

FitnessPlus™

Version 4.1

Users Guide



Table of Contents

1	INTRODUCTION	6
2	INSTALLATION.....	9
2.1	Upgrade Instructions	9
2.2	FitnessPlus for Palm OS (Standalone version).....	9
2.2.1	System Requirements.....	9
2.2.2	Installation Instructions.....	9
2.2.3	Un-installation Instructions	10
2.3	FitnessPlus for Palm OS Suite.....	10
2.3.1	System Requirements.....	10
2.3.2	Installation Instructions.....	11
2.3.3	Un-installation Instructions	11
2.4	FitnessPlus for Windows Mobile Suite	12
2.4.1	System Requirements.....	12
2.4.2	Installation Instructions.....	12
2.4.3	Un-installation Instructions	13
3	FITNESSPLUS QUICK START GUIDE	14
4	PALM OS USER INTERFACE.....	15
4.1	Icon Definitions.....	15
4.2	Cut, Copy, and Paste.....	16
4.3	FitnessPlus Main Window	18
4.4	FitnessPlus User and Plan Management	19
4.5	FitnessPlus Food Database Management	20
4.5.1	Food Management	20
4.5.2	Food Group Management	21
4.5.3	Food Subgroup Management	22
4.5.4	Meal Management	23
4.5.5	Diet Schedule Management.....	24
4.6	FitnessPlus Exercise Database Management	25
4.6.1	Exercise Management	25
4.6.2	Exercise Group Management	26
4.6.3	Exercise Subgroup Management.....	27
4.6.4	Exercise Set Management	28
4.6.5	Exercise Schedule Management	29
4.7	Daily Tracking	30

4.7.1	Daily Tracking Main Form	30
4.7.2	Weight In	31
4.7.3	Diet Tracking	31
4.7.4	Food Search.....	32
4.7.5	Exercise Tracking.....	33
4.7.6	Exercise Search	34
4.7.7	Daily Values	35
4.7.8	Daily Journal.....	35
4.7.9	Summary	36
4.7.10	Water Intake.....	36
4.8	Charts	37
4.9	Blood Pressure, Body Measurements, and Fat Percentage	38
4.10	Register FitnessPlus	39
4.11	About FitnessPlus	40
5	WINDOWS USER INTERFACE	41
5.1	FitnessPlus for Windows.....	41
5.2	Import and Export Databases.....	42
5.3	Backup and Restore.....	43
5.4	Print.....	44
5.5	FitnessPlus Main Window	45
5.6	FitnessPlus User and Plan Management	47
5.7	FitnessPlus Food Database Management	49
5.7.1	Food Management	49
5.7.2	Food Group Management	50
5.7.3	Food Subgroup Management	52
5.7.4	Meal Management	53
5.7.5	Diet Schedule Management.....	54
5.8	FitnessPlus Exercise Database Management	56
5.8.1	Exercise Management	56
5.8.2	Exercise Group Management	58
5.8.3	Exercise Subgroup Management.....	59
5.8.4	Exercise Set Management	60
5.8.5	Exercise Schedule Management	61
5.9	Daily Tracking	63
5.9.1	Daily Tracking Main Form	63
5.9.2	Weigh In	64
5.9.3	Diet Tracking	65
5.9.4	Food Search.....	66
5.9.5	Exercise Tracking.....	67

5.9.6	Exercise Search	68
5.9.7	Daily Values	69
5.9.8	Daily Journal.....	70
5.9.9	Summary	71
5.10	Water Intake	72
5.11	Charts	73
5.12	Blood Pressure, Body Measurements, and Fat Percentage	74
5.13	About FitnessPlus	75
6	WINDOWS MOBILE USER INTERFACE	76
6.1	FitnessPlus Main Window	76
6.2	FitnessPlus User and Plan Management	77
6.3	FitnessPlus Food Database Management	79
6.3.1	Food Management	79
6.3.2	Food Group Management	80
6.3.3	Food Subgroup Management	81
6.3.4	Meal Management	82
6.3.5	Diet Schedule Management.....	83
6.4	FitnessPlus Exercise Database Management	84
6.4.1	Exercise Management	84
6.4.2	Exercise Group Management	85
6.4.3	Exercise Subgroup Management.....	86
6.4.4	Exercise Set Management	87
6.4.5	Exercise Schedule Management	88
6.5	Daily Tracking	89
6.5.1	Daily Tracking Main Form	89
6.5.2	Weight In	90
6.5.3	Diet Tracking	90
6.5.4	Food Search.....	91
6.5.5	Exercise Tracking.....	92
6.5.6	Exercise Search	93
6.5.7	Daily Values	94
6.5.8	Daily Journal.....	94
6.5.9	Summary	95
6.5.10	Water Intake.....	96
6.6	Charts	97
6.7	Blood Pressure, Body Measurements, and Fat Percentage	98
6.8	Register FitnessPlus	99
6.9	About FitnessPlus	100



7	SYNCHRONIZATION	101
7.1	Palm/Windows Synchronization	101
7.2	Windows Mobile/Windows Synchronization	103
8	HOW TO CONTACT US.....	105
9	APPENDIX A - DIET AND EXERCISE BASICS.....	106
10	APPENDIX B - BMI (BODY MASS INDEX).....	111
11	APPENDIX C - ABBREVIATIONS USED IN FOOD ITEM DESCRIPTION	113
12	APPENDIX D - SMARTCELL TECHNOLOGY LLC SOFTWARE LICENSE AGREEMENT 118	

1 Introduction

FitnessPlus



Please choose user:
 ▼ John Smith

Please choose plan:
 ▼ Plan 1

Daily Tracking

John Smith's Plan 1 ◀ 2004-08-01 ▶
 Activity Level ▼ Sedentary

Weight 185.00 lbs
 Goal -343 Cal
 Actual -770 Cal
 Diet In 1932 Cal
 BMR 2189 Cal
 Exercise Out 514 Cal
 FoodBudget 427 Cal

Food Item

Group: Baby Foods
 SubGrp: Babyfood
 FoodName
 Babyfd,Appl&Blueberry,Str

Amt 1.00 ▼ lbs
 Fib 8.16 g Cal 276.70
 Fat 0.91 g Sugar 0.00 g
 Pr 0.91 g SFat 0.09 g
 Cb 73.94 g Chole 0.00 mg
 Na 9.07 mg

Exercise Item

Group: Gym Activities
 SubGrp: Aerobics
 Exercise:
 Aerobics,High Impact

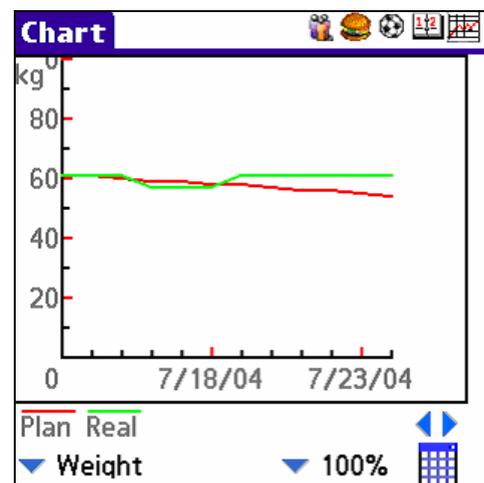
Weight 100 lbs
 TimeUnit 30 min
 Calories 180

Daily Details

BloodPressureHigh 140 mmHg
 BloodPressureLow 90 mmHg

Waist 34 in
 Wrist 6 in
 Hip 42 in
 Forearm 13 in

Fat Percentage 17.03%



FitnessPlus is a comprehensive and powerful fitness tracking software for Palm OS, Windows, and Windows Mobile devices. You can use FitnessPlus for diet and exercise tracking to achieve weight loss or weight gain goals, or to simply track your overall fitness and daily nutrition intake.

Major Features of FitnessPlus:

- FitnessPlus helps you to achieve your fitness and weight loss objectives by giving you all the tools necessary to manage your diet and exercise.
- FitnessPlus allows you to set up a user profile by entering your name, gender, age, and height. FitnessPlus supports multiple users on a single Palm OS device. The user database is fully customizable - you can add, edit, and delete any user profile in the database.
- FitnessPlus allows you to set up a plan by entering the start weight, start date, target weight and target date. FitnessPlus supports multiple plans per user. The plan database is fully customizable - you can add, edit, or delete any plan in the database.
- FitnessPlus allows you to track your nutrition intake by monitoring calories, carbohydrates, protein, fiber, fat, saturated fat, sugar, cholesterol, and sodium. A large food database with over 7000 food items is provided with all the nutrient information. The food database is based on official USDA food nutrient database (SR15). It also includes food items for most fast food restaurants. The food database is fully customizable - you can add, edit, or delete any food group, food subgroup, or food item in the database.
- FitnessPlus automatically convert the serving size of all food items and drinks to any units you wish: pinch, teaspoon, tablespoon, cup, pint, quart, gallon, liters, milliliters, fluid ounces, grams, pounds, etc.
- FitnessPlus allows you to search the food database with different options so that you can find the desired food item quickly from the large food database.
- FitnessPlus allows you to track your exercise by selecting an activity from a large exercise database. FitnessPlus automatically computes the calories burnt based on your current weight and exercise time. The exercise database is fully customizable - you can add, edit, or delete any exercise group, exercise subgroup, or exercise item in the database.
- FitnessPlus allows you to search the exercise database with different options so that you can find the desired exercise quickly from the large exercise database.
- To minimize user inputs for recording daily diet and exercise activities, FitnessPlus introduces a number of useful tools:
 - Meals: you can define a collection of food items as a meal in the food database and enter them using a single selection in daily diet tracking form.
 - Exercise Sets: you can define a collection of exercise items as an exercise set and enter them using a single selection in daily exercise tracking form.
 - Diet Schedule: you can define multiple diet schedules with different periods (weekly schedule is most common) and your diet tracking information will be automatically entered for you once a schedule is set up.

- Exercise Schedule: you can define multiple exercise schedules with different periods (weekly schedule is most common) and your exercise tracking information will be automatically entered for you once a schedule is set up.
- FitnessPlus provides daily diet summary and daily exercise summary for easy tracking of food intake and exercise activities.
- FitnessPlus summarizes your daily nutrition intake and compares them with recommended daily values.
- FitnessPlus tracks your body measurements (waist, wrist, hip, forearm) and computes the body fat percentage.
- FitnessPlus provides a summary view of TDEE (Total Daily Energy Expenditure), daily diet calorie intake, weight, calorie balance over the period of a plan.
- FitnessPlus gives you an overview of your progress by giving you a powerful charting tool. You can use the charting tool to display changes in weight, diet calorie, exercise calorie, body measurements, fat percentage, etc.
- FitnessPlus allows you to enter any notes you wish into a daily journal: blood pressure, individual nutrient goals, body fat, etc.
- FitnessPlus for Windows is a Windows 98/2000/NT/XP application that has all the functionalities of the mobile application, as well as the following features:
 - Import/Export all databases to Microsoft Access format (MDB files) and CSV files (Microsoft Access required).
 - Print the content in any window of the Windows application.
 - Two-way synchronization with both the Palm OS application and the Windows Mobile application. Switching between the Palm OS platform and the Windows Mobile platform is also supported.

Appendix A and B of the users guide contain some basic diet and fitness concepts. If you are not familiar with these concepts, please finish reading them before start to use the software. For your reference, Appendix C contains the list of abbreviations used in Food Item Descriptions.

FitnessPlus is shareware and it is priced at \$19.95 per copy. You can try it for free, but if you decide to keep it, you must purchase a registration code from us. Your evaluation license will be valid for 15 days. If you decide to keep FitnessPlus after the evaluation license is expired you must purchase a registration code from us. The registration code would unlock your software and enable it for unlimited use. Registered users will receive free software upgrades from us for one year. We also provide registered users free technical support for one year. You can order FitnessPlus from our web site at:

<http://www.smartcell.com>

2 Installation

FitnessPlus is available in three different packages:

- **FitnessPlus for Palm OS** – standalone version with no desktop component
- **FitnessPlus for Palm OS Suite** – FitnessPlus for Palm OS and FitnessPlus for Windows, including the HotSync Conduit
- **FitnessPlus for Windows Mobile Suite** – FitnessPlus for Windows Mobile and FitnessPlus for Windows

2.1 Upgrade Instructions

Before you install a new version, please BACKUP your user data. If you are using the Windows Desktop program, you can open menu File>Export, then select a folder to backup your data. The backup folder MUST be a folder different from the installation folder. If you need to restore any user data after installation, open menu File>Import, then select the types of database to restore, and check "Replace local database".

If you are using a standalone Palm OS version, you need to backup the FoodDB.pdb, ExerDB.pdb, UserDB.pdb, DailyDB*.pdb files under the backup folder of your Palm Desktop installation folder.

To upgrade from version 4.0x to version 4.1, please backup your user data and uninstall version 4.0x. Then you can start the installer program for version 4.1. After the installation you can restore your custom data using menu File>Import.

2.2 FitnessPlus for Palm OS (Standalone version)

2.2.1 System Requirements

FitnessPlus for Palm OS:

- Palm OS 3.5 or above.
- At least 1.5 MB free memory (not including user data).

2.2.2 Installation Instructions

Please note that FitnessPlus for Palm OS 4.1 is no longer backward compatible with earlier 3.x versions of FitnessPlus for Palm OS. Please backup your old databases (.pdb files) before you install the new version. Your Palm backup folder is typically under C:\Program Files\Palm\(\Username)\Backup. Please copy files FoodDB.pdb, ExerDB.pdb, UserDB.pdb and DailyDB.pdb from your Palm backup folder to another folder.

Follow the steps below to install FitnessPlus for Palm OS:

- Back up your user data before you start the installation.
- Make sure that your Palm OS device is connected to your PC through cradle or cable.
- Create a new folder and uncompress all files in the ZIP file to this folder.
- Use Palm Install Tool to install files FitnessPlus.prc, Mathlib.prc, FoodDB.pdb, ExerDB.pdb to the internal memory of your Palm device. If you are upgrading from version 4.0x, you should only install FitnessPlus.prc file.
- Perform a HotSync operation to transfer the files.

2.2.3 Un-installation Instructions

From your Palm device, tap on the “Application” icon to start the Application Launcher. Open menu App>Delete... and select FitnessPlus from the list, then tap on “Delete”.

2.3 FitnessPlus for Palm OS Suite

FitnessPlus for Palm OS Suite contains two programs: FitnessPlus for Palm OS and FitnessPlus for Windows. A HotSync conduit is included to provide automatic two-way synchronization between the Window Desktop program and the Palm OS program. Please note that the FitnessPlus.prc files included in the FitnessPlus for Palm OS Suite package is different from the standalone package. You must use the FitnessPlus.prc file that comes with the FitnessPlus for Palm OS Suite package to be able to synchronize with your Windows desktop computer.

2.3.1 System Requirements

FitnessPlus for Windows:

- Microsoft Windows 98, 2000, NT, XP, 2003.
- At least 256 KB of system memory.
- At least 10 MB of free disk space.

FitnessPlus for Palm OS:

- Palm OS 3.5 or above.
- At least 1.5 MB free memory (not including user data).

2.3.2 Installation Instructions

Please note that FitnessPlus for Palm OS 4.1 is no longer backward compatible with earlier 3.x versions of FitnessPlus for Palm OS. Please backup your old databases (.pdb files) before you install the new version. Your Palm backup folder is typically under C:\Program Files\Palm\(\Username)\Backup. Please copy files FoodDB.pdb, ExerDB.pdb, UserDB.pdb and DailyDB.pdb from your Palm backup folder to another folder.

Follow the steps below to install FitnessPlus for Palm OS Suite:

- Backup your user data using menu File>Export on the desktop program before installing the new version.
- Uninstall previous version of FitnessPlus for Palm OS Suite.
- Make sure that your Palm OS device is connected to your PC through cradle or cable.
- Create a new folder and unzip the .exe file in the ZIP file to this folder.
- Double tap on the .exe file to launch the FitnessPlus for Palm OS Suite Installer.
- Follow the instruction displayed on the screen to complete the installation process.
- Perform a HotSync operation to transfer the FitnessPlus application and databases to your Palm OS device.
- On your desktop PC, click Start>All Programs>SmartCell Technologoy>FitnessPlus>FitnessPlus.exe to start the desktop application. You will be asked to create a user and a plan. We recommend that you always create your users and plans using the desktop application.
- You can use menu File>Import on the desktop program to restore your user data if you are upgrading from version 4.0x.

2.3.3 Un-installation Instructions

- From your Palm device, tap on the “Application” icon to start the Application Launcher. Open menu App>Delete... and select FitnessPlus from the list, then tap on “Delete”.
- On your desktop computer, go to Control Panel and click on “Add/Remove Programs”. Select “SmartCell Technology FitnessPlus for Palm OS”, and click on “Change/Remove”.
- Delete any files remaining in your Installation folder, which is typically located at C:\Program Files\SmartCell Technology\FitnessPlus.

2.4 FitnessPlus for Windows Mobile Suite

FitnessPlus for Palm OS Suite contains two programs: FitnessPlus for Windows Mobile and FitnessPlus for Windows. An ActiveSync service provider is included to provide automatic two-way synchronization between the Window Desktop program and the Windows Mobile program.

2.4.1 System Requirements

FitnessPlus for Windows:

- Microsoft Windows 98, 2000, NT, XP, 2003.
- At least 256 KB of system memory.
- At least 10 MB of free disk space.

FitnessPlus for Windows Mobile:

- Windows Mobile for Pocket PC 2003 or Windows Mobile for Smartphone 2003.
- At least 1.8 MB free memory (not including user data).

2.4.2 Installation Instructions

- Backup your user data using menu File>Export on the desktop program before installing the new version.
- Make sure that your Windows Mobile device is connected to your PC through cradle or cable.
- Create a new folder and unzip the .exe file in the ZIP file to this folder.
- Double click the .exe file to launch the FitnessPlus for Windows Mobile Suite Installer.
- Follow the instruction displayed on the screen to complete the installation process. You must keep your mobile device connected to your desktop during the entire installation process.
- After installation is complete, please disconnect your Windows Mobile device from your PC and then reconnect it.
- To enable synchronization between the desktop program and the Windows Mobile program, open ActiveSync manager, go to menu Tools>Options, under "Sync Options" check "FitnessPlus", and click "OK".
- On your desktop PC, click Start>All Programs>SmartCell Technolgoy>FitnessPlus>FitnessPlus.exe to start the desktop application. You will be asked to create a user and a plan. We recommend that you always create your users and plans using the desktop application.

- After the User and the Plan are created on the desktop, you can perform an ActiveSync operation to transfer the data to your mobile device. After that you can start to use both the Desktop program and the mobile program. The data on your desktop and your mobile device will be automatically synchronized after each ActiveSync operation.
- You can use menu File>Import on the desktop program to restore your user data if you are upgrading from version 4.0x.

2.4.3 Un-installation Instructions

- You MUST disable the synchronization between the desktop program and the Windows Mobile program before you take any steps below. Please open ActiveSync manager, go to menu Tools>Options, under “Sync Options” uncheck “FitnessPlus”, and click “OK”.
- Open ActiveSync manager and go to menu Tools>Add/Remove Programs.
- Select “SmartCell Tech FitnessPlus” from the list and click on “Remove...”, click “OK” to confirm.
- Delete the “Fitness” folder under \Program Files\SmartCell from your Windows Mobile device.
- On your desktop computer, go to Control Panel and click on “Add/Remove Programs”. Select “FitnessPlus for Windows Mobile Suite”, and click on “Change/Remove”.

3 FitnessPlus Quick Start Guide

Although FitnessPlus contains a lot of features, it is easy to get started with FitnessPlus if you follow the simple steps below:

- Create a user profile. You need to enter your name, age, sex, height, and unit preference.
- Create a weight loss plan. You need to enter the start date, end date, start weight, and target weight.
- Track you weight, diet, and exercise daily using the daily tracking window. You need to enter all food items and exercise activities for each day. You can add your custom food items and exercise items if you cannot find them in the built-in databases. You can also enter your body measurements and blood pressure information everyday. For frequently used food and exercise items, you can organize them into meals and exercise sets, or even set up schedules to reduce everyday data input.
- You can use the charting tool to display different information and track your progress.

Although the Palm program and the Windows Mobile program implement the same feature set as the desktop program, we recommend that you use the desktop program to perform operations that require a lot of data input, such as:

- Create Users and Plans
- Add food to food database or edit food in food database
- Add exercise to exercise database or edit exercise in exercise database
- Create meals and exercise sets
- Set up diet schedules and exercise schedules

You may use the Palm program or the Windows Mobile program to perform most of the daily tracking operations:

- Track daily diet intake
- Track daily exercise activities
- Track blood pressures and body measurements
- Track progress using the charting tool and the daily summary form

4 Palm OS User Interface

4.1 Icon Definitions

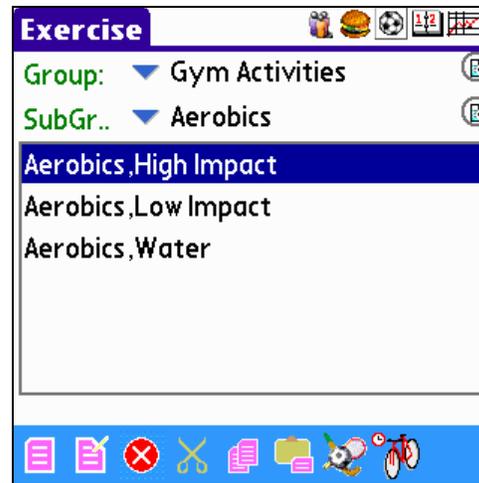
The follow table summarizes all icons used in the FitnessPlus application and their purposes.

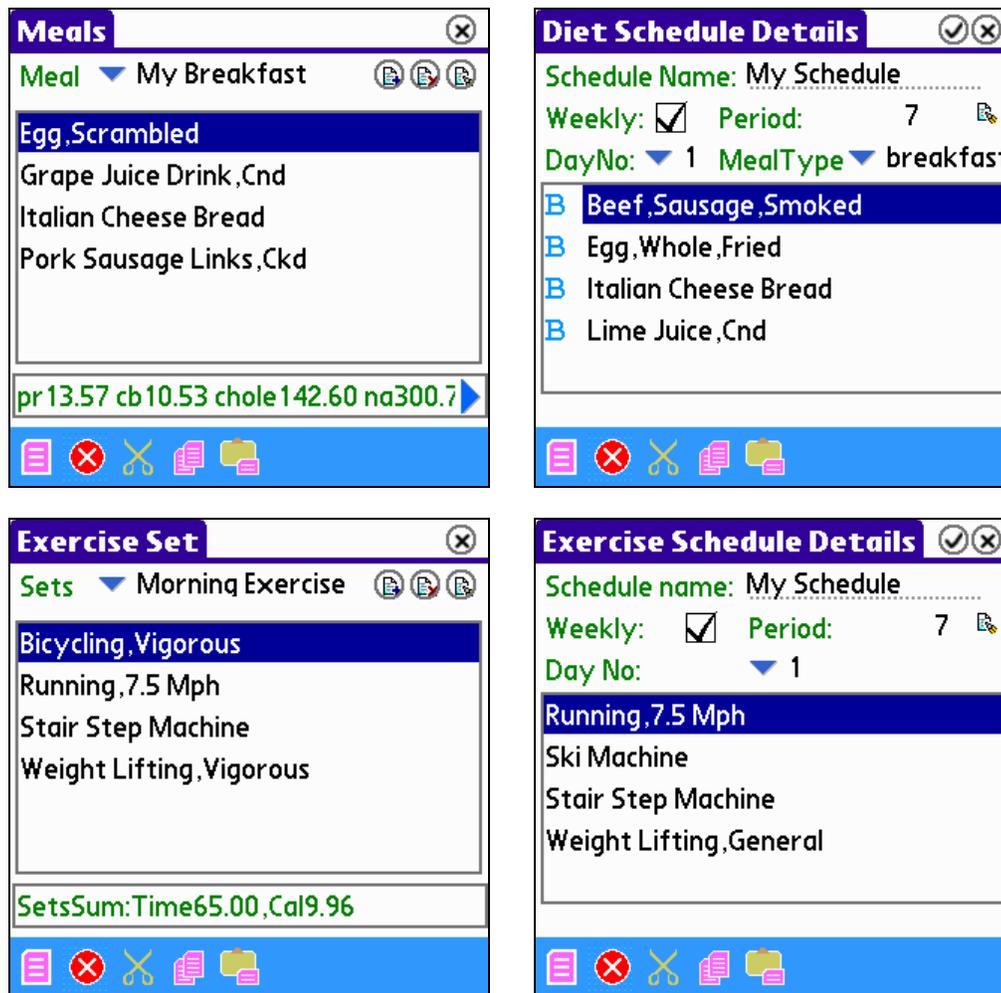
Icon	Name	Purpose
	UserPlanManage	Open user and plan management main form
	FoodDatabase	Open food database main form
	ExerciseDatabase	Open exercise database main form
	DailyTracking	Open daily tracking main form
	Charts	Display charts
	Breakfast	Indicate that an diet tracking item belongs to breakfast
	Lunch	Indicate that an diet tracking item belongs to lunch
	Dinner	Indicate that an diet tracking item belongs to dinner
	Snack	Indicate that an diet tracking item belongs to snack
	Meal	Opens the meal management form
	Diet Schedule	Opens the diet schedule management form
	Exercise Set	Opens the exercise set management form
	Exercise Schedule	Opens the exercise schedule management form
	Tools	Opens the body measurements and fat percentage form
	Summary	Opens the daily summary form
	DailyValues	Compares daily nutrition intake with recommended daily values
	Water	Opens water counter
	Date	Choose a date
 or 	Add	Add an item
 or 	Edit	Edit an item
 or 	Delete	Delete an item
	Cut	Delete an item and place it in Clipboard
	Copy	Copy an item to Clipboard
	Paste	Paste one or more items from Clipboard
	Ok	Ok to perform an operation
	Cancel	Close the form or cancel an operation
	Search	Search for a food item from the food database

4.2 Cut, Copy, and Paste

FitnessPlus supports Cut, Copy, and Paste operations for the following items:

- Food item in Food Management Main Window
- Exercise item in Exercise Management Main Window
- Diet tracking item in Diet Tracking Main Window
- Exercise item in Exercise Tracking Main Window
- Food item in Meal Management Window
- Food item in Diet Schedule Management Window
- Exercise item in Exercise Set Management Window
- Exercise item in Exercise Schedule Management Window





To delete an item and copy it to Clipboard, select the item from the list and then tap on the “Cut” icon. You can copy multiple items to the Clipboard by selecting one at a time.

To copy an item to Clipboard without deleting it, select the item from the list and then tap on the “Copy” icon.

