

Copying Databases from Cyprus or LeanBody to BC

The “Import Database” function built into BC is intended to convert data from RJL Systems’ old MS-DOS based programs “Fluid and Nutrition Analysis” and “Weight Manager”. It does not allow you to import data from either Cyprus or LeanBody. However, because BC is backwards-compatible with the database formats used by these programs, migrating your data from Cyprus or LeanBody into BC is as simple as copying your databases into the folder that BC reads its databases from. This document provides an overview of the steps involved.

The directions in this document assume that all RJL Systems software was installed in the default locations, and that the default database folders are being used. If you have staff who are responsible for managing your computer, they may have placed the programs and database files in non-standard locations. It is recommended that you consult your computer management staff before requesting assistance from RJL Systems.

By default, Cyprus (for example) normally expects to find its databases in the folder:

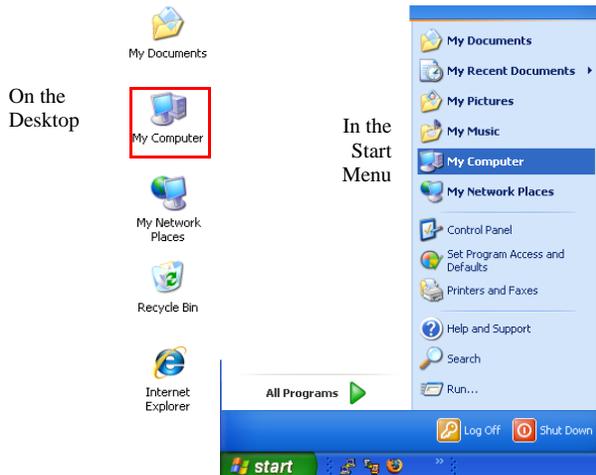
“C:\Program Files\RJL Systems\Cyprus\BodyComp”.

BC looks for them in “C:\Program Files\RJL Systems\BC (Body Composition)\BodyComp”.

Please note that, depending on the version of Windows on your computer and your display settings, the images shown below may look differently than what you see on your screen.

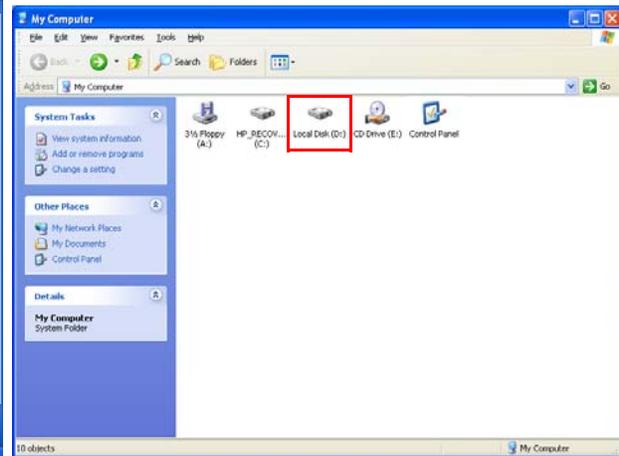
Step 1: Open a “My Computer” Window

Depending on the settings on your computer, the icon to open a “My Computer” window will either be on the desktop or in the “Start Menu.”



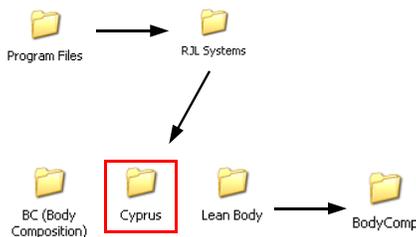
Step 2: Open the System Disk

The name and drive letter assigned to your system disk may vary, but usually it is the “C:” drive. In the image below, it is “D:”.

