



For Palm OS Handhelds

Congratulations on your choice of American Baby On-the-Go software! This program for Palm handhelds and smartphones is designed to help expectant mothers organize their life and simplify their pregnancy. We recommend using the handheld version together with the American Baby Desktop software for Windows PCs.

Table of Contents:

1. Introduction
2. Quick Start
3. Installation
4. Registration
5. Using the American Baby On-the-Go
 - Navigation Icons
 - Pregnancy Guide
 - My Weekly Checklist
 - Favorite Photos
 - Baby Budget
 - Mom's Organizer
 - Schedule
 - My Baby's Profile
6. System Requirements, SD Cards and Trial Version, Limitations
7. More Information

We hope you enjoy using American Baby On-the-Go software!

Visit us on the web at www.americanbabyonthego.com

E-mail us at service@americanbabyonthego.com for assistance.

1. Introduction

American Baby On-the-Go is a comprehensive program that helps you track your pregnancy using a Palm OS handheld computer or smartphone. We have designed the software so that it's nice to look at, easy to use, intuitive and loaded with useful features. You shouldn't need any experience with handheld computers to get up and running quickly. We do recommend that you read through this User Guide to insure that you get the most out of the program.

2. Quick Start

1. If you haven't already, install the Palm Desktop software that came with your handheld, connect your handheld to your computer, and perform a HotSync operation.
2. Install the American Baby software to your handheld via HotSync and launch American Baby On-the-Go.
3. Enter information about your pregnancy in My Profile.
4. Read the information in the Pregnancy Guide for tips and suggestions.
5. Use the "Weekly Checklists" to keep track of your pregnancy.
6. My Favorite Photos contains pictures of the American Baby Shop's most popular items. You can add your own pictures and share them all with friends and family.
7. The Baby Budget contains many of the expense categories you can expect during your pregnancy. Just enter your budget, your items amounts and any additional expenses and the software will calculate the rest.
8. Mom's Organizer should be used to keep track of your baby shower guest list, doctors appointments/follow up questions and much more. Read the detailed description to learn about using RSVP Tracker, Gift Tracker, Doctors Questions and more.
9. Keep My Baby's Profile updated with the latest information about your pregnancy, including baby's due date, baby names and birthing plan.
10. Have fun with the American Baby On-the-Go, and share it with your friends!

American Baby On-the-Go Top Five Tips

TIP 1: Be sure to enter or due date (if your not sure what day it is, then use the Due Date Calculator) and first name of the mom-to-be in My Baby's Profile and select Save.

TIP 2: Double-click on any item in Checklists and Budget to see the full description of that item.

TIP 3: Keep your Checklists, Contacts, Schedule and Budget updated with your

latest information. Make sure to use the features in each of these sections of the software, such as organizing your expenses into categories, and adding notes to items to keep your pregnancy organized.

TIP 4: Use Favorite Photos to look at and share pictures, and load your own favorite pictures onto your handheld for sharing with friends and family. This will become a treasured memory of your pregnancy.

TIP 5: Read all of the sections of the Pregnancy Guide. You'll find lots of great suggestions and advice from the experts at American Baby.

3. Installation

The files in the software you downloaded or included on the CD-ROM if you purchased the boxed version are ready for installation to Windows, Mac or Linux computers. Note that you must have the Palm Desktop installed on your computer, and be able to HotSync your handheld with your computer. If you don't have the Palm Desktop installed or have not performed a HotSync operation yet, please refer to the CD-ROM and instructions that were included with your Palm handheld.

Windows PC Installation:

1. If you are installing from a CD-ROM, insert the disk into your PC's CD-ROM drive. The CD installer will start automatically.
2. If you are installing from a file you downloaded, extract the files to a convenient place on your computer, then double click on the "Setup - American Baby On-the-Go" icon.
3. Follow the installer instructions.
4. HotSync your handheld with your PC, and the American Baby On-the-Go will be installed on your device.
5. Find the American Baby icon (with two hearts) on your handheld and click it to launch American Baby On-the-Go.

Macintosh Installation:

1. Insert the American Baby On-the-Go CD-ROM, or open the file you downloaded.
2. Find the file EULA License Agreement. Carefully read this document. If you agree with the terms in the EULA License Agreement, proceed with installation. If you do not agree with the terms, you must close the files.
3. To install, just select, drag and drop all of the files contained in the folder "Mac & Linux" your Palm Desktop Quick Install program on your computer.

IMPORTANT: You must install all of the files in the "Mac & Linux" folder to your handheld in order for the program to work properly. If you do not install one or more of the files, you may experience problems when trying to operate the American Baby On-the-Go.

4. HotSync your handheld with your computer. The American Baby On-the-Go will installed on your handheld.
5. Find the American Baby icon (with two hearts) on your handheld and click it to launch American Baby On-the-Go.