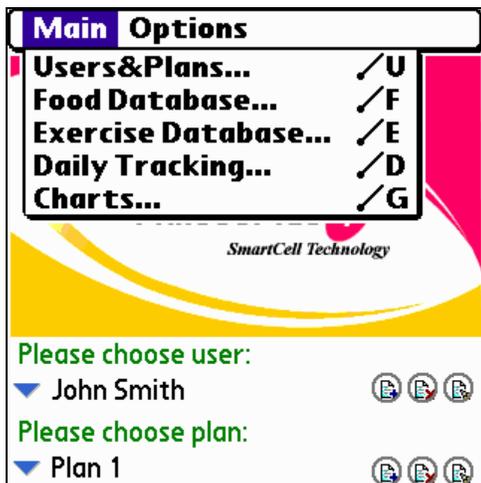
To copy all items from the Clipboard to a list, tap on the “Paste” icon. Please note that the “Paste” command will complete successfully only if the items placed in the Clipboard are of the same type as the items in the current list.

4.3 FitnessPlus Main Window

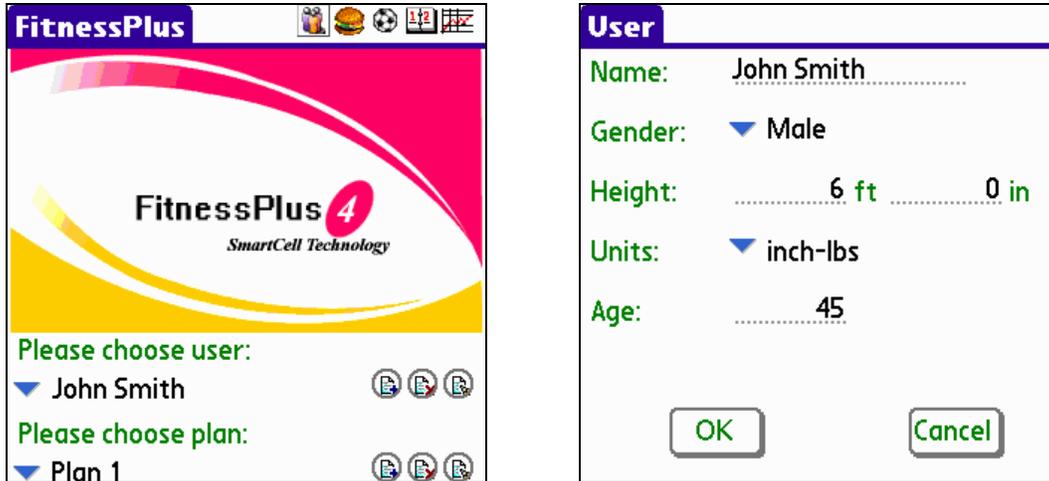


The FitnessPlus main form shows the FitnessPlus logo and five icons on the title bar that allow you to easily access major functions of FitnessPlus. Simply tap on one of the five icons on the bottom to perform the desired operation.

You can also access the FitnessPlus menus from the main form. The Main menu allows you to access the major functions through the menu system or Graffiti shortcuts. The options menu allows you to set user preferences, to register FitnessPlus, and to display FitnessPlus copyright information.



4.4 FitnessPlus User and Plan Management



Once you tap on the “UserPlanManage” icon, the User and Plan management main form is open. This form displays a list of current users of the FitnessPlus program. You can use the small icons next to the list to add, edit, or delete a user.

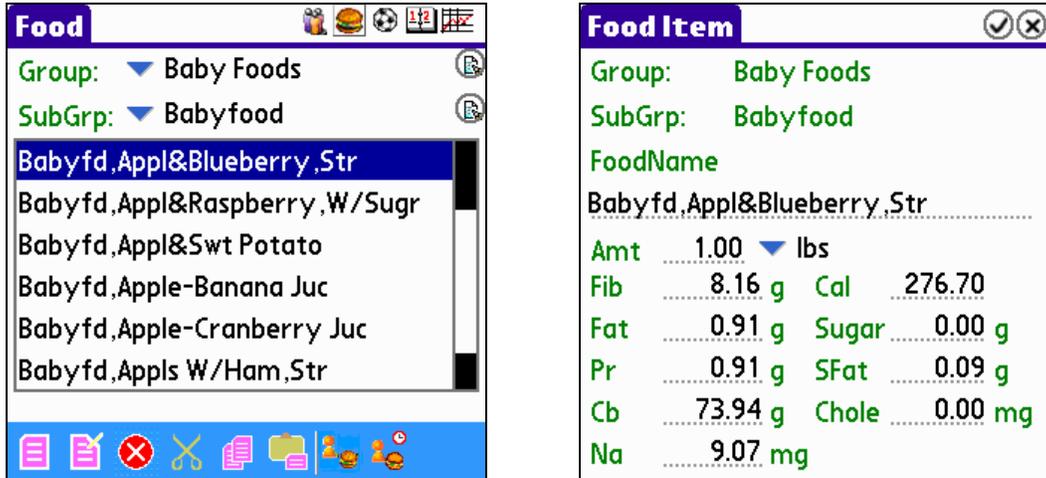
To add a user, tap on the “Add” icon and the “User Details” form is open. After you enter the name, gender, height, unit preference, and age, tap on the “OK” button to confirm the addition of the user.



To add a plan, tap on the “Add” icon next to the plan list and the “Plan Details” form is open. After you enter the plan name, start weight, start date, target weight, and target date, tap on the “OK” button to confirm the addition of the plan. The “Plan Details” form also shows the start BMI (Body Mass Index, see Appendix B) and target BMI.

4.5 FitnessPlus Food Database Management

4.5.1 Food Management



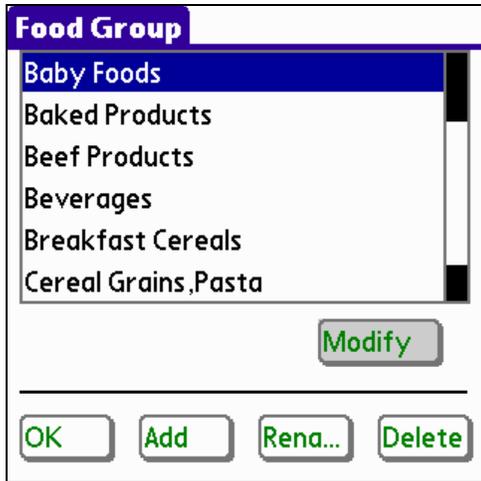
Once you tap on the “FoodDatabase” icon, the food database management main form is open. This form displays the food group list, food subgroup list, and the food list. You can tap on the small icons below the food list to add, edit, or delete a food item.

To add a food item, tap on the “Add” icon and the “Food Details” form is open. After you enter the food name, unit, amount, calorie, and the nutrient information, tap on “OK” to confirm the addition of the food item.

The following table shows the abbreviations used for displaying food information.

Abbreviation	Meaning
Amt	Amount
Fib	Fiber
Cal	Calorie
SFat	Saturated Fat
Cb	Carbohydrates
Na	Sodium
Chole	Cholesterol
Pr	Protein
oz	Ounce
lb	Pound
g	Gram
kg	Kilogram
tbsp	Tablespoon
tsp	Teaspoon
ml	Milliliter
gal	Gallon
fl oz	Fluid Ounce

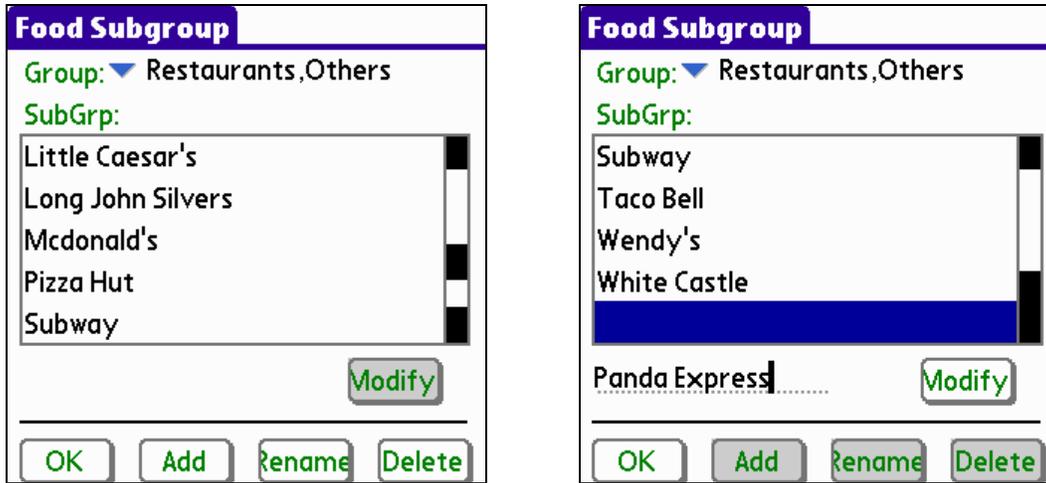
4.5.2 Food Group Management



To view the food group management main form, tap on the “SmallEdit” icon next to the group name in the food database management main form. The food group management form displays a list of all food groups available. You can tap on the buttons below the food group list to add, edit, or delete a food group.

To add a food group, tap on the “Add” icon and enter the food group name, then tap on “Modify” to confirm the addition of the food group. To edit or delete a food group, highlight the group in the list, and tap on “Rename” or “Delete”. Tap on the “OK” button if you are done with food group editing.

4.5.3 Food Subgroup Management



To view the food subgroup management main form, tap on the “SmallEdit” icon next to the subgroup name in the food database management main form. The food subgroup management form displays a list of all food subgroups available. You can tap on the small icons below the food subgroup list to add, edit, or delete a food subgroup.

To add a food subgroup, tap on the “Add” icon and enter the food subgroup name, then tap on “Modify” to confirm the addition of the food subgroup. To edit or delete a food subgroup, highlight the group in the list, and tap on “Rename” or “Delete”. Tap on the “OK” button if you are done with food subgroup editing.

4.5.4 Meal Management



To view the meal management main form, tap on the “Meal” icon in the food database management main form. The meal management form displays a list of all meals available. You can tap on the small icons next to the meal list to add, edit, or delete a meal. In this form the nutrition information of the meal is also displayed.

To add a meal, tap on the “Add” icon and enter the new meal name, then use the icons on the bottom of the screen to add food items to this meal. You can use cut, copy, and paste to edit the food items in a meal.

4.5.5 Diet Schedule Management



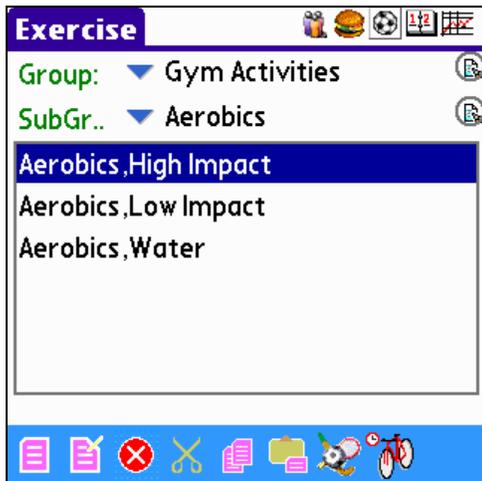
To view the diet schedule management main form, tap on the “DietSchedule” icon in the food database management main form. The diet schedule management form displays a list of all diet schedules available. You can tap on the small icons next to the diet schedule list to add, edit, or delete a diet schedule. In this form the daily average nutrition information of the diet schedule is also displayed.

To activate a diet schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Schedule Active” checkbox, the selected schedule is activated and all food items in this schedule will be automatically added to your daily diet tracking information. To deactivate a diet schedule, uncheck the “Schedule Active” checkbox. Only one diet schedule can be active at any given time.

To add a diet schedule to the list, tap on the “Add” icon and enter the new diet schedule name, set the schedule period, then use the icons on the bottom of the screen to add food items to this schedule. You can use cut, copy, and paste to edit the food items in the schedule.

4.6 FitnessPlus Exercise Database Management

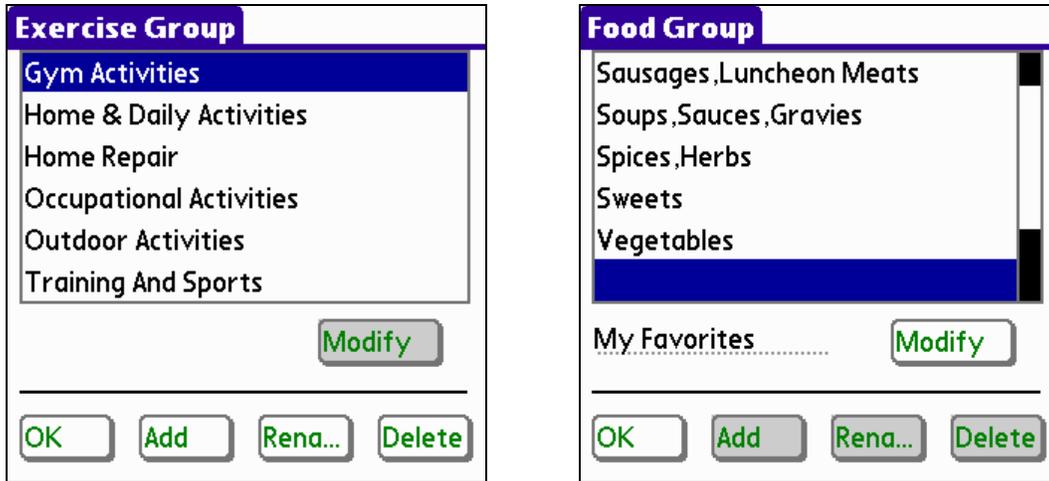
4.6.1 Exercise Management



Once you tap on the “ExerciseDatabase” icon, the exercise database management main form is open. This form displays the exercise group list, the exercise subgroup list, and the exercise list. You can tap on the small icons below the exercise list to add, edit, or delete an exercise item.

To add an exercise item, tap on the “Add” icon and the “Exercise Details” form is open. After you enter the exercise name, weight, time, and calorie burnt, tap on the “OK” button to confirm the addition of the exercise item.

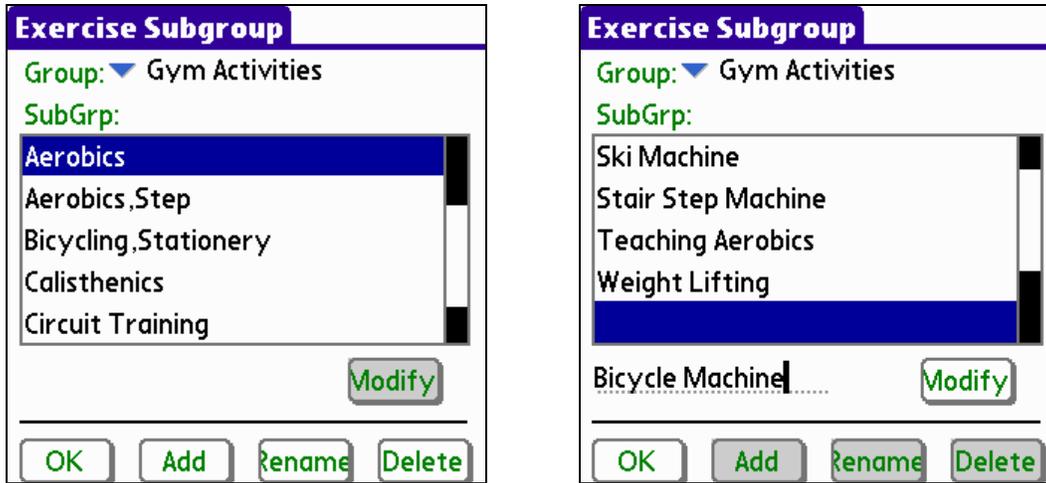
4.6.2 Exercise Group Management



To view the exercise group management main form, tap on the “SmallEdit” icon next to the group name in the exercise database management main form. The exercise group management form displays a list of all exercise groups available. You can tap on the buttons below the exercise group list to add, edit, or delete an exercise group.

To add an exercise group, tap on the “Add” icon and enter the exercise group name, then tap on “Modify” to confirm the addition of the exercise group. To edit or delete an exercise group, highlight the group in the list, and tap on “Rename” or “Delete”. Tap on the “OK” button if you are done with exercise group editing.

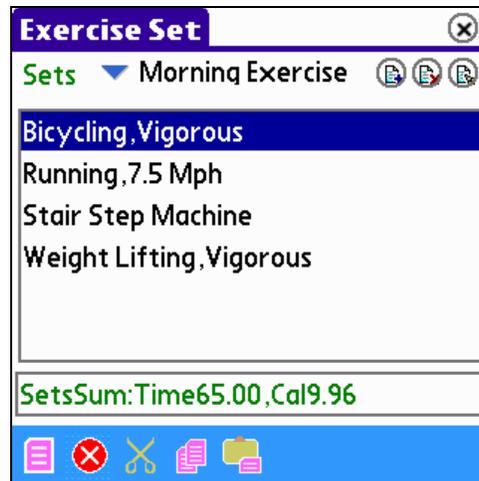
4.6.3 Exercise Subgroup Management



To view the exercise subgroup management main form, tap on the “SmallEdit” icon next to the subgroup name in the exercise database management main form. The exercise subgroup management form displays a list of all exercise subgroups available. You can tap on the small icons below the exercise subgroup list to add, edit, or delete an exercise subgroup.

To add an exercise subgroup, tap on the “Add” icon and enter the exercise subgroup name, then tap on “Modify” to confirm the addition of the exercise subgroup. To edit or delete an exercise subgroup, highlight the group in the list, and tap on “Rename” or “Delete”. Tap on the “OK” button if you are done with exercise subgroup editing.

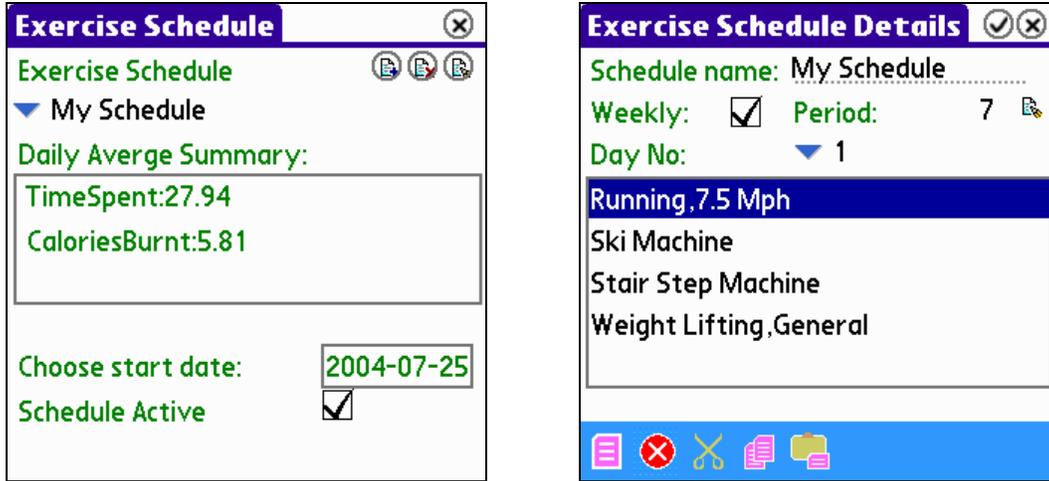
4.6.4 Exercise Set Management



To view the exercise set management main form, tap on the “Exercise set” icon in the exercise database management main form. The exercise set management form displays a list of all exercise sets available. You can tap on the small icons next to the exercise set list to add, edit, or delete an exercise set. In this form the summary information of the exercise set is also displayed.

To add a exercise set, tap on the “Add” icon and enter the new exercise set name, then use the icons on the bottom of the screen to add exercise items to this exercise set. You can use cut, copy, and paste to edit the exercise items in an exercise set.

4.6.5 Exercise Schedule Management



To view the exercise schedule management main form, tap on the “ExerciseSchedule” icon in the exercise database management main form. The exercise schedule management form displays a list of all exercise schedules available. You can tap on the small icons next to the exercise schedule list to add, edit, or delete an exercise schedule. In this form the daily average summary information of the exercise schedule is also displayed.

To activate an exercise schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Schedule Active” checkbox, the selected schedule is activated and all exercise items in this schedule will be automatically added to your daily exercise tracking information. To deactivate an exercise schedule, uncheck the “Schedule Active” checkbox. Only one exercise schedule can be active at any given time.

To add an exercise schedule to the list, tap on the “Add” icon and enter the new exercise schedule name, set the schedule period, then use the icons on the bottom of the screen to add exercise items to this schedule. You can use cut, copy, and paste to edit the exercise items in the schedule.

4.7 Daily Tracking

4.7.1 Daily Tracking Main Form



Daily Tracking	
John Smith's Plan 1	2004-08-01
Activity Level	Sedentary
Weight	185.00 lbs
Goal	-343 Cal
Actual	-770 Cal
Diet In	1932 Cal
BMR	2189 Cal
Exercise Out	514 Cal
FoodBudget	427 Cal

Once you tap on the “DailyTracking” icon, the daily tracking main form is open. This form displays the user name, the plan name, date, activity level, weight, calorie goal, actual daily calorie balance, diet-in calorie, BMR, exercise-out calorie, and the food budget.

Inside this form you can perform the following operations:

- Tap on the “Date”, “Next”, “Last” icons to select a different date or to move to last day or the next day.
- Set your daily activity level (please see the activity level table below).
- Enter your current weight in the weight field.
- Tap on the “Journal” icon to view or edit daily journal.
- Tap on the “Summary” icon to view diet and exercise tracking summary for the current plan.
- Tap on the “DailyValues” icon to view daily nutrition intake information
- Tap on the “Tools” icon to enter your body measurements and to compute your fat percentage.
- Tap on the “Food” icon to track your diet intake.
- Tap on the “Exercise” icon to track your daily exercise activity.
- Tap on the “Water” icon to track your daily water intake.

The activity levels are defined in the following table

Activity Level	Definition
Sedentary	Little or no exercise, desk job
Lightly Active	Light exercise/sports 1-3 days/wk
Moderately Active	Moderate exercise/sports 3-5 days/wk
Very Active	Hard exercise/sports 6-7 days/wk
Extremely Active	Hard daily exercise/sports & physical job or 2X day training, i.e., marathon, contest etc.

4.7.2 Weight In

You should measure your weight everyday and enter the current weight in the daily tracking main form. Weight-in is important because BMR and exercise-out calorie are computed using your current weight. You will be reminded to enter your weight the first time you enter the daily tracking form everyday.

4.7.3 Diet Tracking

Daily Diet			
▼ breakfast			
FoodName	Amt	Unit	Cal
Beef,Sausage,Smoked	2.0	oz	176.9
Bread,Wheat	4.0	oz	294.8
Egg,Scrambled	4.0	oz	240.4
Grape Juice Drink,Cnd	8.0	oz	113.4

Choose Food			
Group:	▼ Restaurants,Others		
SubGrp:	▼ Burger King		
Food:	🔍	MealType	▼ breakfast
▼ Big Fish			
Amt	1.00	▼ item	
Fib	9.00 g	Cal	720.00
Fat	59.00 g	Sugar	0.00 g
Pr	23.00 g	SFat	3.00 g
Cb	43.00 g	Chole	0.00 mg
Na	0.00 mg		

Once you tap on the “Food” icon next to the Diet In field in the daily tracking main form, the daily diet tracking main form is open. This form displays a list of all food items consumed for the selected date. You can choose to display food items based on meal types: all, breakfast, lunch, dinner, or snack. You can use the small icons below the list to add, edit, or delete a food item.

To add a food item, tap on the “Add” icon and the “Choose Food” form is open. In this form the nutrient information per unit of food is displayed. After selecting food group, food subgroup, food name, meal type, and unit, enter the amount for the food item and tap on the “OK” button to confirm adding the food item to diet tracking database. To update the nutrient information displayed in this form, tap on the “Compute” icon next the to food unit.

If you cannot find the food item from the food list, you can tap on the “Search” icon next to the “Food Name” field to search it in the food database.

4.7.4 Food Search



Search Food [X]

Search [Search]

Group: ▼ In all groups

SubGrp: ▼ In all subgrps in the group

Search Food Item Result List

- Babyfd,Crl,Egg Yolks&Bacon
- Babyfd,Crl,W/Egg Yolks,Jr
- Babyfd,Crl,W/Egg Yolks,Str
- Babyfd,Crl,W/Eggs,Str
- Bagels,Egg

Once you tap on the “Search” icon in the “Choose Food” form, the “Search Food” form is open. To search for a food item, select the scope of the search (“All Groups” means search in the entire food database), enter the keyword to search, and tap on the “Search” button.

Once the search is complete, the form displays a list of all food items matching the supplied keyword. If the result cannot be displayed on a single page, you can use the “Left” and “Right” buttons to move from one page to another. If you find the desired food item in the list, simply select it from the list. This will bring you back to the “Choose Food” form with the correct food item selected. If you cannot find the food item you want, tap on the “Cancel” button to exit the “Search Food” form.

4.7.5 Exercise Tracking

Daily Exercise		
ExerciseName	Min	Cal
Bicycling,Moderate	10.0	103.58
Running,7.5 Mph	15.0	277.45
Stair Step Machine	10.0	88.78
Weight Lifting,General	10.0	44.39

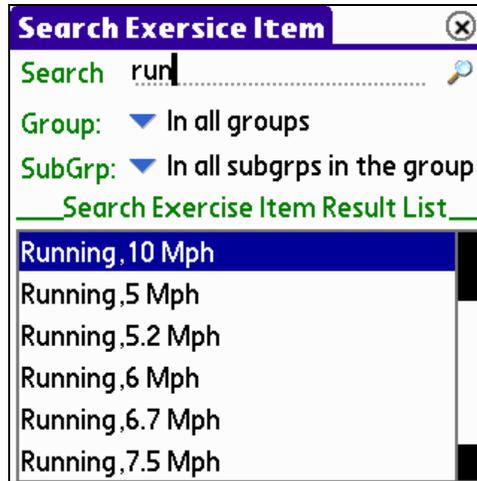
Choose Exercise	
Group:	▼ Gym Activities
SubGrp:	▼ Ski Machine
Exercise:	▼ Ski Machine 
TimeSpent:15 Min
Calories:113.97

Once you tap on the “Exercise” icon in the daily tracking main form, the exercise tracking main form is open. This form displays a list of all exercise activities for the selected date. You can use the small icons below the list to add, edit, or delete an exercise activity.

To add an exercise activity, tap on the “Add” icon and the “Exercise Tracking Details” form is open. After selecting exercise group, exercise subgroup, and exercise, enter the time for the exercise and the total calories burnt will be displayed. Tap on the “OK” button to confirm adding the exercise activities to exercise tracking database.

If you cannot find the exercise item from the exercise list, you can tap on the “Search” icon next to the “Exercise Name” field to search it in the exercise database.

4.7.6 Exercise Search



Once you tap on the “Search” icon in the “Choose Exercise” form, the “Search Exercise” form is open. To search for an exercise item, select the scope of the search (“All Groups” means search in the entire exercise database), enter the keyword to search, and tap on the “Search “ button.

