

Body surf Tracker V.1.0.0

Body surf track application, which tracks all relevant information during your body surf recording

More information about developments and documentation can be found on:

<https://www.007software.eu/body-surf-trackers-page/>

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1 Usage




Notes

- *If you check the checkbox for fetching the weather data automatically in the settings of Garmin Connect, your watch should be paired with your phone and your phone needs to be connected to the internet.*
- *The Free version will show all fields and functionality and recordings will be saved to Garmin connect, but after 6 times only 1 screen will be visible and the recordings will not be saved anymore. It took many hours to develop this App. For the price of a beer for me and a wine for my wife, you can purchase the Pro version and enjoy all features of this App.*
- *Register at www.007software.eu (not mandatory). You can buy the Pro version via the webshop. You get a license key, which you enter in the settings of the app via Garmin Express or through Garmin Connect on your phone. Instructions follow in this document.*
- *When you use this app, it is better to disable all notifications from your phone. When kiting, you won't be able to check them anyway.*

1.1 Start screen

Once started the GPS will search for your location. The green lines on the bottom of the

screen will show the signal strength. 

A check is made to see if your phone  , your tempe device  and heart rate belt  is connected and will be shown.

If you have a Tempe sensor attached, then the temperature from this Tempe device will be shown. Also note that with a Tempe, it may take a minute or more before the temperature is shown.

When the GPS strength is strong enough you can press the Start(enter) button to start recording. (See the buttons paragraph). If you do this before the strength is good, the watch will still try to get the GPS and starts automatically when the strength is oke.

When you don't press the Start(enter) button the screen will close after 2 minutes. After pressing the Start button. The record screen is displayed. This consists of 3 screens.

To scroll through the screens:

- On touchscreens. Tap at the top or bottom of the screen or swipe up or down or left or right (on the VivoActive 3, swiping from left to right won't work, since this is the back functionality)
- On non-touch screens. Press the up or down button



If you checked the checkbox for fetching the weather data automatically in the settings of Garmin Connect for this app, the weather data is fetched and shown on the first screen.

1.2 First data screen(Changeable)

The first screen could show:

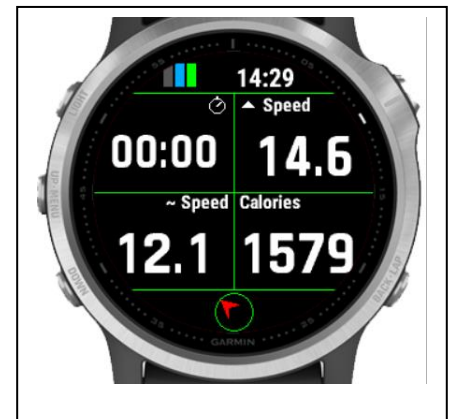
- The speed
- Distance
- Your heading (bottom)
- Heart rate zone on the top left
- Heart rate
- Maximum altitude



1.3 Second data screen (Changeable)

The second screen could show:

- Timer
- Maximum speed
- Average speed
- Calories
- Your heading on the bottom
- Heart rate zone on the top left



1.4 Third data screen

The last screen shows:


- The wind speed and direction
- The state of the battery around the edge
- If a temp device is attached
- If you are connected to your phone
- If you are connected to your heart belt
- The temperature in degrees or Fahrenheit (if a temp device is attached the temperature comes from this device, otherwise it comes from the weather service)



If you *did not* check the checkbox for fetching the weather data automatically in the settings of Garmin Connect for this app.

2 Start/stop

To stop the recording press the Start button again. A screen is shown in which you can select (tap on the image for touch screen devices):

- Remove. To remove your recording and stop the program
- Save. To save your recording and stop the program
- Return  to return to the recording

Once saved, the recording will be uploaded, if you are connected to your phone and you have set your watch to upload immediately. The recording can be seen in Garmin Connect.

