

# Chronories

by Synium Software  
User Guide



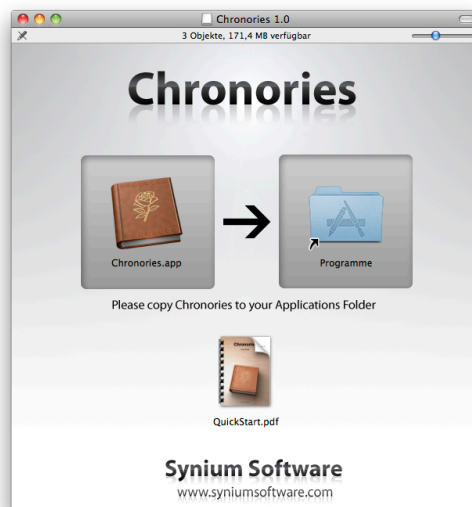
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Welcome.

Thank you for downloading Chronories! Chronories is a smart diary application from Synium Software with just that little extra. This guide will explain the elements of the user interface as well as basic usage.

## Installation and De-Installation of Chronories

2. Download Chronories from our website
3. Double-click the installer file after the download has finished. This installation window will open:



3. Please drag and drop Chronories (the diary icon) into your Applications folder in any case. This is required for Chronories to work properly.



## Registration

Chronories can be purchased from our distribution partner who's linked on our website. Simply click "Buy now" on our website and follow the instructions given there. After checking out from the store, you'll receive an email containing your Serial Number.



This number will unlock all restrictions of the demo version so you end up with the regular application without another download. As long as no Serial Number is entered, Chronories will pop up a window every time you launch it, requesting a Serial Number. Please copy the entire number you received in that text field and confirm.

Please enter the entire Serial Number, including "SYN-MEMO" and all the hyphens which looks similar to the following pattern:

**SYN-MEMO-1234-ABCD-1234-1234-ABCD-1234-ABC**

## Update Chronories

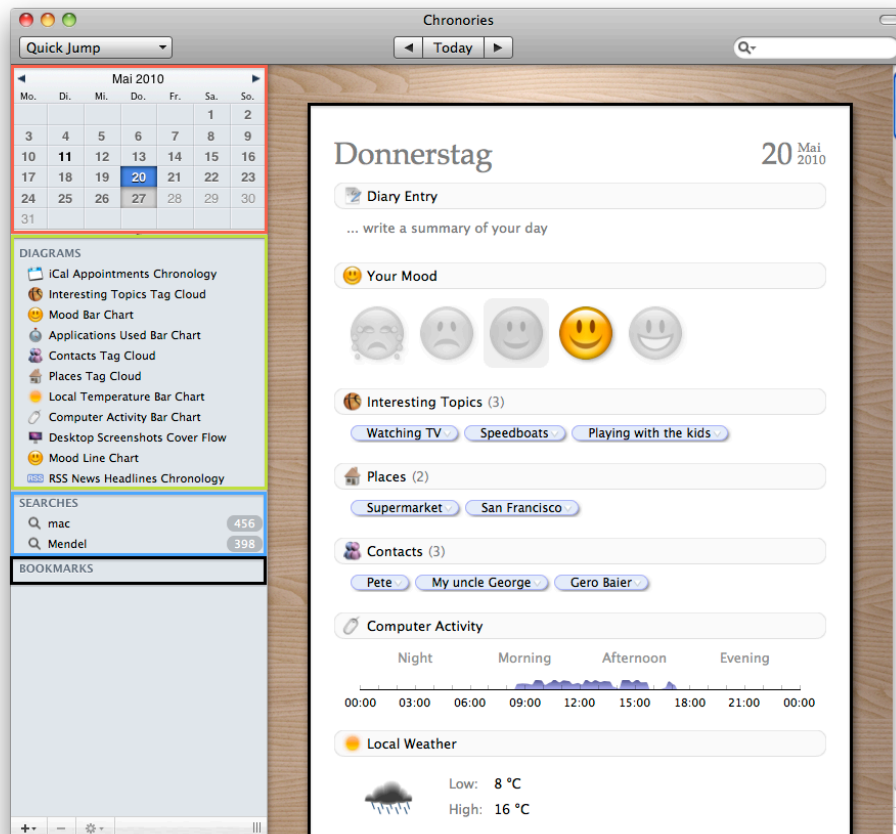
Chronories comes equipped with an automatic update feature. A single click will start the download, installation and relaunch of Chronories. Make sure your Mac is connected to the internet and follow the instructions given by the updater. During installation you are asked for a password. This is your system password of OS X.