Once the search is complete, the form displays a list of all exercise items matching the supplied keyword. If the result cannot be displayed on a single page, you can use the “Left” and “Right” buttons to move from one page to another. If you find the desired exercise item in the list, simply select it from the list. This will bring you back to the “Exercise Tracking Details” form with the correct exercise item selected. If you cannot find the exercise item you want, tap on the “Cancel” button to exit the “Search Exercise” form.

4.7.7 Daily Values

Daily Values				
Name	Unit	Intake	RDV	%DV
Fat	g	76.3	59	129%
SFat	g	32.4	25	129%
Chole	mg	190.0	300	63%
Na	mg	3206.4	2400	133%
Cb	g	6.8	375	1%
Fib	g	0.0	31	0%
Pr	g	40.0	64	62%
Sugar	g	0.0	0	
Daily Calories:			▼	2500

Once you tap on the “DailyValues” icon in the daily tracking main form, the daily values form is open. The daily values form displays your daily nutrition intake, recommended daily values, and percentage daily values. Please make sure that the correct daily calorie level is selected before reviewing the numbers in this form.

4.7.8 Daily Journal

Daily Journal
Things to do for today:
1. Exercise for 60 minutes.
2. Measure blood pressure.
3. Take body measurements and compute fat percentage.
4. Watch for saturated fat intake.

Once you tap on the “Journal” icon in the daily tracking main form, the daily journal form is open. You can enter any notes you want to take for the selected date in this form. You can enter a maximum of 2048 characters for each day.

4.7.9 Summary

Daily Summary				
Date	lbs	Diet	TDEE	Bal
04/08/01	185.0	2146	2189	-557
04/08/02	185.0	1969	2189	-220
04/08/03	185.0	1969	2189	-220
04/08/04	185.0	1969	2189	-220
04/08/05	185.0	1969	2189	-220
04/08/06	185.0	1969	2189	-220
04/08/07	185.0	1969	2189	-220
04/08/08	185.0	1969	2189	-220
04/08/09	185.0	1969	2508	-539

Once you tap on the “Summary” icon in the daily tracking main form, the summary form is open. The summary form shows weight, diet-in calorie, TDEE, and calorie balance for all dates in the selected plan. From the summary, you can have an overview of the progress you have made towards your goals.

4.7.10 Water Intake

Daily Tracking     

John Smith's Plan 1 ◀ 2004-08-01 ▶

Activity Level ▼ Sedentary

Weight 185.00 lbs

Goal -343 Cal

Actual -557 Cal

Diet In 2146 Cal

TDEE 2189 Cal

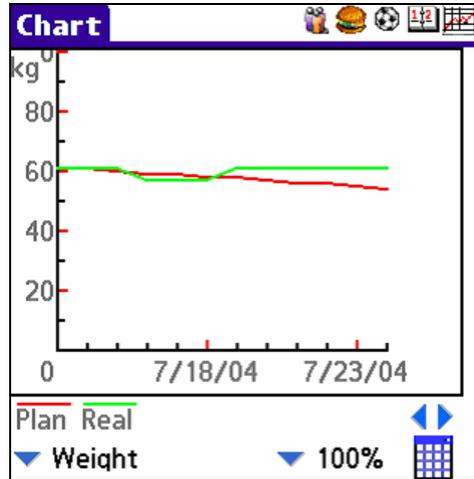
Input Water intake

5.5

Once you tap on the “Water” icon in the daily tracking main form, the daily water intake value is displayed. You can modify this number to reflect the actual amount of water you had consumed for the selected date. The unit of this number is dependent on your personal preference, e.g., glasses, bottles, etc.

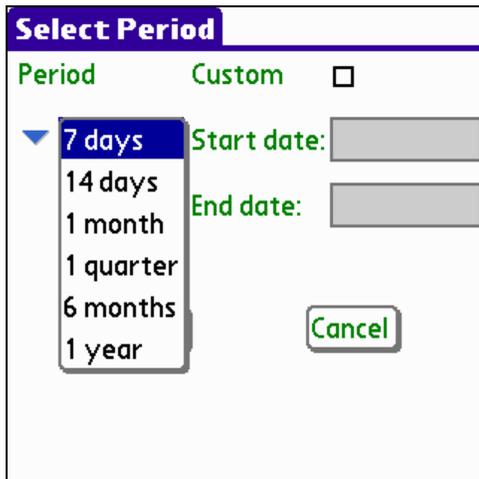
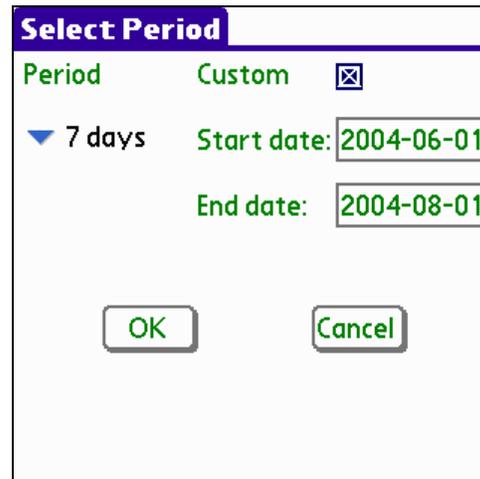
The recommended water intake is eight, eight-ounce glasses per day, for a total of 64 ounces.

4.8 Charts



Once you tap on the “Chart” icon, the chart form is open. This form displays a chart that shows the changes in weight, calorie, blood pressure, body measurement, and fat percentage as a function of time. You can use the zoom feature of the chart form to get a better view of the changes. You can also use the “Last”, “Next” icons to move through dates in the current plan.

You can customize the period of the chart form by tapping on the “Date” button. You can either select a period from the popup list or enter the start date and the end date for the period.

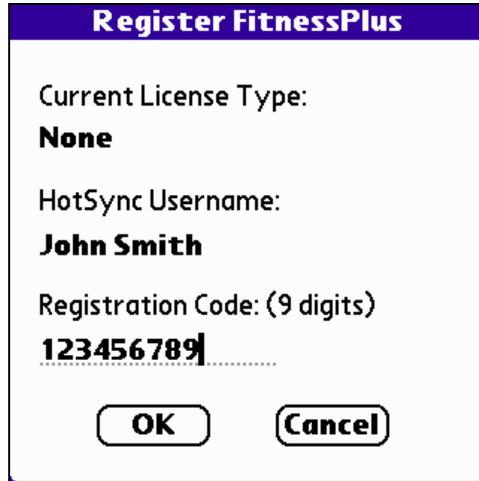
4.9 Blood Pressure, Body Measurements, and Fat Percentage

Daily Details		✓	✕
BloodPressureHigh 140	mmHg	
BloodPressureLow 90	mmHg	
Waist 34	in	
Wrist 6	in	
Hip 42	in	
Forearm 13	in	
<hr/>			
Fat Percentage	17.03%		

Once you tap on the “Tools” icon in the daily tracking main form, the “Daily Details” form is open. In this form you can enter your blood pressure and your body measurements (waist, wrist, hip, forearm). Once you have entered all the body measurement numbers, you can tap on the “Compute” button and the program will compute your body fat percentage based on your body measurements.

When you perform the body measurements, please always remember to measure the fullest point of each of the four body locations.

4.10 Register FitnessPlus



The image shows a dialog box titled "Register FitnessPlus" with a purple header. It contains the following text and fields:

- Current License Type:
None
- HotSync Username:
John Smith
- Registration Code: (9 digits)
123456789

At the bottom, there are two buttons: "OK" and "Cancel".

This option brings up the Register FitnessPlus dialog. The Register FitnessPlus dialog shows the current license type, the HotSync user name, and the 9-digit Registration Code. To register, enter your 9-digit registration code and tap on OK. If the code is correct, a confirmation message will be shown and your copy of software is then fully functional. Please note that the registration code would not work if the HotSync Username you provide us when you place the order does not match the HotSync Username shown in this window.

4.11 About FitnessPlus



This option brings up the About FitnessPlus dialog. The About FitnessPlus dialog shows the copyright and version information of the FitnessPlus application.

5 Windows User Interface

5.1 FitnessPlus for Windows



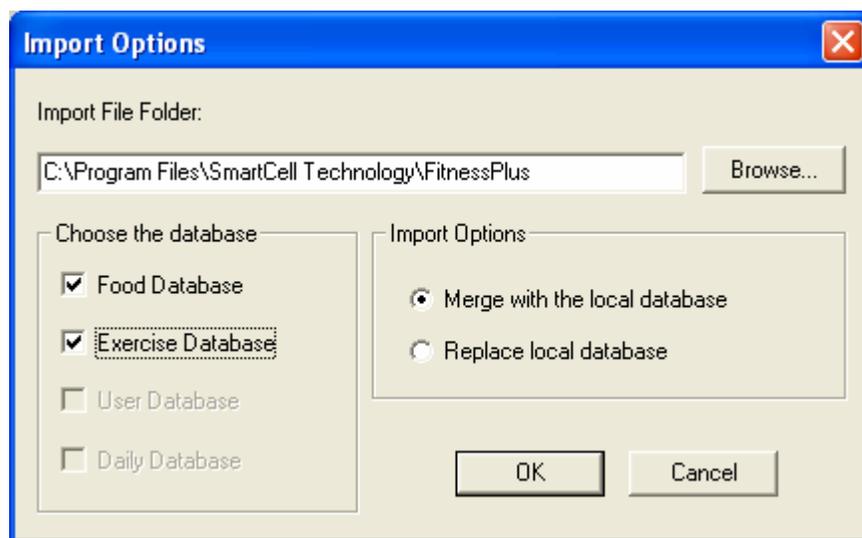
FitnessPlus for Windows is a Window 98/2000/NT/XP application that has all the functionalities of the mobile application, as well as the following features:

- Import/Export all databases to Microsoft Access format (MDB files) and CSV files (Microsoft Access required).
- Print the content in any window of the Windows application.
- Two-way synchronization with both the Palm OS application and the Windows Mobile application. Switching between the Palm OS platform and the Windows Mobile platform is also supported.

5.2 Import and Export Databases

You can export all FitnessPlus databases to Microsoft Access format by opening menu File>Export. Once you select the output folder and click on “OK”, all databases will be exported to the selected folder. The exported databases have the “.MDB” extension and they can be opened in Microsoft Access. The MDB files can also be converted to CSV files in Microsoft Access.

To import one or several FitnessPlus databases, you can open menu File>Import. Once you select the import file folder, you can choose from two import modes. If you choose the “Merge with the local database” mode, you can merge the Food database and Exercise database from another user with your local databases. If you choose the “Replace local database” mode, you can replace any of the FitnessPlus databases with databases from another user. The import process may take a few minutes. Please do not interrupt the import process as this may cause irreversible data loss.

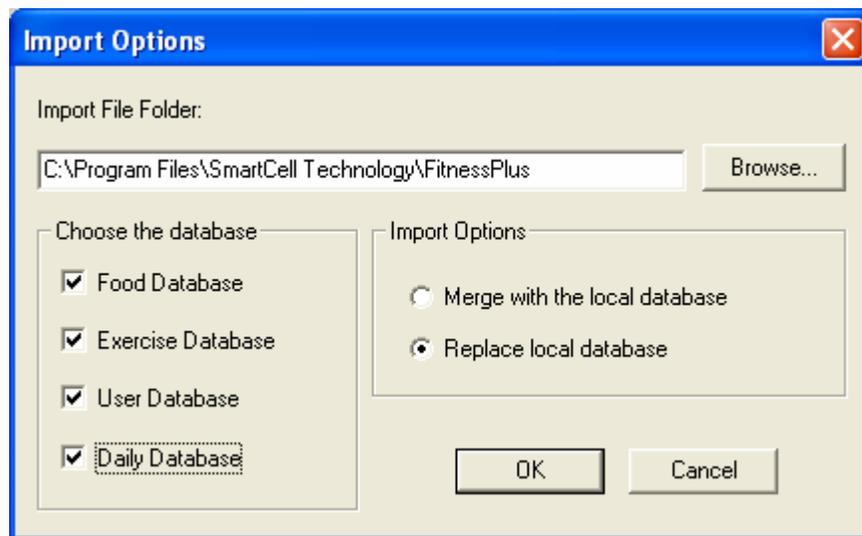


5.3 Backup and Restore

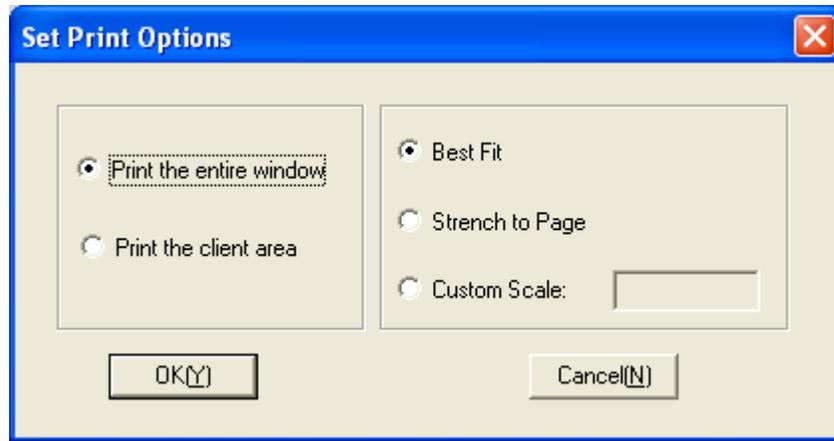
You should always backup your data regularly to avoid potential data loss. There are two methods to backup and restore your user data using the Windows Desktop program. The first method is to copy the FitnessPlus database files (*.wde files) under the installation folder to a backup folder. You will be asked if you want to backup your data this way when you close the desktop program. You can also do this by manually copying the *.wde files to the backup folder.

The second method is to use the Import/Export features to achieve Backup/Restore of your user data. To backup your data, open menu File>Export and select a folder to backup your data. After you click "OK", a number of files will be saved to this folder. These files include FoodDB.mdb, ExerDB.mdb, UserDB.mdb, and a few files with names like DailyDB*.mdb.

To restore your data, open menu File>Import and select the types of databases you want to restore, then check "Replace local database" and click "OK". Your data on Palm or PPC will be restored after the next HotSync or ActiveSync.



5.4 Print



To print any window of the FitnessPlus application, open menu File>Print. You can select from a number of Print options. You can choose to print either the entire window or the client area (which does not contain the menu bar and the tool bar). You can also select how you want to scale the printer output.

The printed window image will be send to the default printer.

5.5 FitnessPlus Main Window



The FitnessPlus main form shows the FitnessPlus menus and nine icons below the title bar that allow you to easily access major functions of FitnessPlus. Simply click on one of the nine icons on the toolbar to perform the desired operation.

You can also access the FitnessPlus menus from the main form. The File menu allows you to access the Import, Export, Change Data Format, Print functions. The Operations menu allows you to access the functions that are also accessible through the nine icons on the toolbar.

File Operation

- Import
- Export
- Change Data Format
- Print
- Quit

John Smith

Unit: Lbs-Inches

Gender: Male

Age: 45.0 Years

Height: 6 Foot 0.00 Inches

Welcome!

Current User Name: John Smith

Plan: Plan

Current Weight: 185.00 Lb

Target Weight: 170.00 Lb

Start Day: 2004- 9- 8

End Day: 2004- 9-30

File Operation

- Daily Tracking
- Users and Plans
- Food Database
- Exercise Database
- Diet Schedule
- Meals
- Exercise Schedule
- Exercise Sets
- Tools
- Chart
- About FitnessPlus

John Smith

Unit: Lbs-Inches

Gender: Male

Age: 45.0 Years

Height: 6 Foot 0.00 Inches

Welcome!

Current User Name: John Smith

Plan: Plan

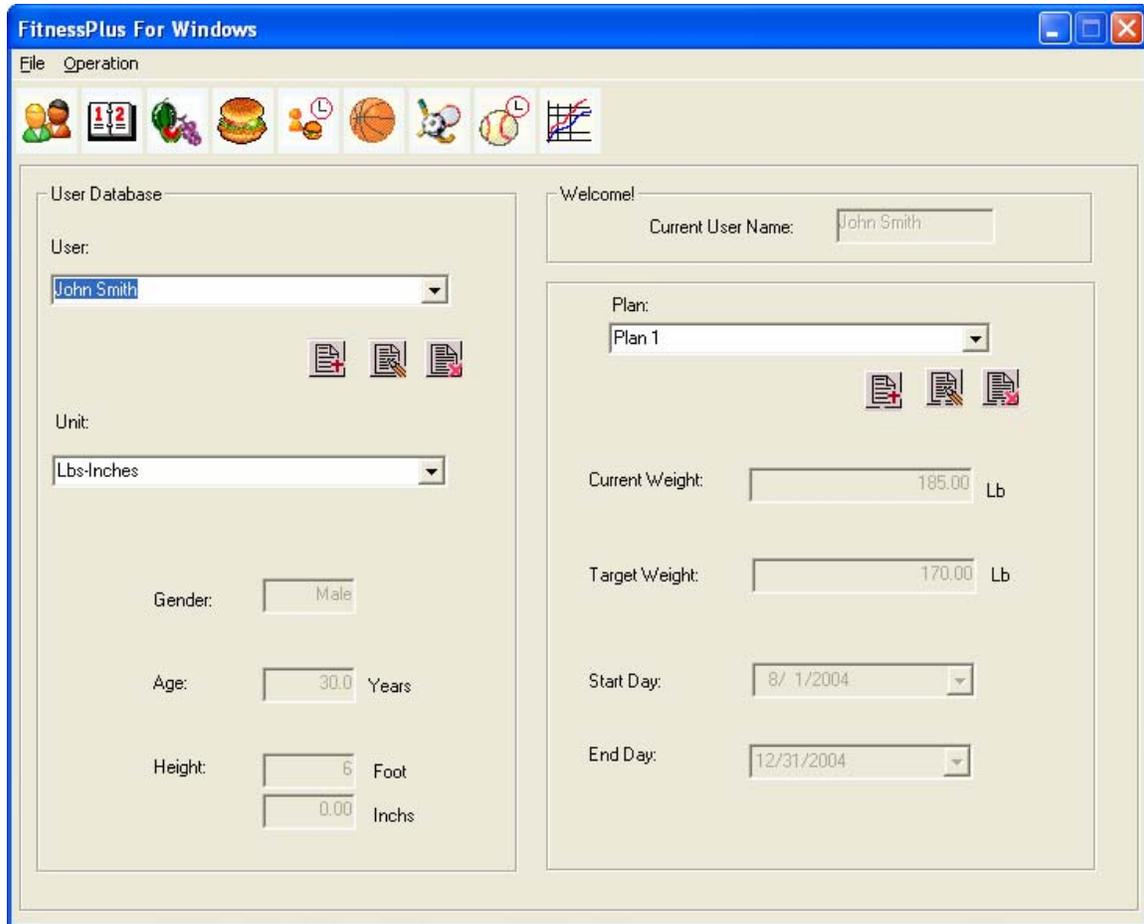
Current Weight: 185.00 Lb

Target Weight: 170.00 Lb

Start Day: 2004- 9- 8

End Day: 2004- 9-30

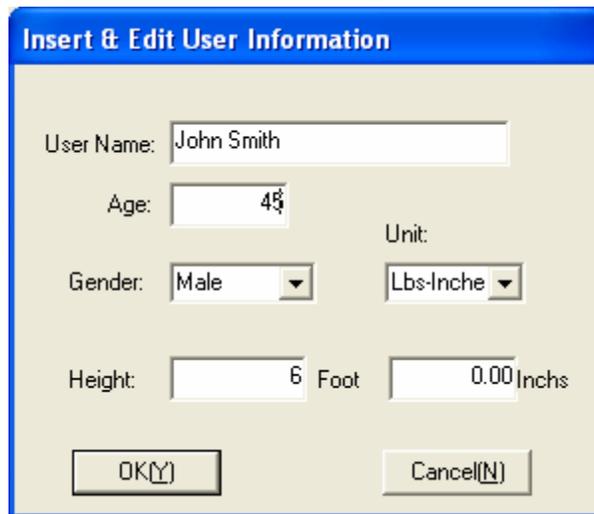
5.6 FitnessPlus User and Plan Management



The screenshot shows the "FitnessPlus For Windows" application window. The title bar includes "File" and "Operation" menus. A toolbar contains icons for various functions. The main interface is divided into two panels. The left panel, titled "User Database", contains a "User:" dropdown menu with "John Smith" selected, three small icons (add, edit, delete), a "Unit:" dropdown menu with "Lbs-Inches" selected, and input fields for "Gender:" (Male), "Age:" (30.0 Years), and "Height:" (6 Foot, 0.00 Inches). The right panel, titled "Welcome!", contains a "Current User Name:" field with "John Smith", a "Plan:" dropdown menu with "Plan 1" selected, three small icons, and input fields for "Current Weight:" (185.00 Lb), "Target Weight:" (170.00 Lb), "Start Day:" (8/ 1/2004), and "End Day:" (12/31/2004).

Once you click on the "UserPlanManage" icon, the User and Plan management main form is open. This form displays a list of current users of the FitnessPlus program. You can use the small icons next to the list to add, edit, or delete a user.

To add a user, click on the "Add" icon and the "User Details" form is open. After you enter the name, gender, height, unit preference, and age, click on the "OK" button to confirm the addition of the user.



Insert & Edit User Information

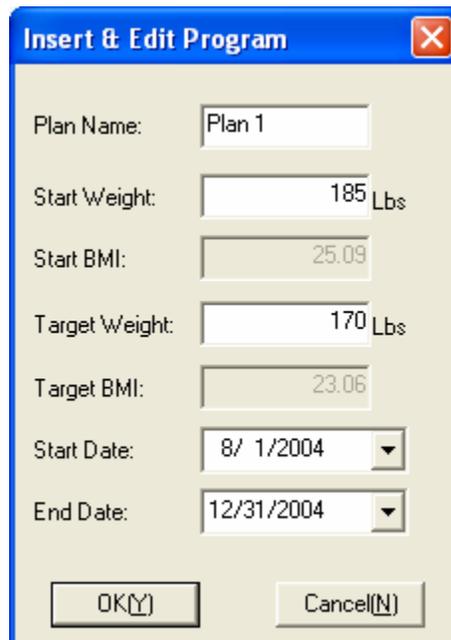
User Name:

Age:

Gender: Unit:

Height: Foot Inchs

To add a plan, click on the “Add” icon next to the plan list and the “Plan Details” form is open. After you enter the plan name, start weight, start date, target weight, and target date, click on the “OK” button to confirm the addition of the plan. The “Plan Details” form also shows the start BMI (Body Mass Index, see Appendix B) and target BMI.



Insert & Edit Program

Plan Name:

Start Weight: Lbs

Start BMI:

Target Weight: Lbs

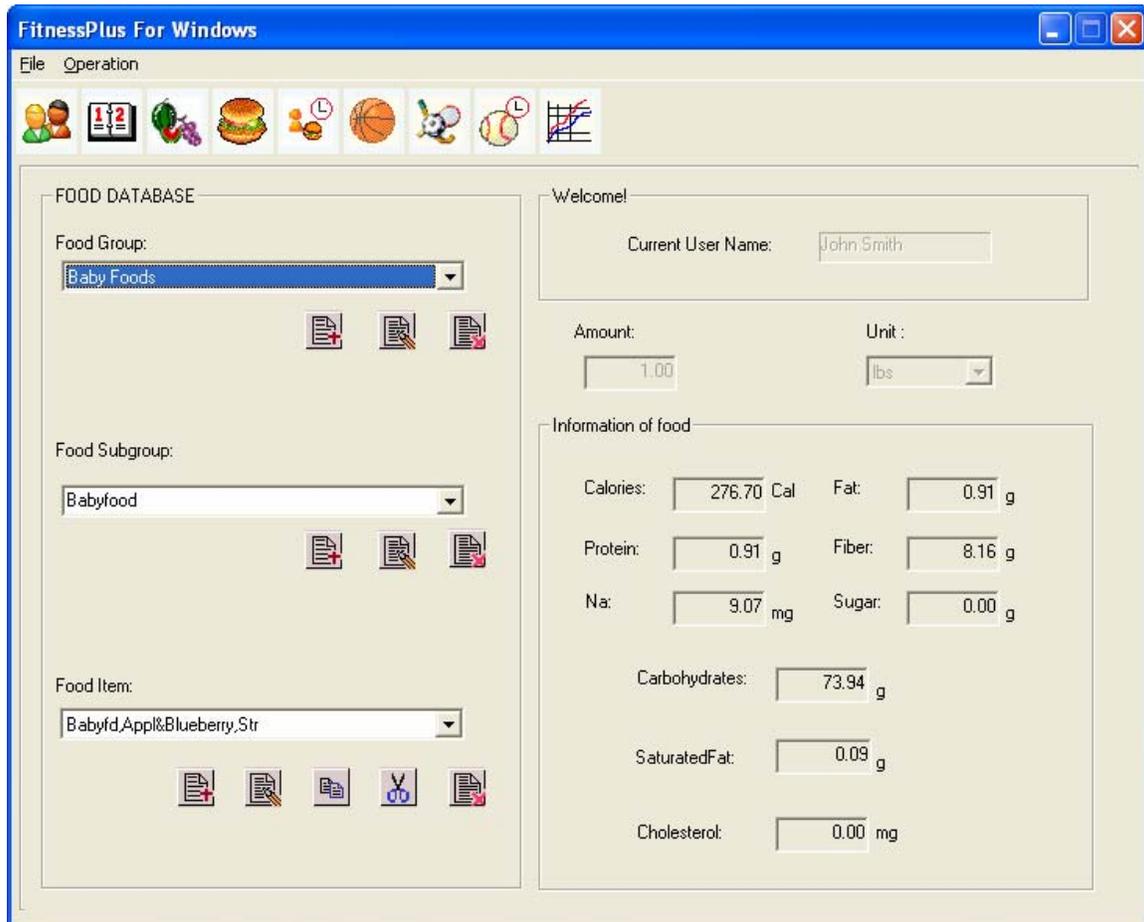
Target BMI:

Start Date:

