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“Dietary Intake and Exercise Tracking”

Pocket PC and Windows Mobile Edition

User Manual

Rev 1.a

- 1 -

Disclaimer

Diet Partner is designed to be used as a dieting aide. As with any diet always consult a doctor before making changes to your diet and or Activity level. Diet Partner and the recommendations it provides are only suggestions and should not be acted upon without first consulting with your doctor. You are responsible for your own health and physical limitations. Diet Partner will help you achieve your health goals, It is up to you to set realistic goals and follow its direction in moderation.

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Product Support

If you should have any questions during the installation or use of your Diet Partner software, please contact the Product Support Department at:

Telephone: (707) 591-9872

Email: Support@GraphXSoftware.com

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1 Introduction

1.1 About Diet Partner

Diet Partner software for Pocket PC and Windows Mobile devices provides relevant, actionable charts on your diet to drive smarter dieting / exercise decisions for dieters and healthy people of all ages. Diet Partner provides an easy to use interface, ready-to-go right out of the box. Engaging User Interfaces ease of use and speed make it easy to stay consistent with any diet. Performance summaries to provide the short term goals that get you to your goals before you know it.

The Non Technical interface makes it easy to use and learn. Diet Partner is designed to be Your “Diet Partner”. It will help you monitor your progress and track your results, while you have fun.

To fully access its full capabilities, although not necessary, Diet Partner should be installed on a Smart Device that has access to the internet, either through being docked with active sync or connected through an alternate method, being connected allows Diet Partner to share and benefit from shared community menus and exercise programs.

1.2 How to use this guide

This User manual is for use with the Diet Partner Mobile Edition software application. This Guide is designed to walk you through practical examples of the applications features and functionality.

In addition to step-by-step procedures, the manual also focuses on the reasoning and thought process behind its functionality. Appendixes include field by field descriptions and automated User Interface functionality sections.

1.3 How Diet Partner Works

Diet Partner software collects and processes dietary intake and exercise information for individual or multiple user profiles. Each user profile is defined by the following values:

- **Gender**(sex)
- **Full Name** (First and Last Name)
- **Age** (integer)
- **Initial Weight** (integer)
- **Goal Weight** (integer)
- **Goal Date** (Date)
- **Height** (Feet & Inches)
- **Resting Heart Rate** (integer)
- **Max Heart Rate** (integer)
- **Initial % Body Fat** (integer)
- **BMR Basal Metabolic Rate** (integer)
- **Primary Tracking Type** (type)
 - **Minimum Value** (integer)
 - **Maximum Value** (integer)
- **Secondary Tracking Type** (type)
 - **Minimum Value** (integer)
 - **Maximum Value** (integer)
- **Macronutrient Targets**
 - **Carbohydrate %** (integer)
 - **Fat %** (integer)
 - **Protein %** (integer)
- **Daily Counters:**
 - **Counter A**
 - **Name** (string)
 - **Icon** (icon)
 - **Counter B**

- **Name** (string)
- **Icon** (icon)
- **Counter C**
 - **Name** (string)
 - **Icon** (icon)
- **Counter D**
 - **Name** (string)
 - **Icon** (icon)

Primary and Secondary Types are what determine the how much you can eat each day/week/month, they can be any one of the following:

- Calorie
- Units
- Carbohydrate
- Fat
- Fiber
- Protein
- Sodium

Based on the active user profile, a daily caloric deficit requirement goal is calculated that promote your weight loss goal. This Daily goal, in conjunction with your caloric intake, gives you a heads up display of your dietary plan, macronutrient breakdown and Activity requirements for the given day.

Charts provide a means through which Progress can be graphed visually providing the diet intelligence to identify trends and patterns in your habits, exercise routines and consistency.

A built in trainer is always handy (on the progress page) to provide recommendations based on your performance. It will score your progress and make diet and Activity recommendations.

1.4 Diet Partner Features

- Unlimited User Profiles
- Audio Voice Prompts
- Food Intake Tracking
- Tracking of 7 Food Macro/Micro Nutrients
 - Calories
 - Fat
 - Fiber
 - Carbohydrates
 - Sodium
 - Protein
 - Food Units
- Unlimited Custom Food Items
- 4000 Food Item Database
- Integrated Online menu sharing
- Exercise and Activity Tracking
- Tracking of Activity details
 - Distance traveled
 - Calories burned
 - Weight lifted
- 1000 Activity Item Database
- Integrated Online Activity / workout sharing
- 12 Reports, 72 Report / Range Combinations
 - Weight vs. Body Fat
 - Caloric Intake
 - Caloric Expenditure
 - Food Nutrients
 - Caloric Intake vs. Expenditure
 - Expected vs. actual weight loss
 - Daily Counters

- Activity vs. Diet Deficit
 - Macronutrient Percents
 - Activity by Day
 - Weight Lifted
 - Distance Traveled
- 6 Report Date Ranges
 - 7 days
 - 2 weeks
 - 30 days
 - 3 months
 - 6 months
 - 1 year
- Progress Summary screen
 - Weight loss
 - Body Fat Loss
 - BMI definition
 - Average meals per day
 - Average meal size
 - Macronutrient targets adherence
 - Macronutrient actual breakdowns
 - Recommendations

1.5 About GraphXSoftware

- GraphXSoftware is the sole endeavor and quest for Improved Human interfaces and Personal Productivity software tools through practical application of Emerging Mobile Technologies by David Johnson

1.6 Contacting Graph X Software

- Email: Support@GraphXSoftware.com
- Web Site: <http://www.graphxsoftware.com>
- (707)-591-9872
- User Forums: <http://www.graphxsoftware.com/cgi-bin/ultimatebb.cgi>

2 Installation and Setup

2.1 Installation Process

- Download The zipped installation File
- Extract the zip file contents to a location on your desktop PC
- Connect device.
- Run Setup file to perform installation to device
- Run Application to configure for the first time.
- Register the application through online activation or entering a registration code.

2.2 Download locations

- Download the Diet Partner application from one of the following locations
 - www.download.com
 - www.handango.com
 - www.pocketgear.com
 - www.graphxsoftware.com

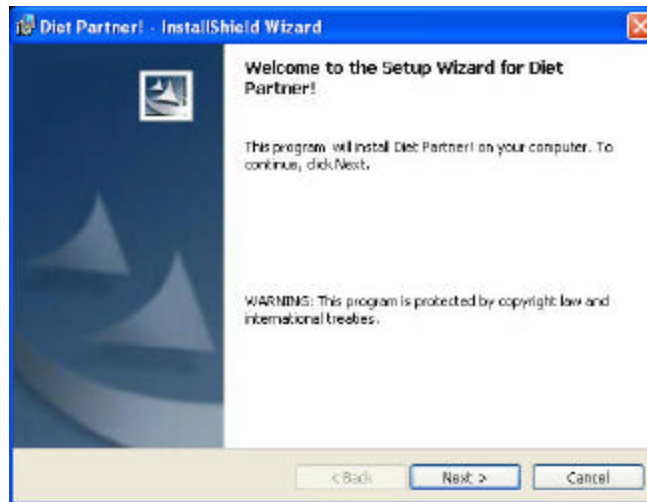
2.3 Preparing to install

- Connect your device and perform a sync operation.
- Unzip the contents of the file to a temporary location on your PC.
 - WinZip or another unzipping program is required to extract the archive.
 - Trial versions of the WinZip application available for download from www.winzip.com
 - Extract the contents of the .zip file to a temporary location on your hard drive.

2.4 Desktop Installation

- With an active Connection to Active Sync, perform the following steps.
- Locate where the files were extracted to
- Double click on the setup.exe file
- Or
- Insert the Diet Partner CD in the CD and it will autoplay

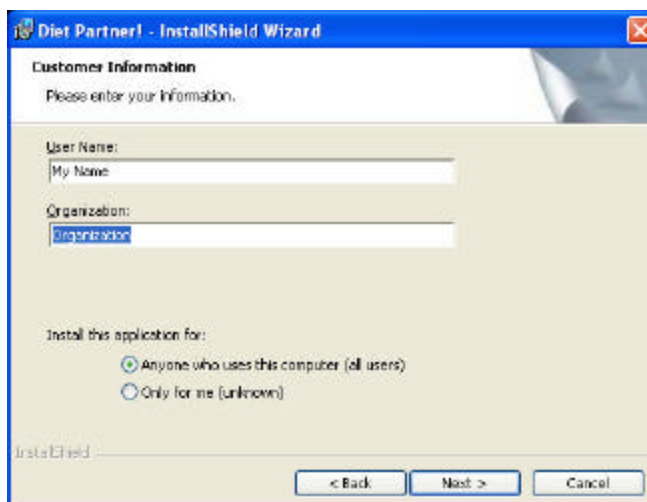
- The following screen comes up, click next



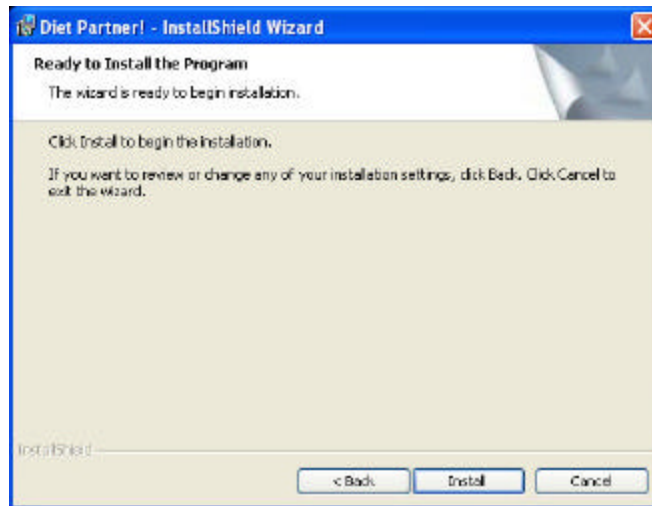
- Read and acknowledge the EULA, then click next



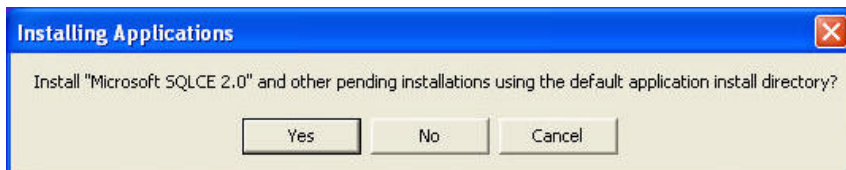
- Enter User Name and Organization, then click next



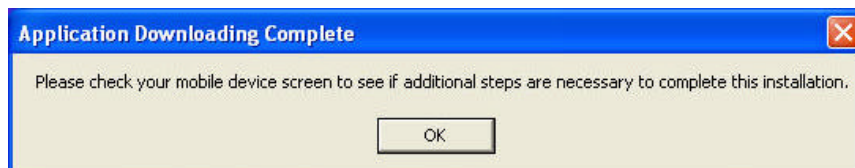
- Click install.



