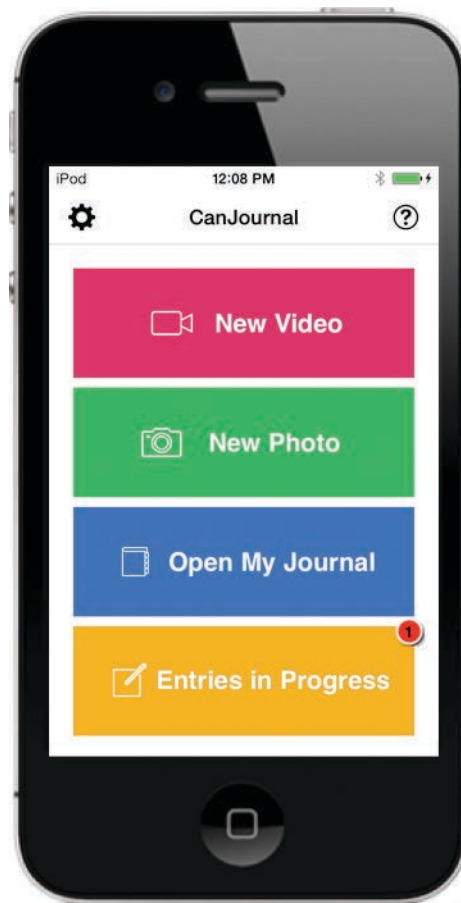


CanJournal Manual

For iPhone and iPod touch devices.



January 2014

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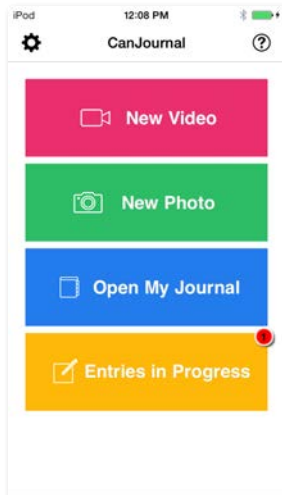
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Introduction

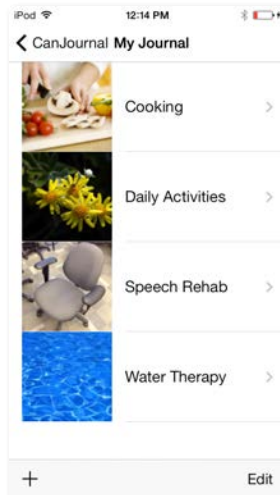
The CanJournal application is designed to help journal daily activities with pictures or short video clips, as well as easily track short term and long term progress in various activities. The activities can be related to rehabilitative tasks, skill development, or just keeping track of where you went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

Screens in the CanJournal

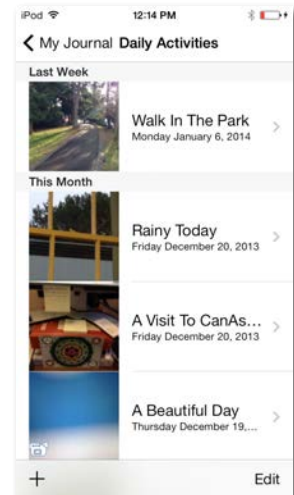
On the iPhone or iPod Touch, CanJournal opens up to the main screen. This screen allows you to access settings (top left), access help (top right), take a picture (**New Photo**), start filming a video immediately (**New Video**), view in-progress videos (**Entries in Progress**), or watch all the videos you have already recorded (**Open My Journal**). Touching **Entries in Progress** will open the list of videos that have yet to be given titles (see the Describe a Video section). Touching **Open My Journal** will open the list of activities, and selecting an activity will open the list of videos.



Main Screen



Activities List Screen



Videos List Screen

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 sort the videos by activity, to make your entry easier to find.

To open the list of activities, touch the **Open My Journal** button on the main screen.

A blue rectangular button with a white document icon and the text "Open My Journal" in white.