# Using Chronories

Chronories is designed to be as easy to learn as possible. The user interface is divided into five major sections:

**Calendar browser**

**Diagrams**



**Searches**

**Bookmarks**

**Diary Page**

## Diary Entry



One of Chronories' main features is, of course, the ability to write your diary. Chronories offers one page per day, identified by the day of the week and the date. This is the place to write your journal entry. In the top left corner, you'll find a calendar, allowing you to freely navigate to a specific diary page.

Click any date in the calendar to open the corresponding page. The "Today" button will return you to today's date immediately. Step by step, this is how to write a diary entry:

1. Select the date for which you intend to enter a diary entry
2. Click below „Diary Entry“ in the main window
3. Now you can write down what you want
4. Go to the Format menu and select whatever formatting option you like

## Fonts, colors, sizes

The "Diary Entry" text field supports full formatting. How to change text parameters:

1. Select a piece of text
2. Click "Fonts" in the Format menu and select the appropriate formatting options like font type, letter size, color, bold, italic or underlined.

In order to change a text block's alignment, select the entire block and choose the appropriate alignment from the Format menu's "Text" entry.

## Your Mood

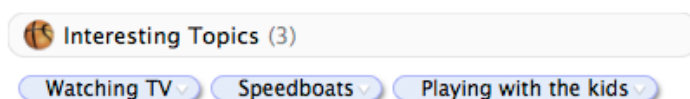


How do you feel today? Click the smiley button that best describes your mood. After a few weeks, you'll have gathered representative data that can be visualized as diagrams. You'll find instructions how to create a diagram in the Diagrams section. You can either use Chronories' main window in order to enter your mood or rely on the menu bar service reminding you once a day.

## Interesting Topics



Enter topics that caught your attention today. Topics can consist of several words separated by blanks. Press the "Enter" key to start your next entry. This is how it could look like after entering interesting topics:

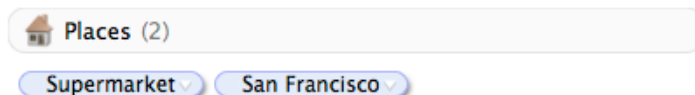


Was it a newspaper headline? Something a friend told you? Something you saw on TV, read in a book or found on the internet? Maybe you're planning a party or a weekend trip? This is the perfect place to collect these topics.

## Places



In the Places section, enter where you've been today. Just as already learned in the „Interesting Topics“ section, entries can consist of one or more words. Press the „Enter“ key to start your next entry. This is how it could look like after entering places:



## Contacts

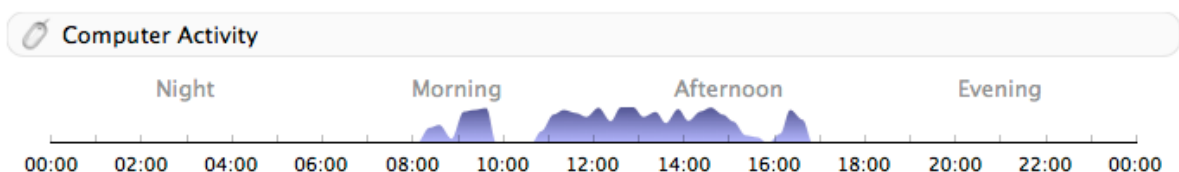


Contacts are gathered automatically from iChat, Adium or Mail.app. Everyone you chat with is listed here. Additionally, contacts from sent or received emails are shown. Delete contacts from the list by clicking them and pressing the Delete key on your keyboard.