4. Registration

If you are using a trial version of the software and are ready to purchase the full version, please go to the website where you obtained the trial version and complete the purchase of the full version. After completion of the purchase, you will receive a registration code. Note: if you have already installed the trial version to your handheld, you do not need to install the program again to get the full version. Just enter the registration code, and the software will be unlocked.

1. Launch the American Baby On-the-Go Software on your handheld.
2. On the Welcome screen, tap the "Enter Reg Code" button.
3. Enter your Registration Code, and tap the OK button.

5. Using the American Baby On-the-Go

The main interface of the program is your guide to navigate throughout American Baby On-the-Go. You can return to it anytime by clicking the Home icon in the lower left corner of the navigation panel.

Quick summary of the sections

The Pregnancy Guide is an e-book that includes some of the best information on your pregnancy. The Weekly Checklists keep you on track of your pregnancy. My Favorite Photos comes pre-loaded with the best selling items at American Baby Shop and is a place to store your photos. Baby Budget allows you to enter your budget items, and expenses. Mom's Organizer lets you enter your doctors contact information and following questions. This section also allows you to set alarms and schedule appointments and events. My Baby's Profile is for entering information about you and baby and will also count down the days till your due date.



First Launch of the program

After launching American Baby On-the-Go the first time, you will be asked to set up your Personal Profile, which includes your First Name and Due Date. If you don't know your due date, please click on calculate due date and enter the first day of your last period, then select calc. After you enter this information, click save and you are ready to start using American Baby On-the-Go.

Don't forget that there are several places to look for information about using the American Baby On-the-Go. You can find this User Guide on our website at www.americanbabyonthego.com, or on the CD-ROM, or in the file you downloaded. On the website, you will also find useful tips, FAQs, suggestions and more. Check our forum at www.americanbabyonthego.com/forum for a discussion about our products, and to look for answers to questions you might have.

- Navigation icons

Use the navigation buttons at the bottom of the American Baby On-the-Go screen to quickly switch between the various sections of the software.



- Pregnancy Guide

This e-book includes some of the best information for planning your pregnancy. Use your stylus to click on the buttons, and you'll be reading some of the best tips from American Baby in no time! Scroll up or down using the 5-way navigator on your handheld. Click the Back button at the bottom to return to the previous screen. To exit, click Done or just click any of the buttons in the navigation panel at the bottom.

To navigate to different sections of the Pregnancy Guide: Make selections by clicking on the buttons. Once you have found the appropriate section...enjoy reading!

To navigate within a section: You can move up or down within the text using your stylus on the scrollbar, or try the 5-way navigator on your handheld!

Return to Pregnancy Guide main interface: Click on the "Home" button in the lower-left corner, and you'll return to the Wedding Guide home page.

Navigate to the different chapters and pages: Click on the > key to navigate to the next chapter, or the < key to navigate to the previous chapter in the text. Click the Back button at the bottom to return to the previous page.



- My Weekly Checklist

The Weekly Checklist keeps you on track of the tasks you need to make your pregnancy easier. Each week, you'll see a new checklist under "This Week" pertaining to the stage of your pregnancy. Just make sure you have entered your due date in My Profile. Customize the checklist to fit your needs by clicking an item, then clicking Details. You can also see the details by double-tapping on an item. You can add items to the checklist clicking New, then filling in the details. Click Del to remove an item from the list. Click on This Month, View All, Overdue or Show/Hide finished tasks to sort or choose the list to be displayed.



TIP: Stay organized by adding Notes to your Planning Checklist. To add notes follow these steps:

1. Open Planning Checklists.
2. Select an item in the Checklist.
3. Select Details.
4. Select Notes.
5. Enter Notes and then select done.

- Favorite Photos

Favorite Photos comes pre-loaded with some of the best pictures and products from American Baby. To view these items, just scroll through the photo album, or select an album by clicking the categories in the upper right corner, and select an album from the drop down list. If you have a built-in camera, you can take pictures and find them to Favorite Photos. Whether you have a built-in camera or not, you can load pictures into the Scrapbook from the Palm™ Desktop by following these steps:

1. Select a handheld album or an expansion card album.
2. Click the Add Media icon on the toolbar.
3. In the Add Media to Album dialog box, select the photos you want.
4. Click OK.

You can also transfer pictures by inserting an SD card containing pictures into your handheld.

IMPORTANT: To exit the Favorite Photos and return to American Baby On-the-Go, just click the "Home" button on your handheld.

Taking pictures: If your handheld has a built-in camera, the pictures you take will automatically appear in the Favorite Photos.

