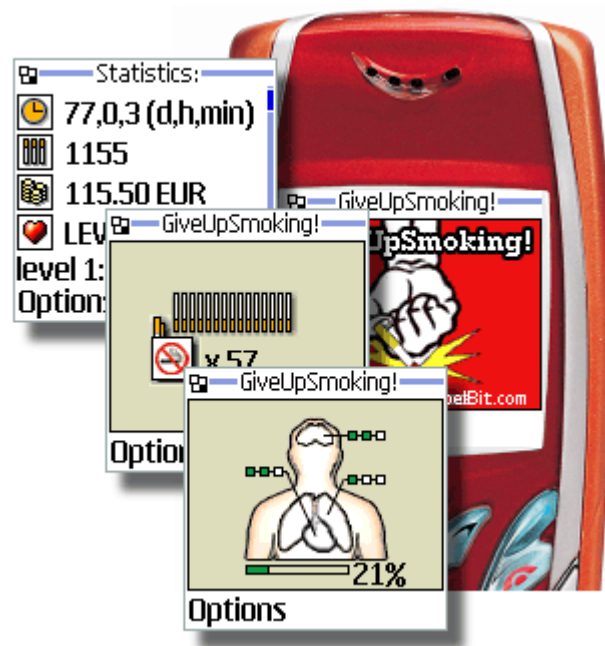




by
RebelBit.com

User manual





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Table of Contents:

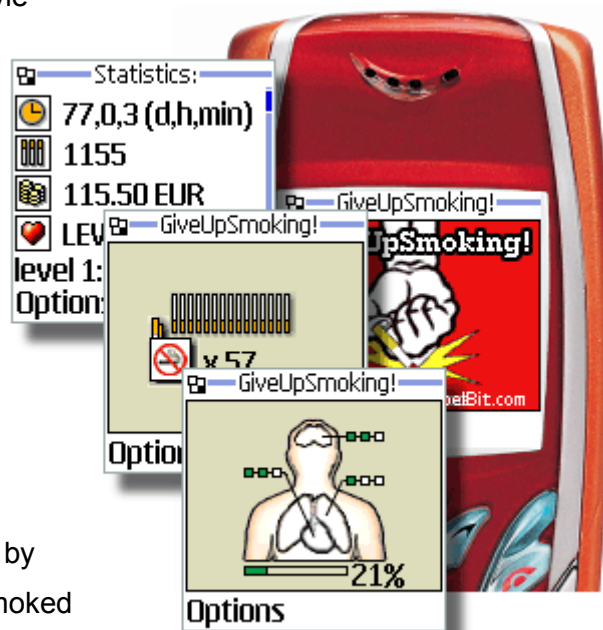
Table of Contents:	2
General description.....	3
Before you begin	3
Start!.....	4
Main Menu.....	4
Application screens.....	5
1. Settings.....	5
2. Instruction	6
3. About	6
4. Menu.....	6
5. Purification levels	6
6. Cigarette Counter.....	7
7. Stats & Info	7
8. Quit smoking parameters	7
9. Donate	7
How to download, install the application.....	8

General description

“Give Up Smoking!” is a freeware “tamagotchi style”

application designed for java enabled mobile phones. The main purpose of the application is to help people trying to quit smoking to achieve the goal. The application encourages the user to gain successive body purification levels allowing browsing statistics, providing visualizations and descriptions of positive changes that have occurred in the body since quitting smoking.

The progress of body purification process is calculated every minute basing on data provided by user (start date, average number of cigarettes smoked daily and cigarette pack price).



Before you begin ...

It's worth to change the default configuration parameters for such that best suit you (“SETTINGS” option in main menu):

- ✓ language
- ✓ currency of displayed financial data (EUR is default)
- ✓ startup progress screen (displayed when program starts)

(options available in the menus and screens of the application are detailed described in the following chapters of the manual - "Main Menu" and "Application Screens" sections).



Start!

If you have decided to quit smoking choose "START!" option from main menu.

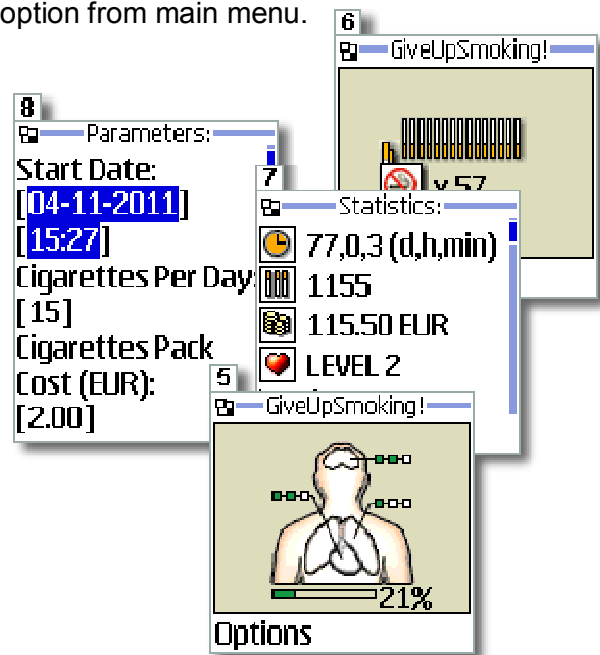
After setting the three parameters (screen no. 8):

- ✓ when did you quit smoking (date and time)
- ✓ cigarettes per day (average)
- ✓ cigarettes pack cost

and saving the values („Save" option) you would be able to access following progress screens:

5. Purification levels
6. Cigarette Counter
7. Stats-Info

Remember that you can start again at any time (select „START!" option).