## Computer Activity



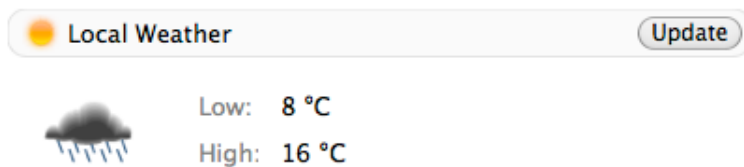
This graph automatically shows you when you used your Mac actively and when it was sitting idle. Higher blue bars mean you were using your Mac intensely: Lower blue refers to medium activity. When moving away from your Mac, you'll notice a white gap. Here you can see an example:



## Local Weather



The very first time you launch Chronories, you're asked to specify your location. Based on that information, Chronories automatically downloads weather data for your area at least once a day. This data is retrieved from Accuweather.com. In case you booted your Mac early in the morning and would like to update that data at noon, click the Update button next to the Local Weather category. This is how it looks like after Chronories successfully gathered weather data:

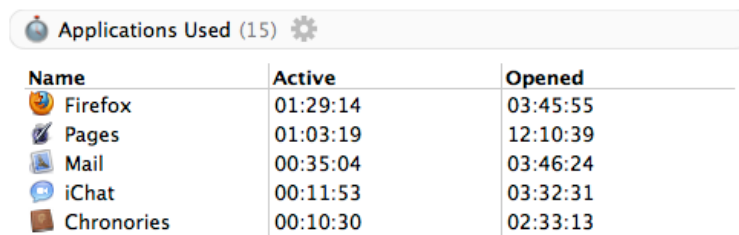


Please note that weather data can only be gathered while your Mac is running. If you don't use your Mac for a week, Chronories can not gather data for that week.

### Applications Used



Chronories automatically tracks all applications you launch, for how long they were running and how long you were using them. The Menu Bar Service has to be active for this feature. This is what you can see after Chronories has been running for a while:



Name	Active	Opened
Firefox	01:29:14	03:45:55
Pages	01:03:19	12:10:39
Mail	00:35:04	03:46:24
iChat	00:11:53	03:32:31
Chronories	00:10:30	02:33:13

There is an application you do not want to be monitored? Ignore or hide this specific application by clicking on the little icon next to the term „Applications Used“. The icon becomes active when you move your mouse to the headline.

What's the difference between „ignore“ and „hide“? If you hide an application, Chronories still tracks its activity but doesn't show you how long that app has been running.

If you ignore it, Chronories doesn't even count the time you have been working with this application. This might be useful if you do not want to see the Mac OS X Finder (which is always active!) on your diary page.

### Music



Chronories can track all the music you listened to in iTunes over the course of a day. Not only does Chronories show you which pieces of music you listened to in iTunes but also how much time you spent with that song. You have new favorite song and listened to it over and over again? Wow, 95 minutes you spent with one song! Quite interesting information Chronories is gathering for you.

Please see for yourself:

- 1) Open iTunes
- 2) Start a song and listen to it
- 3) Stop that song or switch to another one



4) Chronories will show you this on the main page:

Music (10)			
Song	Artist	Album	Duration
A Legend In My Time	Johnny Cash	America...	3 Minutes, ...
Country Boy	Johnny Cash	American II	2 Minutes, ...
Love's Been Good t...	Johnny Cash	America...	4 Seconds
Memories are mad...	Johnny Cash	American II	2 Minutes, ...
Rose of My Heart	Johnny Cash	America...	31 Seconds
Rowboat	Johnny Cash	American II	3 Minutes, ...
Rusty Cage	Johnny Cash	American II	2 Minutes, ...
Sea of heartbreak	Johnny Cash	American II	2 Minutes, ...
Spiritual	Johnny Cash	American II	9 Seconds
The one rose	Johnny Cash	American II	2 Minutes, ...

## RSS News Headlines

RSS is one of THE internet technologies when it comes to gathering information.



RSS feeds are available from most news websites, giving you just the headlines to sort out the information you're interested in and read the full article then.