- Although Diet Partner will work under varied installations, for optimal results select Yes as the default result for all prompts



- Select OK for the installation to complete on the device side.



2.5 Device Installation

- the programs desktop to launch the new Diet Partner 1.0 Icon. (See below)

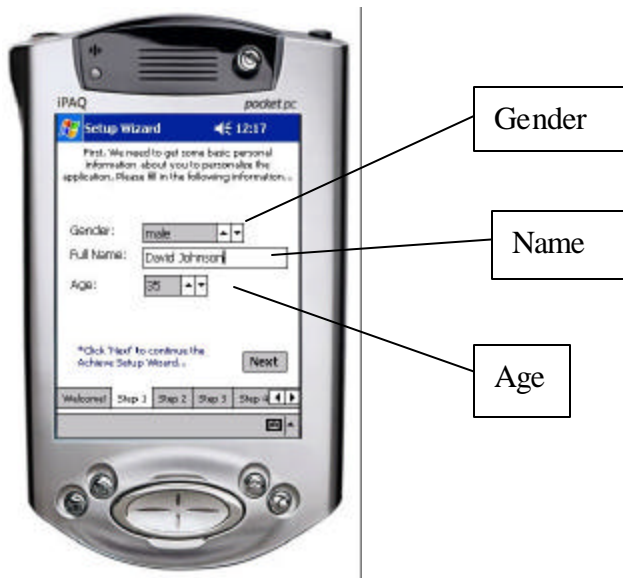


2.5.1 Initial Configuration

- When loading Diet Partner for the first time the following screen will be displayed.
- This screen will walk you through setting up Diet Partner with a basic configuration. Tap Next



- Select Your Gender, Enter your full name(first last name) and select your age. Then tap Next.



- Enter your height in Feet and inches.

- Your goal weight is automatically calculated from your height as you enter your weight.

- Your body Weight Today, Your Goal Weight, The date you would like to reach your goal weight then click next

- To maintain accuracy, your body weight should be entered as calculated from the device you plan to use throughout your weight loss program.
 - Use the pre calculated Goal Weight value as a reference point for entering the amount you wish to weigh.



- Enter your Body Fat Percent value.

- The easiest way to calculate this is through the use of a body fat scale.
- If you do not have a Body Fat Scale you can use the manual calculation method.

- Enter your Resting Heart Rate and Active Heart Rate, then tap next.

- Your active heart rate is calculated based on your age and should only be used as a starting point for entering your actual value.
- This value represents your maximum heart rate to serve as a frame of reference to measure percentage of Heart Rate in identifying fat burning zones vs. cardio zones.



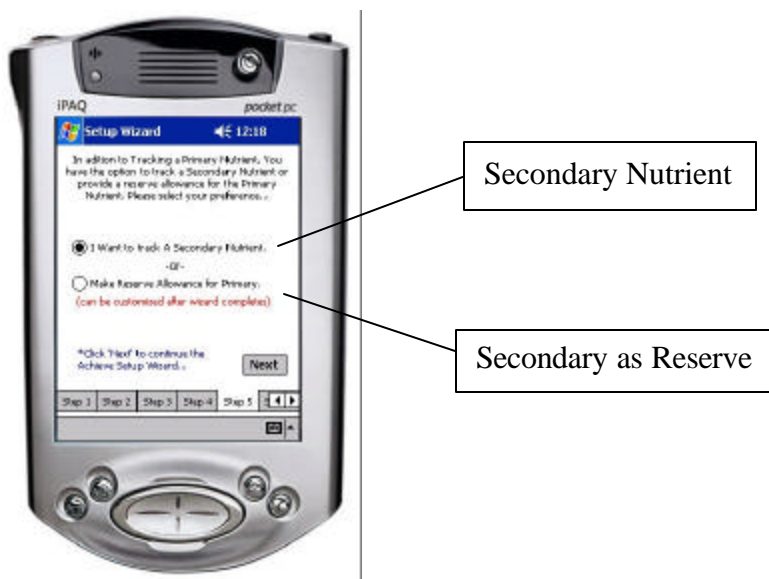
- Select your Primary Tracking Unit Type. Then tap Next.

- The Primary Tracking Unit is the value through which you will measure your food consumption.
- Most diets typically measure the amount of calories that are consumed in the period of 24 hours, others measure the amount of food Units that are consumed (Weight Watchers®).
- The Primary Unit Type can be changed from Calorie to any other available food nutrient through the user configuration screen once the wizard has completed.



- Select to use a Secondary Tracking Unit or a Reserve for the Primary Tracking Unit. Then Tap Next.

- In addition to the Primary Tracking Unit, you have the option to track another food nutrient as a Secondary Tracking Unit.
- The secondary Tracking Unit can be a daily, weekly, or monthly allowance of a given nutrient.
- During the configuration wizard, you can only identify whether the secondary tracking is used to track an additional food nutrient or, to be used as a reserve for the Primary Tracking Nutrient.
- Once the wizard finishes, you can customize how the Secondary Tracking Unit is used through the main configuration screen.

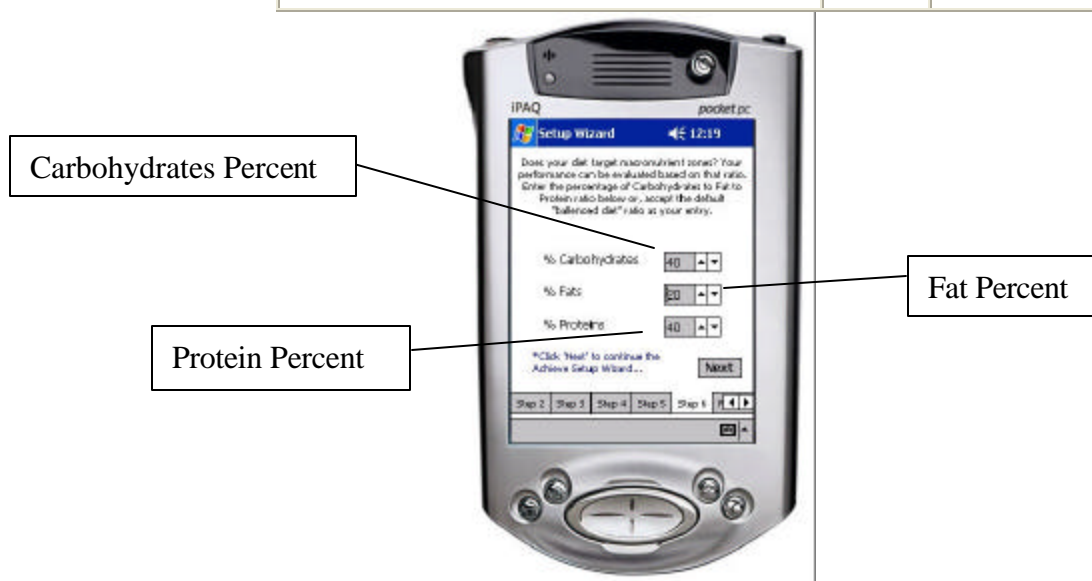


Diet Partner 1.0

- Enter the Macronutrient values for your diet. Then tap Next.

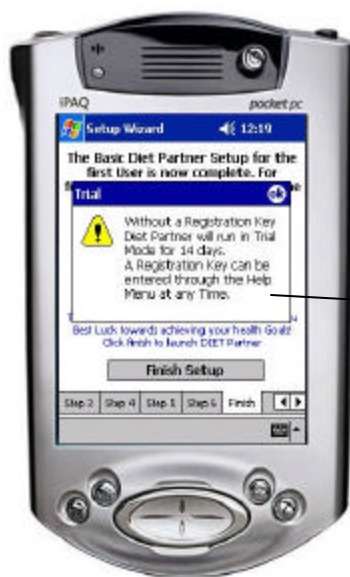
- Using the Table below for Typical macronutrient percentages, enter your desired macronutrient targets.

Type of Diet	Fat	Carbohydrate	Protein
Typical American Diet	35%	50%	15%
High Fat Low -Carbohydrate Diet <ul style="list-style-type: none">• Dr. Atkins Diet ®• Zone Diet ®• Sugar Busters• Protein Power	60%	10%	30%
Moderate Fat Diet <ul style="list-style-type: none">• USDA Food Guide Pyramid• DASH Diet ®• American Diabetic Association®• Weight Watchers ®• Jenny Craig ®	25%	60%	15%
Low - and Very Low -Fat Diet <ul style="list-style-type: none">• Volumetrics ®• Dean Ornish's Eat More, Weigh Less• New Pritikin Program	13%	70%	17%



- This completes the initial configuration of Diet Partner.

- Diet Partner will run in evaluation mode for 15 days with online functionality restricted. Once registered, the Online services are available for downloading and sharing of menus and Activity definitions. (see below)
- If you have a registration code you may enter it now to register the application.



Shareware Message

2.6 Registering

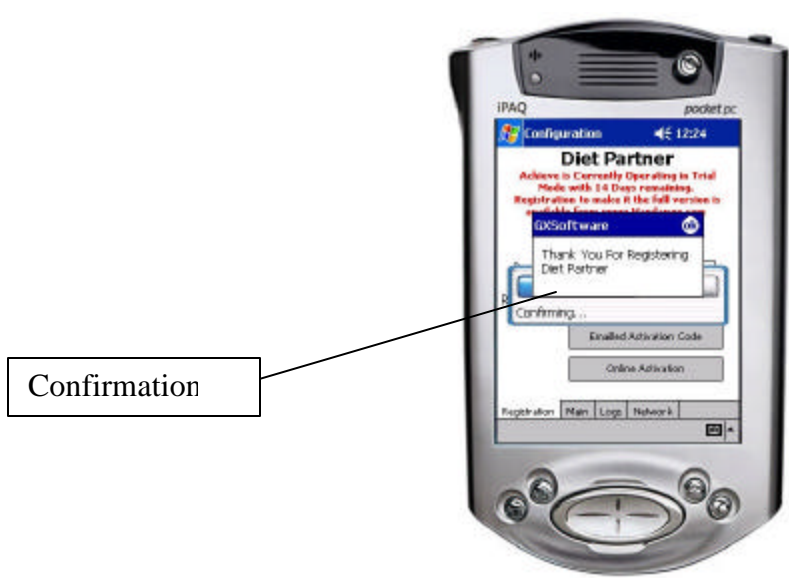
- If you have chosen to Evaluate Diet Partner prior to purchasing it, you will need to manually register the application after purchasing it.
- The registration process can be performed through one of two ways.