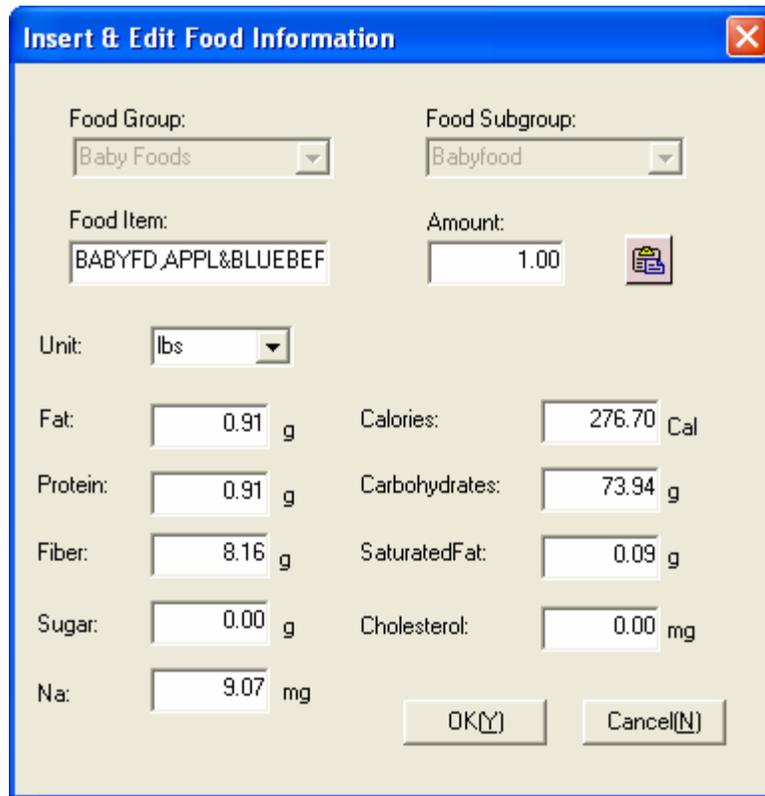
End Date:

5.7 FitnessPlus Food Database Management

5.7.1 Food Management



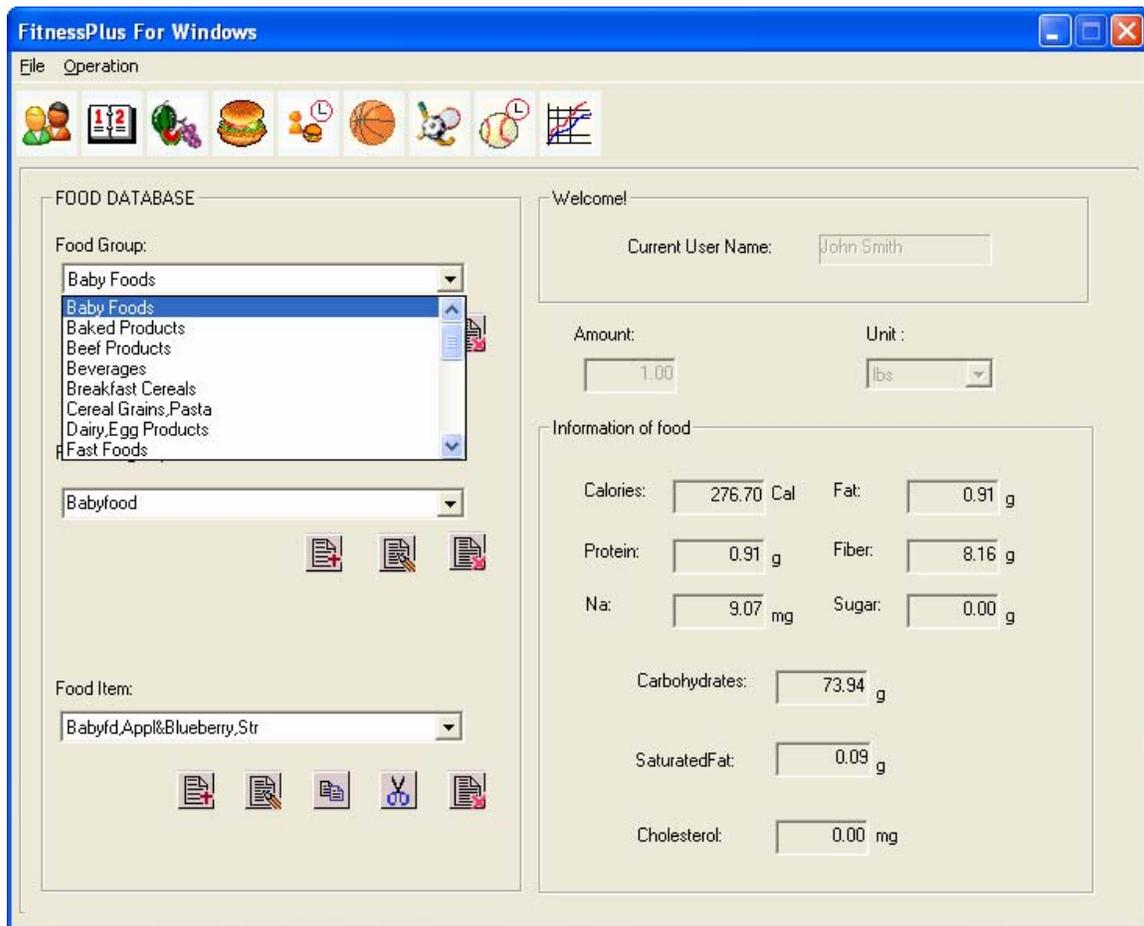
Once you click on the “FoodDatabase” icon, the food database management main form is open. This form displays the food group list, food subgroup list, and the food list. You can click on the small icons below the food list to add, edit, or delete a food item.



To add a food item, click on the “Add” icon and the “Insert & Edit Food Information” form is open. After you enter the food name, unit, amount, calorie, and the nutrient information, click on “OK” to confirm the addition of the food item.

5.7.2 Food Group Management

To add or edit a food group, click on the “Add” or “Edit” icon next to the group name in the food database management main form. The food management form displays a list of all food groups available. You can click on the buttons next the food group list to add, edit, or delete a food group.

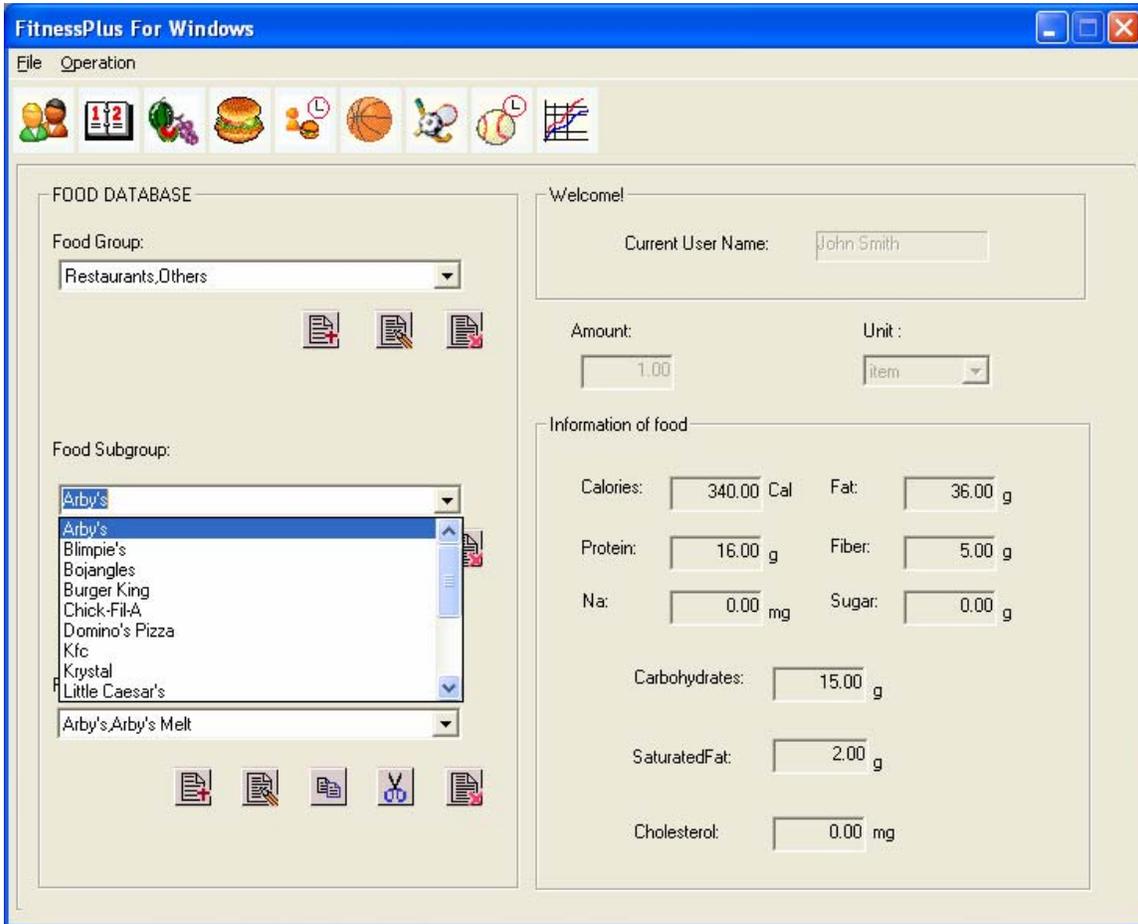


To add a food group, click on the “Add” icon and enter the food group name, then click on “OK” to confirm the addition of the food group. To edit or delete a food group, highlight the group in the list, and click on “Edit” or “Delete”.



5.7.3 Food Subgroup Management

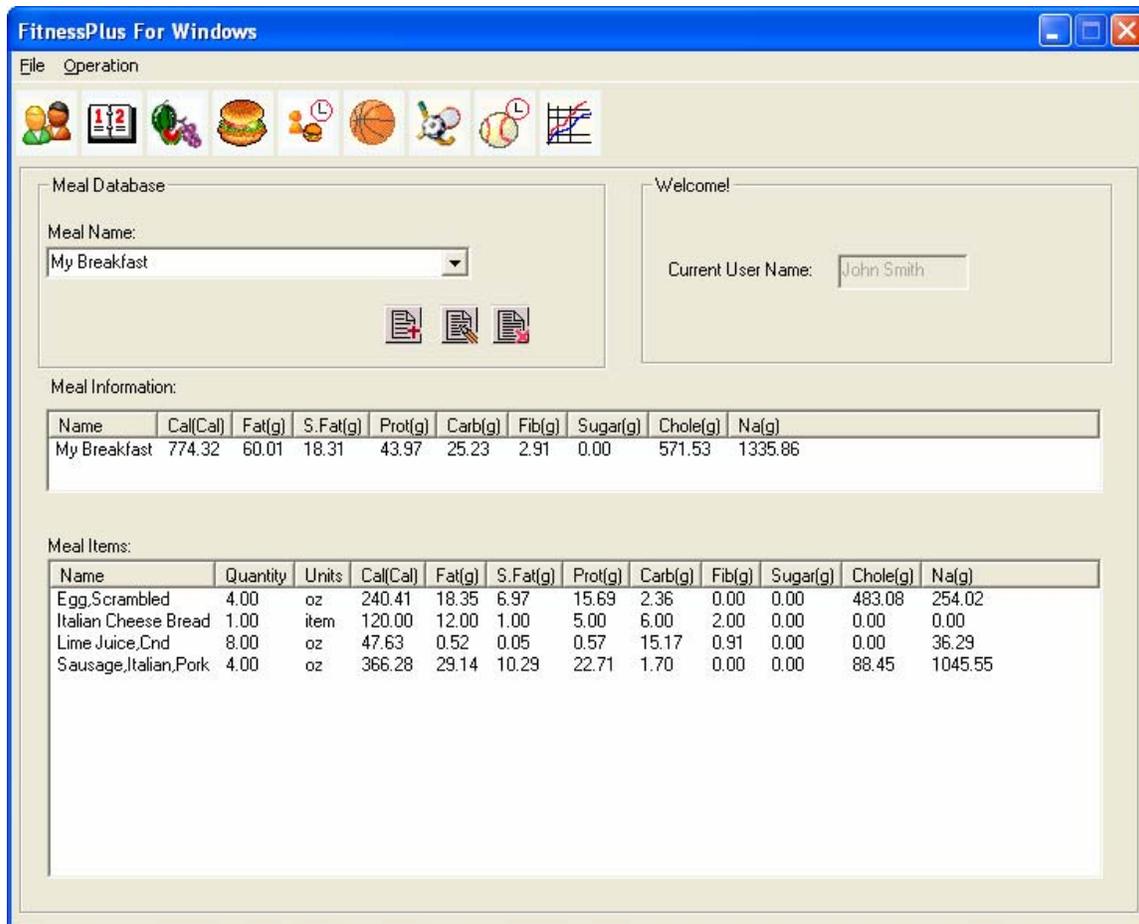
To add or edit a food subgroup, click on the “Add” or “Edit” icon next to the subgroup name in the food database main form. The food management form displays a list of all food subgroups available. You can click on the small icons next to the food subgroup list to add, edit, or delete a food subgroup.



To add a food subgroup, click on the “Add” icon and enter the food subgroup name, then click on “Modify” to confirm the addition of the food subgroup. To edit or delete a food subgroup, highlight the group in the list, and click on “Edit” or “Delete”.



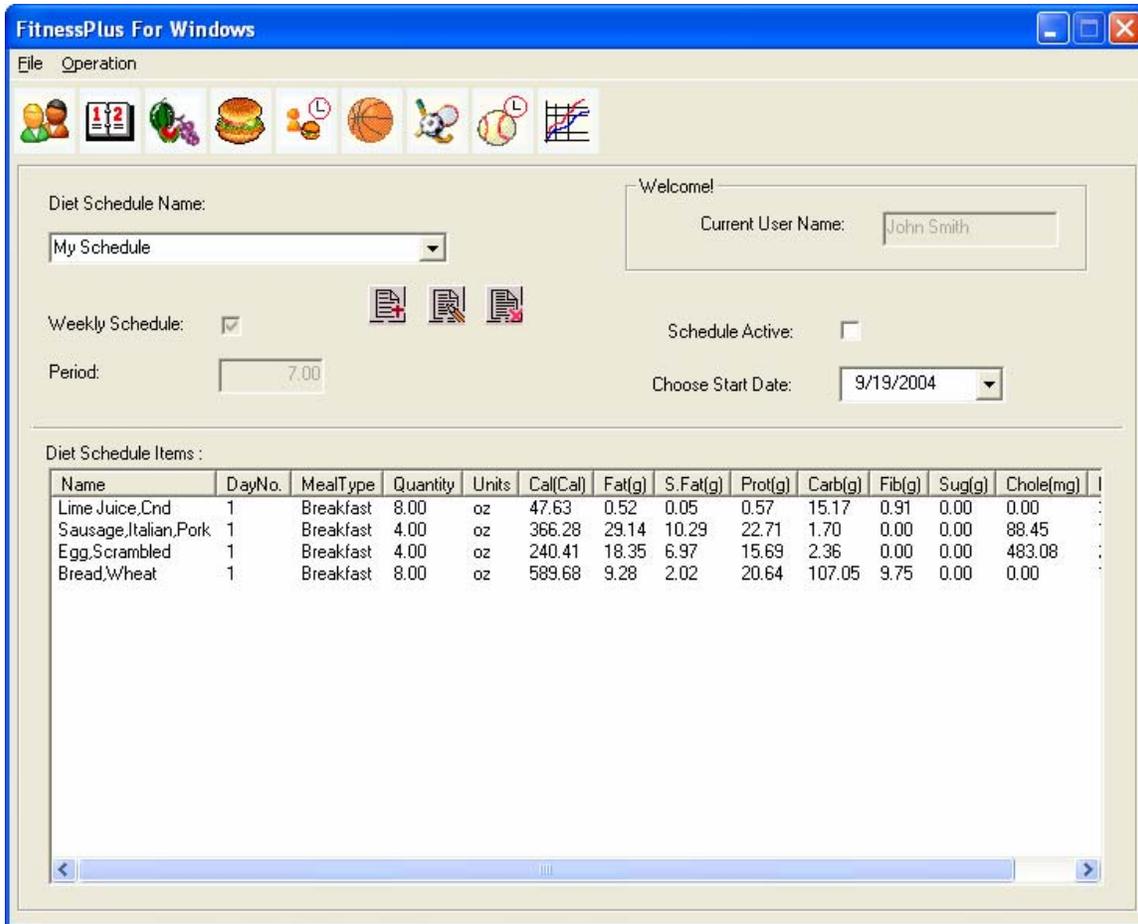
5.7.4 Meal Management



To view the meal management main form, click on the “Meal” icon in the toolbar. The meal management form displays a list of all meals available. You can click on the small icons next to the meal list to add, edit, or delete a meal. In this form the nutrition information of the meal is also displayed.

To add a meal, click on the “Add” icon and enter the new meal name, then use the icons on the bottom of the screen to add food items to this meal. You can use cut, copy, and paste to edit the food items in a meal.

5.7.5 Diet Schedule Management



To view the diet schedule management main form, click on the “DietSchedule” icon in the toolbar. The diet schedule management form displays a list of all diet schedules available. You can click on the small icons next to the diet schedule list to add, edit, or delete a diet schedule. In this form the food items of the diet schedule are also displayed.

To activate a diet schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Schedule Active” checkbox, the selected schedule is activated and all food items in this schedule will be automatically added to your daily diet tracking information. To deactivate a diet schedule, uncheck the “Schedule Active” checkbox. Only one diet schedule can be active at any given time.

Insert & Edit Diet Schedule

Diet Schedule:   Period:
 Weekly Schedule:

Food Group: Food Subgroup: Food Item:

Calories: Cal Fat: g Na: mg Units:
 Cholesterol: mg Fiber: g Meal Type: Amount:
 Saturated Fat: g Sugar: g Day No.:
 Carbohydrates: g Protein: g   

Diet Schedule Item Information:

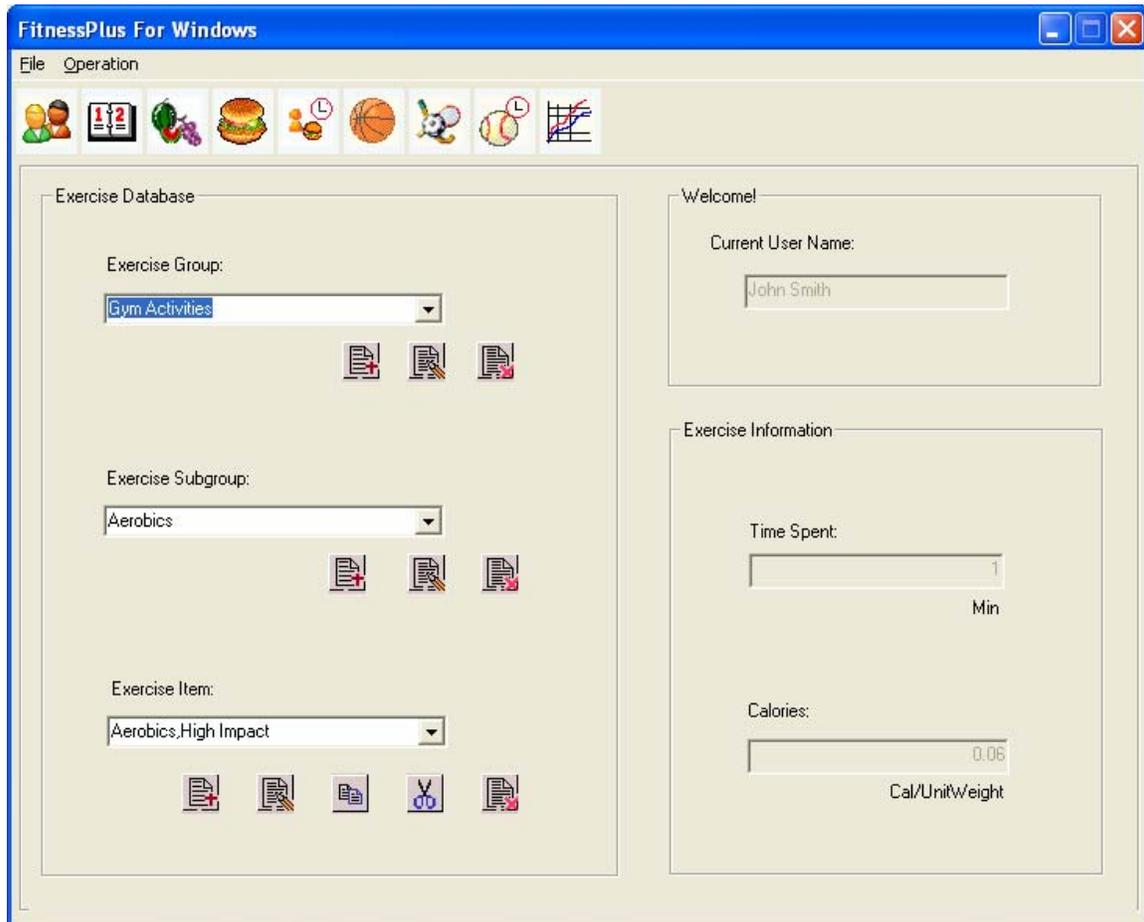
Name	DayNo	MealType	Quantity	Units	Cal(Cal)	Fat(g)	S.Fat(g)	Prot(g)	Carb(g)	Fib(g)	Sugar(g)	Chole(mg)
Lime Juice,Cnd	1	Breakfast	8.00	oz	47.63	0.52	0.05	0.57	15.17	0.91	0.00	0.00
Sausage,Italian,Pork	1	Breakfast	4.00	oz	366.28	29.14	10.29	22.71	1.70	0.00	0.00	88.45
Egg,Scrambled	1	Breakfast	4.00	oz	240.41	18.35	6.97	15.69	2.36	0.00	0.00	483.08
Bread,Wheat	1	Breakfast	8.00	oz	589.68	9.28	2.02	20.64	107.05	9.75	0.00	0.00



To add a diet schedule to the list, click on the “Add” icon and enter the new diet schedule name, set the schedule period, then use the icons on the bottom of the screen to add food items to this schedule. You can use cut, copy, and paste to edit the food items in the schedule.

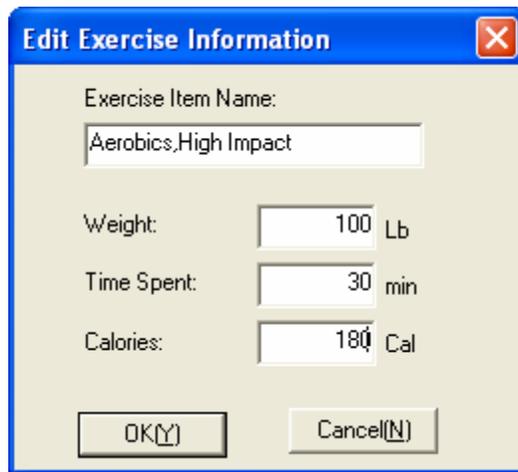
5.8 FitnessPlus Exercise Database Management

5.8.1 Exercise Management



The screenshot shows the "FitnessPlus For Windows" application window. The title bar includes the text "FitnessPlus For Windows" and standard window control buttons. Below the title bar is a menu bar with "File" and "Operation". A toolbar contains icons for users, a calendar, food items, a clock, a basketball, a soccer ball, a tennis ball, and a line graph. The main interface is divided into two panels. The left panel, titled "Exercise Database", contains three dropdown menus: "Exercise Group:" (set to "Gym Activities"), "Exercise Subgroup:" (set to "Aerobics"), and "Exercise Item:" (set to "Aerobics.High Impact"). Each dropdown menu has three small icons below it: a document with a plus sign, a document with a pencil, and a document with a minus sign. The right panel, titled "Welcome!", contains a "Current User Name:" label and a text box containing "John Smith". Below this is an "Exercise Information" section with a "Time Spent:" label and a text box containing "1" with "Min" below it, and a "Calories:" label and a text box containing "0.06" with "Cal/UnitWeight" below it.

Once you click on the “ExerciseDatabase” icon, the exercise database management main form is open. This form displays the exercise group list, the exercise subgroup list, and the exercise list. You can click on the small icons below the exercise list to add, edit, or delete an exercise item.

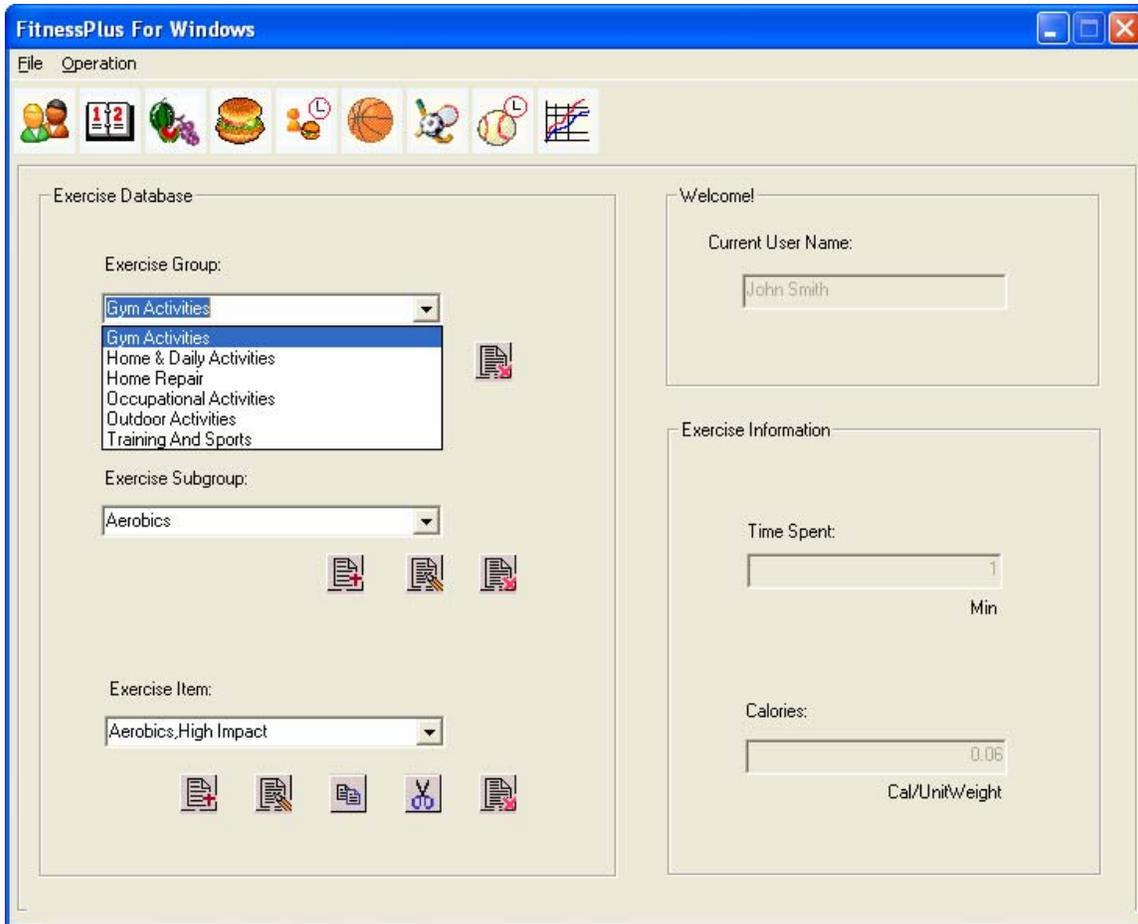


The screenshot shows a dialog box titled "Edit Exercise Information" with a close button (X) in the top right corner. The dialog contains the following fields and buttons:

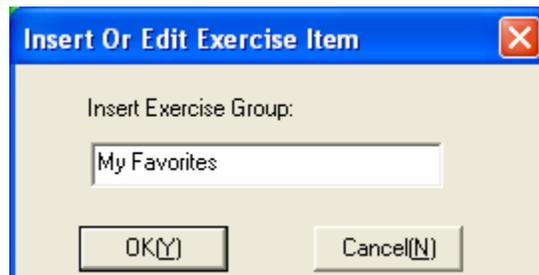
- Exercise Item Name:
- Weight: Lb
- Time Spent: min
- Calories: Cal
- Buttons: and

To add an exercise item, click on the “Add” icon and the “Exercise Details” form is open. After you enter the exercise name, weight, time, and calorie burnt, click on the “OK” button to confirm the addition of the exercise item.