Please add Feeds you're interested in (from your favorite news site, for example) in the Chronories Preferences:

- 1) Open the preferences in the Chronories menu and select the Categories pane
- 2) Click on RSS
- 3) A new sheet appears, click on the plus button on the bottom
- 4) Enter the RSS feed

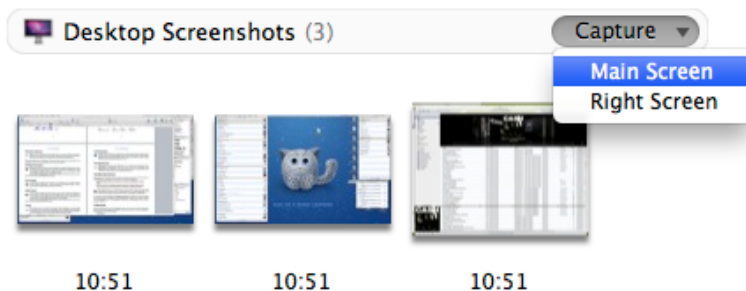
## Desktop Screenshots



Capture your Mac's screen to see your background images change over time, see the differences between Mac OS X versions or easily take a snapshot of a video chat. Click the Capture button, in case you've set up a second display, select which display to capture from the pulldown window.

You can either use Chronories' main window in order to take screenshots or rely on the menu bar service reminding you once a day.

Screenshots you have taken on one day, sorted by date:



## Other Images



Drag and drop images from the Finder or your Desktop into the “Other Images” area or click the “Add Image...” button to browse to the image’s location. You can store whatever image you’d like to save for that day.

## iSight Photos



Take a portrait snapshot and see how your hair and your clothing changed over the course of a month. Click the “Take Image” button. A live view window will open. Click the “Take Image” button in that window. A countdown will start and the image is taken and automatically added to your journal page.

You can either use Chronories’ main window in order to take a photo or rely on the menu bar service reminding you once a day.

## e-mails



All e-mails sent and received with Apple’s Mail application can be tracked automatically and are then stored as backup copies in Chronories. The Menu Bar Service has to be running for the e-Mails feature to work. If you delete an email in your mail application, this message still is stored within Chronories. When you open Chronories’ category preferences and double click on „email“, you can define certain mail accounts. Attention! This does not include or exclude mail accounts from being logged (which is not possible). Defining mail accounts there just tells Chronories to automatically gather „contacts“ from emails, that are being sent or received through this account.

## Chat Statistics



Find out who you’re chatting with the longest. Chronories tracks start time and duration, as well as your chat partner. Chat Statistics supports iChat as well as Adium. The Menu Bar Service has to be running for this feature to work.

## Visited Websites



Register which websites you visited today in Safari, Firefox or Chrome. Either sorted by domain name or like a browser history, Chronories will save this information for you automatically. Double-click an entry from the list in order to open that website in Safari. Visited Websites requires the Menu Bar Service to run.

## iCal Appointments



Chronories will scan your iCal calendars for you. That way, you'll have all of your appointments in Chronories, right next to the rest of your information. Use Chronories' search feature for a full text search through your appointments and find all your hockey games or all meetings with Kathrin.

## The Menu Bar Service

Chronories comes equipped with a service that is started at system boot time and will run in the background. Using this service gives you two major advantages:

1. Chronories doesn't have to run all the time in order to automatically log all your data
2. The service can be a constant reminder, helping you to keep writing your diary daily, entering your mood, taking photos of yourself or making screenshots.



After clicking the icon in the Menu Bar, you'll be able to enter your mood, take Screenshots and photos with your iSight without even launching Chronories. The Menu Bar Service logs all information activated in the Categories Preferences.

In case you're not comfortable with Chronories logging the websites you visit or anything else, simply change the settings in the Preferences Menu. Remove, for instance, "Music" from the Categories list in the Chronories Preferences so Chronories will not track the music you listen to.

## Preferences

Open the Preferences from the "Chronories" menu. The second tab, called "Categories" lets you define which categories to include in your diary, the order in which they appear on the diary page and setup for example

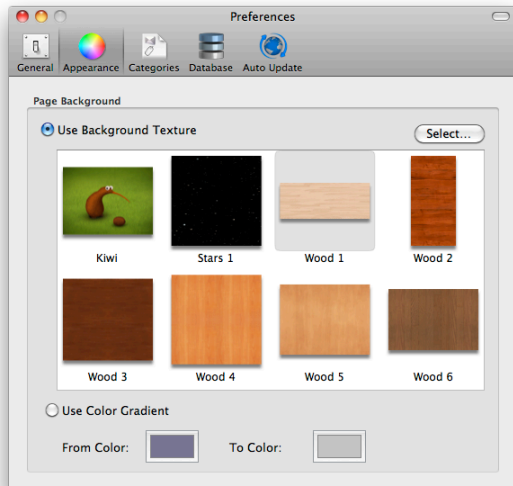
- RSS feeds
- your location for automatic retrieval of weather data and
- which mail accounts to monitor.