Add an Activity:

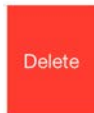
1. Touch the **+** button in the bottom left to bring up the Add Activity Screen
2. Enter a name for the activity and touch **Save**.
The new activity will appear in the list.

Delete an Activity:

1. You can only delete an activity that does not contain any videos.
2. Touch the **Edit** button on the bottom 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.

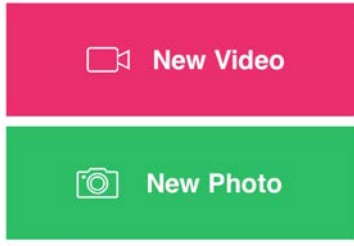




5. Touch **Done** in the bottom right to exit Edit mode.

Filming Videos and Taking Pictures

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

1. Press **New Video** or **New Photo** Button on the main screen. 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 a video press **“Use Video”**. To save a photo press **“Use Photo”**.
5. The main screen will return. The new entry will be placed into the In-Progress Entries button, and the small red indicator will be updated to show how many videos have not been described.

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. Press the **In-Progress Entries** button to open the list of videos that have not been completed.
2. Select the entry you want to describe from the list. New entries will be shown at the top of the list.

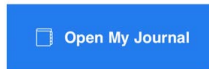


The entry edit screen will open.

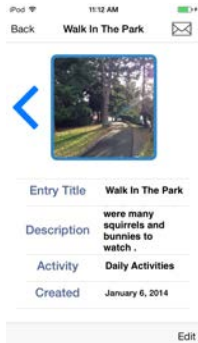
3. You can play the video, or see full screen images by clicking the thumbnail image to remind you what the entry was about.
4. Enter at least a title and set the appropriate activity.
5. Press **Save** on the bottom right.
The video will be removed from the In-Progress videos list. Find it in the Activity you selected by going through the **Open My Journal** button on the main screen.
6. Click the **CanJournal** button on the top left to return to the main screen.

Watching Your Videos and Viewing Photos

1. To view your existing entries, touch the **Open My Journal** button on the main screen.



2. Touch an Activity to open the list of videos in that activity.
3. Touch an entry from the list that you would like to watch. This will open the entry information screen.
4. Touch the thumbnail to load the image or to play that video.



5. When you are finished playing the entry or looking at the image, touch the **Back** button on the top left to return to the list of entries.

Managing Journal Entries

You can add and delete video entries much the same way as adding and deleting activities. You can also edit the video information such as title, description, or activity.

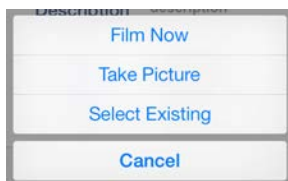
Adding an Entry:

If you have a photo or video on the device that you did not film through the CanJournal, you can add it to the CanJournal as follows:

1. Open the Activity where you want to add the video.
2. Touch the **+** button to bring up the Add Entry screen
3. Touch the question mark image to select a video or photo



4. Select whether you want to film a new video, take a new photo, or select an existing one from the devices album.



5. Choose the existing video or photo from your photo library.
6. Fill in the title field and choose an activity for this entry.
7. Press **Save** on the bottom right.
The entry will be added to the list under the date it was recorded.

Delete an Entry:

1. Go to the activity that contains the entry you want to delete.
2. Touch the **Edit** button on the bottom right. The entry list will go into Edit mode.
3. Touch the red circular button to the left of the entry you want to delete



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



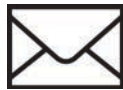
5. Touch **Done** on the bottom right to exit Edit mode.

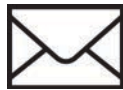
Edit or Share a CanJournal Entry

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.

