.



- After the logo is made, click on File → Save in the menu bar on the upper left side of the logo marker window then the logo is saved and converted to the image transmitted to the body composition analyzer.



- Transmit the logo to the body composition analyzer by pressing the **Transmitting Logo** button in the logo maker window, then the logo maker is closed and the transmitting logo file window appears. (Transmitting logo file window also appears by clicking **Transmit Logo** button in the menu buttons of the main screen. When the logo transmission is complete, the body composition analyzer sends a completion message along with an audible signal.



2.6 Transmitting Member

Transmit the information of the member who will be measured to the body composition analyzer. Click on the member in the right hand side of the list of the main screen and press the **Transmit Member** button to show the screen (below). When the member transmission is complete, the body composition analyzer sends a completion message along with an audible signal.



2.7 Receiving Data From the Competitor Series

Once measurements are complete and member information has been transmitted, the body composition analysis data is displayed on the main screen (shown below).

The screenshot shows the 'Body composition data management program (Body Pass)' interface. At the top, there are function buttons: Connect Pass, Make logs, Transmit logs, Measure result, Measure list, Measure graph, Transmit member, and Exit. Below these are 'Information' and 'Search' fields, along with 'Member list' and 'Entire member list' buttons. The main area is divided into two sections. The left section contains member information fields: ID number (200904103), Gender (Male), Telephone, Height (ft/in), Activity (Normal activity: walking 4 hours), Target PBF (Off), Address, Wrestler Mode (Off), Activity (Normal activity: walking 4 hours/day and below (manufacturing, processing)), E-mail, and LC CPU No. There are also buttons for 'Deleting LC data', 'Lifecorder data', 'New input', 'Save', 'Modify', and 'Delete'. The right section is a table with columns: ID, Name, Gender, and Age. The first row shows ID 200904103, Name 'edu man', Gender 'Male', and Age '89'. Below this is a large table with columns: Date, Time, ID, Gender, Age, Height, Weight, P.B.F., M.B.F., L.B.M., T.B.W., B.M.I., Std. wt., and W.H.R. The first row of data shows Date '2009-4-10', Time '9:55:45', ID '200904103', Gender 'Male', Age '89', Height '78.7', and Weight '205.4'. Below this are summary rows for B.M.R. (1475), Impedance (475), and Systolic BP, Diastolic BP, and Pulse. At the bottom, there is a status bar with 'Data Management Program Body Pass', 'Body Pass Plus CT VER BLX9.U.1.0.00 09/04/09', 'COUNTRY : ENGLISH MACHINE : XBIA 900 PORT : 4 Baud Rate : 38400', and '2009-04-10 10:01:08'.

2.8 Measured Result List

Press the Measured Result button in the main screen to display the Measured Result List screen (shown below).

The screenshot shows the 'Measure result list' screen. At the top, there is a 'Member information search' section with 'Search item' (ID number: 200904103, Name: edu man) and 'Search date' (4/10/2009). Below this are buttons for 'Search', 'Measure result(R)', 'Saving file(S)', 'Printing result(L)', 'Delete(D)', and 'Close(C)'. The main area is a table with columns: Date, Time, ID, Gender, Age, Height, Weight, P.B.F., and M.B.F. The first row of data shows Date '4/10/2009', Time '09:55:45', ID '200904103', Gender 'Male', Age '89', Height '78.7', Weight '205.4', P.B.F. '22.5', and M.B.F. '46.2'. The second row shows Date '4/10/2009', Time '10:03:27', ID '200904103', Gender 'Male', Age '59', Height '69.4', Weight '134.9', P.B.F. '15.5', and M.B.F. '20.9'. A red arrow points to the 'Measure result list' button in the top window.

Or click on a member in the right list of the main screen first and press the Measured List button.

The following fields can be adjusted.

Search

Choose ID number or Name and set the search range, then press the **Search** button. The list of measured results appear in the table.

Measure Result

Press the data to be viewed in the list first and press the **Measure Result** button then a preview of the **result sheet** appears as shown below. Or double click the data then the preview screen appears.