### General

The General settings let you configure the Menu Bar Service's behavior. You want to be reminded about today's pending entries? The menu bar service can either show you a red badge or even let that badge flash in order to tell you: Please don't forget to enter information for that day!

### Appearance

Select your preferred background color, the wood texture or whatever picture you'd like to have. You can even add your own images by clicking on the Select button.



### Categories Preferences

Within the “Categories” preferences window:

1. Add or remove items from the list by clicking the plus and minus buttons below the list.
2. Change the diary page items' order by dragging them in place within the list.
3. Setup the items by double-clicking them in the list. This is possible when seeing the .-Icon next to the item's name

### Database Preferences

Here you can protect your database using a password, change that password, remove the password altogether or delete the entire database. Attention: After deleting the database you're data cannot be restored anymore!

After defining a password, nobody can access your data in Chronories without knowing what your password is.

## Auto Update

Activate or de-activate automatic checking for updates. In case you'd like to install new versions as soon as they reach beta status, check the second option. The last option allows you to submit or suppress anonymous transfer of hardware version (for example iMac 20" late 2008 model), RAM and Graphics Card Memory and operating system version (i.e. Mac OS X 10.6.2) whenever an update is installed. This basically helps us get an idea of the average user's hardware operating speed and RAM configuration so we can optimise performance accordingly.

## Diagrams

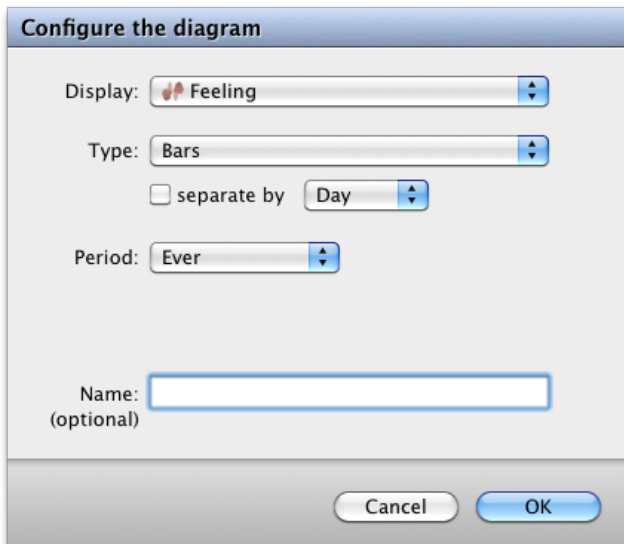
In the main window's lower left part, there's the Diagrams section. One diagram per item is preset, add a diagram by clicking the plus button below the left hand column, remove it with the minus button and double-click a diagram to change its settings.

In the Diagram Configuration window, you'll be able to select which item to visualize, over which period of time and which sort of diagram to generate. This will allow you to see, for example, how often you had nice weather over the last month in a bar chart or see how your mood changed over the course of a year.

So how to create a diagram?

1. Click on the plus button on the bottom left
2. Select „new diagram“
3. Chose which categorie should be visualized
4. Define the Chart style
5. Select the time frame: „Ever“ visualizes from the first to the last entry Chronories has gathered. A certain time frame „from day x to day y“ uses the time in between.
6. Optionally chose a name for that diagram





7. Now select your new diagram in the left side bar

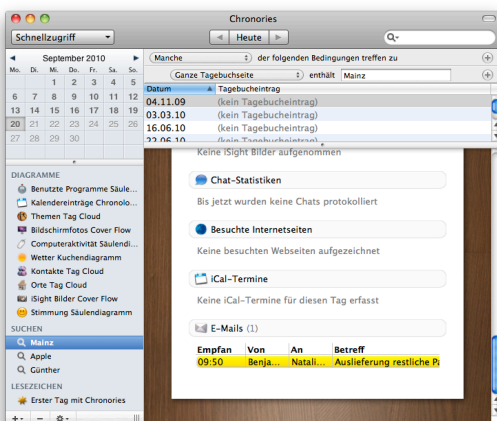
## Searching

Writing a diary is only helpful if you can easily retrieve the information whenever you need to. Chronories gives you a comprehensive full text search field, as well as saved searches which automatically collect search results in background.

