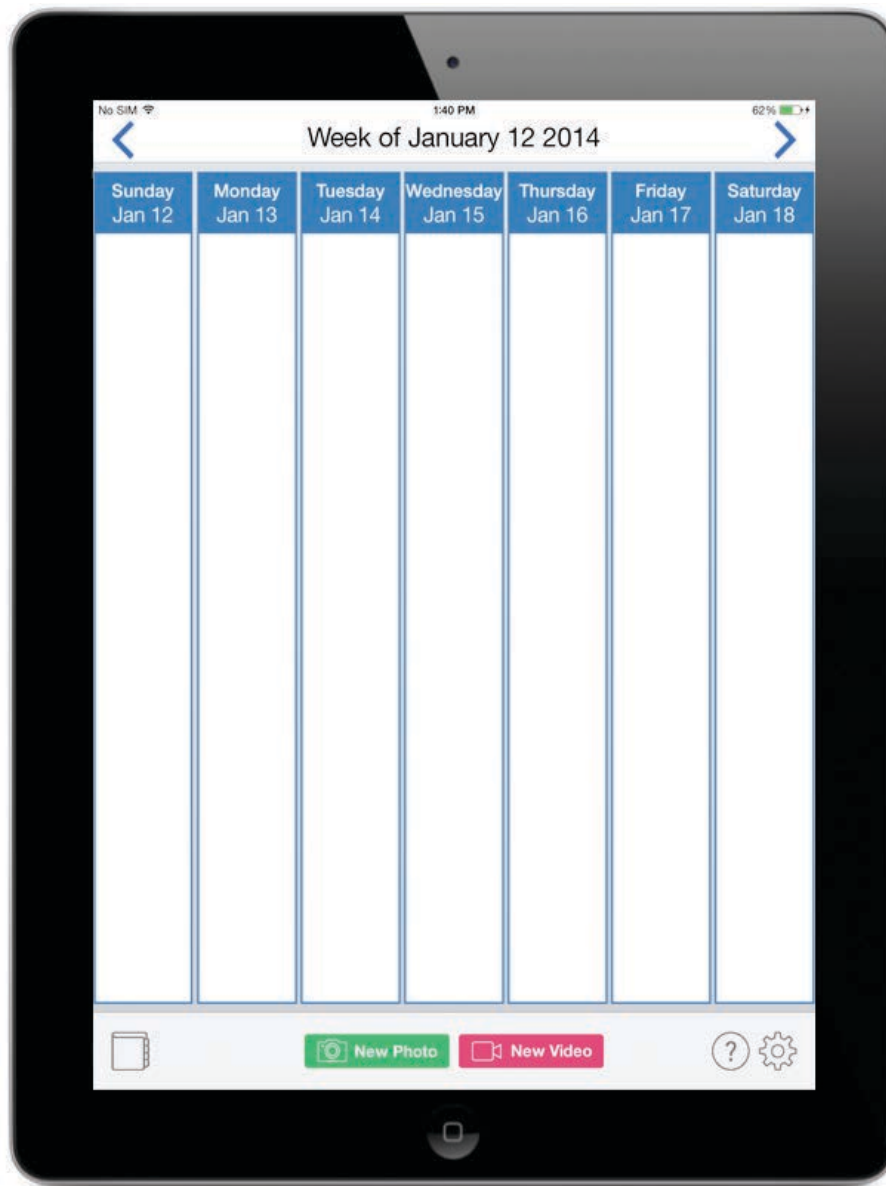


# CanJournal Manual



For iPad devices.



**University  
of Victoria**

## Contents

Introduction .....	3
Screens in CanJournal .....	3
Managing Activities .....	3
Add an Activity: .....	4
Delete an Activity: .....	4
Filming Videos and Taking Pictures .....	5
Describe an Entry .....	5
Watching Your Videos and Viewing Photos .....	5
Delete an Entry: .....	5
Edit or Share a CanJournal Entry .....	6
Calendar View of CanJournal Entries .....	7
Backing Up your CanJournal Entries .....	8
Need More Help? .....	9

## Introduction

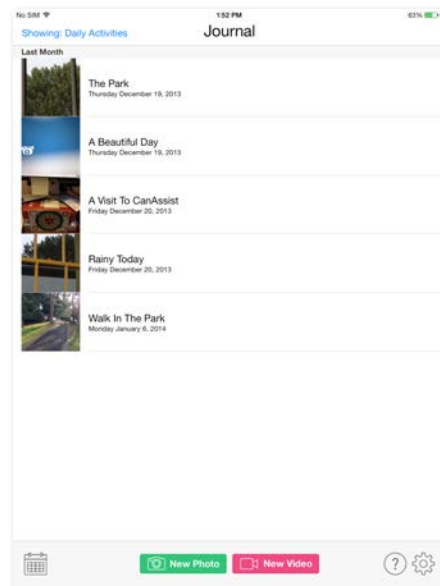
The CanJournal application is designed to help journal daily activities with pictures or short video clips, as well as easily track short term and long term progress in various activities. The activities can be related to rehabilitative tasks, skill development, or just keeping track of where you went each day. This program is intended to be a journal. What you choose to record in it is entirely up to you.