Series BODY COMPOSITION ANALYZER

F (Whole Body)

Name/ID	Matt / 000000005		
Height	5 ft 10.0 in	Age	27 yrs
Weight	169.5	Gender	Male
Date	08/11/2014 04:36:39		

Body Composition [lb]

Weight /Over	Standard Weight
	153.2
L. B. M. /Over	Body Fat /Optimal
139.3 [122.5~130.0]	30.2 [22.9~30.6]
T. B. W. /Over	L. B. M.-T. B. W.
100.3 [88.1~93.6]	39.0
I. C. W. /Optimal	E. C. W. /Optimal
62.3 [59.9~65.6]	38.0 [34.6~40.3]

T.B.W.: Total Body Water I.C.W.: Intra Cellular Water E.C.W.: Extra Cellular Water

Assessment of Weight Control

Item	Under	Optimal	Over
Weight lb	70 80 90 100 110 120 130 140 150 (%)	169.5	
B. M. I. kg/m ²	14.50 16.50 18.50 21.75 25.00 27.50 30.00 32.50 35.00 (kg/m ²)	24.3	
P. B. F. %	10 12.5 15 17.5 20 25 30 35 40 (%)	17.8	
W. H. R.	0.75 0.80 0.90		

B.M.I.: Body Mass Index P.B.F.: Percent of Body Fat M.B.F.: Mass of Body Fat L.B.M.: Lean Body Mass W.H.R.: Waist to Hip Ratio

Segmental Analysis [lb]

Item	L.B.M.	Under	Optimal	Over
Arm	L	9.41	70 80 90 100 110 120 130 140 150 (%)	
	R	9.54	70 80 90 100 110 120 130 140 150 (%)	
Leg	L	25.56	70 80 90 100 110 120 130 140 150 (%)	
	R	25.90	70 80 90 100 110 120 130 140 150 (%)	
Trunk	68.99	70 80 90 100 110 120 130 140 150 (%)		

L: Left R: Right

Goal Setter **Wrestler Mode**

TARGET P.B.F.	7 %	TARGET P.B.F.	5 %
Predicted Weight	149.7 lb	Min Weight	146.6 lb
Predicted Fat Mass	10.4 lb	Fat Mass	7.3 lb
Control	19.8 lb	L.B.M.	139.3 lb

Ratio of E.C.W. / T.B.W.

Normal	Borderline	Over
0.378		

B.M.R. 1656 Kcal	
<small>B.M.R.: Basal Metabolic Rate</small>	
Impedance 376 Ω	

1. Body Composition
 Weight is the sum of bone, ligament, tendon, organs, fluid, muscle and fat. Total Body Water (100.3 lbs.) is the sum of intracellular water (62.3 lbs.) and extracellular water (38.0 lbs.). Intracellular water exists in internal cell membrane and extracellular water exists in external cell membrane. Lean Body Mass (139.3 lbs.) consists of dry lean mass (L.B.M-T.B.W., 39.0 lbs.) and Total Body Water (100.3 lbs.). The sum of body fat (30.2 lbs.) and Lean Body Mass (139.3 lbs.) is weight (169.5 lbs.). Generally, healthy people maintain the balanced body composition.

2. Assessment of Weight Control

- **Body Mass Index**
 B.M.I. is an index which assesses the extent of obesity by height and weight. It is defined as the individuals' weight divided by the square of his or her height. It is known that higher B.M.I. increases the risk of disease or mortality.
- **Percentage of body fat**
 P.B.F. is the ratio of body fat to weight. It is important criteria to assess the obesity. The term obesity indicates how much unnecessary fat is accumulated in body.
- **W.H.R. (Waist to Hip Ratio)**
 W.H.R. is defined as the circumference of individuals' waist divided by the circumference of his or her hip. When W.H.R. is below 0.9 for male and below 0.85 for female, the risk of visceral obesity is low.

3. Ratio of E.C.W / T.B.W.
 Ratio of E.C.W. / T.B.W. indicates how the intracellular water and extracellular water are balanced. The ratio of E.C.W. / T.B.W. is increased by salty food, malnutrition, malfunction of organs, postpartum, exercise, temporary fatigue, etc. It is divided into 3 groups: over, borderline, normal

4. Segmental Analysis
 Based on the standard weight, it evaluates the development of segmental Lean Body Mass. For well-developed part, keep the current condition. For less-developed part, try to increase muscle by exercise and healthy diet.

