

**PACKAGE ID** - 001230IBMPC00 JLD

**KWIC TITLE** - Calculation of Personalized Argonne  
Anti-Jet-Lag Diet Plan

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**LIMITATION CODE** -COPY                   **AUDIENCE CODE** - LIM

**COMPLETION DATE** - 07/01/1998   **PUBLICATION DATE** - 07/01/1998

**DESCRIPTION** - The software lets a traveler or the traveler's agent enter key information about a specific travel itinerary and then computes and displays an Argonne Anti-Jet-Lag Diet plan tailored to the individual itinerary. The Argonne Ant-Jet-Lag Diet helps people who travel across three or more time zones avoid or minimize jet lag by greatly speeding their adjustment to a new time zone. The software displays precise date and time information about when to start and end the Argonne Anti-Jet-Lag Diet plan, when to eat meals, and what to eat. It also displays tips and answers common questions about the diet plan and how best to implement it.

**PACKAGE CONTENTS** - Media Directory; Software Abstract; ANL News Release; Media Includes Source Code, Executable Module, Auxiliary Material, Data File (Time Zone Data), Readme Text Installation Instructions and User's Manual;

**SOURCE CODE INCLUDED?** - Yes

**MEDIA QUANTITY** - 2 3.5 Diskettes

**METHOD OF SOLUTION** - Standard functions are used to manipulate date variables and display the results as strings.

**COMPUTER** - IBM PC

**OPERATING SYSTEMS** - Windows 95

**PROGRAMMING LANGUAGES** - Microsoft Visual Basic 5.0

**SOFTWARE LIMITATIONS** - The entire package is about 1.7 Mbytes, small enough to easily fit on two standard 1.4 Mbyte disks and can be easily duplicated and distributed, even over the internet. The author is unaware of any serious limitation to using and distributing the software provided the files, Msvbvm50.dll and Comdig32ocx are located in the computers Window System folder. Anyone who purchases Microsoft Visual Basic 5.0 is automatically licensed by Microsoft Inc to distribute these files with applications developed in Visual Basic.

**SOURCE CODE AVAILABLE (Y/N)** - Y

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**UNIQUE FEATURES** - To the best of the author's knowledge, this is the only software that both (1) runs on the common Windows 95 operating system and (2) provides the user with a personalized Argonne Anti-Jet-Lag Diet plan.

**OTHER PROG/OPER SYS INFO** - The software exists currently only in Visual Basic, but the code is small and the language well known, so it can easily be converted to other programming languages if desired.

**HARDWARE REQS** - An IBM compatible PC equipped with a minimal size hard drive and standard 1.4Mbyte disk drive is required.

**TIME REQUIREMENTS** - A user familiar with the software should be able to enter the required data and display his or her personalized Argonne Anti-Jet-Lag Diet plan in about 30 seconds of real, wall-clock time.

**REFERENCES** -

**ABSTRACT STATUS** - Released AS-IS 8/17/1998.

**SUBJECT CLASS CODE** - Y

**KEYWORDS** -

COMPUTER PROGRAM DOCUMENTATION  
J CODES  
SCHEDULES  
AIR TRANSPORT

**EDB SUBJECT CATEGORIES** -  
990200

**SPONSOR** - DOE/ER

**PACKAGE TYPE** - AS - IS