2.6.1 Manual Registration:

- Send the Registration ID from the registration page in an email to registration@graphxsoftware.com

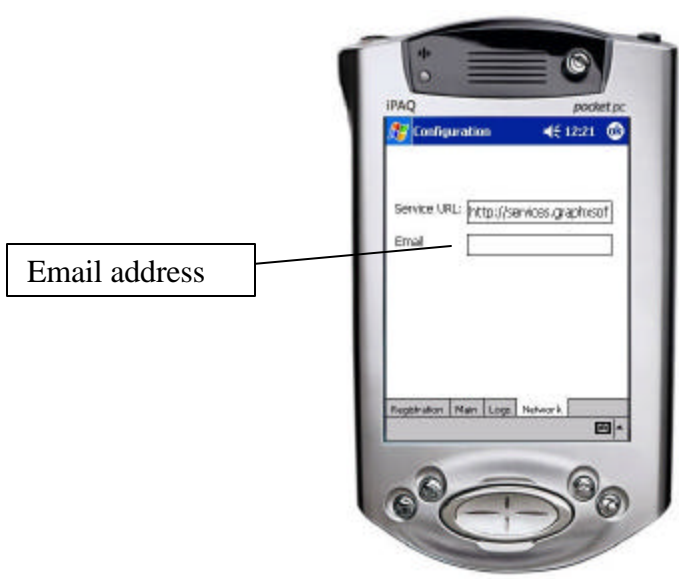


- You receive a registration key back from GraphXSoftware.com in an authorization email.
- Then manually enter the registration key in the registration page on the configuration screen.
- tap the “Emailed Activation Code” button
- the process is complete

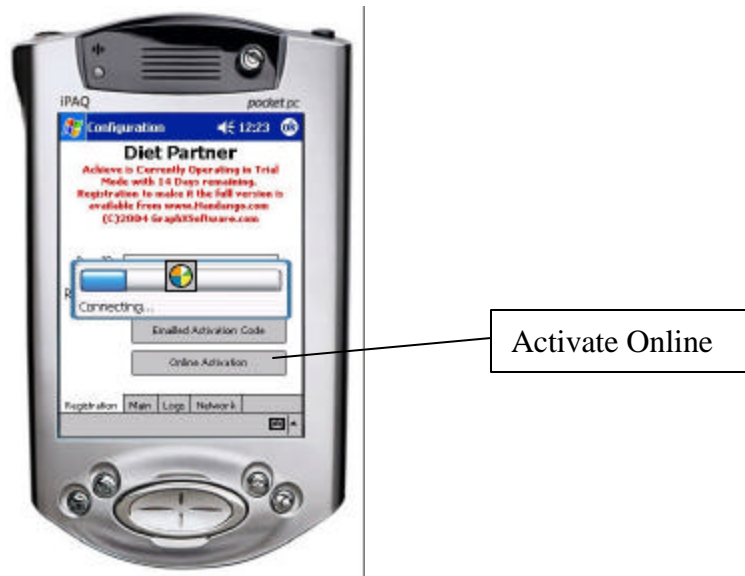


2.6.2 Automated Registration:

- Shortly after you purchase **Diet Partner**, your account will be set-up on the **Graphxsoftware.com** activation server.
- Connect your device to the cradle and sync the Pocket PC with ActiveSync
- Open the **configuration** screen in **Diet Partner**
- On the Network Tab of the configuration screen, enter your email address. (the same email address that you received your purchase receipt through)



- On the registration screen, tap the **Online Activation** button.



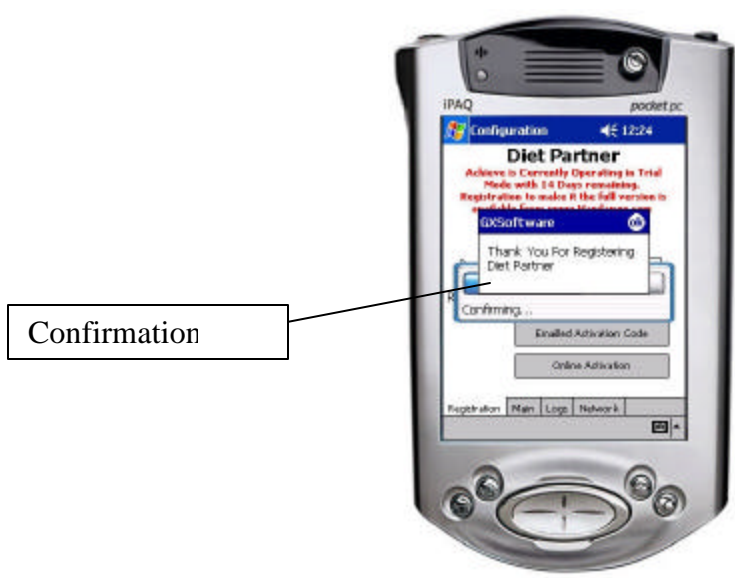
- Diet Partner Will Connect to the Activation Server...



- Request Authorization ...



- And when approved, complete successfully.



- When activation completes successfully, an email will be sent to your address with the registration information included for future reference.

2.6.3 Troubleshooting Registration

- If the Activation process fails, please confirm the following:
 - Your Email on the network Tab of the configuration screen is correct and, the same one that is registered at the place of purchase.
 - If it is not a wireless device, You are docked with a live connection to your desktop computer and ActiveSync.
 - You have access to the internet, through Active Sync or network connection.
 - You have received an email confirmation that you may proceed with online activation.

3 User Maintenance

3.1 Modifying User Settings

3.1.1 Launching the User Maintenance Form

- From the Setup menu on the Main Diet Partner screen select the User Maintenance menu item.

3.1.2 Selecting User to Modify

- Tap the user in the list you wish to modify.
- Tap-and-Hold the selected user until the context menu appears.
- When the context menu appears, select Edit from the options list.
- The User details are loaded and ready for modification.

3.1.3 Personal Tab

- Select your gender
- Enter your Full name
- Select your Age
- Select your Initial Weight.
- Select your Goal Weight
 - Optionally, calculate your optimal goal weight from your height and gender by tapping the Calc button.
- Select the date that you want to reach your goal weight.



3.1.4 Bio Tab

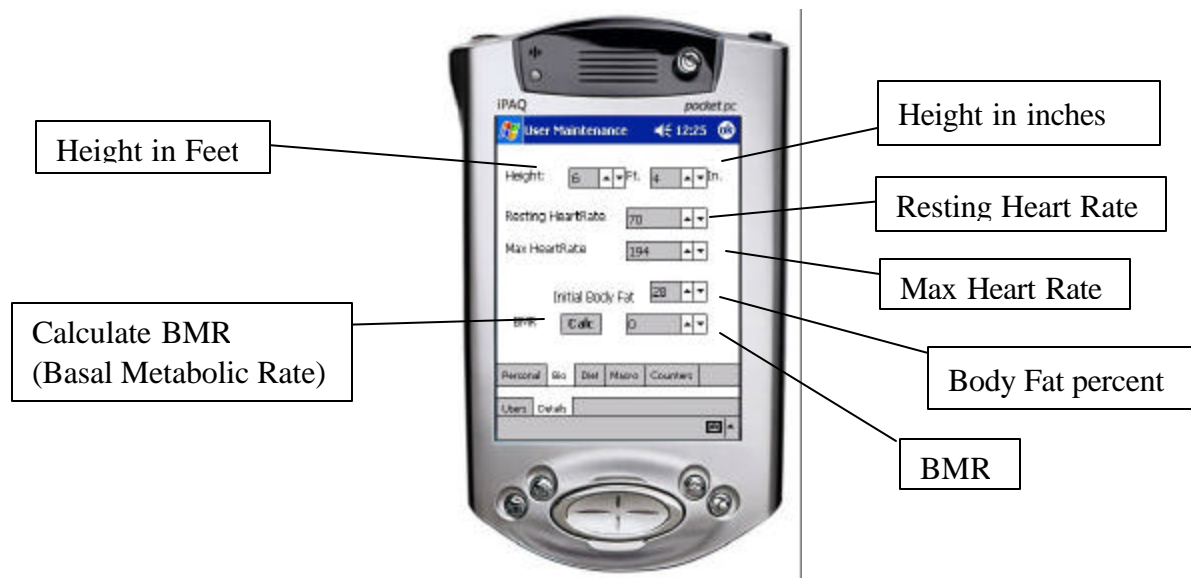
- Enter height in feet and inches in whole values, Do not use fractions.

- Enter Resting Heart Rate as a whole number.
- Enter Max Heart Rate, using calculated value as a reference.

- Max is calculated from Age and weight.

- Enter your Body Fat Percent.
- Enter your BMR

- If the BMR value is left with a value of 0, then it is dynamically generated based on your weight and gender when it is required for calculations.
- To calculate the suggested BMR tap the calc button.
- Adjust the value to your liking.



3.1.5 Diet Tab

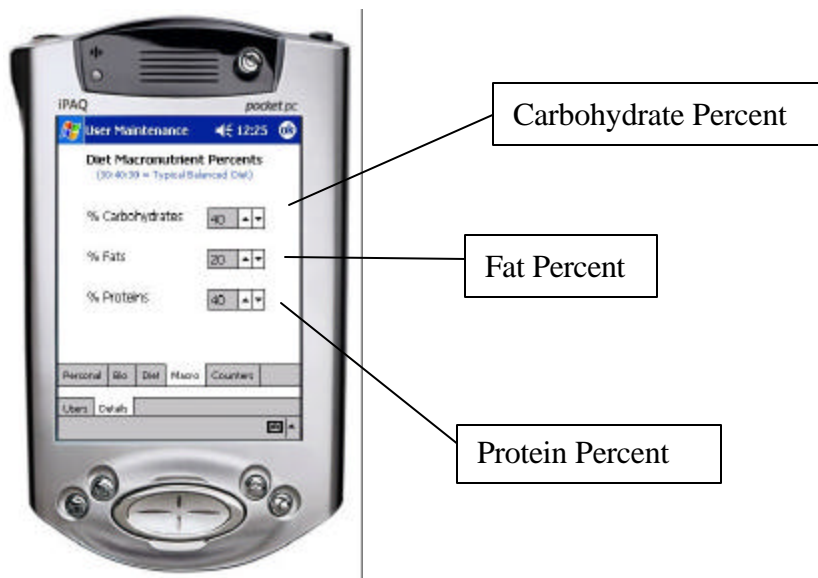
- The Diet Tab allows you to setup up the unit type and range for the Primary and Secondary Tracking Bars.
- Select the tracking type for the Primary and Secondary type
- Enter a value range for each.
- If both Primary and Secondary types are the same, the Secondary bar will be used as a reserve for the Primary bar.



3.1.6 Macronutrient Tab

- Enter the desired macronutrient percentages for your diet using the chart below as a reference.

Type of Diet	Fat	Carbohydrate	Protein
Typical American Diet	35%	50%	15%
High Fat Low-Carbohydrate Diet <ul style="list-style-type: none"> Dr. Atkins Diet ® Zone Diet ® Sugar Busters Protein Power 	60%	10%	30%
Moderate Fat Diet <ul style="list-style-type: none"> USDA Food Guide Pyramid DASH Diet ® American Diabetic Association® Weight Watchers ® Jenny Craig ® 	25%	60%	15%
Low - and Very Low-Fat Diet <ul style="list-style-type: none"> Volumetrics ® Dean Ornish's Eat More, Weigh Less New Pritikin Program 	13%	70%	17%



3.1.7 Counters Tab

- Counter names and Icons can be configured on an individual basis.