5. Goal Setter
 Input a goal Body fat%. It provides goal weight, goal fat mass and fat mass to be controlled. When the control is (+), it should be reduced to reach the optimal value. When the control is (-), it should be gained to reach the optimal value.

- Predicted Weight = LBM / {1 - (TARGET PBF/100)}
- Predicted Fat Mass = MBF - control
- Control = Weight - Predicted Weight

6. Basal Metabolic Rate
 B.M.R. is the calories to maintain the human body's basic function. According to the gender, age, body composition, etc, each individual has the different B.M.R. Lean Body Mass consumes more energy than fat. Even if two individuals weigh same, person with the greater Lean Body Mass has higher B.M.R.

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Save

Press the **Save** button to save the list as an Excel spreadsheet or a text file. Press the **Save As** button to display the following screen.



Choose the file type desired and assign a file name, file path and then press **Save**. When the confirmation window for saving the file appears, press **OK** to finish saving the file.

Print

To print the list, press the **Print** button to display the following window.



Check the items to print. If you choose too many items, it becomes out of printable range and a window will appear that informs you that states too many items have been selected.

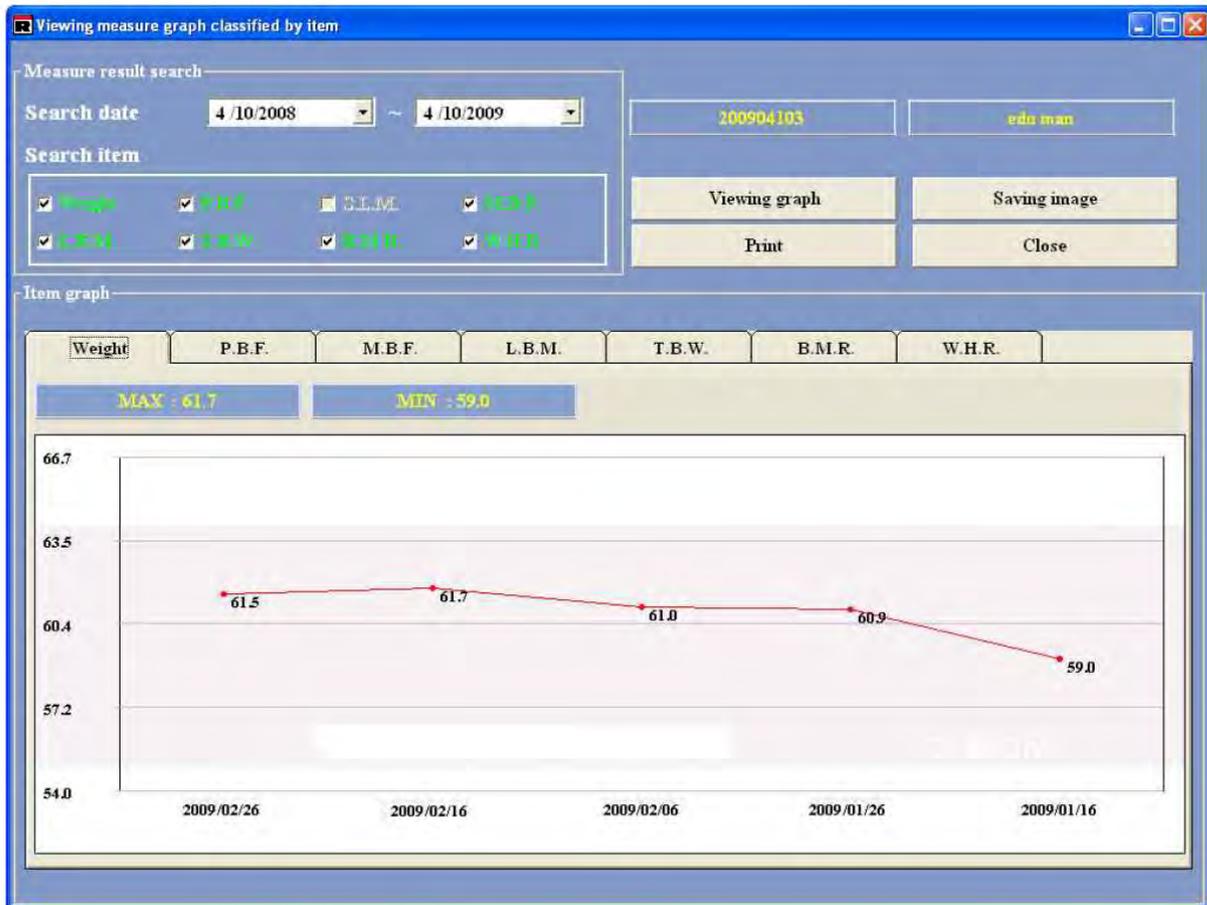
Select the **Print** button to print the selected items and once done, press the **Close** button to close out of the window.