5.8.2 Exercise Group Management

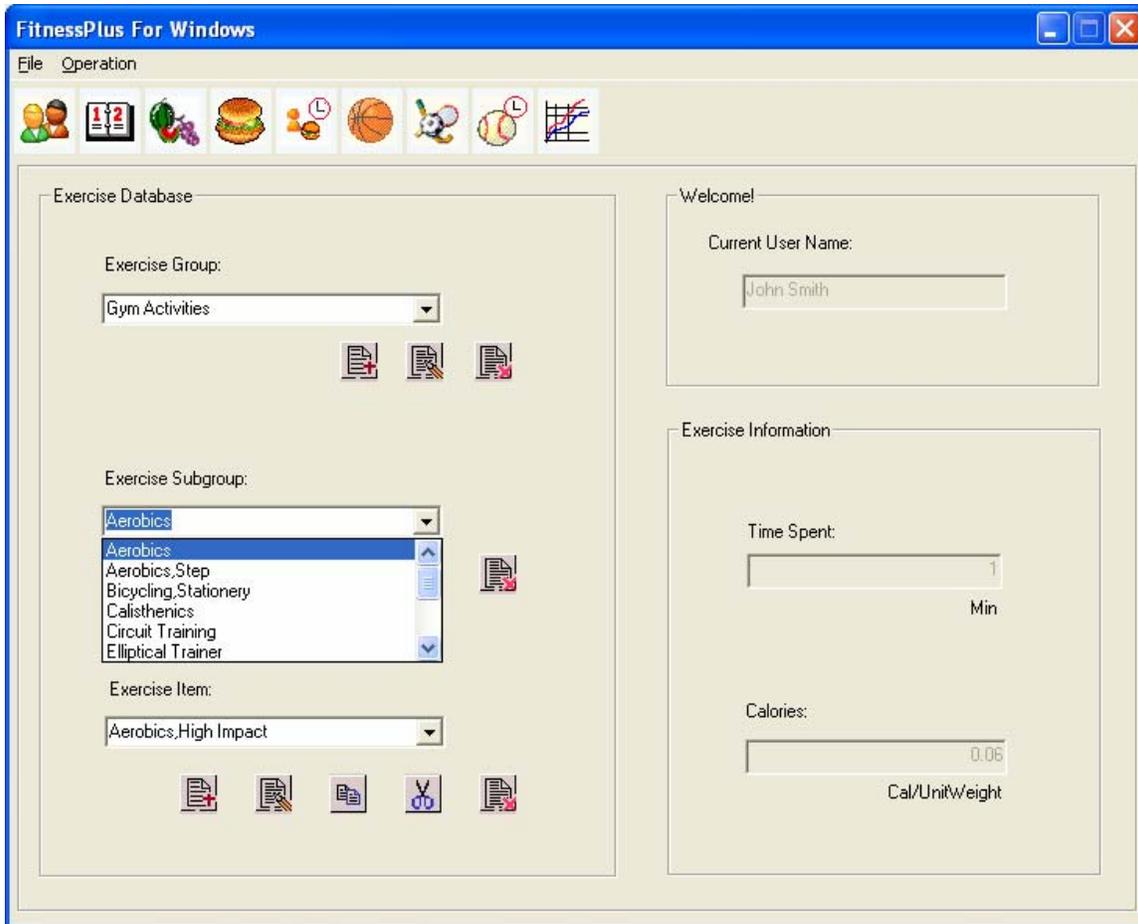


To add or edit an exercise group, click on the “Add” or “Edit” icon next to the group name in the exercise database management main form. The exercise management form displays a list of all exercise groups available. You can click on the buttons next to the exercise group list to add, edit, or delete an exercise group.

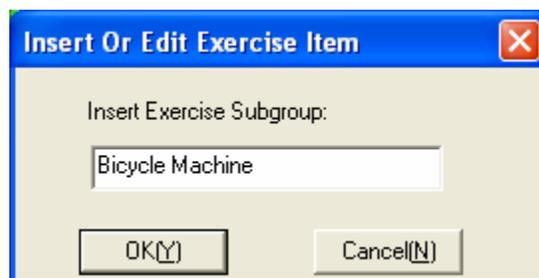


To add an exercise group, click on the “Add” icon and enter the exercise group name, then click on “Ok” to confirm the addition of the exercise group. To edit or delete an exercise group, highlight the group in the list, and click on “Edit” or “Delete”.

5.8.3 Exercise Subgroup Management

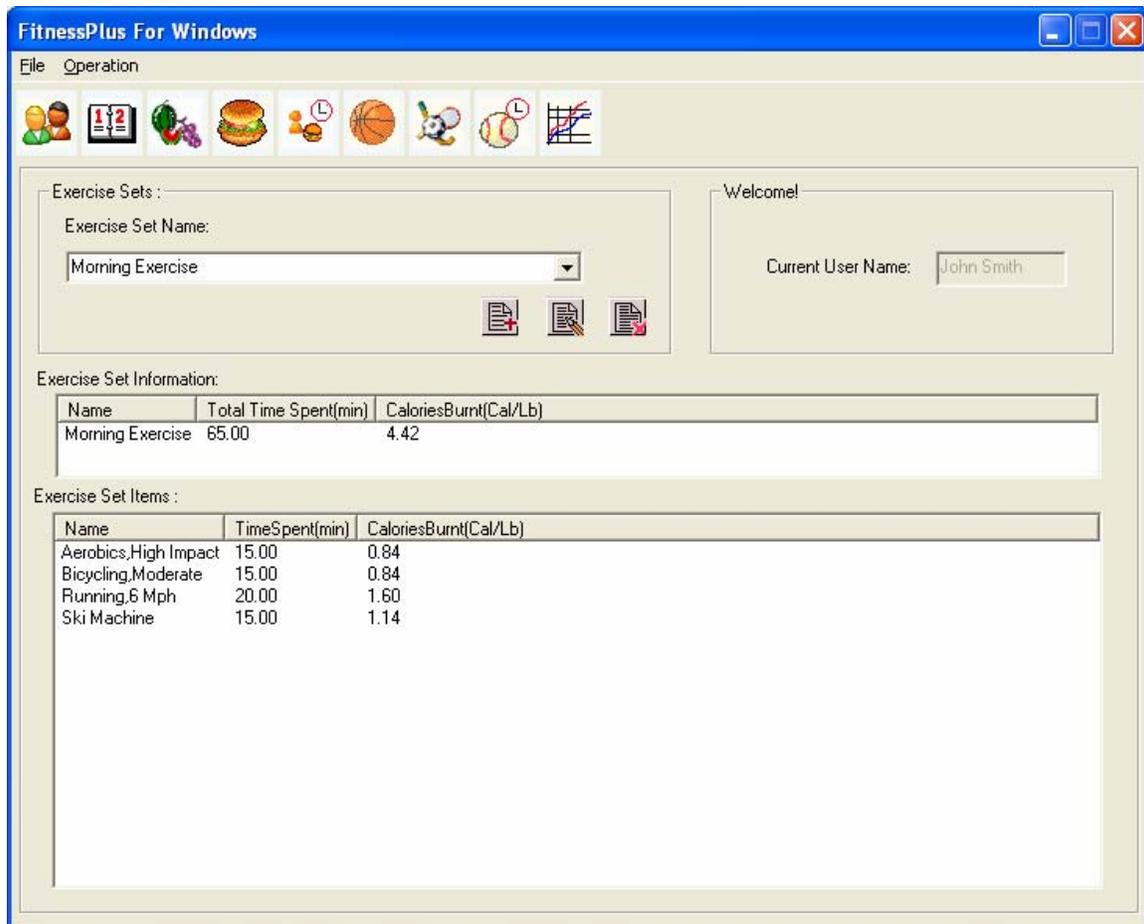


To add or edit an exercise subgroup, click on the "Add" or "Edit" icon next to the subgroup name in the exercise database management main form. The exercise subgroup management form displays a list of all exercise subgroups available. You can click on the small icons next to the exercise subgroup list to add, edit, or delete an exercise subgroup.



To add an exercise subgroup, click on the "Add" icon and enter the exercise subgroup name, then click on "OK" to confirm the addition of the exercise subgroup. To edit or delete an exercise subgroup, highlight the group in the list, and click on "Edit" or "Delete".

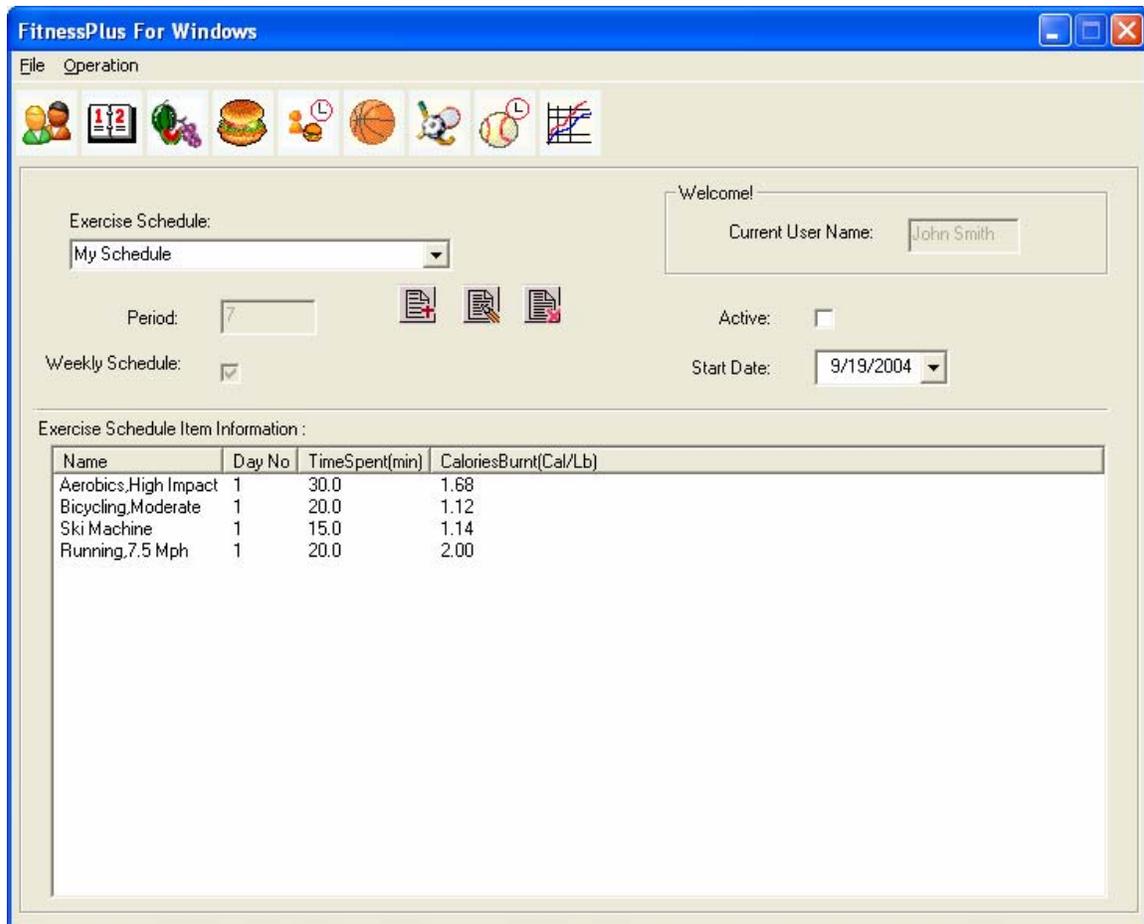
5.8.4 Exercise Set Management



To view the exercise set management main form, click on the “Exercise Set” icon on the toolbar. The exercise set management form displays a list of all exercise sets available. You can click on the small icons next to the exercise set list to add, edit, or delete an exercise set. In this form the summary information of the exercise set is also displayed.

To add an exercise set, click on the “Add” icon and enter the new exercise set name, then use the icons on the bottom of the screen to add exercise items to this exercise set. You can use cut, copy, and paste to edit the exercise items in an exercise set.

5.8.5 Exercise Schedule Management



To view the exercise schedule management main form, click on the “ExerciseSchedule” icon on the toolbar. The exercise schedule management form displays a list of all exercise schedules available. You can click on the small icons next to the exercise schedule list to add, edit, or delete an exercise schedule.

To activate an exercise schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Active” checkbox, the selected schedule is activated and all exercise items in this schedule will be automatically added to your daily exercise tracking information. To deactivate an exercise schedule, uncheck the “Schedule Active” checkbox. Only one exercise schedule can be active at any given time.

Exercise Schedule Edit

Exercise Schedule Name:   Period: Weekly Schedule:

Exercise Group: Exercise Subgroup: Exercise Item:

Calories Burnt: Cal Time Unit: min Day No: Time Spent: min   

Exercise Schedule Item Information:

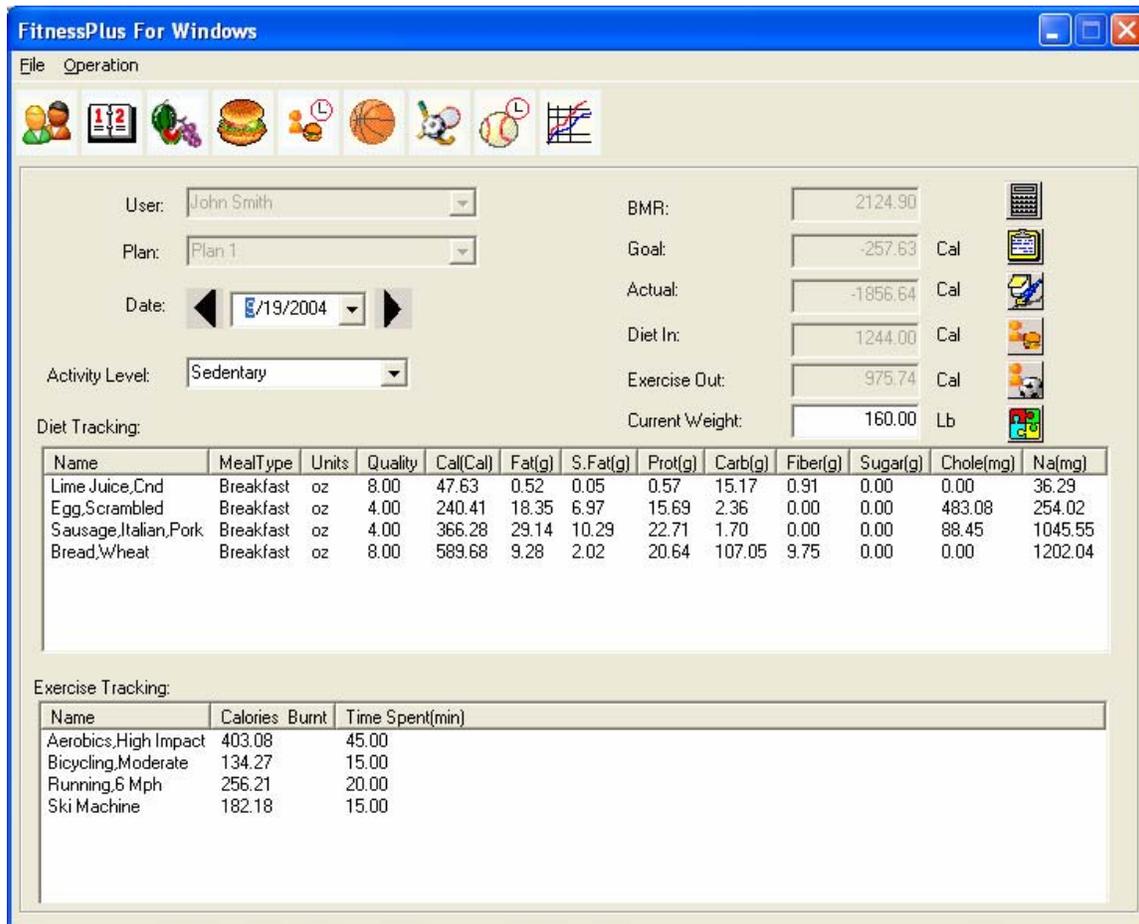
Name	DayNo	Time Spent(min)	CaloriesBurnt(Cal/Lb)
Aerobics,High Impact	1	30.0	1.68
Bicycling,Moderate	1	20.0	1.12
Ski Machine	1	15.0	1.14
Running,7.5 Mph	1	20.0	2.00



To add an exercise schedule to the list, click on the “Add” icon and enter the new exercise schedule name, set the schedule period, then use the icons on the right side of the screen to add exercise items to this schedule. You can use cut, copy, and paste to edit the exercise items in the schedule.

5.9 Daily Tracking

5.9.1 Daily Tracking Main Form



Diet Tracking:

Name	MealType	Units	Quality	Cal(Cal)	Fat(g)	S.Fat(g)	Prot(g)	Carb(g)	Fiber(g)	Sugar(g)	Chole(mg)	Na(mg)
Lime,Juice,Cnd	Breakfast	oz	8.00	47.63	0.52	0.05	0.57	15.17	0.91	0.00	0.00	36.29
Egg,Scrambled	Breakfast	oz	4.00	240.41	18.35	6.97	15.69	2.36	0.00	0.00	483.08	254.02
Sausage,Italian,Pork	Breakfast	oz	4.00	366.28	29.14	10.29	22.71	1.70	0.00	0.00	88.45	1045.55
Bread,Wheat	Breakfast	oz	8.00	589.68	9.28	2.02	20.64	107.05	9.75	0.00	0.00	1202.04

Exercise Tracking:

Name	Calories Burnt	Time Spent(min)
Aerobics,High Impact	403.08	45.00
Bicycling,Moderate	134.27	15.00
Running,6 Mph	256.21	20.00
Ski Machine	182.18	15.00

Once you click on the “DailyTracking” icon, the daily tracking main form is open. This form displays the user name, the plan name, date, activity level, weight, calorie goal, actual daily calorie balance, diet-in calorie, BMR, and exercise-out calorie.

Inside this form you can perform the following operations:

- Click on the “Date”, “Next”, “Last” icons to select a different date or to move to last day or the next day.
- Set your daily activity level (please see the activity level table below).
- Enter your current weight in the weight field.
- Click on the “Journal” icon to view or edit daily journal.
- Click on the “Summary” icon to view diet and exercise tracking summary for the current plan.
- Click on the “DailyValues” icon to view daily nutrition intake information
- Click on the “Tools” icon to enter your body measurements and to compute your fat percentage.
- Click on the “Food” icon to track your diet intake.
- Click on the “Exercise” icon to track your daily exercise activity.

The activity levels are defined in the following table

Activity Level	Definition
Sedentary	Little or no exercise, desk job
Lightly Active	Light exercise/sports 1-3 days/wk
Moderately Active	Moderate exercise/sports 3-5 days/wk
Very Active	Hard exercise/sports 6-7 days/wk
Extremely Active	Hard daily exercise/sports & physical job or 2X day training, i.e., marathon, contest etc.

5.9.2 Weigh In

You should measure your weight everyday and enter the current weight in the daily tracking main form. Weight-in is important because BMR and exercise-out calorie are computed using your current weight. You will be reminded to enter your weight the first time you enter the daily tracking form everyday.

5.9.3 Diet Tracking

Daily Diet Tracking
✕

Food Group:

Food Subgroup:

Food Item:

Calories: Cal

Meal Type:

Unit:

Amount:

Carbohydrates: g

Saturated Fat: g

Cholesterol: mg

Protein: g

Na: mg

Sugar: g

Fiber: g

Fat: g

Meals:

Diet Tracking:

Name	MealType	Quality	Units	Cal(Cal)	Fat(g)	S.Fat(g)	Prot(g)	Carb(g)	Fib(g)	Sug:
LIME JUICE,CND	Breakfast	8.00	oz	47.63	0.52	0.05	0.57	15.17	0.91	0.00
EGG,SCRAMBLED	Breakfast	4.00	oz	240.41	18.35	6.97	15.69	2.36	0.00	0.00
SAUSAGE,ITALIAN,PORK	Breakfast	4.00	oz	366.28	29.14	10.29	22.71	1.70	0.00	0.00
BREAD,WHEAT	Breakfast	8.00	oz	589.68	9.28	2.02	20.64	107.05	9.75	0.00

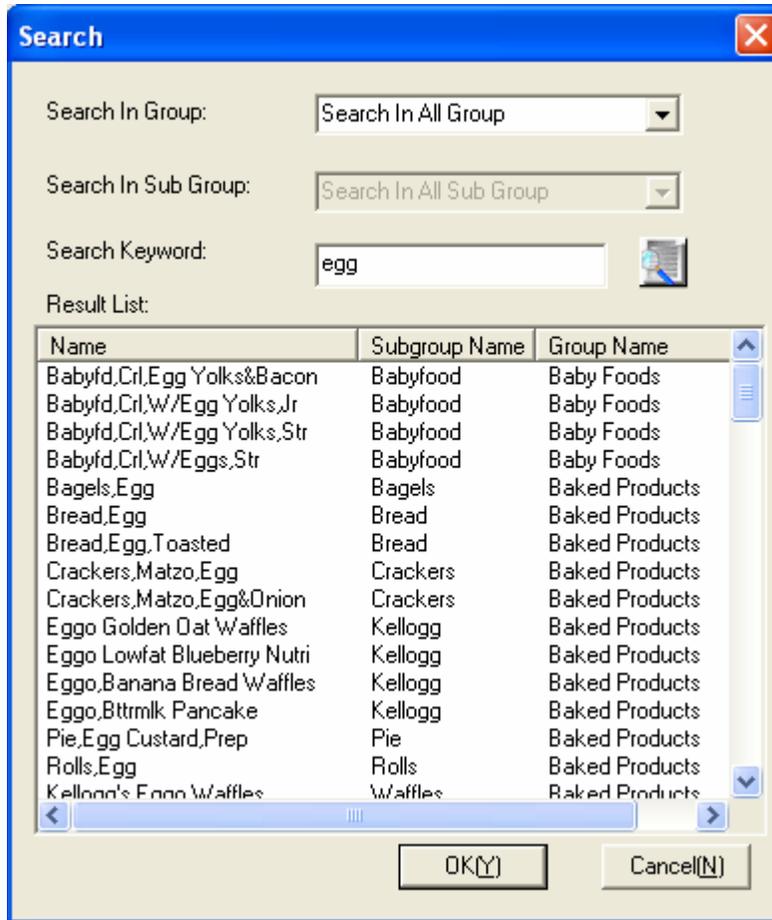
📄
📄
OK(Y)
Cancel(N)

Once you click on the “Food” icon next to the Diet In field in the daily tracking main form, the daily diet tracking main form is open. This form displays a list of all food items consumed for the selected date. You can use the small icons next to the list to add, edit, or delete a food item.

To add a food item, select food group, food subgroup, food name, meal type, and unit, enter the amount for the food item and click on the “Add” button to confirm adding the food item to diet tracking database

If you cannot find the food item from the food list, you can click on the “Search” icon next to the “Food Name” field to search it in the food database.

5.9.4 Food Search



Search

Search In Group: Search In All Group

Search In Sub Group: Search In All Sub Group

Search Keyword: egg

Result List:

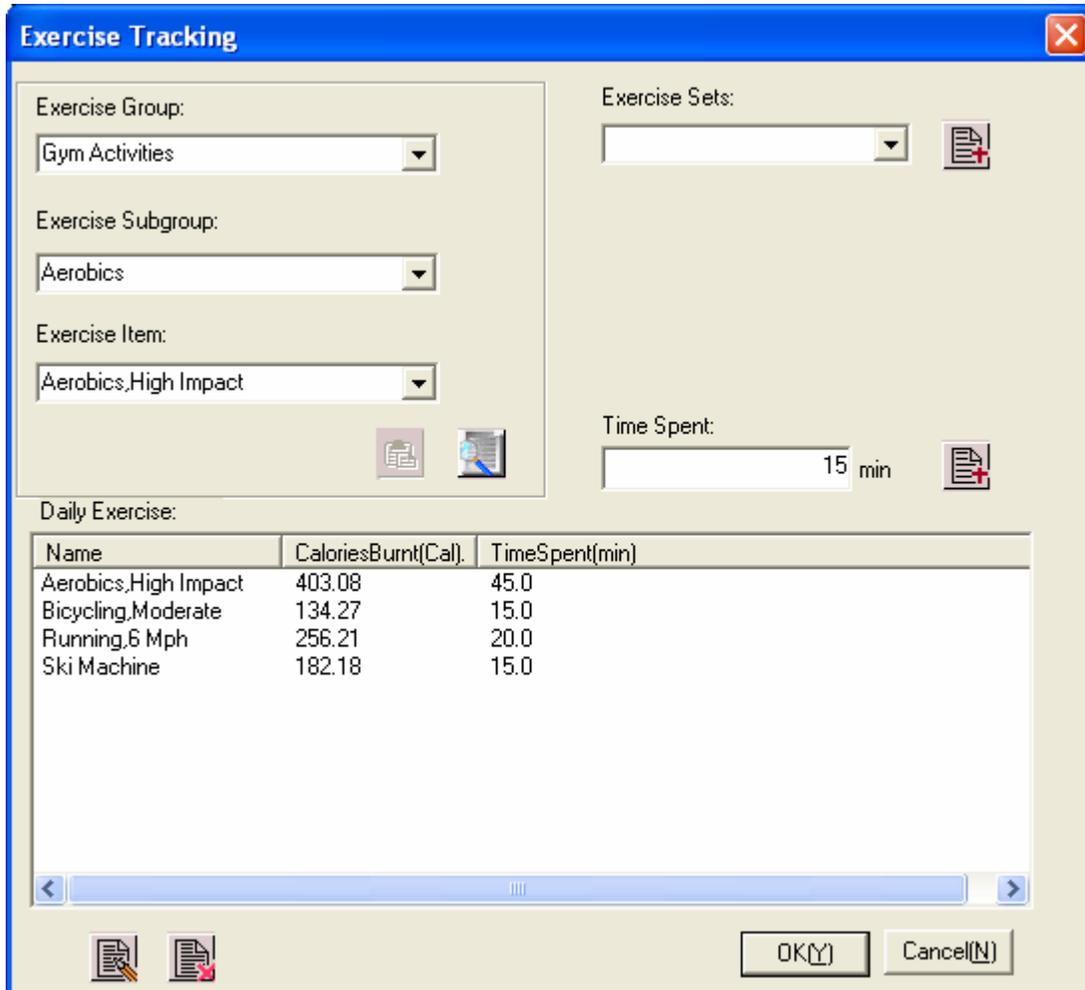
Name	Subgroup Name	Group Name
Babyfd,Crl,Egg Yolks&Bacon	Babyfood	Baby Foods
Babyfd,Crl,W/Egg Yolks,Jr	Babyfood	Baby Foods
Babyfd,Crl,W/Egg Yolks,Str	Babyfood	Baby Foods
Babyfd,Crl,W/Eggs,Str	Babyfood	Baby Foods
Bagels,Egg	Bagels	Baked Products
Bread,Egg	Bread	Baked Products
Bread,Egg,Toasted	Bread	Baked Products
Crackers,Matzo,Egg	Crackers	Baked Products
Crackers,Matzo,Egg&Onion	Crackers	Baked Products
Eggo Golden Oat Waffles	Kellogg	Baked Products
Eggo Lowfat Blueberry Nutri	Kellogg	Baked Products
Eggo,Banana Bread Waffles	Kellogg	Baked Products
Eggo,Bttmilk Pancake	Kellogg	Baked Products
Pie,Egg Custard,Prep	Pie	Baked Products
Rolls,Egg	Rolls	Baked Products
Kellogg's Egg Waffles	Waffles	Baked Products

OK(Y) Cancel(N)

Once you click on the “Search” icon in the “Daily Diet Tracking” form, the “Search Food” form is open. To search for a food item, select the scope of the search (“All Groups” means search in the entire food database), enter the keyword to search, and click on the “Search “ button.

