NOTE: Side 1 of BIORHYTHM contains an 8K RAM version of the program with instructions. Side 2 contains a 16K version with instructions. The initial hardware hookup instructions for both versions are identical. The overall instructions listed here will begin with side 1, then switch to an explanation for side 2, which is slightly different.

1. Insert an ATARI® BASIC (Computing Language) Cartridge into your ATARI 400™ or ATARI 800™ computer console slot. (Insert in the LEFT CARTRIDGE slot on the ATARI 800 console.)

2. Make sure the ATARI 410™ Program Recorder is properly connected to the computer console, and to a wall or power outlet. (See your Program Recorder Owner’s Manual for further details, if necessary.)

3. Turn your television on.

4. Power up the computer console by pressing the POWER switch on the right side of the console to ON. (When an ATARI Printer and/or Disk Drive is connected to your system, it is possible to have loading problems, depending on how your computer console and peripherals are interconnected. Your best bet is to connect the Program Recorder directly into the computer console. If loading problems persist, consult the appropriate ATARI Owner’s Manual.)

5. If all equipment is properly connected and powered up, your television screen should be displaying the READY prompt, with the white square “cursor” just below.

6. Insert side 1 of the BIORHYTHM Program Cassette into the ATARI 410 Program Recorder, REWIND the tape all the way to the beginning if it is not already at that position. When the tape stops, push STOP (STOP/EJECT).

7. Type CLOAD on the computer keyboard and hit RETURN. The “beep” sound is a reminder to press PLAY on the Program Recorder. Hit the RETURN key again on the computer console. You will notice through the window of the Program Recorder that the tape is turning, which means that the beginning of the program is being loaded into the computer.

8. When the READY prompt is again displayed on the screen, type RUN on the keyboard and hit RETURN.

9. The screen display will now show an ATARI logo along with a LOADING BIORHYTHM message. An audio track with music will accompany this process and will provide you with some additional information.

10. At the conclusion of this loading process the introductory display for the ATARI BIORHYTHM (8K) program will be shown on the screen. At the bottom of the screen will be the question: INSTRUCTIONS Y/N? . If responding yes, type Y on the keyboard. If responding no, type N. (It is a good idea to read the instructions the first time you play.)

Next you will be asked HARDCOPY Y/N? . If you have an ATARI Printer connected to your system, you may receive a printout of the instructions by pressing Y on the keyboard. (The Printer will wait until the last display of instructions appears on the screen before it begins to print.)

11. If you respond no (N) to the INSTRUCTIONS Y/N? question, the computer will immediately begin loading BIORHYTHM. After responding yes (Y), however, the screen display will show the following explanation and instructions:

BIORYTHM

The ‘Biohythm’ theory states that human lives move in predictable wave-like patterns involving three separate cycles:

(a) Physical 23 days
(b) Emotional 28 days
(c) Intellectual 33 days

There are three major areas to this chart to be observed:

LOW CRITICAL PEAK

PRESS RETURN TO CONTINUE
12. After pressing **RETURN**, the following display will appear on the screen:

```plaintext
**BIORYTHM**

** CRITICAL **

The day that the cycle switches from peak to low or low to peak is a CRITICAL day. It is defined as a day neither UP nor DOWN, but in a neutral state.

(A) Physical cycle: People tend to be accident prone.

(B) Emotional cycle: Emotional outbursts are possible.

(C) Intellectual cycle: Not as important by itself. It does coincide with the other two cycles, having a contributory effect.

PRESS RETURN TO CONTINUE
```

13. The next display (after pressing **RETURN**), will be as follows:

```plaintext
**BIORYTHM**

** PEAK **

(A) During the 11-1/2 peak days, is a good time for intensive training in athletics or for any activity requiring physical stamina.

(B) During the 14 peak days, both men and women are prone to cheerfulness, cooperation, and a positive outlook on life.

(C) During the 16-1/2 peak days, it is easier to study, write creatively, understand mathematics or pursue any intellectual efforts.

PRESS RETURN TO CONTINUE
```

**NOTE:** In the above display as well as in the next display, (A) represents the Physical cycle, (B) represents the Emotional cycle, and (C) represents the Intellectual cycle.