Close

Press the **Close** button and then the main screen appears.

2.9 Measured Result Graph

Click on the Measured Graph button from the main menu to access the graph for a specific member.



There are four tabs which can be accessed for a member's information. They are listed below.

2.9.1 Viewing Graph

Press the **Viewing Graph** button to select measurement items and dates of a particular member. A graph is shown that is divided according to the selected items by means of a tab. Pressing each tab displays the corresponding graph.

When the graph is completely drawn, the **Print** and **Save Images** buttons are activated. Right above the graph marked are the maximum and minimum values with the items under search over a given period.

Choosing other items in this same level, inactivates the buttons **Print** and **Save Images**. You must click the **Viewing Graph** button again to view a new graph containing additional items and the **Print** and **Save Images** buttons are ready. In case the measurement data pieces are 10 or less, the related dates are all presented. Otherwise the dates are displayed on a weekly basis.

2.9.2 Saving Image

Pressing the **Saving Image** button enables saving the graph as an image file. After pressing the button and selecting the location to save it to, save the graphs with BMP file extensions for each item chosen to be printed out. Graphs are included in one image and when the entire seven items are selected, a total of three images are saved.

For the file name, First - Second - Third is automatically attached to the head of each name of files to be saved.

2.9.3 Print

Upon pressing the **Print** button, a messages appears, *Do you want to print out the selected items?* Selecting the OK button will print a page with three graphs on it. The contents printed are the same as the saved.

2.9.4 Close

Press the **Close** button to exit out of the graphs screen and proceed back to the main menu.