- Enter the names of your particular counters
- Select an icon to use with each counter.
- It is advisable that once these values are set that they not be changed.
- Changing the values in the middle of a diet can change the meaning of the collected data to be irrelevant.



3.2 Adding a New User

- On the user maintenance form, Tap-and-hold on the User list control.
- When the context menu pops up, select the **New User** menu item.
- A user is created and its properties are opened, ready for modification.

3.3 Deleting an Existing User

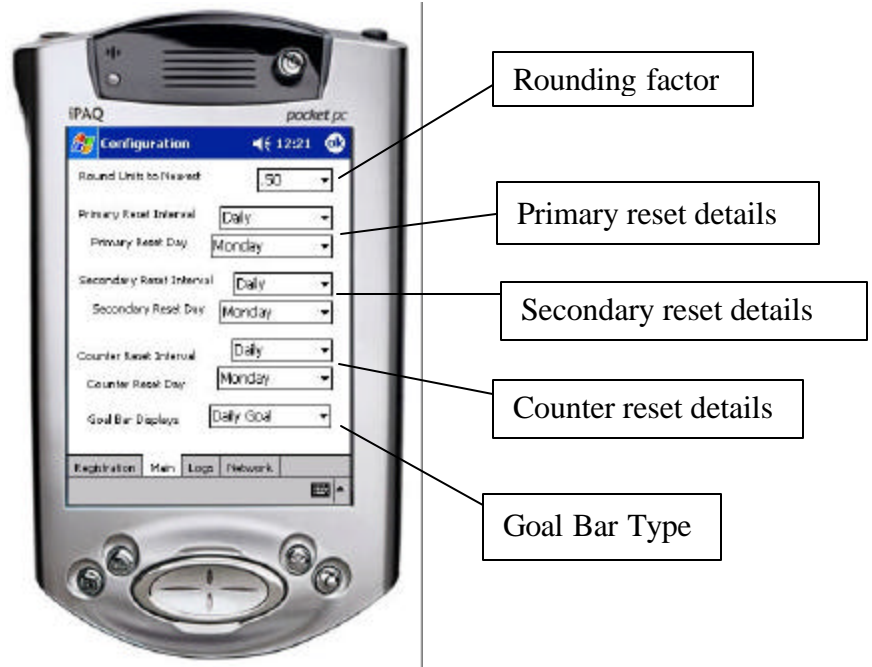
- On the user maintenance form, Tap on a User entry.
- Tap-and-hold on the selected User entry.
- When the context menu appears, select the Delete menu item.
- All data for the user will be Deleted.

4 Configuring Diet Partner

4.1 Application Settings

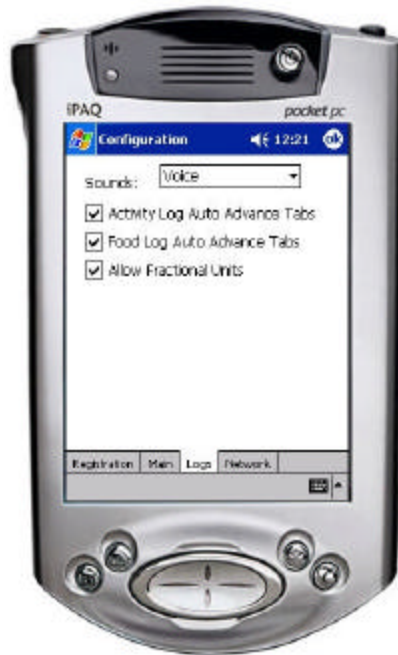
4.1.1 Main Tab

- The main setting tab determines the way the main interface and the diet bars function.
- On the main tab the following settings can be made:
 - Unit Rounding factor
 - The fraction by which all values are rounded
 - Primary Reset Interval
 - The frequency at which the primary units will be reset to the max value as defined for the user.
 - Values are daily, weekly and monthly
 - Primary Reset Day
 - Secondary Reset Interval
 - The frequency at which the secondary units will be reset to the max value as defined for the user.
 - Values are daily, weekly and monthly
 - Secondary Reset Day
 - Counter Reset Interval
 - The frequency at which the Counters will be reset to zero.
 - Values are daily, weekly and monthly
 - Counter Reset Day
 - Goal Type:
 - Determines the display and functionality of the goal bar on the main form.
 - Values are: Daily or Total



4.1.2 Logs Tab

- The Logs tab allows you to set the following log centric options:
 - Sound options
 - Voice:
 - Audible voice alerts
 - Buttons:
 - Audible beep sound for all events
 - Both
 - Voice and beeps for all events
 - None
 - No audible alerts
 - Activity Log Auto advance
 - If enabled, When a category is selected, it will auto advance to the activity tab.
 - If enabled, When an activity is selected, it will auto advance to the duration tab.
 - Food Log Auto advance
 - If enabled, When a menu is selected, it will auto advance to the food tab.
 - If enabled, When a food item is selected, it will auto advance to the Qty tab.
 - Allow fractional units
 - Determines whether or not to round calculations on units.



4.1.3 Network Tab

- Stores the web services URL for the online section
- Also identifies the registered user for online features through web services.



5 Main Diet Partner Interface

5.1 Date Tab (Main Dashboard)

5.1.1 Layout

- Below is a sample Main Diet Partner interface. The values and goal Activity calories will differ from yours based on your configuration settings.



5.1.2 Fundamentals

5.1.2.1 Basic Interface Concept

The main Dashboard view is what keeps you on track with your diet. It will help you see how much you have consumed of your primary tracking unit and your secondary tracking unit. It will also, at-a-glance, give you your macronutrient percentages for the food consumed today, as well as multiple tallies and biometrics associated to your daily performance.

You can think of Diet Partner as exactly that, your Well Organized, Analytical, and Motivational Friend that wants you to succeed with your diet.

The main dashboard functionality can be simplified into the following functionality:

- Primary Unit Bar (first Bar on the left)

- The Primary Unit Bar, in this case Calories, identifies the amount of Calories remaining for the reset interval, in this case the reset interval for the primary unit is set to daily, so the primary tracking unit bar displays the amount of calories left for today.
- The amount of calories is determined by the upper and lower ranges for the primary unit on the Diet Tab of the User configuration screen.
- As food is added to your Food Log the calorie amount and bar height will change to reflect the consumed number of calories.

- Secondary Unit Bar (Middle Bar)

- The Secondary Unit Bar, in this case Carbs, identifies the amount of Carbohydrates remaining for the reset interval, in this case the reset interval for the Secondary unit is set to daily, so the Secondary Tracking Unit bar displays the amount of Carbohydrates left for today.
- The amount of Carbohydrates is determined by the upper and lower ranges for the Secondary Unit on the Diet Tab of the User configuration screen.
- As food is added to your Food Log the Carbohydrate amount and bar height will change to reflect the consumed number of Carbohydrates.

- Goal Bar (Right Bar)

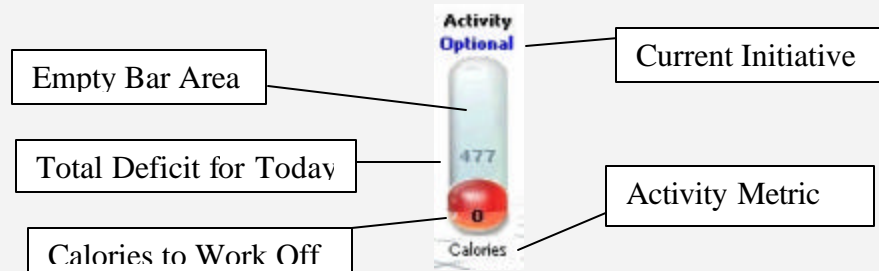
- The Goal bar can operate in two different modes, and can be changed through the Diet Partner Configuration screen.

Daily: The diet deficit is displayed to give you a daily goal.

Total: The total pounds remaining to reach your goal.

- **Daily Goal Functionality:**

- When a new day is started, the daily goal bar will look similar to the bar below.



- In order to achieve your goal, you are required to create a caloric deficit (burn more calories than you consume)
- The deficit can be achieved through eating less food, or performing more activities.

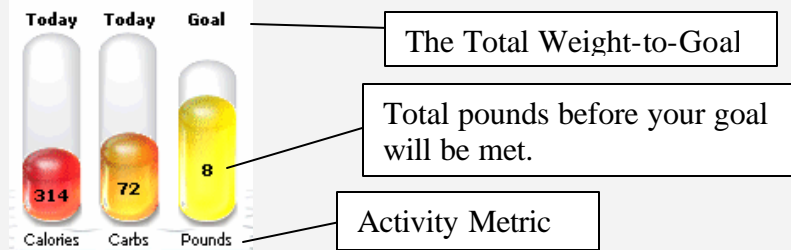


- After the user consumes more food, the bars will look as below.



- As activities are entered in the Activity Log, the calories burned from the Activity will be applied against the current Activity requirement (163)
- The goal now is to get the Activity Required Bar to zero, The more you eat, the more Activity that is required to reach your daily Deficit, and ultimately, your weight loss goal.
- If the Deficit value is unrealistically high from a dieting or Activity standpoint, it is time to re-evaluate your Goal date for a more realistic short term goal.

- **Total Goal Functionality:**
- With the goal bar set to total goal type the following simplified Goal bar will be displayed.



- As your weight is entered this bar is updated to reflect the total weight loss remaining to reach your goal.

5.1.2.2 Tracking Two Nutrients

- When tracking two nutrients, the Primary nutrient is generally set to either Calories or Units. And serves as the intake guideline.
- The Secondary Tracking bar is typically a food nutrient of concern (carbohydrates, sodium or fat)
- Both bars will be deducted by the amount of the particular nutrient contained in the consumed food item.
- The Primary Unit will have an impact on the daily goal bar, the secondary does not.

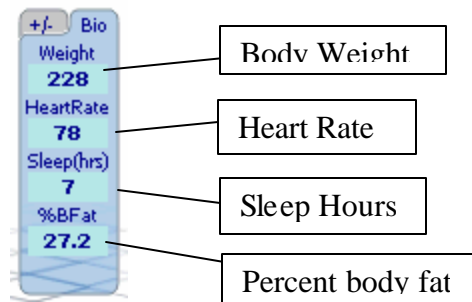
5.1.2.3 Tracking a Primary Nutrient with a Reserve

- When using the secondary bar as a reserve for the primary nutrient, typically the secondary nutrient will have a reset interval of weekly while the primary nutrient will have a reset interval of daily.
- When the primary bar is depleted any food consumed thereafter is deducted from the secondary bar.
- This is typical of the Weight Watchers® flex® program
- When food items are Deleted from the Food Logs, the relevant amounts of primary and reserve values are replenished.