14. The next display will be:

```plaintext
**BIORYTHM**

** LOW **

(A) During the 16-1/2 low days, people are aware of a reduced vitality and endurance. In short, you may tire easily on these days.

(B) During the 14 low days, people have tendencies toward moodiness and negativism.

(C) During the 11-1/2 low days, capacities are lessened. These are days better spent in review or practice.

PRESS RETURN TO CONTINUE
```

15. The last display of instructions will appear on the screen as follows:

```plaintext
**BIORYTHM**

The biorhythm can be printed on the screen, printer or both. You select an option at this time. Only numeric entries can be entered.

(1) Enter your birthdate
    Format of MM/DD/YY

(2) Enter the month desired
    Format of 1-12, press **RETURN** if entire year is desired

(3) Enter the year desired
    Program will then proceed to print out the biorhythm.

PRESS START TO LOAD
Use CONTROL-I to halt printout.
```

16. Press **START** on the console to load the program into the computer. A **LOADING BIORYTHM** message will appear toward the bottom of the screen.

17. After the program has been loaded into the computer, the following display will automatically appear on the screen.

```plaintext
**ATARI PERSONAL COMPUTER SYSTEM BIORYTHM**

(1) SCREEN ONLY
(2) SCREEN + PRINTER

SELECTION(1)
```

If you want the biorhythm displayed on the screen only, type 1. To have the biorhythm displayed on the screen and printed on an **ATARI® Printer**, type 2.

Next you must enter the birthdate of the biorhythm desired.

```plaintext
**ATARI PERSONAL COMPUTER SYSTEM BIORYTHM ANALYSIS**

(1) SCREEN ONLY
(2) SCREEN + PRINTER

SELECTION(1)

BIRTHDATE 01/04/5Y
```
Use a 0 whenever the number you are entering does not consist of two digits. For example, if the birthdate is January 4, 1954, you must enter 01 (where the screen shows MM), then 04 (for DD), and 54 as the year (for YY). Your entry for the above example would look like this: 01/04/54.

18. Lastly, enter the month and year of the biorhythm desired. Again, enter a 0 when the number of the month you are entering does not consist of two digits. (For example, 09 for September). Press RETURN instead of entering numbers for the month if you want the entire year listed. Use four digits to designate the year desired.

After you have entered the year, the program will automatically begin to print the biorhythm. To stop printing the biorhythm, press CTRL and 1 simultaneously. To continue printing the same biorhythm, press CTRL and 1.

At the end of each biorhythm listing, press START and you're ready to begin again.

NOTE: During the course of making entries on the computer keyboard, you may accidentally hit the Reverse (Inverse) Video Key  or the Lower Case Key  . If this occurs, you may notice that the computer is not accepting your input correctly, or that "garbage" characters are appearing on the screen.

Press the  key, and/or press the  key and the  key simultaneously to return to normal text.

BIORHYTHM - Side 2 (16K)

1. Insert side 2 of the BIORHYTHM cassette tape into the ATARI® 410™ Program Recorder. RE-WIND the tape all the way to the beginning of that side, then press STOP (STOP/EJECT).

2. Follow Steps 7-15, as explained for side 1. (The screen display in Step 15 contains slightly different information than you will find on the side 2 version. Also, there will not be an audio track, as explained in step 9).

3. After the program has been loaded into the computer, you first task is to enter a name.

You have 15 spaces on the screen in which to enter a name. If you use less than 15 spaces, press RETURN to go on to the next entry.

4. The next entry concerns printing. If you want the biorhythm displayed on the screen only, type 1. To have the biorhythm displayed on the screen and printed on an ATARI Printer, type 2.

5. Next enter the birthdate of the biorhythm desired. Use 0 whenever the number you are entering does not consist of two digits. For example, if the birthdate is September 26, 1950, you must enter 09 (where the screen shows MM), then 26 (for DD), and 50 as the year (for YY). Your entry for the above example would look like this: 09/26/50.

6. The final entry is the RANGE OF BIORHYTHM desired. Use a 0 whenever necessary. The range of the biorhythm must be within the same year. If you wanted a biorhythm readout for the entire year of 1980, your entry would look like this:

   ATARI PERSONAL COMPUTER SYSTEM
   BIORHYTHM
   (1) SCREEN ONLY
   (2) SCREEN + PRINTER

   SELECTION (1)
   BIRTHDATE 09/26/50
   RANGE OF BIORHYTHM
   01/01/80 TO 12/31/80
   ENTER FOR SAME YEARS

   After you have entered the range, the program will automatically begin to print the biorhythm. To stop printing the biorhythm, press CTRL and 1 simultaneously. To continue printing the same biorhythm, press CTRL and 1.

At the end of each biorhythm listing, press START and you're ready to begin again.
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In California (800) 672-1430
Continental U.S. (800) 538-8547

or write to: Atari, Inc.
Customer Service Department
1340 Bordeaux Drive
Sunnyvale, CA 94086

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