Main Menu

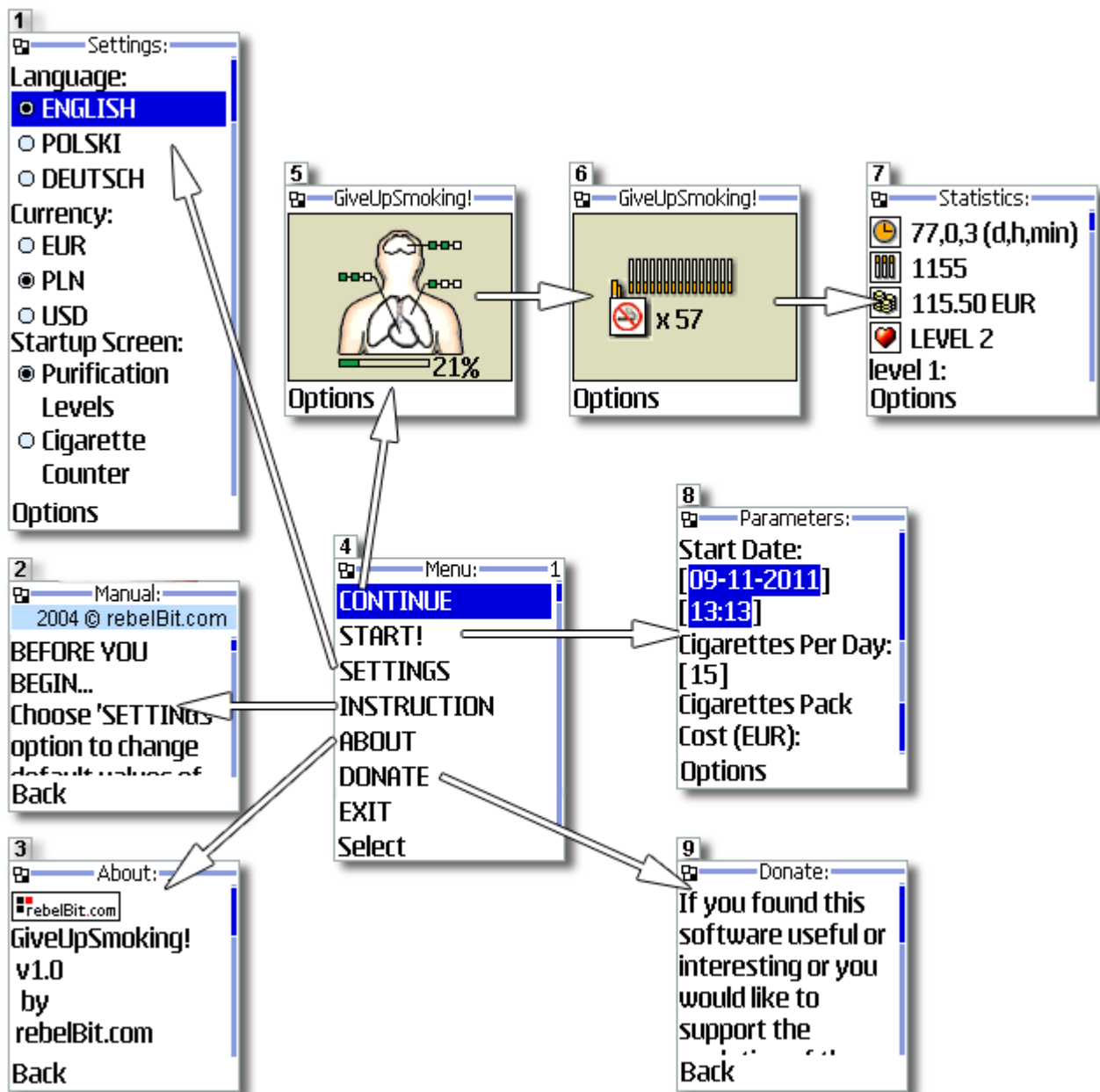
After starting the application and displaying the splash screen (skip it pressing "5" button)

"Main Menu" will appear showing the available options:

- ✓ **CONTINUE** (go to progress screens)
Option is available only after setting and saving quit smoking parameters („START!").
- ✓ **START!** (setting quit smoking parameters)
- ✓ **SETTINGS** (modifying default application settings)
- ✓ **INSTRUCTION** (user manual)
- ✓ **ABOUT** (info about the application and the authors)
- ✓ **DONATE** (info about supporting the project)
- ✓ **EXIT** (close the application)



The following diagram presents application screens navigation scheme.