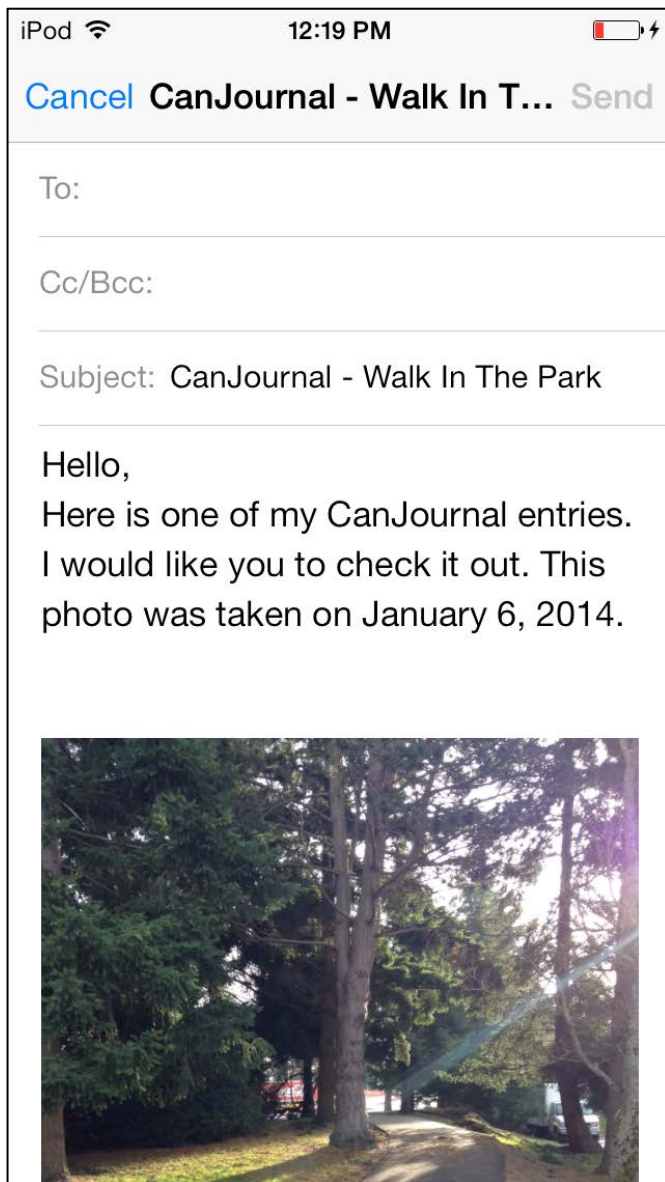
If you want to share an entry with your friends, you can do this when adding the entry, or afterwards.

1. Open the activity that contains the entry you want to share
2. Touch the name of the entry you want to share.



3. Touch the Compose  button in the top right corner to create an email. This email will contain a short message and a copy of the entries contents. If your entry contains a video it will be attached to the email, however some email services might not be able to handle large email attachments.

4. 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.



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

Backing Up your CanJournal Entries

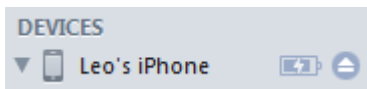
It's important to regularly back up your videos and the CanJournal information. You don't want to lose all your videos if your phone is accidentally lost or broken!

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

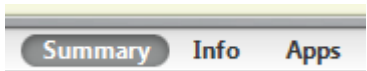
1. Plug the device (iPhone, iPod Touch or iPad) into the computer.
2. You should see an AutoPlay window pop up for your device.



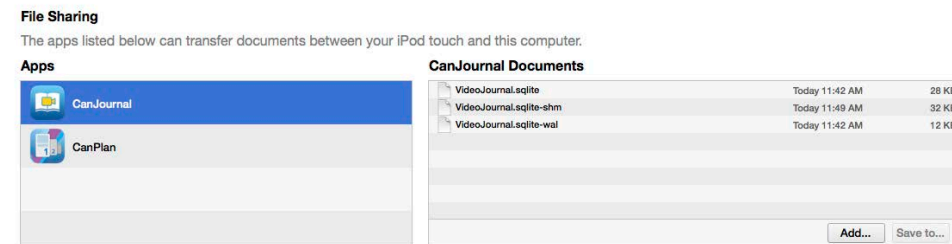
3. Click Import Pictures, and follow the steps of the Wizard.
Note: Do NOT select the option to Erase after importing
4. Start iTunes, and click on your device under Devices on the left



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



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



8. 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