Adding your own pictures: If you have a built-in camera, you can take pictures and add them to Favorite Photos. Whether your handheld has a camera or not, there are several ways to add your own photos to the Favorite Photos. If you have a digital camera with an SD storage card, just pop the card right into your Palm (n/a on Z22). You can also load pictures into the Favorite Photos from your PC, using the Palm™ Desktop. Follow these steps:

1. Launch the Palm Desktop on your PC and select a handheld album or an expansion card album.
2. Click the Add Media icon on the toolbar of the Palm Desktop.
3. In the "Add Media to Album" dialog box, select the photos you want to move to your handheld.
4. Click OK, then HotSync your device.

NOTE: you can also just drag photos with your mouse from any location on your computer, and drop them onto the "Media" window of your Palm Desktop. Perform a HotSync operation to transfer the photos onto your handheld.

Add photos from an SD card: You can easily transfer pictures to your handheld from an SD ("Secure Digital")card. If you have a digital camera with an SD card, just take some pictures, take the SD card out, and insert it into the card slot your handheld. Open Favorite Photos, and select Card from the drop-down menu in the upper right corner. Move the photos onto your handheld to keep them stored in your handheld's memory.

TIP: Customize the "Splash" page (the window you see each time you launch American Baby On-the-Go that has your name, due date and a picture) with a favorite photo. Just add your picture to Favorite Photos, open the menu and select the Details of your photo. Erase the name of your photo, and write in the exact name "MySplash", being sure to capitalize "M" and "S" with no space in-between the words. After entering "MySplash" for the name, select save. The next time you launch the application, your picture will be featured on the Splash Page!

- Baby Budget

The Budget keeps you on track of expenses for getting ready for baby's arrival, and comes pre-loaded with the standard items that you should include in your budget. The Budget is pre-loaded with standard costs, but you can easily customize the expenses with the following features. Add an item by selecting New. Delete an item with the Del button. Change an item by selecting Details. You can sort your budget into different categories by selecting a category from the drop down menu in the upper right corner. Click Details and use the drop-down menu to change the category of an item.

Baby Budget		All ▾ ?
Item	Amount	
Lamp	0	
Lanolin cream	0	
Mobile	0	
Nail clippers	0	
Total:	0	
My Budget: \$ 0		
Over/Under Budget: \$ 0		
<input type="button" value="New"/> <input type="button" value="Details"/> <input type="button" value="Del"/>		
      		

Using Budget Categories: You can sort your budget into different categories by selecting a category from the drop down menu in the upper-right corner. Select a budget item and click the Details button. In the upper-right corner, use the drop-down menu to change the category of the given budget item. Click "OK" when you're finished to save the changes.

TIP: Read the Notes for each pre-loaded budget item to find American Baby's recommendation of how many of each item you should purchase. There are two ways to open Budget Notes.

1. Select a budget item, then click the note symbol in-between the description of the budget item and the amount.
2. Select a budget item, click Details, and then select Note. Add your own notes as you plan your budget, to remind you of expenses and things to watch out for. Refer to the Pregnancy Guide in the program for more suggestions about your budget.

TIP: You can calculate expenses based on the number of items, by following these steps:

1. Select a budget item.
2. Click the black calculator symbol to the right of the budget item, and the Calculate an Expense form will open.

- Mom's Organizer

Keep your contact info handy whenever you need it. Add your existing contacts by importing them from your Palm Contacts. Click the Import tab in the upper right corner and either import your entire database or select individual contacts to import. Add contacts manually by selecting Add. Edit an existing contact with the Edit button, or delete a contact using the Del key.

Contact Categories – Important: Be sure to assign a category for each of your contacts, such as Family, Friend or Doctor. Each category has special features depending on the category, such as RSVP, Gift Tracker, Thank You Check-off and Doctors Follow-up Questions. To assign a category to a contact, select the contact from the list and click Edit. In the upper right corner, open the drop-down list and select a category, then click Ok. Make your own categories by selecting Edit Categories from the drop-down list, but remember that the Vendor and Guests categories have special features described below.



Using the Contacts Menu: Open the Contacts menu by clicking the menu button on your Palm handheld, or by clicking the Contacts & Schedule bar at the top. Explore each item in the Contacts menu to learn how they work.

Using Follow-up Questions for Doctors: Make the most of your Doctors appointments by jotting down questions here. Launch Contacts, open the menu and select Follow-up Questions. Click New, select a Doctor from the drop-down list, and enter your questions. When you meet with or talk to your Doctor, you'll have your list of questions right in your

hand where you need them (not in a notebook or on a post-it note somewhere else).

Using the Gift Tracker: Keep a record of the gifts you receive. Launch Contacts, open the menu and select Gift Tracker. Click New and select a guest from the list, then jot down the gift and click ok. When it comes time to write thank you cards, you'll have a list of gifts right where you need it!