5.1.3 Bio and Counters

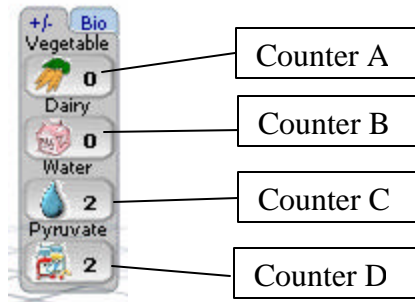
5.1.3.1 Bio Tab

- The Bio Tab provides a means through which biological data can be collected that is relevant to your diet performance.
- To modify values, tap on the desired field to modify its value.



5.1.3.2 Counters Tab

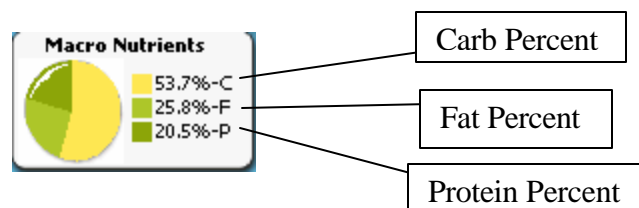
- Counters serve as running tallies for user defined metrics.



- Counter values are adjusted by tapping on the relevant icon.
- A context menu will pop up and allow increasing or decreasing the counter value.
- The counter name and icon can be configured on a per user basis through the user management form.

5.1.4 Date Macronutrient Gauge

- The Macronutrient Gauge will display, in the lower left hand corner, as soon as a food item is entered in the Food Log for the date in question.
- The percentages displayed take all food consumed for the day into account.



5.2 Charts Tab

5.2.1 Functionality

- Reports are generated when one of the following occurs.
 - A time range is selected from the date range dropdown box
 - A report is selected from the report selection box
 - The refresh button is pressed in the upper right hand corner of the report area.

- Reports require a minimum of 3 days data entry before a report can be generated.
- Below is a brief explanation for each of the available report types
- Each report can be ran in each of the 7 available date ranges.
 - 7 days
 - 2 weeks
 - 30 days
 - 3 months
 - 6 months
 - 1 year

5.2.2 Weight vs. Body Fat Percent

- If you have been consistent with entering your weight and Body Fat percentages, this graph will show you the relation between the two.
- The red bars represent your body weight and the green line plots your body fat percent.
- Typically if you are exercising to lose fat, your body fat percent may drop while your weight does not, the cause of this can be attributed to the change in composition in your body. Building lean body mass (muscle) while losing fat weight (fat).
- Lean Muscle mass. 1 pound of muscle weighs 4 pounds of fat. So even when the weight does not continue to drop, as long as you are working out, your physique will continue to improve



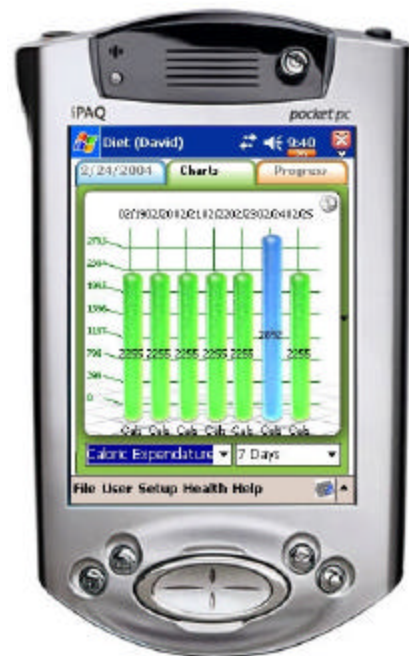
5.2.3 Caloric Intake

- This chart is very straight forward, if its in your Food Log, then it will be taken into calculation for this chart.
- The importance of Logging every item you eat pays off here through accuracy of the chart.
- If you forget to enter food, then Diet Partner can not make accurate estimations as to weight loss and predictive performance.
- This feedback allows you to see how consistent you are with your intake.



5.2.4 Caloric Expenditure

- Of all of the activities you have performed, this chart will display the amount of calories that were burned though exercise and living.
- Your BMR (Basal Metabolic Rate) is added to the Activity totals each day to show what you have expended.
- BMR is the amount of calories your body burns just living, breathing and being happy. It serves as the baseline level of exertion.



5.2.5 Food Nutrients

- This basic chart displays the daily amounts consumed of the following essential food nutrients:
 - Fiber
 - Fat
 - Carbohydrates
 - Protein
- Identifying trends in eating habits can help you plan a healthier diet.



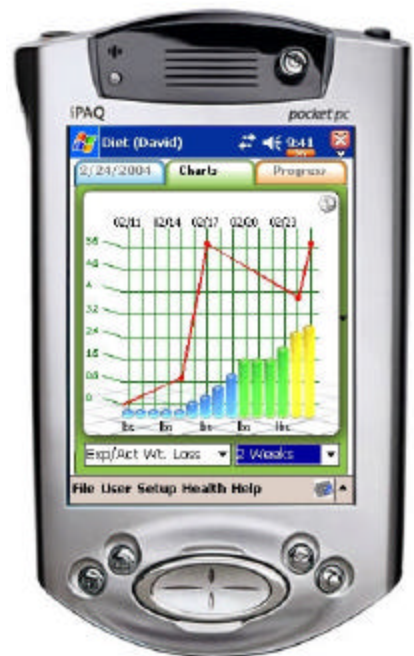
5.2.6 Caloric Intake vs. Expenditure

- This report shows you diet adherence.
- The bars displayed are the totals for calories consumed.
- The plotted line shows you the calories expended.
- The goal here is to make sure you stay below the line, stay in the negative, burning more calories than you are consuming.
- One thing to be careful with is not to overstate your activities and not to understate your food intake.
 - Accuracy is key here,
 - Overstating your Activity will look like you are burning more calories than you really are.
 - Understating your intake will look like you are eating less than you really are.
 - Bottom line be honest with your entries for the best results.



5.2.7 Expected vs. Actual Weight Loss

- Again as with the previous report the accuracy of the Food Log entries are critical to this report's usefulness.
- This chart uses the theory that 1 pound of fat is equal to 2500 calories.
 - Therefore in order to lose one pound of fat you will need to lose 2500 calories or, create a deficit of 2500 calories.
 - Each day if you are sticking to your diet you will create a caloric deficit, you will burn more calories than you are consuming.
 - When the deficits for each day add up to 2500 calories you should have lost one pound of body fat.
- The bars at the bottom represent the rolling cumulative deficit / 2500 and the plot line represents what you actually lost.



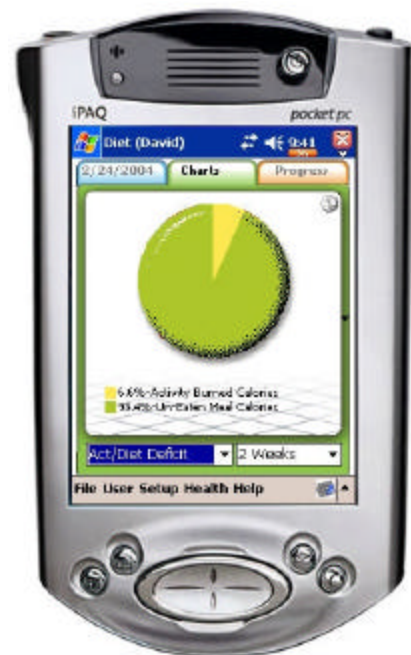
5.2.8 Daily Counters

- This chart graphs the data collected through the main dashboard interface.
- The names of the fields are customized on a per user basis through the user configuration form.
- This allows the user to collect values relevant to his / her needs or preferences.
- Names of the user defined counters are located at the bottom of the screen.
- The name color correlates to the color of the line on the plot chart.



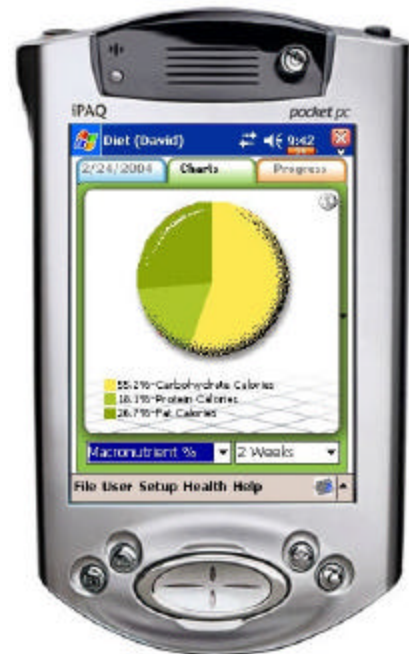
5.2.9 Activity vs. Diet Deficit

- This chart displays the deficit breakdown between Activity and diet.
- The yellow pie slice represents the amount of the deficit attributed to burned Activity calories.
- The green section represents the amount of the deficit attributed to eating less food than your BMR.
- Obviously, being more active has greater health benefits, this chart serves as a visualization to be that reminder for you.
- You can set personal goals using this chart as a basis for evaluation.
 - Try maintaining a greater than 50% Activity deficit.
 - Setup a simple Activity plan to use this chart.
 - Stay in the yellow majority and watch those pounds disappear



5.2.10 Macronutrient Percents

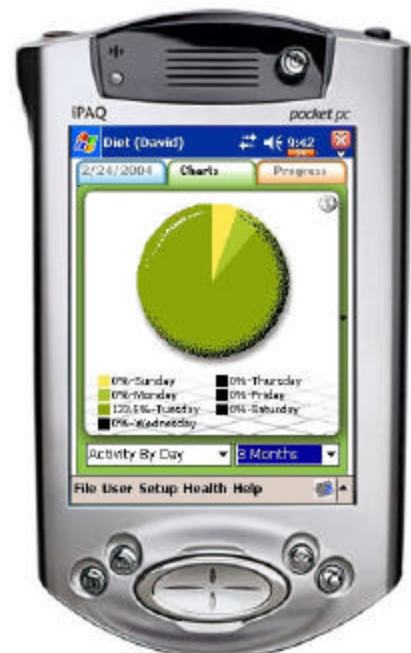
- Whether you have used them from the start of your diet or are just starting to understand Macronutrients, the percentages that you consume can dramatically change the success of your diet plan.
- There are several methodologies and theories behind the proper ratio to use, we have provided a chart for your reference in determining which one is the one for your diet.
- The macronutrient ratios are listed below the pie chart with their respective names.
- This is a good chart to watch for historical trends.



5.2.11

5.2.12 Activity by Day

- This is a simple pie chart to breakdown the Activity deficit by day.
- If you have a standard workout routine, then this chart will give you the ability to determine which days are too “heavy” in order to balance your workouts.
- Days with percentages are listed below on this chart.