3 Locking keys

It is possible to lock the keys. For a Garmin Vivoactive HR it is possible to use the normal button (press back key for 3 seconds) for that. For other watches I don't know.

Note: Activation of the lock can only be done in screen 1.

- For watches with a touch screen tap 3 times on the top of the screen in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. Tap 3 times on the top of the screen again to unlock. The watch vibrates again.
- For watches **without** a touch screen, press the UP button 3 times in the first record screen. Your watch will vibrate, stating that it is locked and an exclamation sign is behind the time. Press the UP button 3 times again to unlock. The watch vibrates again.

4 Thresholds

In the settings screen (see below) you can set some parameters.

- Fetch weather automatically. Default is ON.
- Select the distance unit.
 - Miles/km's. When set it detects the units from your watch settings
 - Nautical miles. The distance is displayed in nautical miles
- Select the speed unit
 - Miles or km's per hour. It detects the units from your watch settings
 - Knots. The speed is displayed in knots
- Wind unit. Here you can set the wind unit in m/s or km/h-miles/h (depends on your watch setting)
- Set contrast color.

You can set the contrast to

- Black on light grey
 - Black on white
 - White on black
- Set default screen. Set the default screen to 1 or 2.
 - Relocation of the fields.

Draw 3 screens on a paper and put in the fields you like to see per screen. This way you won't mix up or set too many fields on the same screen (you will get an warning for this on the start screen)

Now select per screen which fields has to be shown and on which location. As an example you see on the right an image where the distance field in on screen 1 in the top-left corner, the speed field is on screen 1 in the top right corner, timer field is on screen 1 in the bottom left corner, etc.

Screen 1

Set position of distance field

Set position of speed field

Set position of timer field

Set position of max. speed field

Set position of avg. speed field

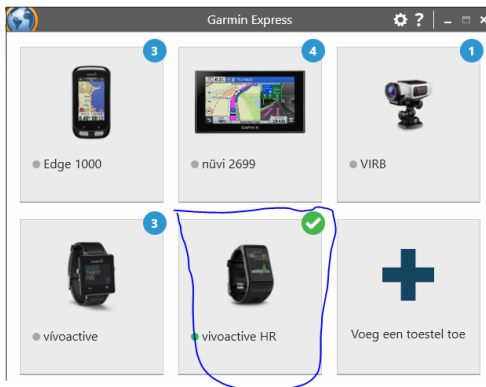
Adding your license key and other parameters can be set in two ways:

1. With your computer, via Garmin express
2. On your phone, via the Garmin connect app.

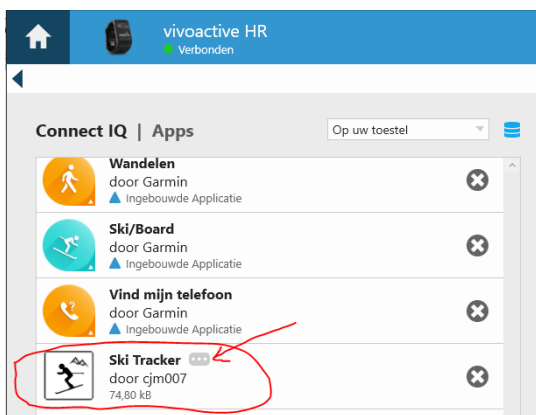
4.1 With the computer



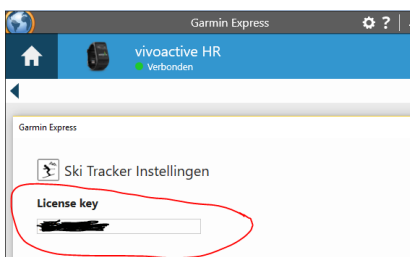
Attach your Garmin watch to your computer. Start the program Garmin express



Click on your watch symbol and then on the button Control App



Look for the Body surf App in the list and click on the dots on the right of the description. (The image shows an example of the Ski tracker)