Once the search is complete, the form displays a list of all food items matching the supplied keyword. If you find the desired food item in the list, simply select it from the list then click on “OK”. This will bring you back to the “Daily Diet Tracking” form with the correct food item selected. If you cannot find the food item you want, click on the “Cancel” button to exit the “Search Food” form.

5.9.5 Exercise Tracking



Exercise Tracking

Exercise Group: Gym Activities

Exercise Subgroup: Aerobics

Exercise Item: Aerobics, High Impact

Exercise Sets:

Time Spent: 15 min

Daily Exercise:

Name	CaloriesBurnt(Cal)	TimeSpent(min)
Aerobics, High Impact	403.08	45.0
Bicycling, Moderate	134.27	15.0
Running, 6 Mph	256.21	20.0
Ski Machine	182.18	15.0

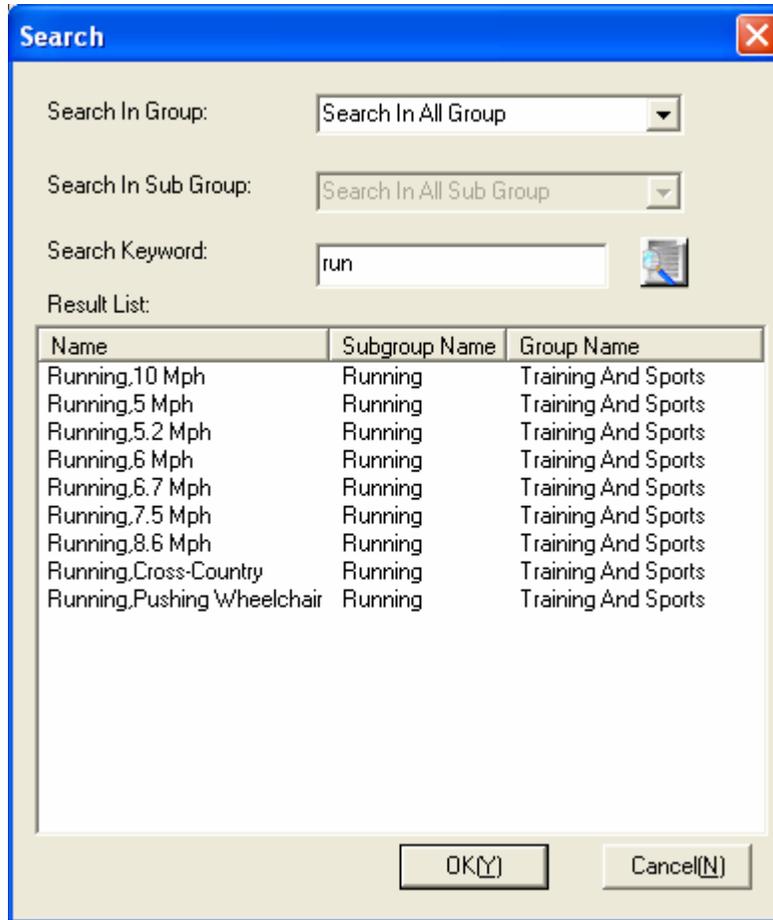
OK(Y) Cancel(N)

Once you click on the “Exercise” icon in the daily tracking main form, the exercise tracking main form is open. This form displays a list of all exercise activities for the selected date. You can use the small icons next to the list to add, edit, or delete an exercise activity.

To add an exercise activity, select exercise group, exercise subgroup, and exercise, enter the time for the exercise, and click on the “Add” button to confirm adding the exercise activities to exercise tracking database.

If you cannot find the exercise item from the exercise list, you can click on the “Search” icon next to the “Exercise Name” field to search it in the exercise database.

5.9.6 Exercise Search

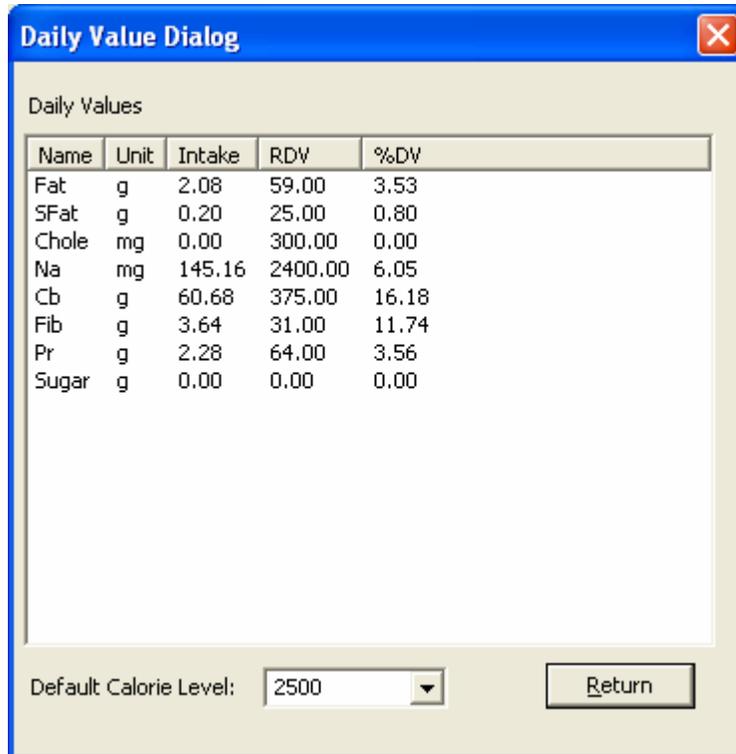


Name	Subgroup Name	Group Name
Running,10 Mph	Running	Training And Sports
Running,5 Mph	Running	Training And Sports
Running,5.2 Mph	Running	Training And Sports
Running,6 Mph	Running	Training And Sports
Running,6.7 Mph	Running	Training And Sports
Running,7.5 Mph	Running	Training And Sports
Running,8.6 Mph	Running	Training And Sports
Running,Cross-Country	Running	Training And Sports
Running,Pushing Wheelchair	Running	Training And Sports

Once you click on the “Search” icon in the “Exercise Tracking” form, the “Search Exercise” form is open. To search for an exercise item, select the scope of the search (“All Groups” means search in the entire exercise database), enter the keyword to search, and click on the “Search” button.

Once the search is complete, the form displays a list of all exercise items matching the supplied keyword. If you find the desired exercise item in the list, simply select it from the list and click on the “OK” button. This will bring you back to the “Exercise Tracking” form with the correct exercise item selected. If you cannot find the exercise item you want, click on the “Cancel” button to exit the “Search Exercise” form.

5.9.7 Daily Values



Daily Value Dialog

Daily Values

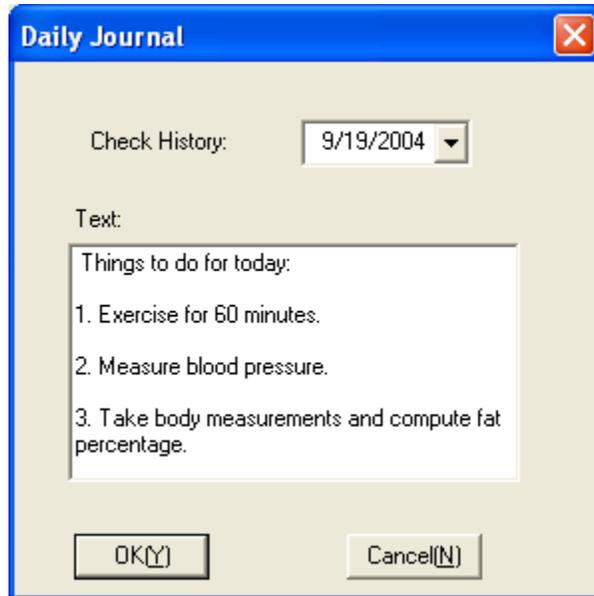
Name	Unit	Intake	RDV	%DV
Fat	g	2.08	59.00	3.53
SFat	g	0.20	25.00	0.80
Chole	mg	0.00	300.00	0.00
Na	mg	145.16	2400.00	6.05
Cb	g	60.68	375.00	16.18
Fib	g	3.64	31.00	11.74
Pr	g	2.28	64.00	3.56
Sugar	g	0.00	0.00	0.00

Default Calorie Level: 2500

Return

Once you click on the “DailyValues” icon in the daily tracking main form, the daily values form is open. The daily values form displays your daily nutrition intake, recommended daily values, and percentage daily values. Please make sure that the correct daily calorie level is selected before reviewing the numbers in this form.

5.9.8 Daily Journal



The screenshot shows a dialog box titled "Daily Journal" with a blue header bar and a close button (X) in the top right corner. The main area has a light beige background. At the top, there is a label "Check History:" followed by a date selection dropdown menu showing "9/19/2004". Below this is a label "Text:" followed by a text area containing the following text:

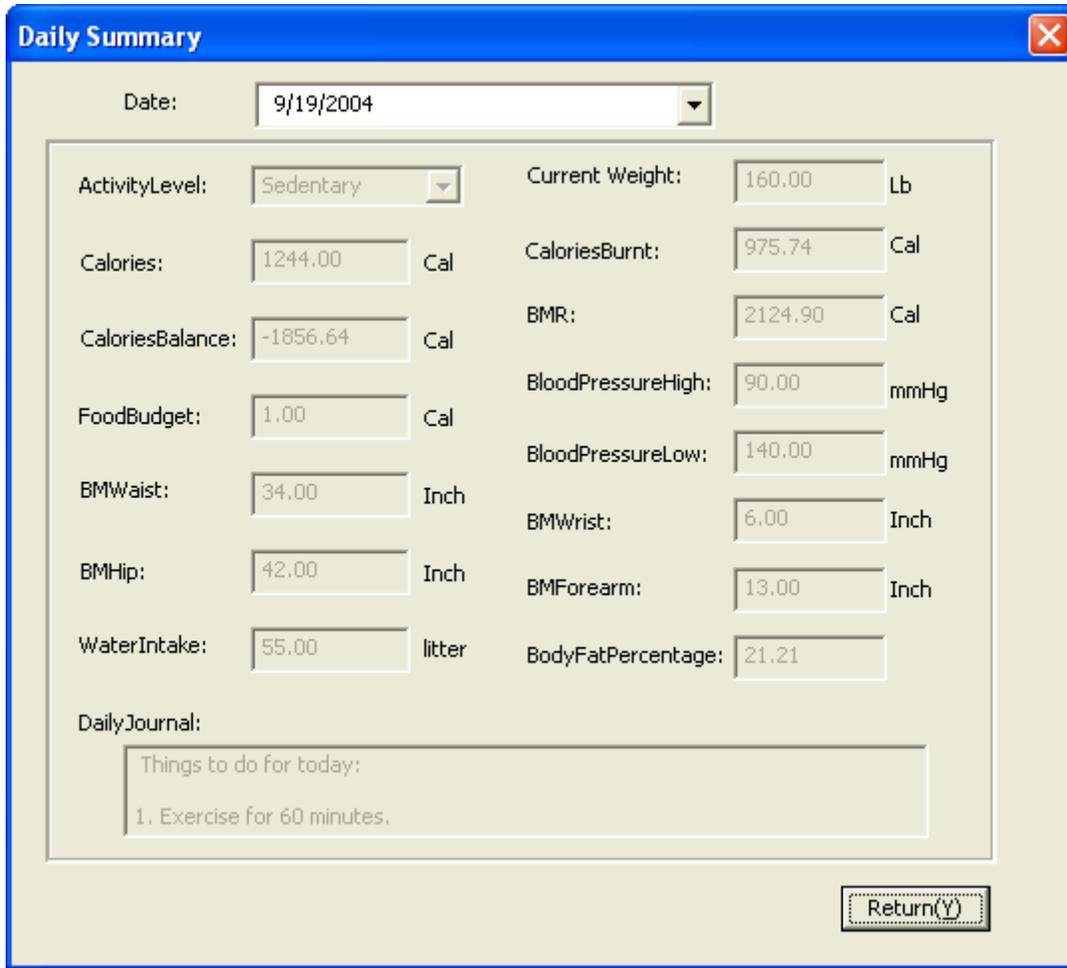
Things to do for today:

1. Exercise for 60 minutes.
2. Measure blood pressure.
3. Take body measurements and compute fat percentage.

At the bottom of the dialog box, there are two buttons: "OK(Y)" on the left and "Cancel(N)" on the right.

Once you click on the “Journal” icon in the daily tracking main form, the daily journal form is open. You can enter any notes you want to take for the selected date in this form. You can enter a maximum of 2048 characters for each day.

5.9.9 Summary



The screenshot shows a window titled "Daily Summary" with a close button in the top right corner. The window contains the following data:

Field	Value	Unit
Date:	9/19/2004	
ActivityLevel:	Sedentary	
Current Weight:	160.00	Lb
Calories:	1244.00	Cal
CaloriesBurnt:	975.74	Cal
CaloriesBalance:	-1856.64	Cal
BMR:	2124.90	Cal
FoodBudget:	1.00	Cal
BloodPressureHigh:	90.00	mmHg
BMWaist:	34.00	Inch
BloodPressureLow:	140.00	mmHg
BMHip:	42.00	Inch
BMWrist:	6.00	Inch
WaterIntake:	55.00	litter
BMForearm:	13.00	Inch
BodyFatPercentage:	21.21	

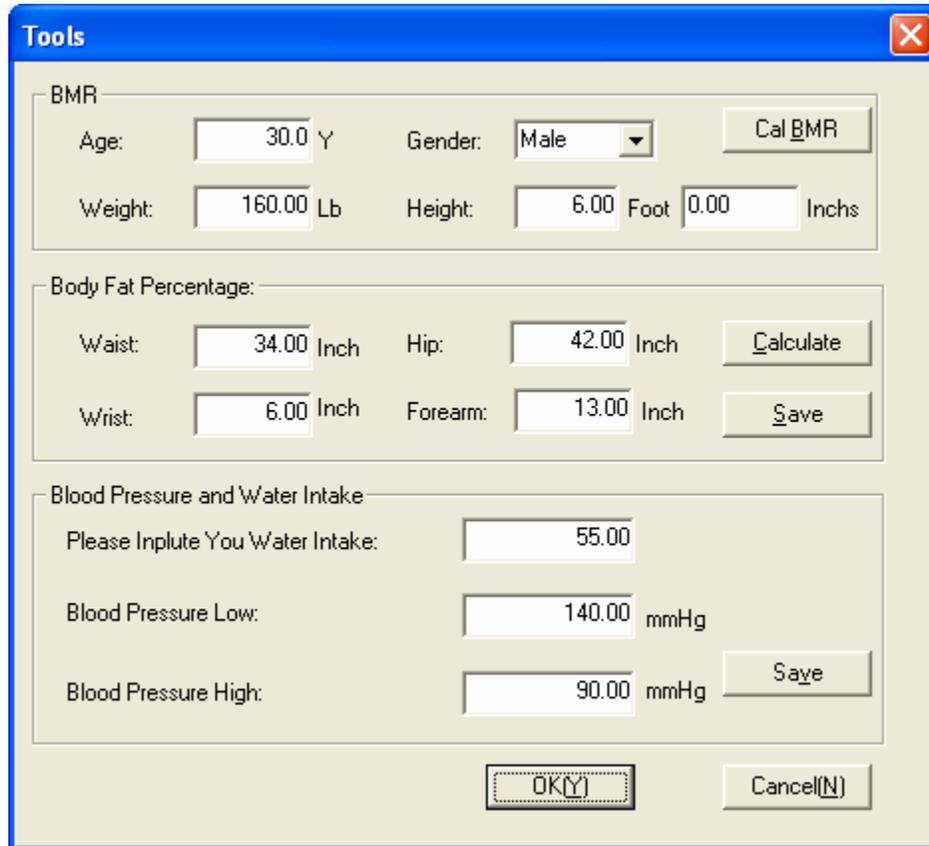
Below the metrics is a "Daily Journal" section with a text area containing:

Things to do for today:
 1. Exercise for 60 minutes.

A "Return(Y)" button is located at the bottom right of the window.

Once you click on the “Summary” icon in the daily tracking main form, the summary form is open. The summary form shows the activity level, weight, calorie, calories burnt, BMR, body measurements, blood measurements, etc. for the given date.

5.10 Water Intake



Tools

BMR

Age: Y Gender: ▾

Weight: Lb Height: Foot Inches

Body Fat Percentage:

Waist: Inch Hip: Inch

Wrist: Inch Forearm: Inch

Blood Pressure and Water Intake

Please Inplute You Water Intake:

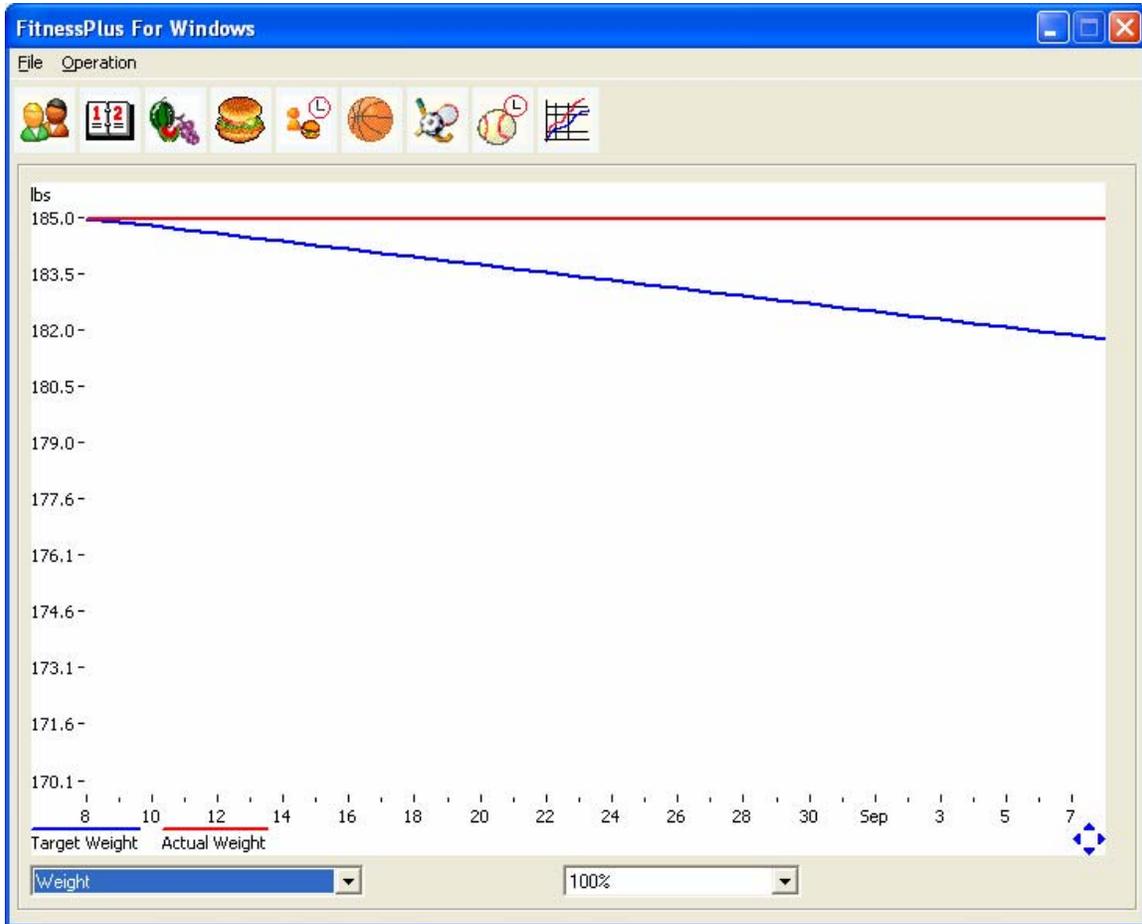
Blood Pressure Low: mmHg

Blood Pressure High: mmHg

Once you click on the “Tool” Icon in the daily tracking main form, the daily water intake value is displayed. You can modify this number of reflect the actual amount of water you had consumed for the selected date. The unit of this number is dependent on your personal preference, e.g., glasses, bottles, etc.

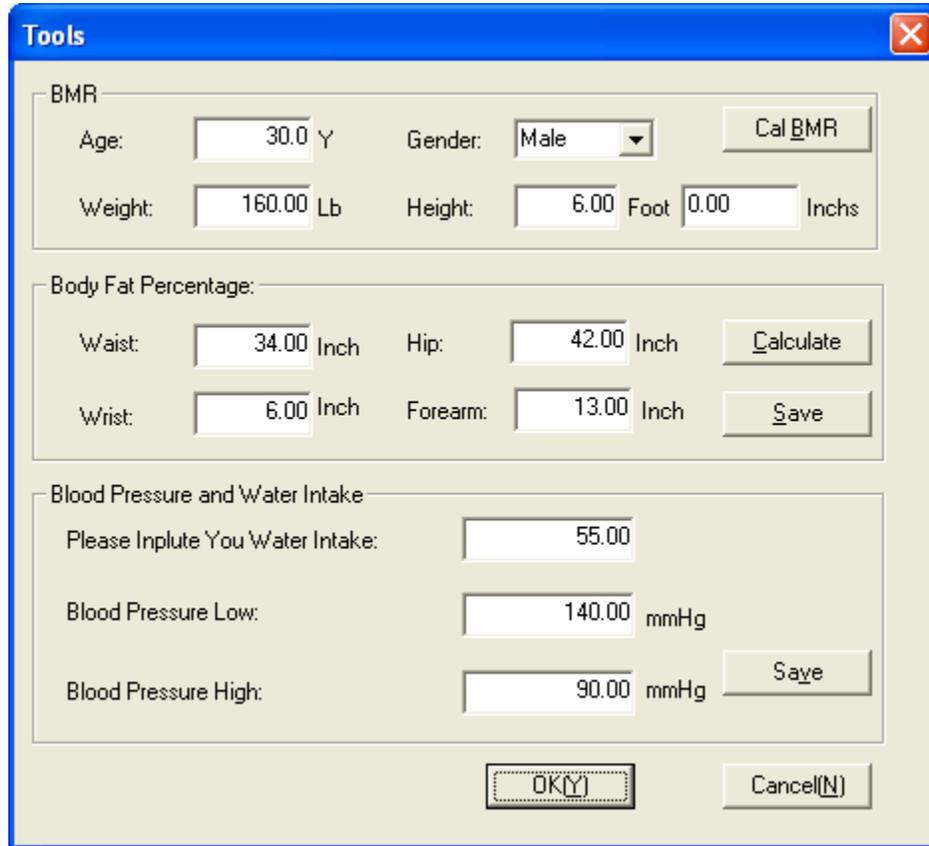
The recommended water intake is eight, eight-ounce glasses per day, for a total of 64 ounces.

5.11 Charts



Once you click on the “Chart” icon, the chart form is open. This form displays a chart that shows the changes in weight, calorie, blood pressure, body measurement, and fat percentage as a function of time. You can use the zoom feature of the chart form to get a better view of the changes. You can also use the “Last”, “Next” icons to move through dates in the current plan.

5.12 Blood Pressure, Body Measurements, and Fat Percentage



Tools

BMR

Age: Y Gender: ▾

Weight: Lb Height: Foot Inches

Body Fat Percentage:

Waist: Inch Hip: Inch

Wrist: Inch Forearm: Inch

Blood Pressure and Water Intake

Please Inplute You Water Intake:

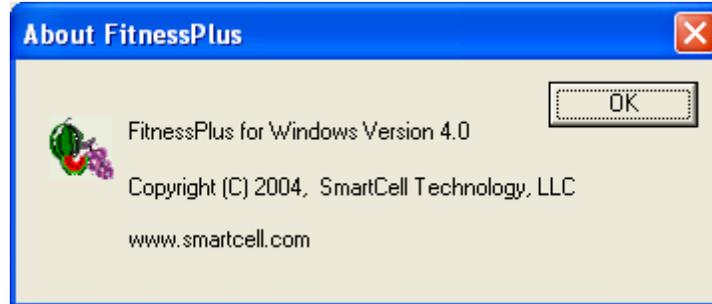
Blood Pressure Low: mmHg

Blood Pressure High: mmHg

Once you click on the “Tools” icon in the daily tracking main form, the “Tools” form is open. In this form you can enter your blood pressure and your body measurements (waist, wrist, hip, forearm). Once you have entered all the body measurement numbers, you can click on the “Calculate” button and the program will compute your body fat percentage based on your body measurements.

When you perform the body measurements, please always remember to measure the fullest point of each of the four body locations.

5.13 About FitnessPlus



This option brings up the About FitnessPlus dialog. The About FitnessPlus dialog shows the copyright and version information of the FitnessPlus application.

6 Windows Mobile User Interface

6.1 FitnessPlus Main Window



The FitnessPlus main form shows the FitnessPlus logo and six icons on the bottom of the screen that allow you to easily access major functions of FitnessPlus. Simply click on one of the six icons on the bottom to perform the desired operation.

6.2 FitnessPlus User and Plan Management



Once you tap on the “UserPlanManage” icon, the User and Plan management main form is open. This form displays a list of current users of the FitnessPlus program. You can use the small icons next to the list to add, edit, or delete a user.

To add a user, tap on the “Add” icon and the “User Details” form is open. After you enter the name, gender, height, unit preference, and age, tap on the “OK” button to confirm the addition of the user.