## Screens in CanJournal

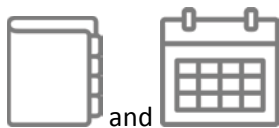
When CanJournal is running on the iPad, it opens up to the Calendar view, which shows all the entries created for a 7-day period, in chronological order. There is a tab bar along the bottom of the screen that allows quick access to commonly used features such as, settings, help, filming a video, and snapping a picture. Touching the bottom left icon will toggle the app between its two modes: Journal, and Calendar.





Calendar Screen



Journal Screen



Use the  and  buttons (located on the bottom left) to toggle between the Calendar and Journal screens.

## Managing Activities

Before you can get started filming videos, you should set up the types of activities that you will be filming. For example, you might create an Activity called Daily Activities for your day-to-day videos, or activities related to your recovery such as Speech Therapy, Physio, Working, or anything you like.

An activity is meant to be a way of grouping of similar entries. Later on, when you browse through your CanJournal entries, you will be able to filter the videos by activity, to make your entry easier to find.



To open the list of activities, touch the settings button on the bottom bar. Then press the

A blue rectangular button with the text "Edit Activities" in white.

button.

### Add an Activity:

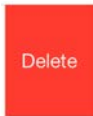
1. Touch the **+** button on the top left to bring up the Add Activity Screen
2. Enter a name for the activity and touch **Save**.  
The new activity will appear in the list.

### Delete an Activity:

1. You can only delete an activity that does not contain any videos.
2. Touch the **Edit** button on the top right.  
The activity list will go into Edit mode.
3. Touch the red circular **-** button to the left of the activity you want to delete







4. Touch the **Delete** button to confirm the delete.



5. Touch **Done** on the top right to exit Edit mode.

## Filming Videos and Taking Pictures

Once you have created some activities, you can start filming videos.


1. Press either the  or  buttons on the bottom bar. The camera screen will open.
2. To start recording a video or take a picture, press  to start recording or  to take a picture
3. To stop recording a video, press the record button again to stop.
4. To save this video or photo, press **“Use Video”** or **“Use Photo”**.

## Describe an Entry

Once you have recorded a video or taken a picture, it becomes an In-Progress Entry. This means that it has been saved, but does not yet have a title or activity associated with it. You can give it a title, describe it, and assign it to an activity using the following steps:

1. Touch the entry just added to today's date.
2. You can play the video, or see full screen images by pressing the thumbnail image to remind you what the entry was about.



3. Press the  button.
4. Enter at least a title and set the appropriate activity.



5. Press the  button to save your changes.

## Watching Your Videos and Viewing Photos

1. Touch the entry you are interested in.
2. Touch the thumbnail presented to display the photo, or watch the video.

## Delete an Entry:

1. Touch the entry you want to delete.



2. Touch the button. The entry will go into Edit mode.



3. Touch the button.
4. Touch the **Delete Entry** button to confirm the delete.

## Edit or Share a CanJournal Entry

Once you have created entries in your CanJournal, the next step is to share them with your friends and family. To do this, must first set up an email account on your device.

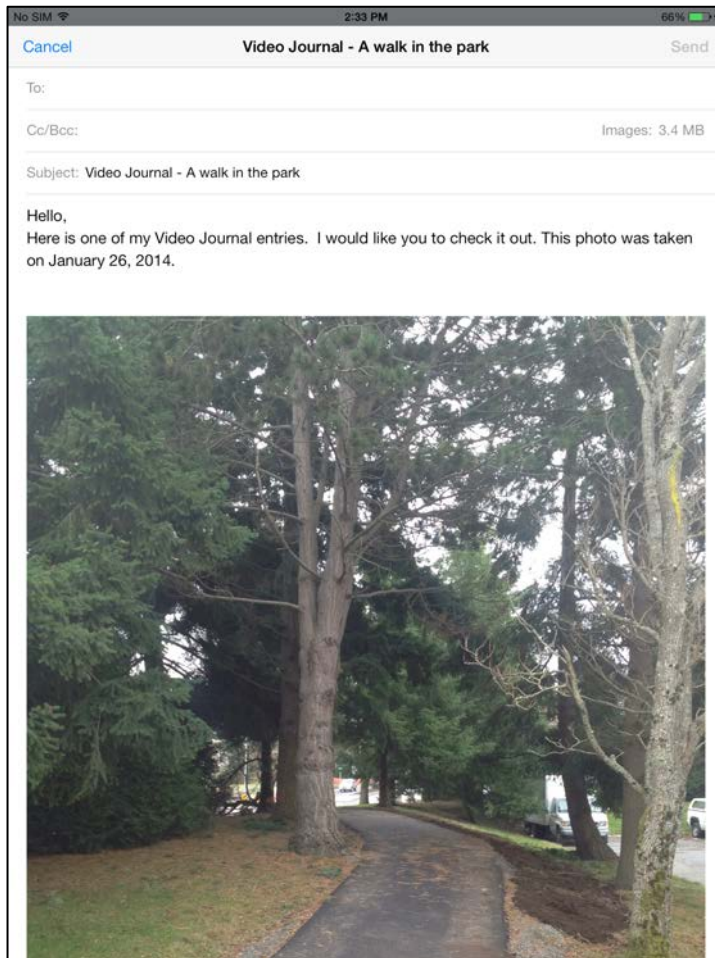
If you want to share an entry with your friends, you can do this when adding the entry, or afterwards.