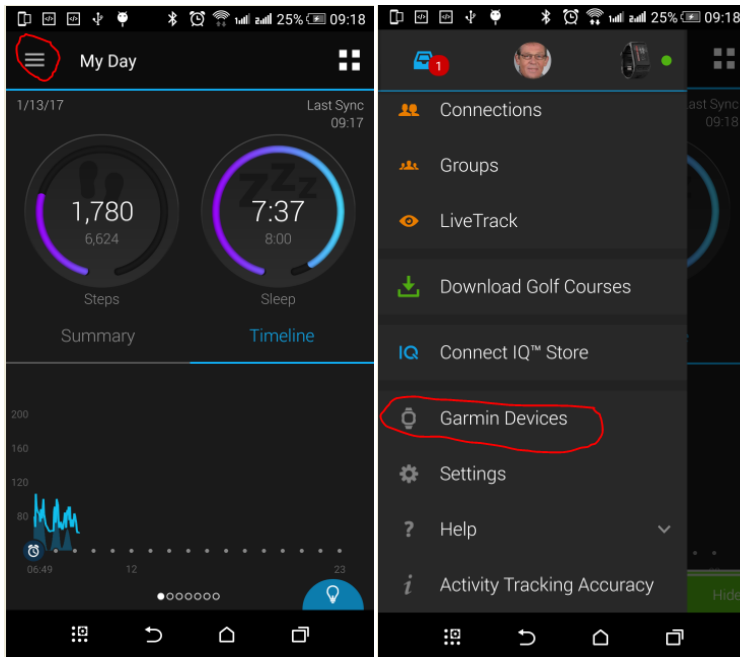


In the next screen you can enter your license key and save it.

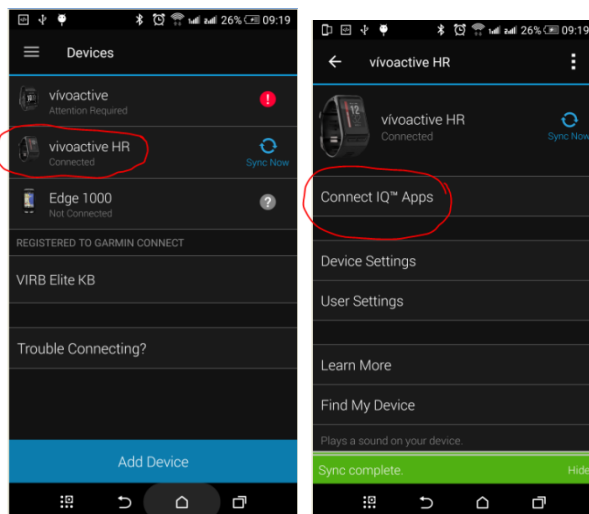
5 On your phone

Start the Garmin Connect App.

Click on the menu symbol and go to “Garmin devices”.