Using the RSVP Tracker: Launch Contacts, select Friends or Family from the categories in the drop-down menu in the upper-right corner, select a guest and click Edit. At the top of each Guest's record, you'll see a checkbox "RSVP". Click the RSVP checkbox, then click Ok. As you fill out your guest list on your Palm and use the RSVP tracker, you will see RSVP next to each Guest that has confirmed their attendance.

Finding Contacts: To quickly find any contact, just enter a few letters in the search field at the bottom right, then click the magnifying glass. A list of contacts containing those letters will appear.

TIP: Look for the Doctor " Questions"

At the bottom of each Doctor contact, you'll find the button "Questions". For example: you want to remember to ask your doctor if they can have a certain type of medicine. Don't write it down on a scrap of paper! Put the questions into your handheld, where you can easily find them later. Follow these steps:

1. Open any Doctor contact. If you can't find a doctor, just open a contact by double-clicking the contact, or by selecting a contact and clicking "Edit". Then change the category in the upper-right corner to Vendor.
2. Scroll all the way to the bottom of the form, and click the button "Questions".
3. Click New, and enter a question. When you're finished, click Done.
4. Now, you will see a note symbol next to the contact.
5. When the time comes, open the doctor's contact information, click on "Questions", and you'll have a list of all your questions and reminders ready to go!

- Schedule

The Schedule will keep you on track of appointments with your doctor and special events. If you want to add an event or meeting, click New and enter the necessary information. You can even import the necessary contact for your meeting by clicking Contact person. Edit your schedule by clicking the Details button.

NOTE: All the information that you enter into Schedule will also appear on your Palm Desktop after you HotSync, and in the Datebook application on your Palm as well. You can also enter meeting information directly into your Palm Desktop or



Datebook, and it will appear in the American Baby On-the-Go Schedule section after HotSyncing your device.

- My Baby's Profile

The Profile allows you to store your information, including your baby's due date. After entering information in the Profile, click the Save button. The Baby Namer gives you a place to enter and store ideas for your baby's name. The Birth Plan has a fantastic list of things to plan for in advance of your delivery. You can customize the launch page picture by adding a new picture to My Scrapbook and re-naming it MySplash.

IMPORTANT: Be sure to click the Save button after making changes to your Profile. Otherwise, the changes you made will not be entered in the Profile.



TIP: Customize your Splash Page with your favorite photo. Just add a picture to favorite photos following the instructions in the Favorite Photos section of this User Guide. Next, open the details of this picture, and re-name the picture "MySplash" (be sure to use this EXACT spelling). Click Save, and the next time you launch the application, your picture will be featured on the Splash page you see each time you open American Baby On-the-Go!

6. System Requirements, SD Cards and Trial Version, Limitations

American Baby On-the-Go Requirements, ver 1.1, released in March, 2006:

- 854 KB of available memory for the application

Compatible Devices:

- Palm OS 4 and OS 5 handhelds with a color screen

Running the program on an Expansion Card: The American Baby On-the-Go can be installed and run from an expansion (SD) card. However, you must install the application directly to the card from your computer. It is not possible to copy the application from the internal memory of your handheld to the expansion card, as the application is locked on the device after installation.

Trial Version versus Full Version: The Trial Version of American Baby On-the-Go has all of the same features as the full version, but the trial is limited to four launches. After the fourth launch, the program will not open again until you purchase and enter a registration code. Just go to the website where you downloaded the trial version to purchase a registration code.

Limitations:

1. Photographs in My Scrapbook cannot be used on Palm OS 4 devices, Tungsten T or any other Palm OS handheld that does not have software and capabilities for viewing photos.
2. Photos on Treo 600, Zire 71 and Tungsten C must be loaded manually through the Palm Desktop due to limitations of the photo software on those devices.
3. Information from the standard Palm OS Contacts application in the data fields Birthday, Instant Messenger, and Picture cannot be used or edited in American Baby On-the-Go on Treo 650 and Zire 72 handhelds.
4. There is no data field in Contacts for website addresses, but this information can be entered into one of the Custom fields.

7. More Information

Mobile Lifestyles, the developer of American BabyOn-the-Go, is engaged in the development of several lines of products for handheld computers. Our mission is to deliver high-quality solutions to the growing number of handheld owners who use their device to manage their lifestyle. Our method focuses on ease-of-use, intuitive design, great graphics and fun interactive products that our customers can personalize, and which help people with their lifestyle.

Check Mobile Lifestyles' web site for *more information* about our products at: www.mlifestyles.com

GETTING ASSISTANCE: *You may write to us at any time with your questions, at service@americanbabyonthego.com. We will respond within 48 hours of receipt of your message.*

Any comments and suggestions are welcome.

We love to hear from our customers. Your messages have a big impact on the future versions of our software.

To receive information about upgrades and additional news from Mobile Lifestyles, sign up for the **American Baby On-the-Go Newsletter** on our website: www.americanbabyonthego.com/newsletter.