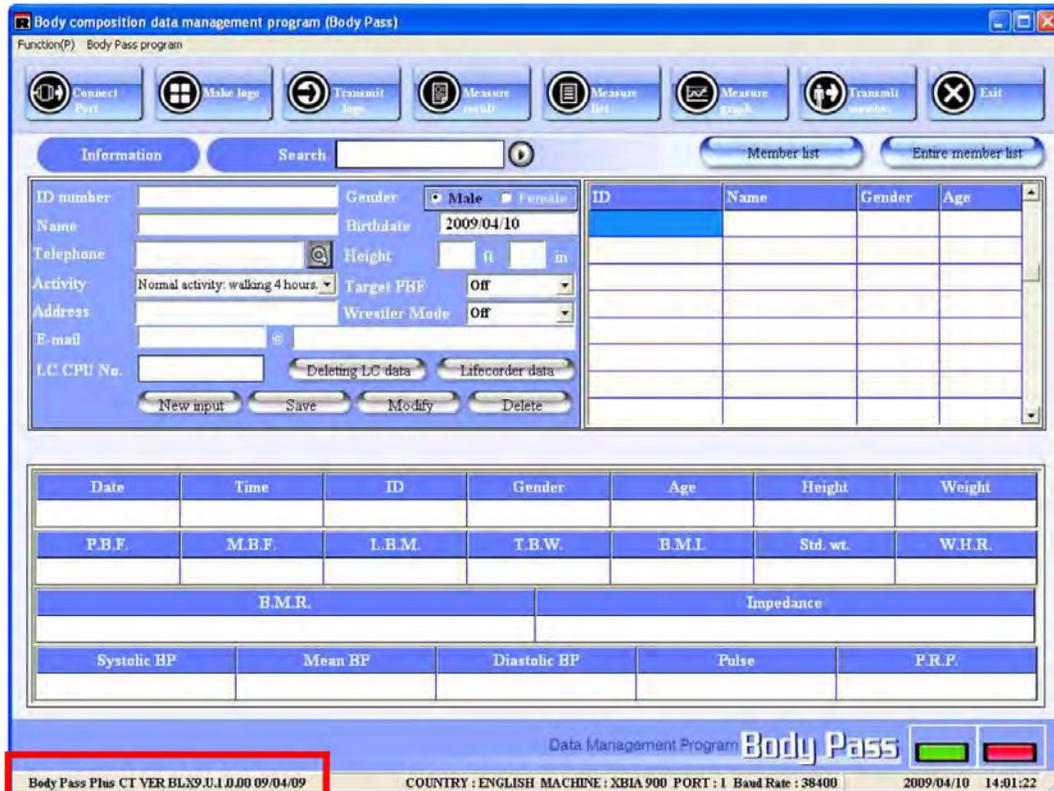
2.10 Checking the Program Version

Use the following steps to check on the program version.

1. To check the version of the Body Pass Plus software program currently used, press Body Pass program — > Program information, then the program version window appears as shown below.

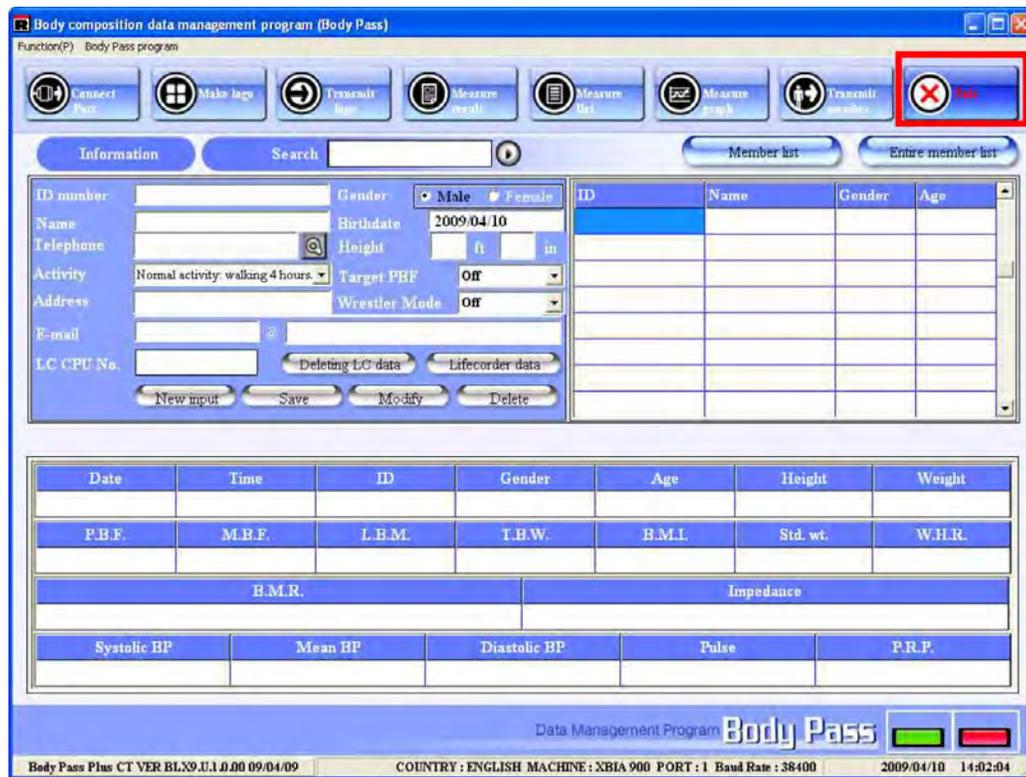


2. The version is also shown at the bottom left hand side of the main screen.



2.11 Exiting the Body Pass Plus Program

The Body Pass Plus software program is closed by pressing the Exit button in the main screen.





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