5.2.13 Weight Lifted

- This report will chart the amount of weight lifted during a given time period.
- When lifting weight it is important not to overload your workouts, to allow time for recovery, a lifter will typically use this sort of chart to determine when you a particular workout is overloading your muscles.
- Bars represent total workout pounds for each given day.
- This report can also serve to help balance your workouts, if that is a goal of your diet.



5.2.14 Distance Traveled

- Identical to the above chart, with the exception that this chart reports against the endurance activities.
- Endurance activities identify a distance and duration.
- These values when charted will allow you to recognize trends and or accomplishment of personal objectives associated to you Activity.
- The bars in this chart represent the number of miles that have been traveled during your cumulated activities for each day.

5.3 Progress Tab

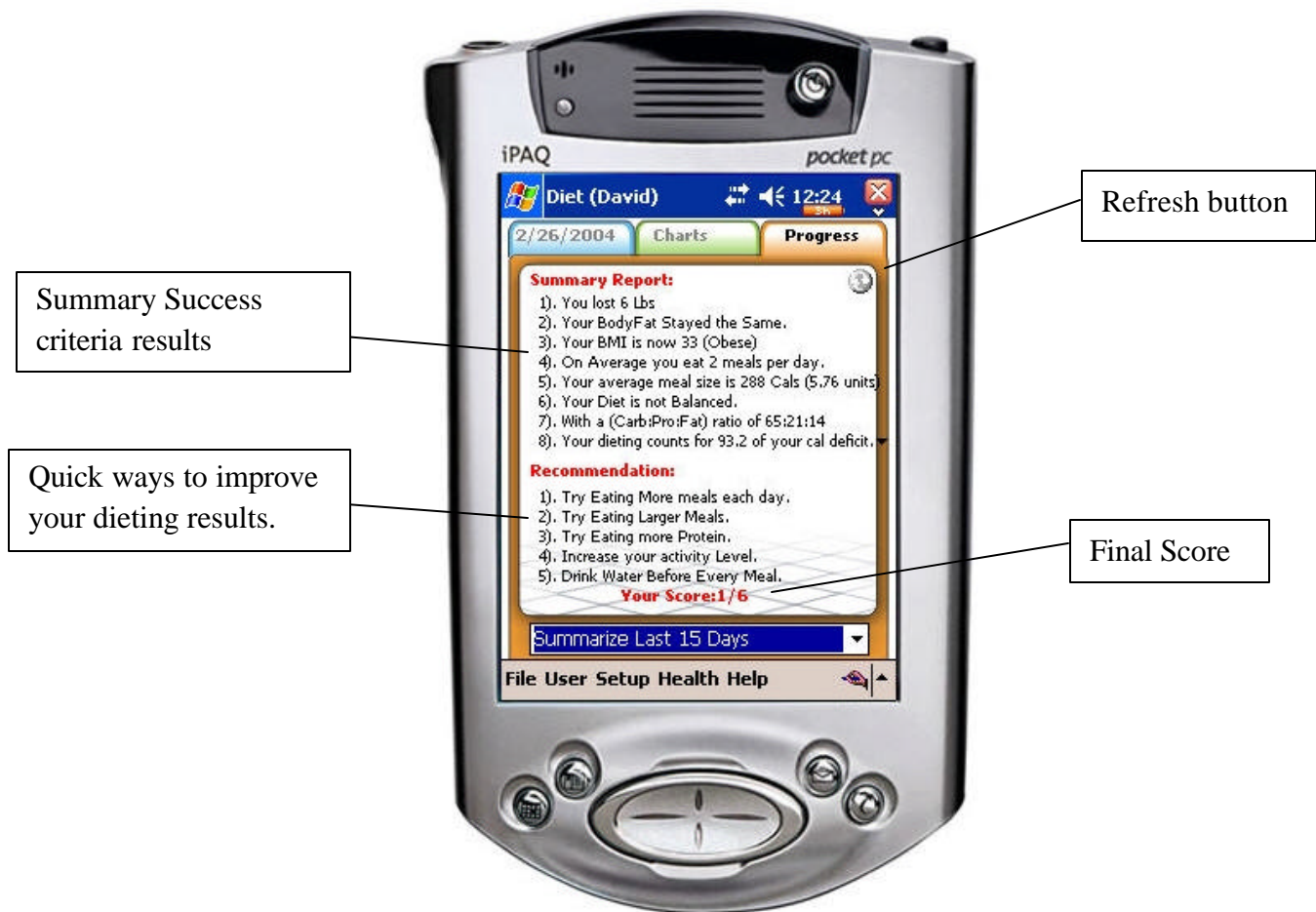
5.3.1 Purpose

- The progress Tab provides a means on quickly analyzing your diet performance and adherence.
- When a summary is generated, you can see how your habits measure up to your expectations and identify areas for improvement.
- Based on criteria explained below the summary calculates a grade for how well you have performed which in turn gives you even more goals to help you hit your mark.

5.3.2 Understanding the Summary

- The summary generated based on the user configuration and best practices.

- During the summary report generation your score will be calculated based on whether or not you hit the following criteria:
 - One point is awarded for meeting each of the following success criteria:
 - ☑ You have lost weight in the summary period.
 - ☑ You have lowered your body Fat percent in the summary period.
 - ☑ Your BMI is between 19 and 25.
 - ☑ You eat more than 3 meals daily
 - ☑ You are within 7% of each of your macronutrient targets. (Carbohydrate, Protein, Fat)
 - ☑ Your Activity is major contributor to your deficit.
- Your score is calculated and displayed along with any recommendations that were associated with failing to meet the above criteria.



6 Food Log

6.1 Using the Food Log

- To open the Food Log, from the main interface, tap on the Food Log button.



- The Food Log form will load.
- The Food Log will open to the Food Log for the same day that is being modified on the main interface
- To change the date:
 - Once the Food Log has opened, tap the Food Log date on the Food Log.
 - Select a new date, the Log is updated.
 - Add food to the Log in the following manner.

6.1.1 Selecting a Menu

- From the Food Log form, tap on the Menu Tab if it is not already selected.



- Tap on the yellow dropdown box. The menu list is displayed.
- To navigate: use the up/down arrows in the scrollbar on the right or drag the scrollbar slider.
- Tap on an item in the list.
- If the Diet Partner Log auto advance setting is set in the main configuration screen, the Log will auto advance to the food item Tab.

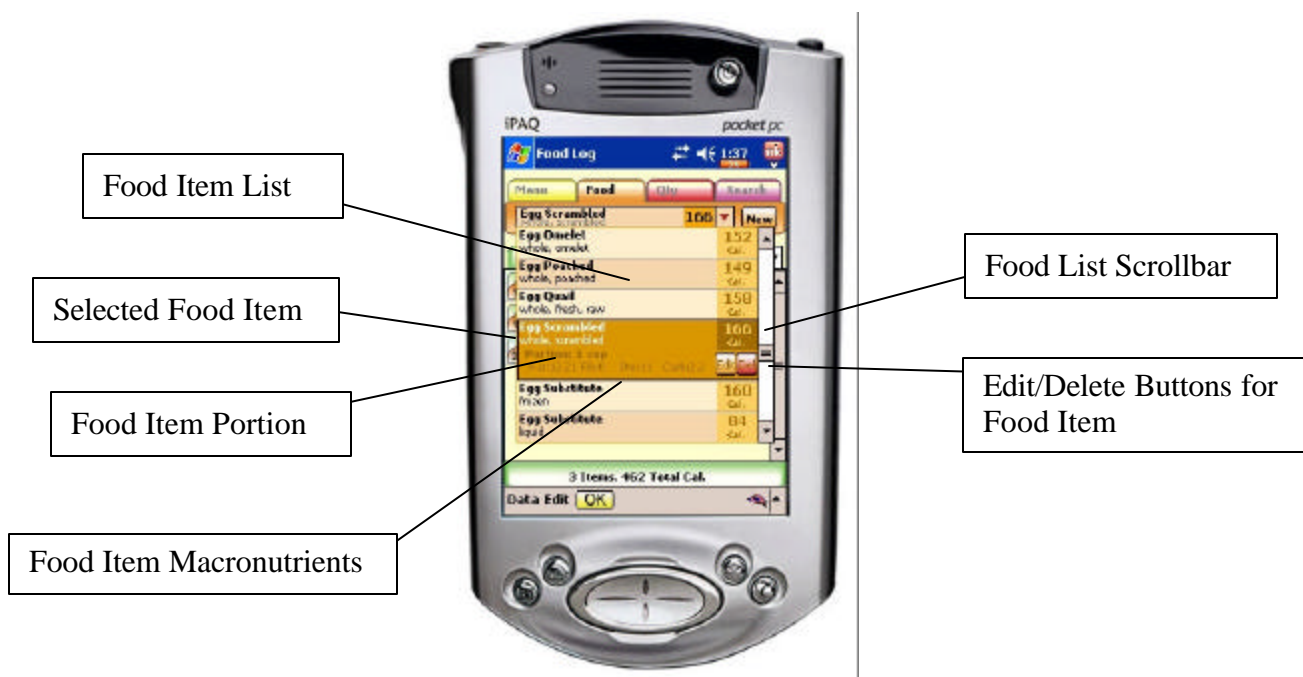


6.1.2 Selecting a Food Item

- From the Food Log form, tap on the Food Tab if it is not already selected.



- Tap on the orange dropdown box. The food list is displayed.
- To navigate: use the up/down arrows in the scrollbar on the right or drag the scrollbar slider.
- Tap on an item in the list. The item expands to show portion and macronutrient information.
- Tap on the item again and the item is selected.
- If the Diet Partner Log auto advance setting is set in the main configuration screen, the Log will auto advance to the Qty Tab.



6.1.3 Selecting the Meal & Qty

- From the Food Log form, tap on the Qty Tab if it is not already selected.

Menu	Food	Qty	Search
1 cup	▲▼	166 Cal	Meal? ▼ Add

- Tap on the pink dropdown box. The meal list is displayed.
- To navigate: use the up/down arrows in the scrollbar on the right or drag the scrollbar slider.
- Tap on a meal in the list. The meal is selected
- Tap on the up/down arrows next to the portion input box.
 - Adjust up/down to a multiple of the portion quantity.



6.1.4 Submit to the Log

- After performing the above actions the item can now be added to the Food Log.
- From the Qty Tab, Tap the Add button.
- The food item is then added to the Food Log Below.

6.1.5 Delete a Log Entry

- To Delete an entry from the Food Log tap on the entry once to highlight it.
- Tap-and-hold on the Log Item until the context menu pops up.



- Select Delete to permanently remove the item.
- The Log is refreshed.

6.1.6 Copy a Log Entry

- To copy an entry from the Food Log tap on the entry once to highlight it.
- Tap-and-hold on the Log Item until the context menu pops up.