Application screens

1. Settings

The screen allows you to change the default application settings:

- ✓ language
- ✓ currency of displayed financial data
- ✓ startup progress screen (displayed when program starts)

2. Instruction

User manual screen.

3. About

Screen with information about the current version and the authors of the application.

4. Menu

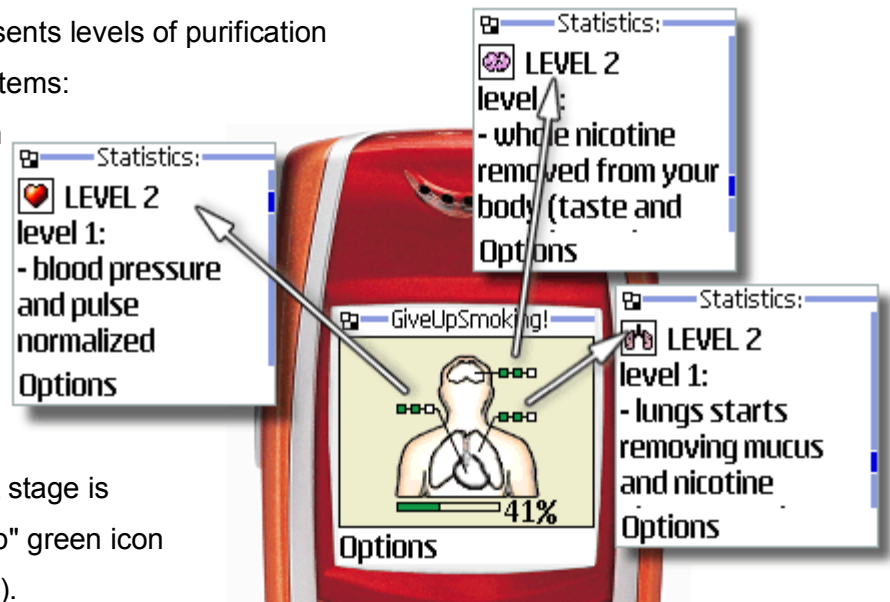
Main Menu screen (you'll find detailed description of each option in the "Main Menu" section).

5. Purification levels

One of the three screens presenting the progress of quitting smoking. The screen presents levels of purification of three primary body systems:

- ✓ the circulatory system
- ✓ lungs
- ✓ nervous system

The process of purification of each system consists of three stages (reaching the next stage is symbolized by "lighting up" green icon assigned to given system).



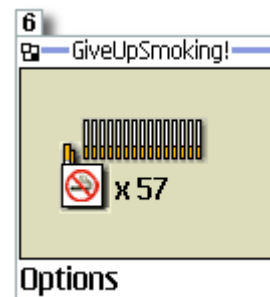
Along with achieving successive stages of systems purification, detailed description of positive changes in the body corresponding to completed level appears on the third progress screen (screen No.7 – "Stats-Info").

Essential detoxification process (completing three purification stages for each of systems) lasts 1 year.

The current stage of overall detoxification process is presented on the progress bar below the icon of human figure (reaching 100% of the progress means "year without a cigarette" and completing the three levels of purification for each body system).

6. Cigarette Counter

Progress screen working as unsmoked cigarettes (packs of cigarettes) counter. Each unsmoked cigarette appears on the screen as an icon of the cigarette. Each twentieth unsmoked cigarette increases the "cigarettes pack counter" and the process starts from beginning for the next cigarettes pack.

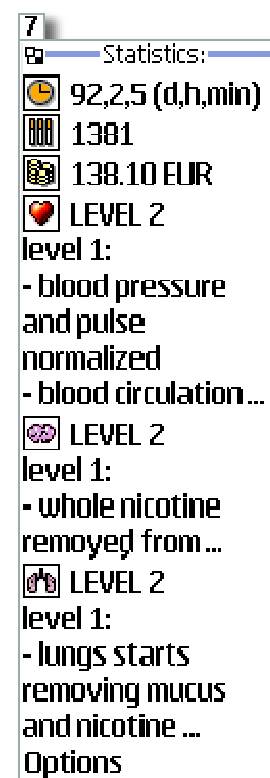


7. Stats & Info

Progress screen with following stats:

- ✓ number of days, hours and minutes without a cigarette
- ✓ number of unsmoked cigarettes
- ✓ sum of money saved

This screen presents also descriptions of the positive changes in the body corresponding to completed purification levels for each of the three body systems.



8. Quit smoking parameters

Quit smoking parameters configuration screen:

- ✓ when did you give up smoking (date and time)
- ✓ cigarettes per day (average)
- ✓ cigarettes pack cost

All progress data are calculated based on the values of above parameters.

9. Donate

If you found this software useful or interesting or you would like to support the evolution of the project you will find the donate details on this screen (and also at <http://rebelBit.com/en/donate.php>).

How to download, install the application

You can download the application ("jar" file) from <http://rebelBit.com> or install it directly on your mobile entering WAP site from your phone (<http://wap.rebelBit.com>).



Good luck:)

Don't give up ... give up smoking!