User Profile

Name:

Gender:

Units:

Height: ft in

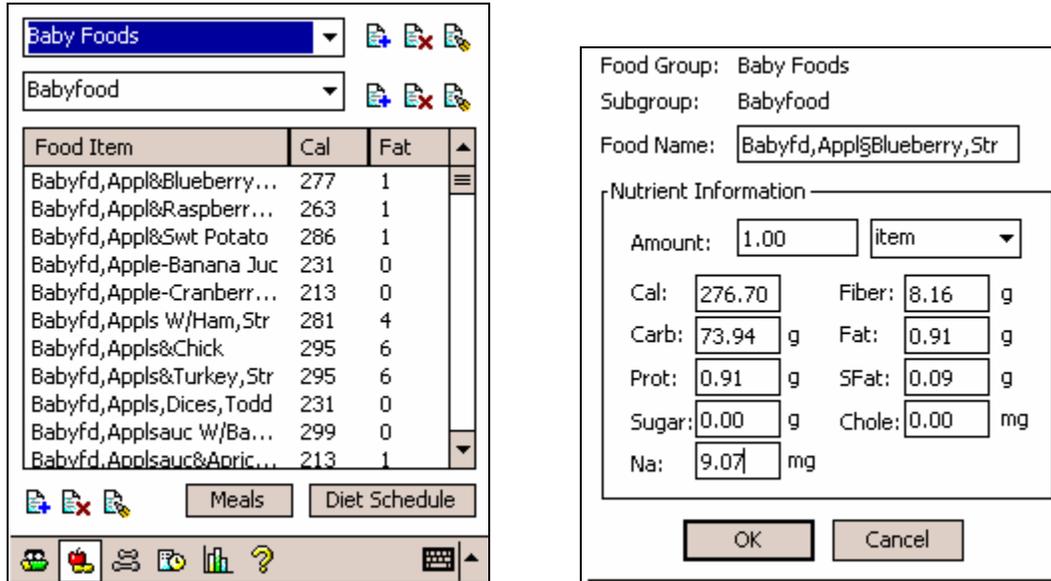
Age:

Name:	<input type="text" value="Plan 1"/>
Start:	<input type="text" value="185"/> lbs
	8 1, 2004 
Target:	<input type="text" value="170"/> lbs
	12 31, 2004 
Start BMI:	25.09
Target BMI:	23.06
<input type="button" value="OK"/> <input type="button" value="Cancel"/>	

To add a plan, tap on the “Add” icon next to the plan list and the “Plan Details” form is open. After you enter the plan name, start weight, start date, target weight, and target date, tap on the “OK” button to confirm the addition of the plan. The “Plan Details” form also shows the start BMI (Body Mass Index, see Appendix B) and target BMI.

6.3 FitnessPlus Food Database Management

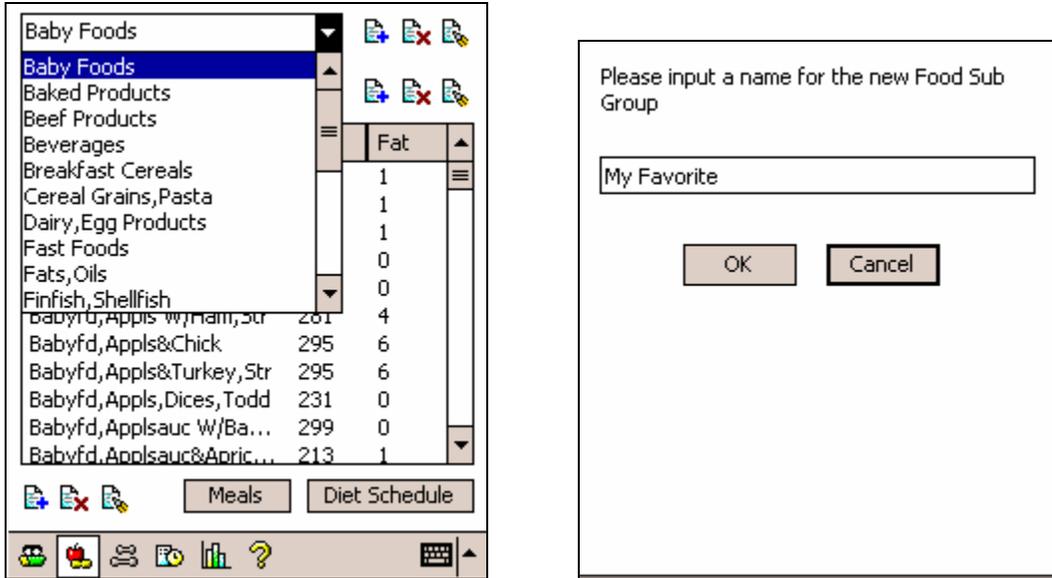
6.3.1 Food Management



Once you tap on the “FoodDatabase” icon, the food database management main form is open. This form displays the food group list, food subgroup list, and the food list. You can tap on the small icons below the food list to add, edit, or delete a food item.

To add a food item, tap on the “Add” icon and the “Food Details” form is open. After you enter the food name, unit, amount, calorie, and the nutrient information, tap on “OK” to confirm the addition of the food item.

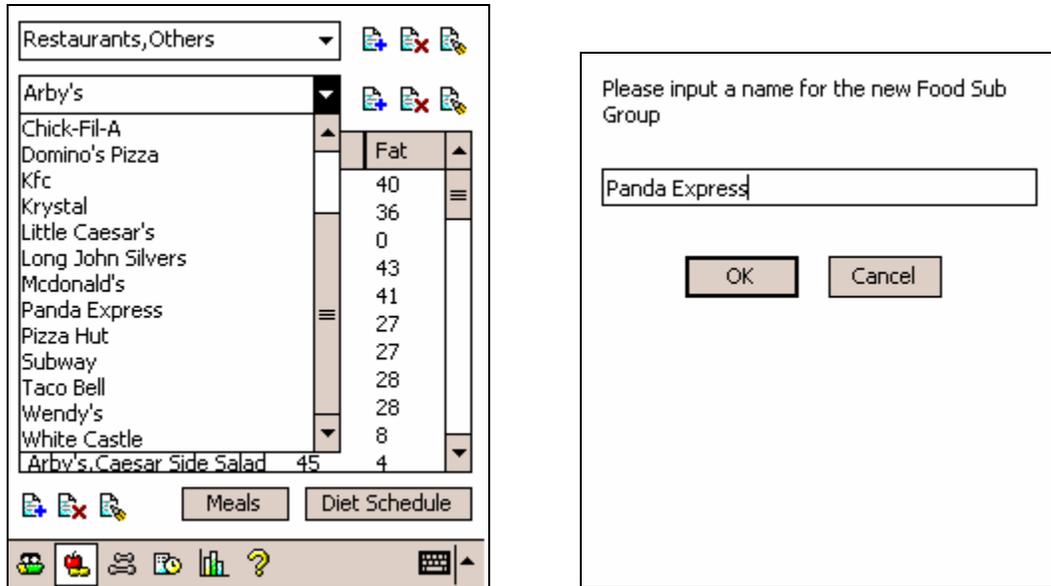
6.3.2 Food Group Management



To add or edit a food group, tap on the “Add” or “Edit” icon next to the group name in the food database management main form. The food management form displays a list of all food groups available. You can tap on the buttons below the food group list to add, edit, or delete a food group.

To add a food group, tap on the “Add” icon and enter the food group name, then tap on “OK” to confirm the addition of the food group. To edit or delete a food group, highlight the group in the list, and tap on “Edit” or “Delete”.

6.3.3 Food Subgroup Management



To add or edit a food subgroup, tap on the “Add” or “Edit” icon next to the subgroup name in the food database management main form. The food management form displays a list of all food subgroups available. You can tap on the small icons below the food subgroup list to add, edit, or delete a food subgroup.

To add a food subgroup, tap on the “Add” icon and enter the food subgroup name, then tap on “OK” to confirm the addition of the food subgroup. To edit or delete a food subgroup, highlight the group in the list, and tap on “Edit” or “Delete”.

6.3.4 Meal Management

Meals

My Breakfast + - ✕

Meal Nutrient Summary

Cal:2864 Carb:78g Prot:142g
 Fiber:2g Fat:224g SFat:77g
 Sugar:4g Chole:2282mg Na:4813mg

Meal Items:

Food	Qty	Cal
Egg, Scrambled	1	962
Grape Juice Drink, Cnd	1	227
Italian Cheese Bread	1	120
Pork Sausage Links, Ckd	1	1556

+ - ✕

To view the meal management main form, tap on the “Meal” icon in the food database management main form. The meal management form displays a list of all meals available. You can tap on the small icons next to the meal list to add, edit, or delete a meal. In this form the nutrition information of the meal is also displayed.

To add a meal, tap on the “Add” icon and enter the new meal name, then use the icons on the bottom of the screen to add food items to this meal. You can use cut, copy, and paste to edit the food items in a meal.

6.3.5 Diet Schedule Management

Diet Schedules:

My Schedule Active   

Day:
1

Daily Nutrient Summary

Cal:5661 Carb:44g Prot:256g
Fiber:0g Fat:488g SFat:208g
Sugar:0g Chole:1216mg Na:20521mg

Daily Diet Items:  

Food	Cal	Type
Beef,Sausage,Smoked	1415	B
Egg,Whole,Fried	903	B
Italian Cheese Bread	120	B
Lime Juice,Cnd	95	B

Diet Items:    

Food	Cal	Type
Grape Juice Drink,Cnd	227	B
Beef,Sausage,Smoked	1415	B
Egg,Scrambled	962	B
Bread,Wheat	1179	B

Nutrient Summary

Cal:3783 Carb:293g Prot:169g
Fiber:20g Fat:214g SFat:84g
Sugar:0g Chole:2236mg Na:8555mg

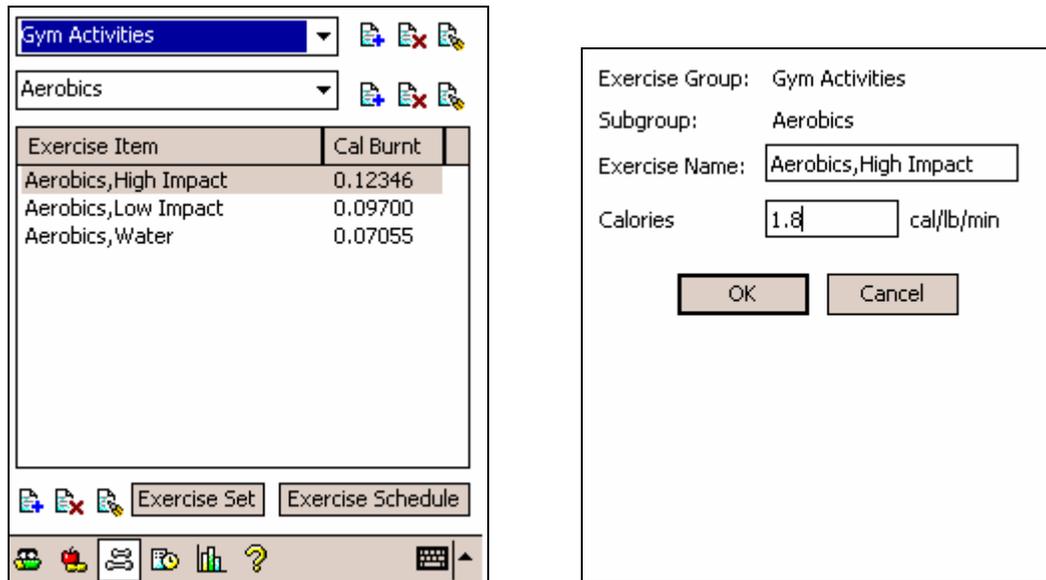
To view the diet schedule management main form, tap on the “DietSchedule” icon in the food database management main form. The diet schedule management form displays a list of all diet schedules available. You can tap on the small icons next to the diet schedule list to add, edit, or delete a diet schedule. In this form the daily average nutrition information of the diet schedule is also displayed.

To activate a diet schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Active” checkbox, the selected schedule is activated and all food items in this schedule will be automatically added to your daily diet tracking information. To deactivate a diet schedule, uncheck the “Schedule Active” checkbox. Only one diet schedule can be active at any given time.

To add a diet schedule to the list, tap on the “Add” icon and enter the new diet schedule name, set the schedule period, then use the icons on the bottom of the screen to add food items to this schedule. You can use cut, copy, and paste to edit the food items in the schedule.

6.4 FitnessPlus Exercise Database Management

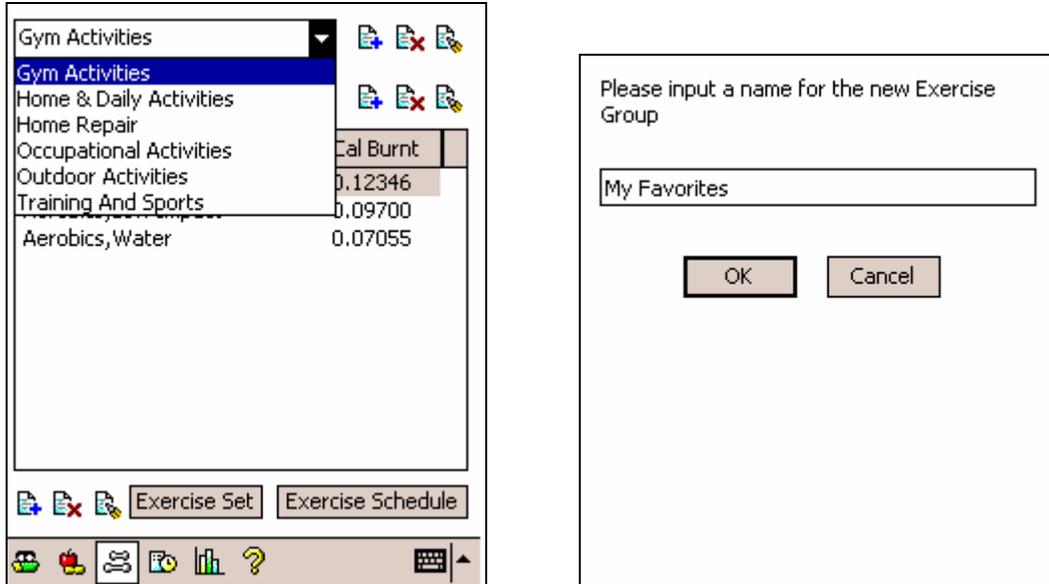
6.4.1 Exercise Management



Once you tap on the “ExerciseDatabase” icon, the exercise database management main form is open. This form displays the exercise group list, the exercise subgroup list, and the exercise list. You can tap on the small icons below the exercise list to add, edit, or delete an exercise item.

To add an exercise item, tap on the “Add” icon and the “Exercise Details” form is open. After you enter the exercise name, weight, time, and calorie burnt, tap on the “OK” button to confirm the addition of the exercise item.

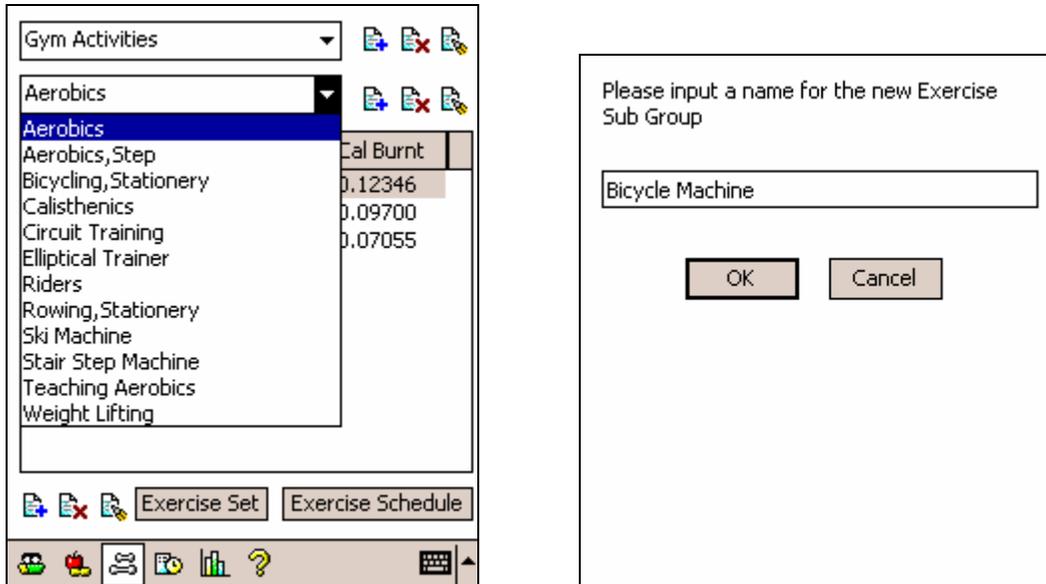
6.4.2 Exercise Group Management



To add or edit an exercise group, tap on the “Add” or “Edit” icon next to the group name in the exercise database management main form. The exercise management form displays a list of all exercise groups available. You can tap on the buttons below the exercise group list to add, edit, or delete an exercise group.

To add an exercise group, tap on the “Add” icon and enter the exercise group name, then tap on “OK” to confirm the addition of the exercise group. To edit or delete an exercise group, highlight the group in the list, and tap on “Edit” or “Delete”.

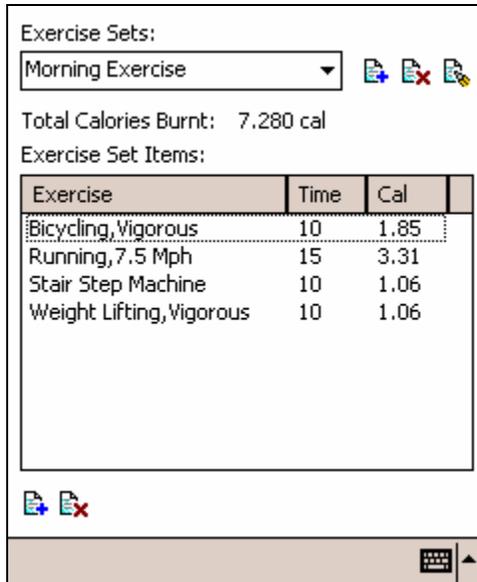
6.4.3 Exercise Subgroup Management



To add or edit an exercise subgroup, tap on the “Add” or “Edit” icon next to the subgroup name in the exercise database management main form. The exercise management form displays a list of all exercise subgroups available. You can tap on the small icons below the exercise subgroup list to add, edit, or delete an exercise subgroup.

To add an exercise subgroup, tap on the “Add” icon and enter the exercise subgroup name, then tap on “OK” to confirm the addition of the exercise subgroup. To edit or delete an exercise subgroup, highlight the group in the list, and tap on “Edit” or “Delete”.

6.4.4 Exercise Set Management



Exercise Sets:

Morning Exercise

Total Calories Burnt: 7,280 cal

Exercise Set Items:

Exercise	Time	Cal
Bicycling, Vigorous	10	1.85
Running, 7.5 Mph	15	3.31
Stair Step Machine	10	1.06
Weight Lifting, Vigorous	10	1.06

To view the exercise set management main form, tap on the “Exercise set” icon in the exercise database management main form. The exercise set management form displays a list of all exercise sets available. You can tap on the small icons next to the exercise set list to add, edit, or delete an exercise set. In this form the summary information of the exercise set is also displayed.

To add a exercise set, tap on the “Add” icon and enter the new exercise set name, then use the icons on the bottom of the screen to add exercise items to this exercise set. You can use cut, copy, and paste to edit the exercise items in an exercise set.

6.4.5 Exercise Schedule Management

Exercise Schedules:

My Schedule Active   

Day:

1

Daily Calories Burnt: 5 cal

Daily Exercise Items:  

Exercise	Time	Cal
Bicycling, Moderate	10	1
Weight Lifting, General	15	1
Running, 7.5 Mph	15	3

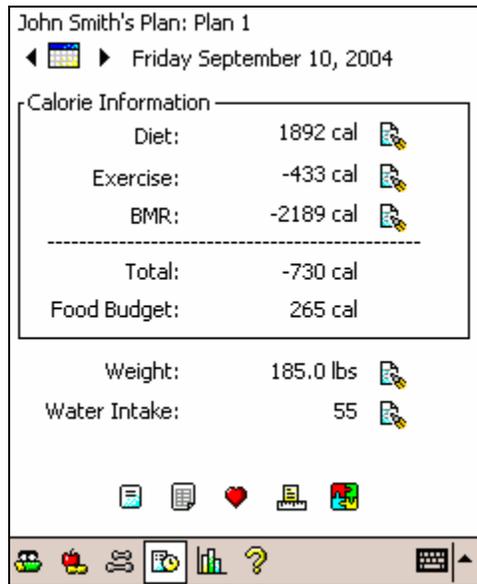
To view the exercise schedule management main form, tap on the “ExerciseSchedule” icon in the exercise database management main form. The exercise schedule management form displays a list of all exercise schedules available. You can tap on the small icons next to the exercise schedule list to add, edit, or delete an exercise schedule.

To activate an exercise schedule, select the schedule from the list, and choose the start date of the schedule. Once you check the “Active” checkbox, the selected schedule is activated and all exercise items in this schedule will be automatically added to your daily exercise tracking information. To deactivate an exercise schedule, uncheck the “Active” checkbox. Only one exercise schedule can be active at any given time.

To add an exercise schedule to the list, tap on the “Add” icon and enter the new exercise schedule name, set the schedule period, then use the icons on the bottom of the screen to add exercise items to this schedule.

6.5 Daily Tracking

6.5.1 Daily Tracking Main Form



John Smith's Plan: Plan 1
 ◀ ▶ Friday September 10, 2004

Calorie Information

Diet:	1892 cal	
Exercise:	-433 cal	
BMR:	-2189 cal	

Total:	-730 cal	
Food Budget:	265 cal	

Weight: 185.0 lbs

Water Intake: 55

Journal Summary Daily Values Tools Edit Water

Once you tap on the “DailyTracking” icon, the daily tracking main form is open. This form displays the user name, the plan name, date, activity level, weight, calorie goal, actual daily calorie balance, diet-in calorie, BMR, exercise-out calorie, and the food budget.

Inside this form you can perform the following operations:

- Tap on the “Date”, “Next”, “Last” icons to select a different date or to move to last day or the next day.
- Set your daily activity level (please see the activity level table below).
- Enter your current weight in the weight field.
- Tap on the “Journal” icon to view or edit daily journal.
- Tap on the “Summary” icon to view diet and exercise tracking summary for the current plan.
- Tap on the “DailyValues” icon to view daily nutrition intake information
- Tap on the “Tools” icon to enter your body measurements and to compute your fat percentage.
- Tap on the “Edit” icon next to the “Diet” field to track your diet intake.
- Tap on the “Edit” icon next to the “Exercise” field to track your daily exercise activity.
- Tap on the “Water” icon to track your daily water intake.

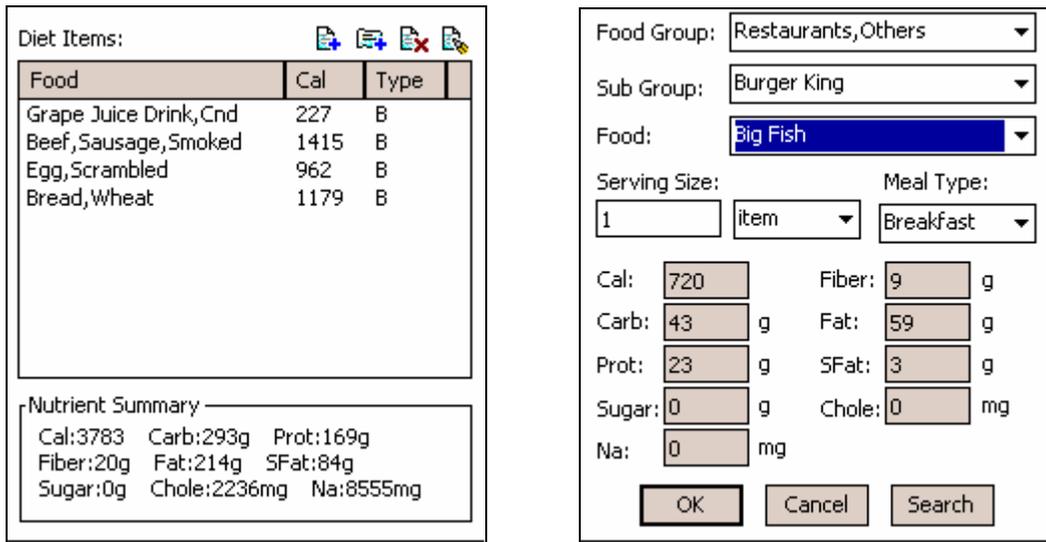
The activity levels are defined in the following table

Activity Level	Definition
Sedentary	Little or no exercise, desk job
Lightly Active	Light exercise/sports 1-3 days/wk
Moderately Active	Moderate exercise/sports 3-5 days/wk
Very Active	Hard exercise/sports 6-7 days/wk
Extremely Active	Hard daily exercise/sports & physical job or 2X day training, i.e., marathon, contest etc.

6.5.2 Weight In

You should measure your weight everyday and enter the current weight in the daily tracking main form. Weight-in is important because BMR and exercise-out calorie are computed using your current weight. You will be reminded to enter your weight the first time you enter the daily tracking form everyday.

6.5.3 Diet Tracking



Diet Items:		
Food	Cal	Type
Grape Juice Drink, Cnd	227	B
Beef, Sausage, Smoked	1415	B
Egg, Scrambled	962	B
Bread, Wheat	1179	B

Nutrient Summary		
Cal:3783	Carb:293g	Prot:169g
Fiber:20g	Fat:214g	SFat:84g
Sugar:0g	Chole:2236mg	Na:8555mg

Food Group:	Restaurants, Others	
Sub Group:	Burger King	
Food:	Big Fish	
Serving Size:	1	item
Meal Type:	Breakfast	
Cal:	720	Fiber: 9 g
Carb:	43 g	Fat: 59 g
Prot:	23 g	SFat: 3 g
Sugar:	0 g	Chole: 0 mg
Na:	0	mg
<input type="button" value="OK"/> <input type="button" value="Cancel"/> <input type="button" value="Search"/>		

Once you tap on the “Edit” icon next to the Diet In field in the daily tracking main form, the daily diet tracking main form is open. This form displays a list of all food items consumed for the selected date. You can choose to display food items based on meal types: all, breakfast(B), lunch(L), dinner(D), or snack(S). You can use the small icons next to the list to add, edit, or delete a food item.

To add a food item, tap on the “Add” icon and the “Choose Food” form is open. In this form the nutrient information per unit of food is displayed. After selecting food group, food subgroup, food name, meal type, and unit, enter the amount for the food item and tap on the “OK” button to confirm adding the food item to diet tracking database.

If you cannot find the food item from the food list, you can tap on the “Search” icon to search it in the food database.