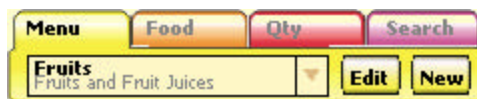
- Select copy to copy the item into memory.
- Tap-and-hold on the Log Item until the context menu pops up.
- Select the paste menu item.
- The Log is refreshed.
- To copy the item to a Food Log for another date:
 - Copy the item, in the same manner as above.
 - Tap the Log date, select a new date.
 - The Log will reload with data from the new date.
 - Tap-and-hold on the Log until the context menu pops up.
 - Select the paste menu item.
- The Log is refreshed with the new entry pasted

- Log entries can also be copied through the copy menu functions at the bottom of the screen.
- Entire meals can be copied to other days, for more copy options check out the copy menu while in the Food Log

6.2 Working with Menus

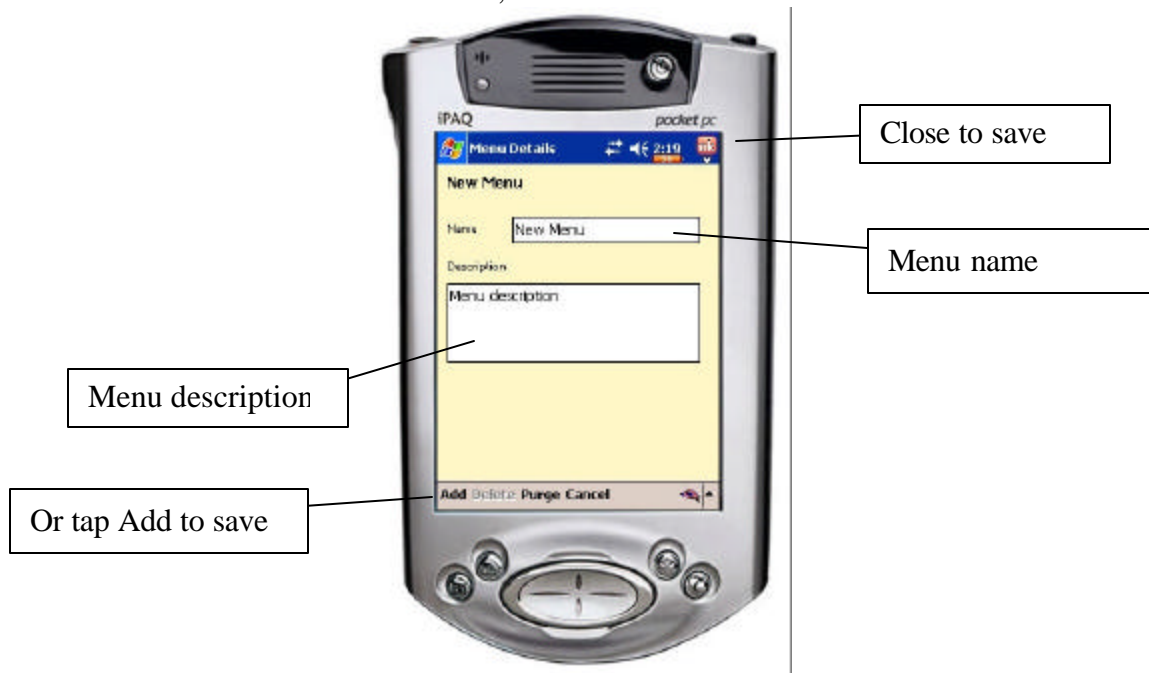
6.2.1 Adding a Food Menu

- While in the Food Log form, tap on the menu Tab if it is not already selected.



- Tap on the New button, you are prompted to add a new menu.
- The menu maintenance form is loaded.
- Enter a name for the new menu
- Enter a description for the new menu
- Tap the save menu item or close the form to save the menu item.

- The Food Log is refreshed and the new menu is in the menu list.
- To add food items to the menu, select the menu from the menu list.



6.2.2 Editing a Food Menu

- While in the Food Log form, tap on the menu Tab if it is not already selected.



- Select the menu to Edit from the menu list.
- Tap on the Edit button, you are prompted to Edit the menu.
- The menu maintenance form is loaded.
- Modify the name for the menu
- Modify the description for the menu
- Tap the save menu item or close the form to save the menu item.
- The Food Log is refreshed and the modified menu is in the menu list.

6.3 Working with Food Items

6.3.1 Adding a Food Item

- While in the Food Log form, tap on the menu Tab if it is not already selected.
- Select the menu that you would like to add the food item into.
- Click on the Food Tab.

- Tap on the New button, you are prompted to add a food item to the menu, the food maintenance form opens.
- When the food maintenance form opens, enter the following data:
- Food Tab.
 - Food Name
 - Food Description
 - Food Menu, (Pre-selected to the menu that was opened)
 - Measurement Name (oz, cup)
 - Measurement amount (1, 2) whole numbers



- Nutrients Tab
 - Fat
 - Fiber
 - Calories
 - Carbohydrates
 - Sodium
 - Protein
 - Units
 - If auto calculate is enabled, the unit will be calculated from the calorie, fat and fiber values (compatible with Weight Watchers®)
- When finished, tap the add or OK button to save the food item.



6.3.2 Editing or Deleting a Food Item

- While in the Food Log form, tap on the Food Tab if it is not already selected.
- Tap on the food item in the dropdown list that you would like to Edit or Delete.
- The food item will expand to reveal an 'Edit' and a 'Delete' button.
 - To Delete the item tap on the Delete button, after confirmation, the food item is marked as Deleted.
 - If you have used this item in the past its metadata (nutrients) are retained for historical charting.
 - To Edit the food item, tap the Edit button, after confirmation, the food item is loaded into the food maintenance form.
 - When the food maintenance form opens, modify any of the following data:
 - Food Tab.
 - Food Name
 - Food Description
 - Food Menu, (Pre-selected to the menu that was opened)
 - Measurement Name (oz, cup)
 - Measurement amount (1, 2) whole numbers
 - Nutrients Tab
 - Fat
 - Fiber
 - Calories
 - Carbohydrates
 - Sodium

- Protein
- Units
- When finished, tap the 'save' or OK button to save the food item.
- The Food Log is updated and the food list is refreshed.

7 Activity Log

7.1 Using the Activity Log

- To open the Activity Log, from the main interface, tap on the Activity Log button.



- The Activity Log form will load.
- The Activity Log will open to the Activity Log for the same day that is being modified on the main interface
- To change the date:
 - Once the Activity Log has opened, tap the Activity Log date on the Activity Log.
 - Select a new date, the Log is updated.
 - Add an Activity to the Log in the following manner.

7.1.1 Selecting a Category

- From the Activity Log form, tap on the Category Tab if it is not already selected.



- Tap on the green dropdown box. The category list is displayed.
- To navigate: use the up/down arrows in the scrollbar on the right or drag the scrollbar slider.
- Tap on an item in the list.
- If the Diet Partner Log auto advance setting is set in the main configuration screen, the Log will auto advance to the Activity item Tab.



7.1.2 Selecting an Activity Item

- From the Activity Log form, tap on the Activity Tab if it is not already selected.



- Tap on the blue dropdown box. The Activity list is displayed.
- To navigate: use the up/down arrows in the scrollbar on the right or drag the scrollbar slider.
- Tap on an item in the list. The item expands to show Activity type and meta data.
- Tap on the item again and the item is selected.
- If the Diet Partner Log auto advance setting is set in the main configuration screen, the Log will auto advance to the Duration Tab.



7.1.3 Selecting the Duration

- From the Activity Log form, tap on the Duration Tab if it is not already selected.

Category Activity Duration <
 0 Calories Burned Add

- Tap on the purple dropdown box. The duration form is displayed.
- The duration popup is dynamic to the Activity type.
- Enter the appropriate data.
 - Lifestyle Activities:

0 Calories Burned	▼
Metabolic:	
HeartRate:	194
Duration:	0:00
Edging Lawn Details:	
Intensity:	1

- Resistance Activities

0 Calories Burned	
Metabolic:	
HeartRate:	194
Duration:	0:00
Butterflys Details:	
Sets:	3
Reps:	15
Lbs:	20

- Endurance Activities

0 Calories Burned	
Metabolic:	
HeartRate:	194
Duration:	0:00
Bike Details:	
Laps:	2
Miles:	3
Mph:	10

- Tap on any field to change its value.
 - Tap on the up/down arrows next to the input box.



7.1.4 Submit to the Log

- After performing the above actions the item can now be added to the Activity Log.
- From the Duration Tab, Tap the Add button.
- The Activity item is then added to the Activity Log Below.

7.1.5 Delete a Log Entry

- To Delete an entry from the Activity Log tap on the entry once to highlight it.
- Tap-and-hold on the Log Item until the context menu pops up.



- Select Delete to permanently remove the item.
- The Log is refreshed.

7.1.6 Copy a Log Entry

- To copy an entry from the Activity Log tap on the entry once to highlight it.
- Tap-and-hold on the Log Item until the context menu pops up.



- Select copy to copy the item into memory.
- Tap-and-hold on the Log Item until the context menu pops up.
- Select the paste menu item.
- The Log is refreshed.
- To copy the item to a Activity Log for another date:
 - Copy the item, in the same manner as above.
 - Tap the Log date, select a new date.
 - The Log will reload with data from the new date.
 - Tap-and-hold on the Log until the context menu pops up.
 - Select the paste menu item.
- The Log is refreshed with the new entry pasted

- Log entries can also be copied through the copy menu functions at the bottom of the screen.
- Entire workouts can be copied to other days, for more copy options check out the copy menu while in the Activity Log

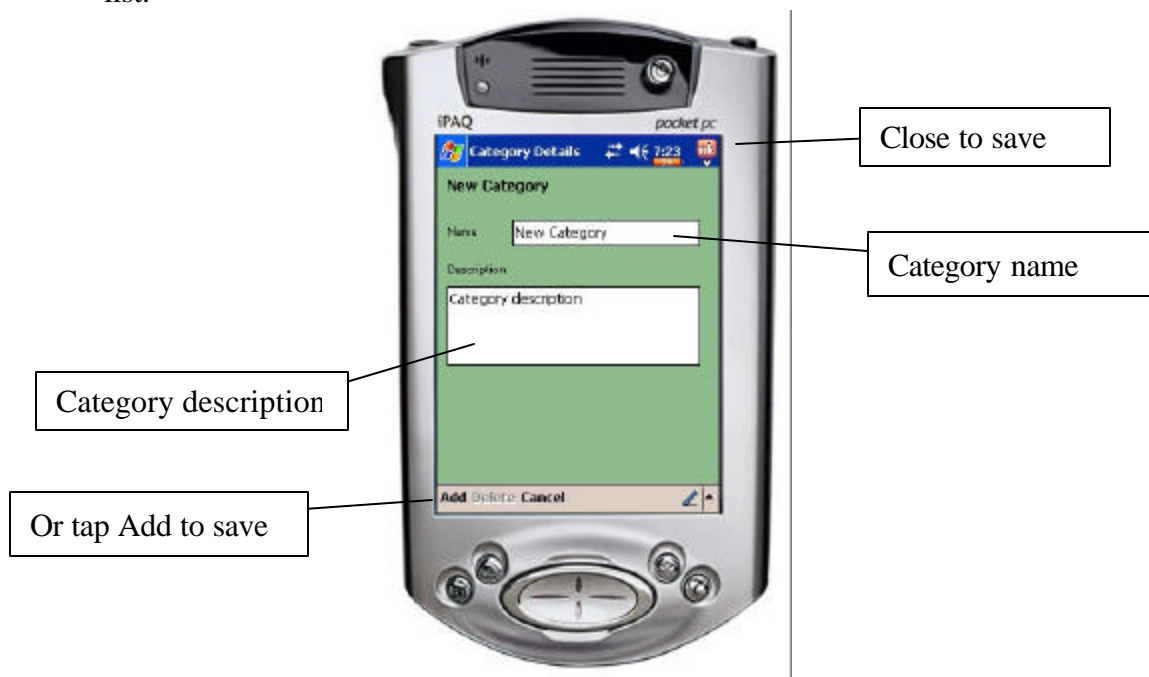
7.2 Working with Categories

7.2.1 Adding an Activity Category

- While in the Activity Log form, tap on the category Tab if it is not already selected.