1. Touch the entry you want to share.



2. Press the button to create an email with the photo or video entry attached to it.

3. Enter the email address of the person you want to send the email to in the To: field, also make any changes you want to personalize the message text.





4. When you are happy with the email content, press Send to complete the email.

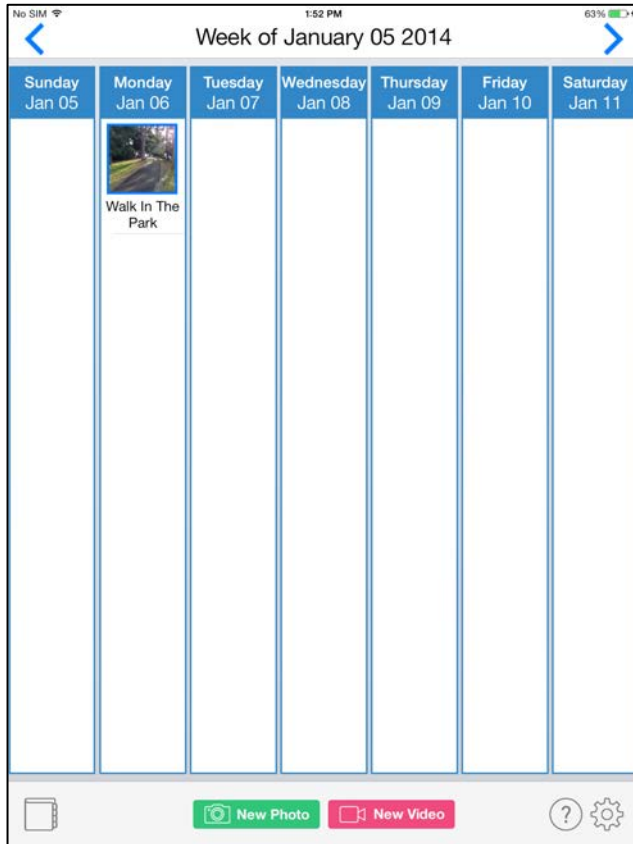
## Calendar View of CanJournal Entries

On the iPad, the CanJournal takes advantage of the larger screen by providing a calendar view. This view shows 7 columns each of which contain the entries for a specific day, in the order they were recorded.

To use the Calendar view

1. The CanJournal must be running on an iPad device. The Calendar view is not supported in the iPhone or iPod versions.
2. Press the Calendar Icon in the bottom tab bar.

3. Use the  and  buttons to navigate to the desired date range. The buttons move the dates forward or backward by seven days.
4. Select an entry to bring up the entry details screen.



## Backing Up your CanJournal Entries

It's important to regularly back up your videos and the CanJournal information. You don't want to lose all your videos if your phone is accidentally lost or broken!

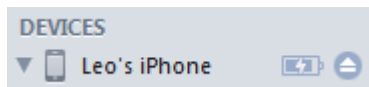


On a Windows PC, back up your videos as follows:

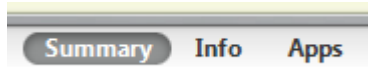
5. Plug the device (iPhone, iPod Touch or iPad) into the computer.
6. You should see an AutoPlay window pop up for your device.



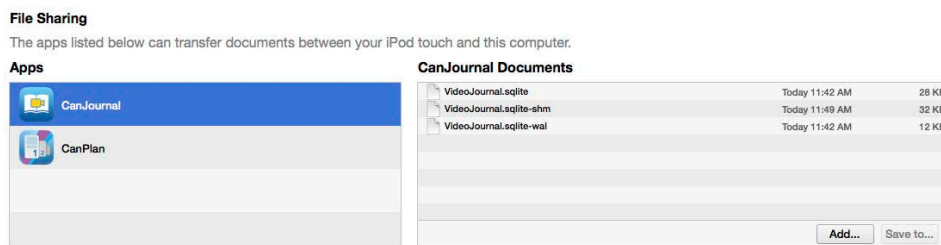
7. Click Import Pictures, and follow the steps of the Wizard.  
Note: Do NOT select the option to Erase after importing
8. Start iTunes, and click on your device under Devices on the left



9. Click **Apps** near the top of the iTunes window



10. Scroll down to the **File Sharing** section and click on the **CanJournal**
11. Click on the **VideoJournal.sqlite** file on the right and click **Save to...**



12. Choose a folder to save the backup to, and click **Select Folder**. Remember the folder you selected!  
Your videos are now backed up.

## Need More Help?

Email your questions or comments to [appsupport@canassist.ca](mailto:appsupport@canassist.ca)