### Search field

There's a search field in the top right corner for ad-hoc searches. Enter "Susan" and the search results will show you every mail to or from Susan, every Chat with her and every text entry that mentions her.

Choose any search result from the list and the corresponding diary page will open. The word "Susan" will be highlighted, helping you find the right spot more easily.



### Saved searches

In the left hand column, you can define search pattern presets for regular use. If you need to combine several search words and criteria, this is the right place to do so.

Let's say you want to see all your RSS News Headlines about Apple.

1. Click the plus button in the main Window's bottom left corner.
2. Select "New Search".
3. A Configure Search dialog will open.
4. Name the search "Apple".
5. With your new Search selected, choose "Any" in the first drop-down menu.
6. Select "RSS-Feeds" from the drop-down.
7. Enter "apple" in the text field
8. Click the plus sign again and select the RSS-Feed
9. Now enter "mac" in the second text field as news might not specifically mention Apple but the mac.



This saved search will automatically find all RSS-feeds mentioning Apple or the Mac. If any new Apple-related RSS headlines are gathered, these are added to your search results.

This kind of Saved Search can be applied to all your data so you won't miss any important information ever again.

## Bookmarks

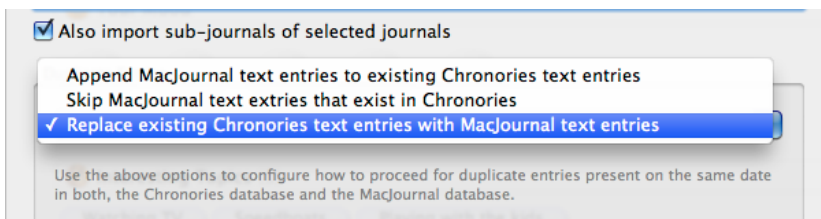
Bookmarks are a way of quickly finding a specific diary page within your data:

1. Click on a date in the Calendar browser (top left)
2. Now click the plus button in the bottom left corner and select "New Bookmark"
3. By default, this bookmark is named after the date you just bookmarked
4. Double-click the bookmark in the left column
5. Rename it so you'll easily recognize it when you need it

## Importing MacJournal entries

Chronories allows you to import entries from MacJournal.

1. Open the File menu
2. Select Import -> MacJournal
3. A sheet opens that allows you to select the MacJournal database
4. Select the journal you want to import
5. Chose the import behavior, if there are entries in MacJournal and Chronories on the same day. You can append these entries, skip those days or replace Chronories entries by MacJournal entries.



There is still something you urgently need to know? Just contact our email support:  
<http://www.syniumsoftware.com/en/support/>

## Frequently asked questions

1) Chronories doesn't log anything on my computer!

Answer: Be sure to active the Menu Bar Service. This can be done by opening the preferences of Chronories or by accessing the Menu Bar Service in the Chronories menu.

2) I am using an application that can't be accessed by Chronories. What now?

Answer: While Chronories is able to monitor applications such as Mail.app, iTunes, Safari, Firefox and several more, we have to add support for new applications manually. Most companies chose to user their own way of storing data so there as to be an own importer for each app.

3) Will there be an iPhone/iPad version of Chronories?

Answer: Yes, definitely! We hope to release Chronories for iOS until early 2011.

4) I want to synch my Chronories database with another Mac. How can I do that?

Answer: Right now, you can't! We have planned to add a synchronisation feature but it isn't ready yet.

5) I want to create a backup of my data. How?

You can export your Chronories database. Open the file menu, select „Export“ - Chronories Archive, then export all data you like. If you like, you can even import this file on a different Mac.

If you like to import your data, just select „Import“- Chronories Archive, then chose the file you want to import.