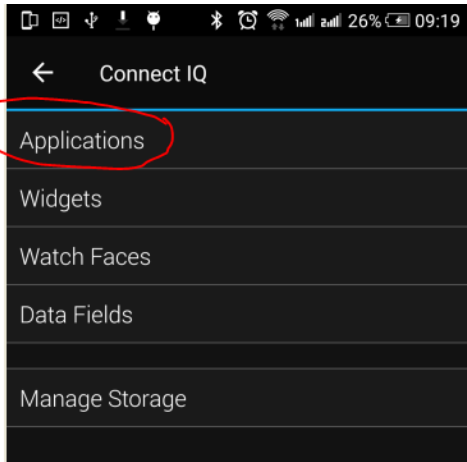


Select your Garmin watch

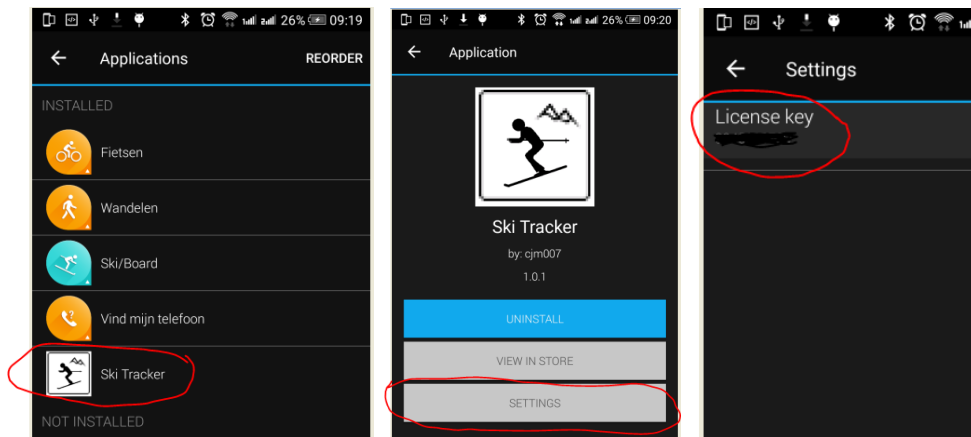


and click on “Connect IQ apps”

Then click on “Applications”.

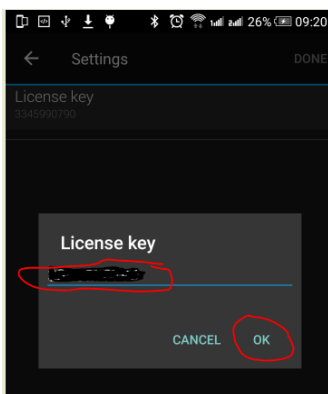


In the list with applications, click the Body surf Tracker App (here the Ski Tracker is shown as an example)



and the button "Settings".

Click on the License key and fill in the key.

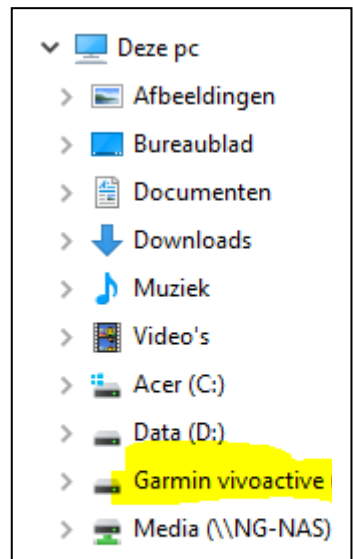
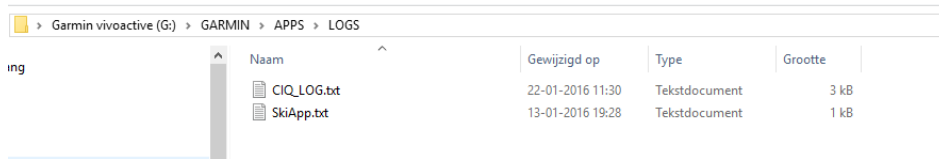


Save your entry and your done (click on OK and then on OK or Done in the right upper corner).

6 Trouble shooting

When you encounter problems with the app. Connect your watch with your computer. After a while you here a short sound. This means the watch is connected. Open your file explorer (mostly it will open up after connection is successful) and look for you Garmin directory.

Open the map GARMIN->APPS->LOGS, and add a file called CIQ_LOG.txt to this directory. Disconnect your watch an start the App again. When it crashes, the error is written in this file. Connect your watch to the PC again, go to the log-directory and mail the file CIQ_LOG.txt to kees@007software.eu



7 Notes

- The app can be used for the following languages English, Danish, Dutch, French, Polish, Portuguese, Italian and German. If you want a new translation in your language, send me a mail!
- Please report any mistranslations to kees@007software.eu. (I'm Dutch :))
- If you encounter any problems, please put the file "CIQ_LOG.txt" in the "GARMIN-APPS-LOGS" directory of your watch. Run the app again and send the file to my email address.

9 Software disclaimer

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