- Tap on the New button, you are prompted to add a new category.
- The menu maintenance form is loaded.
- Enter a name for the new category
- Enter a description for the new category
- Tap the save menu item or close the form to save the category item.
- The Activity Log is refreshed and the new category is in the category list.
- To add Activity items to the category, select the category from the category list.



7.2.2 Editing an Activity Category

- While in the Activity Log form, tap on the Category Tab if it is not already selected.



- Select the Category to Edit from the Category list.
- Tap on the Edit button, you are prompted to Edit the category.
- The category maintenance form is loaded.
- Modify the name for the category
- Modify the description for the category
- Tap the save menu item or close the form to save the category.
- The Activity Log is refreshed and the modified category is in the category list.

7.3 Working with Activity Items

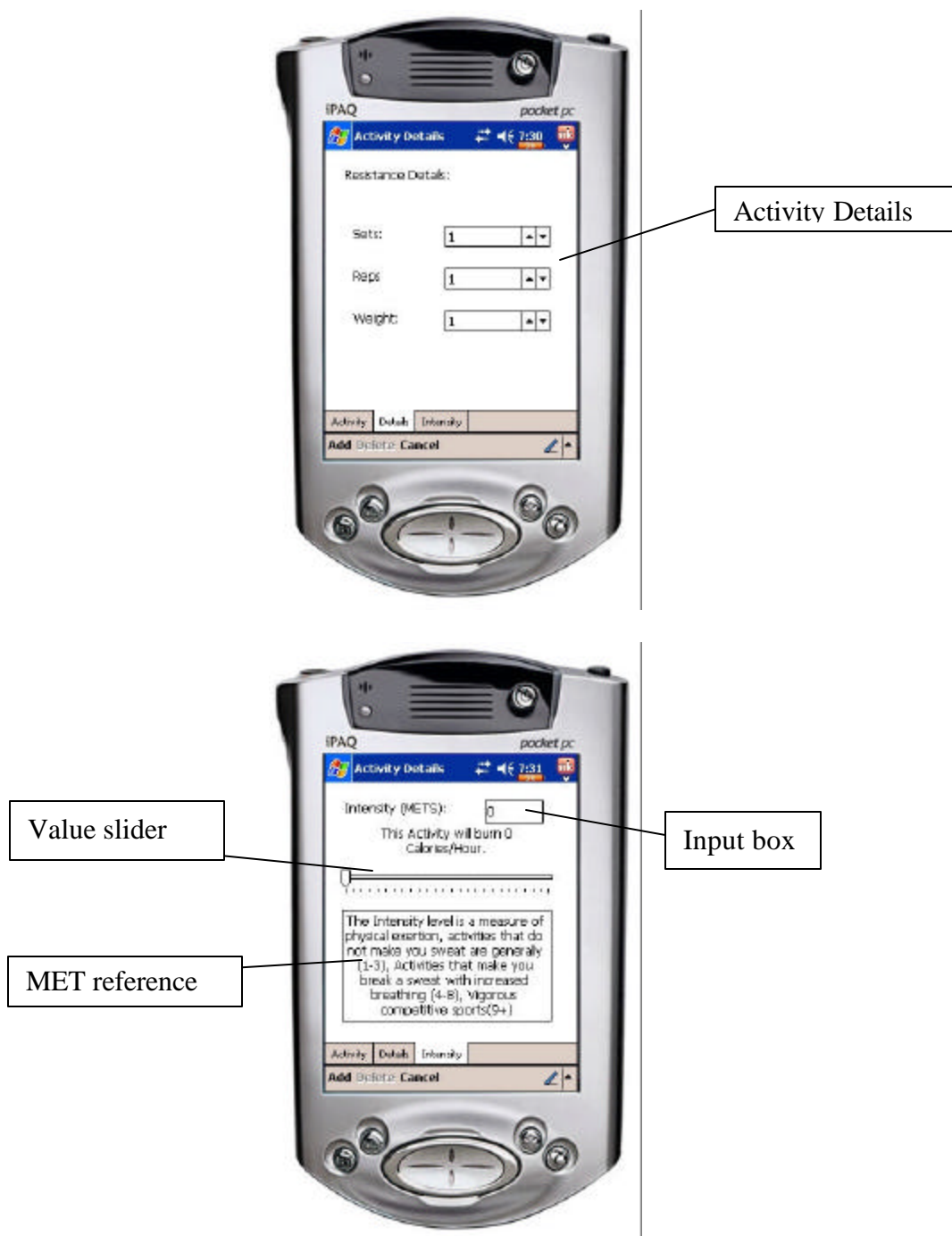
7.3.1 Adding an Activity Item

- While in the Activity Log form, tap on the category Tab if it is not already selected.
- Select the category that you would like to add the Activity item to.
- Click on the Activity Tab.
- Tap on the New button, you are prompted to add an Activity item to the category, the Activity maintenance form opens.
- When the Activity maintenance form opens, enter the following data:
 - Activity Tab.
 - Activity Name
 - Activity Description
 - Activity Category, (Pre-selected to the menu that was opened)
 - Activity Type



- Details Tab
 - Based on the Activity type the details will differ as below
 - Fill in the relevant data
 - Resistance Type
 - Sets
 - Reps
 - Weight
 - Endurance Type
 - Laps
 - Distance
 - Speed
 - Lifestyle Type
 - No detail fields
- Intensity Tab
 - The intensity setting is essential to calculating the calories burned for the Activity.
 - The intensity value is the Activity METS value.

- MET stands for "metabolic equivalent" and is defined as "the ratio of the work metabolic rate to the resting metabolic rate" ([Ainsworth](#)). One (1) MET is the rate at which adults burn kcal at rest: This is approximately 1 kcal per kilogram of body weight per hour (expressed as 1 kcal/kg/hr). Thus, the MET value of "sitting quietly and watching TV" is "1," whereas the MET value of "walking on level ground at moderate pace" is 3.3 (see table below). In other words, sitting quietly burns 1 kcal/kg/hr whereas walking on level ground at a moderate pace burns 3.3 kcal/kg/hr.
 - MET values also are defined as "multiples of resting metabolic rate." Thus, sitting quietly watching TV burns no more kcal than are needed for resting whereas walking at a moderate pace burns 3.3 times as many kcal as are needed for resting (or sitting quietly).
- When finished, tap the add or OK button to save the Activity item.



7.3.2 Editing or Deleting an Activity Item

- While in the Activity Log form, tap on the Activity Tab if it is not already selected.
- Tap on the Activity item in the dropdown list that you would like to Edit or Delete.
- The Activity item will expand to reveal an 'Edit' and a 'Delete' button.

- To Delete the item tap on the Delete button, after confirmation, the Activity item is marked as Deleted.
 - If you have used this item in the past its metadata (details) are retained for historical charting.
- To Edit the Activity item, tap the Edit button, after confirmation, the Activity item is loaded into the Activity maintenance form.
 - When the Activity maintenance form opens, modify any of the data:
- When finished, tap the 'save' or OK button to save the Activity item.
- The Activity Log is updated and the Activity list is refreshed.

8 Online Services

8.1 Online Services general

Through the online interface of Diet Partner you are enabled to share with and benefit from contributions made from other Diet Partner users. Users can share food menus and exercise menus. Through wireless internet connection or using ActiveSync.

To access and use the Online services, you must be a registered user of Diet Partner, have a connection to the internet and have your email entered in the Network tab of the Diet Partner configuration screen.

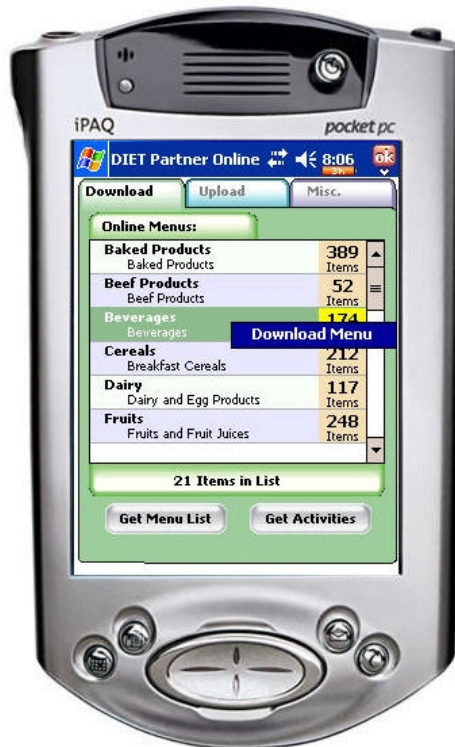
- From the main screen, click on the “Online” button, the service will login using your email information.



8.2 Downloading

- Tap the desired button to download relevant content list.
 - Tap the “Get Menu List” to get the list of available Menus from the Online Share.
 - Tap the “Get Activities” to get the list of available Activity groups from the Online Share.
- The list is then downloaded.
- To download a menu:
 - Tap on the desired menu
 - Tap on the desired menu and hold until the context menu pops up.

- Tap on the “Download Menu” menu item in the context menu.
- The menu is downloaded, and installed.



8.3 Uploading

- Tap the desired button to view your relevant content list.
 - Tap the “My Menus” to display the list of available Menus from your device.
 - Tap the “My Activities” to display the list of available Activity groups from your device.
- The list is then displayed.
- To upload / share a menu:
 - Tap on the desired menu
 - Tap on the desired menu and hold until the context menu pops up.
 - Tap on the “Share This Menu” menu item in the context menu.
 - The menu is uploaded, and shared with other users.



8.4 Misc. tab

- This tab is reserved for expansion of online services and functionality in version 1.5

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