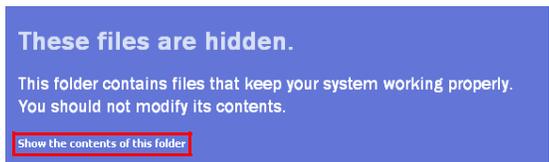


Step 3: Open the Folder Containing the Old Database(s)

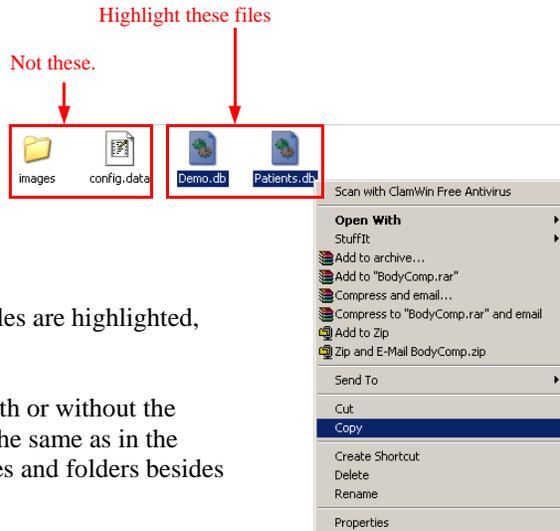
Once you have opened the disk, open the “Program Files” folder. Then open the “RJL Systems” and then “Cyprus” (or “LeanBody”) folders. Finally, open the “BodyComp” folder. Normally, the icons will be listed in alphabetical order, with the folders listed before regular files. If, at any time, the window says that the contents of the folder are hidden, click the link that says “Show the contents of this folder” to see the icons.



The progression to get to the folder containing the databases.



If you see a message saying that Windows is hiding the contents of a folder, click the indicated link to see the files and folders.



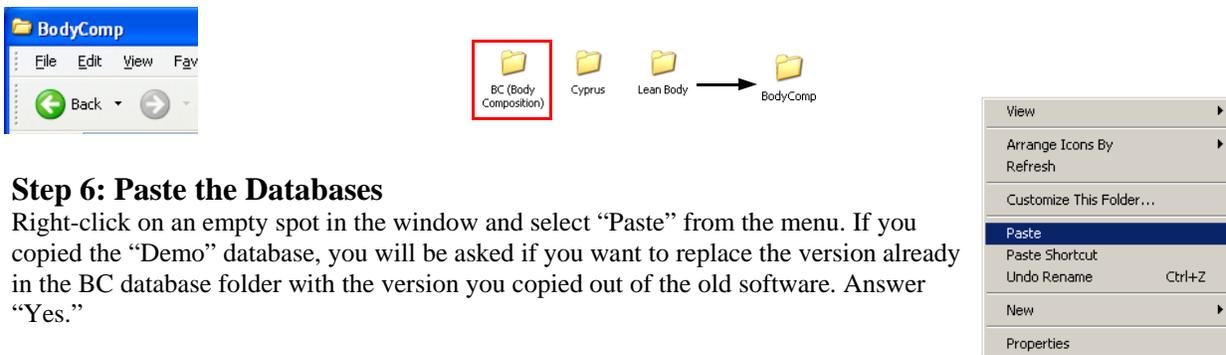
Step 4: Copy the Databases

Use your mouse to highlight the database files. Once the files are highlighted, right-click on one and select “Copy” from the menu.

Depending on your computer’s settings, they may show with or without the “.db” at the end of the file names, but the icons should be the same as in the picture. The BodyComp folder will likely contain other files and folders besides the databases. Only copy the databases.

Step 5: Navigate to the BC Database Folder

Press the “Back” button twice to get back to the contents of the RJL Systems folder. Next, double-click on the BC folder. Finally, Double-click on the “BodyComp” folder.



Step 6: Paste the Databases

Right-click on an empty spot in the window and select “Paste” from the menu. If you copied the “Demo” database, you will be asked if you want to replace the version already in the BC database folder with the version you copied out of the old software. Answer “Yes.”

Your old data will now be accessible from BC. Close the “My Computer” window and open BC. Follow the procedures in the BC manual for opening a database to select one of the databases you just copied.