6.5.4 Food Search

Search:

Food Item	Cal	Fat	
Babyfd,Crl,Egg Yolks&B...	358	23	▲
Babyfd,Crl,W/Egg Yolks,Jr	236	8	≡
Babyfd,Crl,W/Egg Yolks...	231	8	
Babyfd,Crl,W/Eggs,Str	263	7	
Bacon Egg Biscuit	470	36	
Bagels,Egg	1261	10	
Biscuit W/Bacon Egg1	482	40	
Biscuit W/Bacon Egg2	350	27	
Biscuit W/Egg&Sausage	1465	98	
Biscuit W/Egg&Stk	1256	87	
Biscuit W/Egg1	380	37	
Biscuit W/Egg2	400	26	
Biscuit W/Saus Egg	620	37	▼

Once you tap on the “Search” icon in the “Choose Food” form, the “Search Food” form is open. To search for a food item, select the scope of the search (“All Groups” means search in the entire food database), enter the keyword to search, and tap on the “Search “ button.

Once the search is complete, the form displays a list of all food items matching the supplied keyword. If you find the desired food item in the list, simply select it from the list and tap on “OK”. This will bring you back to the “Choose Food” form with the correct food item selected. If you cannot find the food item you want, tap on the “Cancel” button to exit the “Search Food” form.

6.5.5 Exercise Tracking

Exercise Items:    

Exercise	Time	Cal
Running, 7.5 Mph	1	19
Bicycling, Moderate	1	10
Stair Step Machine	1	9
Weight Lifting, General	1	4

Calorie Summary —
Total Calories Burnt: 42 cal

Exercise Group:
Gym Activities

Subgroup:
Ski Machine

Exercise:
Ski Machine

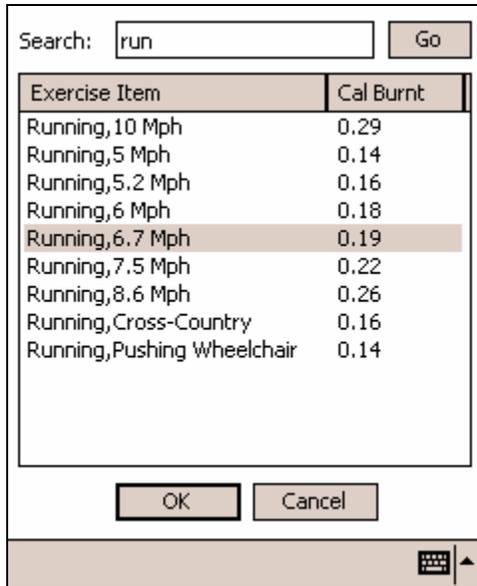
Time Spent: min Calories Burnt: cal

Once you tap on the “Edit” icon next to the “Exercise” field in the daily tracking main form, the exercise tracking main form is open. This form displays a list of all exercise activities for the selected date. You can use the small icons below the list to add, edit, or delete an exercise activity.

To add an exercise activity, tap on the “Add” icon and the “Exercise Tracking Details” form is open. After selecting exercise group, exercise subgroup, and exercise, enter the time for the exercise and the total calories burnt will be displayed. Tap on the “OK” button to confirm adding the exercise activities to exercise tracking database.

If you cannot find the exercise item from the exercise list, you can tap on the “Search” button to search it in the exercise database.

6.5.6 Exercise Search



Exercise Item	Cal Burnt
Running, 10 Mph	0.29
Running, 5 Mph	0.14
Running, 5.2 Mph	0.16
Running, 6 Mph	0.18
Running, 6.7 Mph	0.19
Running, 7.5 Mph	0.22
Running, 8.6 Mph	0.26
Running, Cross-Country	0.16
Running, Pushing Wheelchair	0.14

Once you tap on the “Search” icon in the “Choose Exercise” form, the “Search Exercise” form is open. To search for an exercise item, select the scope of the search (“All Groups” means search in the entire exercise database), enter the keyword to search, and tap on the “Search” button.

Once the search is complete, the form displays a list of all exercise items matching the supplied keyword. If you find the desired exercise item in the list, simply select it from the list and tap on “OK”. This will bring you back to the “Exercise Tracking Details” form with the correct exercise item selected. If you cannot find the exercise item you want, tap on the “Cancel” button to exit the “Search Exercise” form.

6.5.7 Daily Values

Daily Value:

Name	Units	Intake	RDV	%DV
Fat	g	12.5	59	21.2%
SFat	g	1.1	25	4.3%
Chole	mg	0.0	300	0.0%
Na	mg	108.9	2400	4.5%
Cb	g	68.6	375	18.3%
Fib	g	45.4	31	146....
Pr	g	72.4	64	113....
Sugar	g	0.0	0	N/A

Daily Calories:

Once you tap on the “DailyValues” icon in the daily tracking main form, the daily values form is open. The daily values form displays your daily nutrition intake, recommended daily values, and percentage daily values. Please make sure that the correct daily calorie level is selected before reviewing the numbers in this form.

6.5.8 Daily Journal

Daily Journal:

Things to do for today ;

- 1.Exercise for 60 minutes.
- 2.Measure blood pressure.
- 3.Take body measurements and compute fat percentage.

Once you tap on the “Journal” icon in the daily tracking main form, the daily journal form is open. You can enter any notes you want to take for the selected date in this form. You can enter a maximum of 2048 characters for each day.

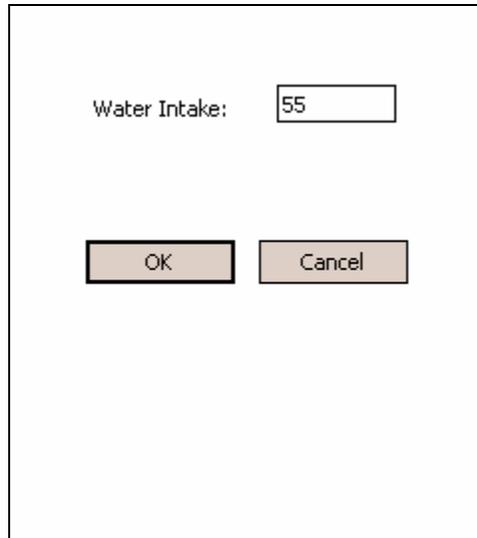
6.5.9 Summary

Daily Summary:

Date	lbs	Cal+	Cal-	Bal
9/9	185.0	2799	-2034	455
9/10	185.0	1742	-1301	-1335
9/11	185.0	1452	-2026	-900
9/12	185.0	16398	1800	10220
9/13	185.0	1034	-1742	-1602
9/14	185.0	3642	-2006	1271
9/15	185.0	4155	-243	20
9/16	185.0	2799	-2034	455
9/17	185.0	1742	-1301	-1335
9/18	185.0	1452	-2026	-900
9/19	185.0	16398	1800	10220
9/20	185.0	1034	-1742	-1602
9/21	185.0	3642	-2006	1271
9/22	185.0	4155	-243	20
9/23	185.0	2799	-2034	455

Once you tap on the “Summary” icon in the daily tracking main form, the summary form is open. The summary form shows weight, diet-in calorie, TDEE, and calorie balance for all dates in the selected plan. From the summary, you can have an overview of the progress you have made towards your goals.

6.5.10 Water Intake

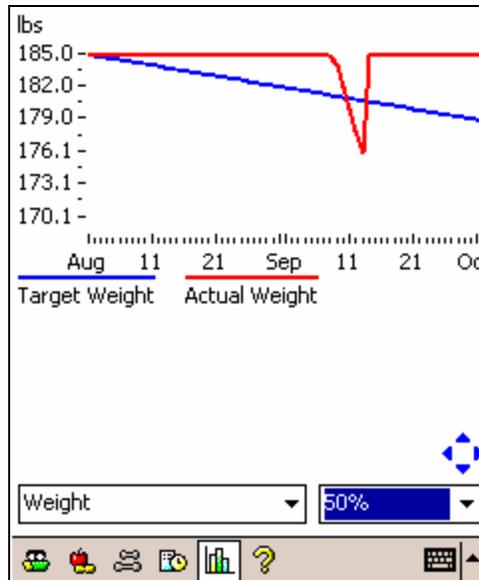


A screenshot of a dialog box titled "Water Intake". The dialog box has a white background and a black border. Inside, the text "Water Intake:" is followed by a text input field containing the number "55". Below the input field are two buttons: "OK" on the left and "Cancel" on the right. Both buttons have a light gray background and a black border.

Once you tap on the “Water” icon in the daily tracking main form, the daily water intake value is displayed. You can modify this number to reflect the actual amount of water you had consumed for the selected date. The unit of this number is dependent on your personal preference, e.g., glasses, bottles, etc.

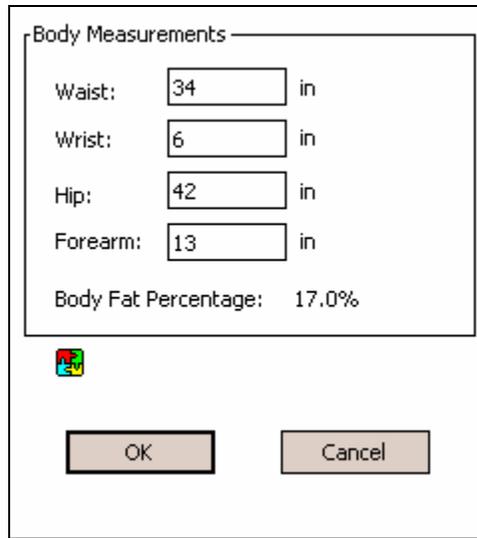
The recommended water intake is eight, eight-ounce glasses per day, for a total of 64 ounces.

6.6 Charts



Once you tap on the “Chart” icon, the chart form is open. This form displays a chart that shows the changes in weight, calorie, blood pressure, body measurement, and fat percentage as a function of time. You can use the zoom feature of the chart form to get a better view of the changes. You can also use the “Last”, “Next” icons to move through dates in the current plan.

6.7 Blood Pressure, Body Measurements, and Fat Percentage



Body Measurements

Waist: in

Wrist: in

Hip: in

Forearm: in

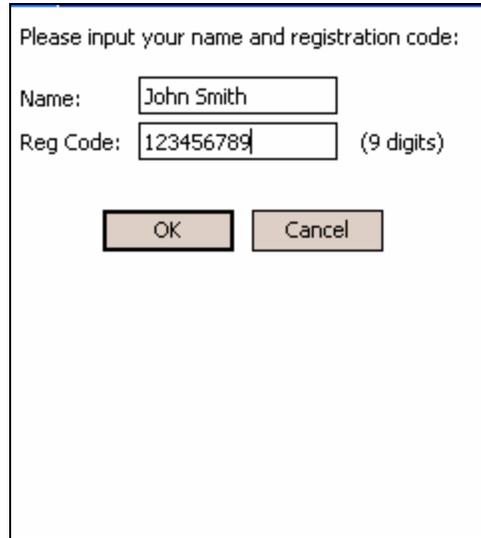
Body Fat Percentage: 17.0%



Once you tap on the “Tools” icon in the daily tracking main form, the “Daily Details” form is open. In this form you can enter your blood pressure and your body measurements (waist, wrist, hip, forearm). Once you have entered all the body measurement numbers, you can tap on the “Compute” button and the program will compute your body fat percentage based on your body measurements.

When you perform the body measurements, please always remember to measure the fullest point of each of the four body locations.

6.8 Register FitnessPlus



Please input your name and registration code:

Name:

Reg Code: (9 digits)

This option brings up the Register FitnessPlus dialog. The Register FitnessPlus dialog shows the current license type, the Username, and the 9-digit Registration Code. To register, enter Your username and your 9-digit registration code and tap on OK. If the code is correct, a confirmation message will be shown and your copy of software is then fully functional. Please note that the registration code would not work if the Username you provide us when you place the order does not match the Username you enter in this window.

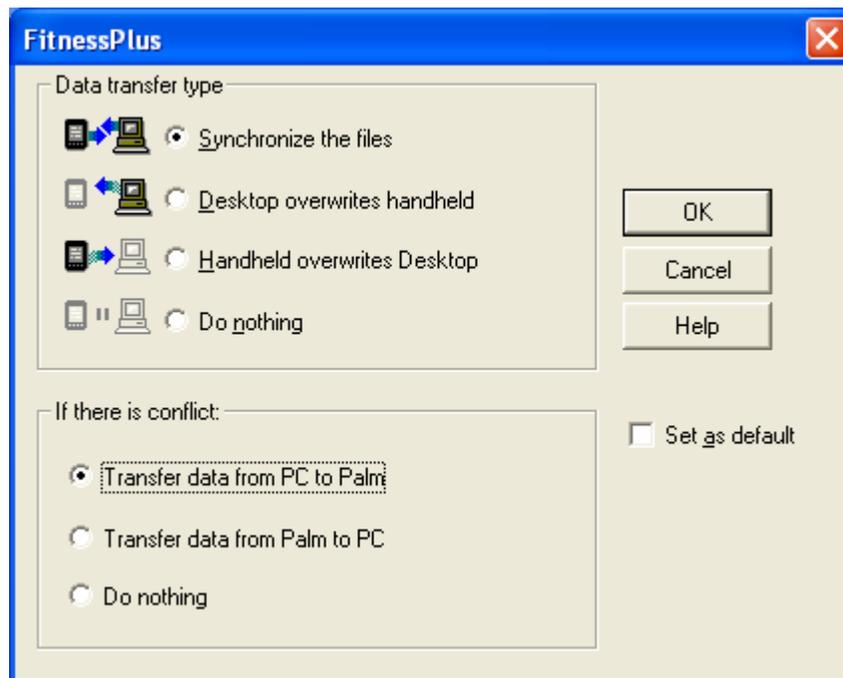
6.9 About FitnessPlus



This option brings up the About FitnessPlus dialog. The About FitnessPlus dialog shows the copyright and version information of the FitnessPlus application.

7 Synchronization

7.1 Palm/Windows Synchronization



FitnessPlus for Palm OS Suite includes a Palm HotSync conduit that synchronizes your FitnessPlus data on the Palm device and the Windows desktop. To configure the FitnessPlus HotSync conduit, open the HotSync options menu by right click on the HotSync Manager icon, and then select "Custom...". Select "FitnessPlus" from the list and click on "Change". In the FitnessPlus Conduit Settings, you can set the conduit to operate under one of the four modes:

- Synchronize data on Palm and Desktop
- Desktop data overwrites Palm data
- Palm data overwrites Desktop data
- Do nothing

You can also set what to do when a conflict is detected: Desktop overwrites Palm, Palm overwrites Desktop, or do nothing.

The HotSync operation normally should complete within 15-20 seconds. During the HotSync process a progress monitor is displayed.



Under the following conditions the HotSync operation may take significantly longer:

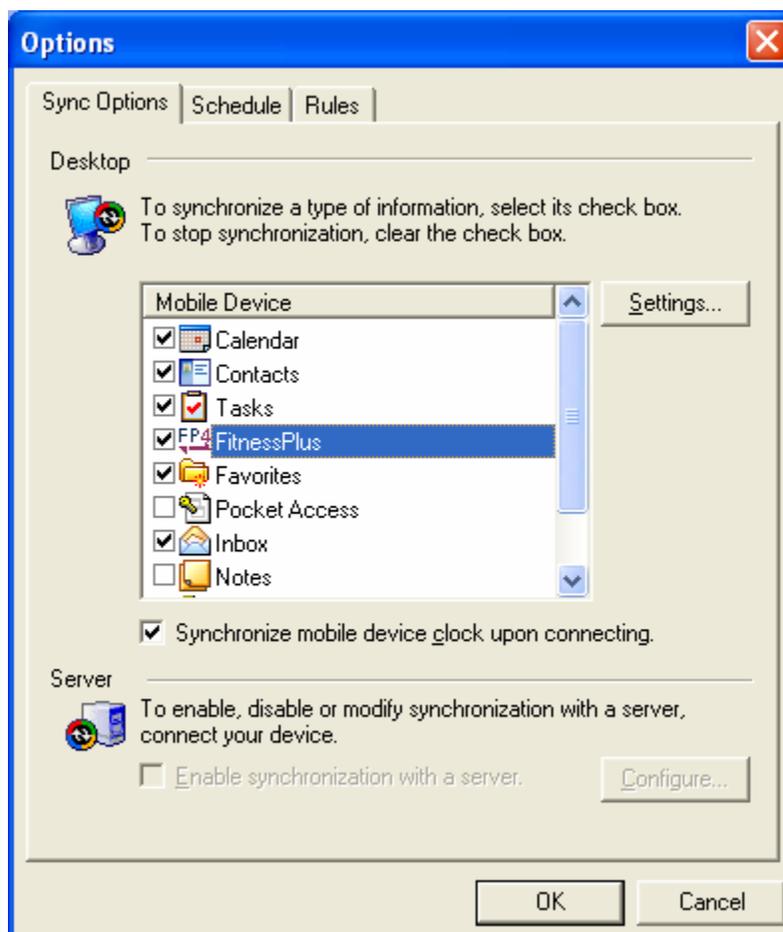
- After a Palm device hard reset
- After a software upgrade in which your local databases need to be merged with new databases in the software upgrade

Under these conditions the HotSync may take a few minutes. Please don't interrupt the HotSync process as this may cause irreversible damages to your data.

7.2 Windows Mobile/Windows Synchronization

Synchronization between Windows Mobile devices and Windows Desktop is handled by FitnessPlus ActiveSync Service Provider. After you install FitnessPlus for Windows Mobile Suite, you need to enable the synchronization of FitnessPlus by using ActiveSync menus:

- Disconnect and reconnect your device to let ActiveSync install the FitnessPlus ActiveSync provider.
- Open ActiveSync and go to menu Tools>Options.
- Under “Sync Options” check “FitnessPlus” and click “OK”.



You can also specify how to deal with data conflicts by clicking on the “Settings” button in the above window. You can choose to use desktop data to overwrite handheld, or to use handheld data to overwrite desktop, or do nothing, when a conflict is detected.



8 How to Contact Us

Web Site

Visit our web site at <http://www.smartcell.com> for general information and software upgrades.

Questions about Your Order

Send email to sales@smartcell.com.

Technical Support

Send email to support@smartcell.com.

Comments, Suggestions, and Bug Report

Send email to feedback@smartcell.com.

Mailing Address

SmartCell Technology, LLC
45 Southern Hills Dr.
Aliso Viejo, CA 92656
USA
FAX: (949)305-4657

9 Appendix A - Diet and Exercise Basics

The first step in designing a personal nutrition plan for yourself is to calculate how many calories you burn in a day: your total daily energy expenditure (TDEE). TDEE is the total number of calories that your body expends in 24 hours, including all activities. TDEE is also known as your "maintenance level". Knowing your maintenance level will give you a starting reference point from which to begin your diet. According to exercise physiologists William McArdle and Frank Katch, the average maintenance level for women in the United States is 2000-2100 calories per day and the average for men is 2700-2900 per day. These are only averages; caloric expenditure can vary widely and is much higher for athletes or extremely active individuals. Some triathletes and ultra-endurance athletes may require as many as 6000 calories per day or more just to maintain their weight! Calorie requirements may also vary among otherwise identical individuals due to differences in inherited metabolic rates.

Methods of determining caloric needs

There are many different formulas you can use to determine your caloric maintenance level by taking into account the factors of age, sex, height, weight, lean body mass, and activity level. Any formula that takes into account your lean body mass (LBM) will give you the most accurate determination of your energy expenditure, but even without LBM you can still get a reasonably close estimate.

The "quick" method (based on total bodyweight)

A fast and easy method to determine calorie needs is to use total current body weight times a multiplier.

Fat loss = 12 - 13 calories per lb. of bodyweight
Maintenance (TDEE) = 15 - 16 calories per lb. of bodyweight
Weight gain: = 18 - 19 calories per lb. of bodyweight

This is a very easy way to estimate caloric needs, but there are obvious drawbacks to this method because it doesn't take into account activity levels or body composition. Extremely active individuals may require far more calories than this formula indicates. In addition, the more lean body mass one has, the higher the TDEE will be. Because body fatness is not accounted for, this formula may greatly overestimate the caloric needs if someone is extremely overfat. For example, a lightly active 50 year old woman who weighs 235 lbs. and has 34% body fat will not lose weight on 3000 calories per day (235 X 13 as per the "quick" formula for fat loss).

Equations based on BMR.

A much more accurate method for calculating TDEE is to determine basal metabolic rate (BMR) using multiple factors, including height, weight, age and sex, then multiply the BMR by an activity factor to determine TDEE. BMR is the total number of calories your body requires for normal bodily functions (excluding activity factors). This includes keeping your heart beating, inhaling and exhaling air, digesting food, making new blood cells, maintaining your body temperature and every other metabolic process in your body. In other words, your BMR is all the energy used for the basic processes of life itself. BMR usually accounts for about two-thirds of total daily energy expenditure. BMR may vary dramatically from person to person depending on genetic factors. If you know someone who claims they can eat anything they want and never gain an ounce of fat, they have inherited a naturally high BMR. BMR is at its lowest when you are sleeping

undisturbed and you are not digesting anything. It is very important to note that the higher your lean body mass is, the higher your BMR will be. This is very significant if you want to lose body fat because it means that the more muscle you have, the more calories you will burn. Muscle is metabolically active tissue, and it requires a great deal of energy just to sustain it. It is obvious then that one way to increase your BMR is to engage in weight training in order to increase and/or maintain lean body mass. In this manner it could be said that weight training helps you lose body fat, albeit indirectly.

The Harris-Benedict formula (BMR based on total body weight)

The Harris Benedict equation is a calorie formula using the factors of height, weight, age, and sex to determine basal metabolic rate (BMR). This makes it more accurate than determining calorie needs based on total bodyweight alone. The only variable it does not take into consideration is lean body mass. Therefore, this equation will be very accurate in all but the extremely muscular (will underestimate caloric needs) and the extremely overfat (will overestimate caloric needs).

Men: BMR = 66 + (13.7 X wt in kg) + (5 X ht in cm) - (6.8 X age in years)

Women: BMR = 655 + (9.6 X wt in kg) + (1.8 X ht in cm) - (4.7 X age in years)

Note: 1 inch = 2.54 cm.

1 kilogram = 2.2 lbs.

Example:

You are female

You are 30 yrs old

You are 5' 6 " tall (167.6 cm)

You weigh 120 lbs. (54.5 kilos)

Your BMR = 655 + 523 + 302 - 141 = **1339 calories/day**

Now that you know your BMR, you can calculate TDEE by multiplying your BMR by your activity multiplier from the chart below:

Activity Multiplier

Sedentary = BMR X 4.1 (little or no exercise, desk job)

Lightly active = BMR X 4.175 (light exercise/sports 1-3 days/wk)

Mod. active = BMR X 1.55 (moderate exercise/sports 3-5 days/wk)

Very active = BMR X 1.725 (hard exercise/sports 6-7 days/wk)

Extr. active = BMR X 1.9 (hard daily exercise/sports & physical job or 2X day training, i.e. marathon, contest etc.)

Example:

Your BMR is 1339 calories per day

Your activity level is moderately active (work out 3-4 times per week)

Your activity factor is 1.55

Your TDEE = 1.55 X 1339 = **2075 calories/day**

Katch-McArdle formula (BMR based on lean body weight)

If you have had your body composition tested and you know your lean body mass, then you can get the most accurate BMR estimate of all. This formula from Katch & McArdle takes into account

lean mass and therefore is more accurate than a formula based on total body weight. The Harris Benedict equation has separate formulas for men and women because men generally have a higher LBM and this is factored into the men's formula. Since the Katch-McArdle formula accounts for LBM, this single formula applies equally to both men and women.

BMR (men and women) = 370 + (21.6 X lean mass in kg)

Example:

You are female

You weigh 120 lbs. (54.5 kilos)

Your body fat percentage is 20% (24 lbs. fat, 96 lbs. lean)

Your lean mass is 96 lbs. (43.6 kilos)

Your BMR = 370 + (21.6 X 43.6) = **1312 calories**

To determine TDEE from BMR, you simply multiply BMR by the activity multiplier:

Example:

Your BMR is 1312

Your activity level is moderately active (work out 3-4 times per week)

Your activity factor is 1.55

Your TDEE = 1.55 X 1312 = **2033 calories**

As you can see, the difference in the TDEE as determined by both formulas is statistically insignificant (2075 calories vs. 2033 calories) because the person we used as an example is average in body size and body composition. The primary benefit of factoring lean body mass into the equation is increased accuracy when your body composition leans to either end of the spectrum (very muscular or very obese).

Adjust your caloric intake according to your goal

Once you know your TDEE (maintenance level), the next step is to adjust your calories according to your primary goal. The mathematics of calorie balance are simple: To keep your weight at its current level, you should remain at your daily caloric maintenance level. To lose weight, you need to create a calorie deficit by reducing your calories slightly below your maintenance level (or keeping your calories the same and increasing your activity above your current level). To gain weight you need to increase your calories above your maintenance level. The only difference between weight gain programs and weight loss programs is the total number of calories required.

Negative calorie balance is essential to lose body fat.

Calories not only count, they are the bottom line when it comes to fat loss. If you are eating more calories than you expend, you simply will not lose fat, no matter what type of foods or food combinations you eat. Some foods do get stored as fat more easily than others, but always bear in mind that too much of anything, even "healthy food," will get stored as fat. You cannot override the laws of thermodynamics and energy balance. You must be in a calorie deficit to burn fat. This will force your body to use stored body fat to make up for the energy deficit. There are 3500 calories in a pound of stored body fat. If you create a 3500-calorie deficit in a week through diet, exercise or a combination of both, you will lose one pound. If you create a 7000 calories deficit in a week you will lose two pounds. The calorie deficit can be created through diet, exercise or preferably, with a combination of both. Because we already factored in the exercise deficit by using an activity multiplier, the deficit we are concerned with here is the dietary deficit.

Calorie deficit thresholds: How low is too low?

It is well known that cutting calories too much slows down the metabolic rate, decreases thyroid output and causes loss of lean mass, so the question is how much of a deficit do you need? There definitely seems to be a specific cutoff or threshold where further reductions in calories will have detrimental effects. The most common guideline for calorie deficits for fat loss is to reduce your calories by at least 500, but not more than 1000 below your maintenance level. For some, especially lighter people, 1000 calories may be too much of a deficit. The American College of Sports Medicine (ACSM) recommends that calorie levels never drop below 1200 calories per day for women or 1800 per day for men. Even these calorie levels are extremely low. A more individualized way to determine the safe calorie deficit would be to account for one's bodyweight or TDEE. Reducing calories by 15-20% below TDEE is a good place to start. A larger deficit may be necessary in some cases, but the best approach would be to keep the calorie deficit through diet small while increasing activity level.

Example 1:

Your weight is 120 lbs.

Your TDEE is 2033 calories

Your calorie deficit to lose weight is 500 calories

Your optimal caloric intake for weight loss is $2033 - 500 = \mathbf{1533 \text{ calories}}$

Example 2: Your calorie deficit to lose weight is 20% of TDEE ($.20\% \times 2033 = 406$ calories)

Your optimal caloric intake for weight loss = **1627 calories**

Positive calorie balance is essential to gain lean bodyweight

If you want to gain lean bodyweight and become more muscular, you must consume more calories than you burn up in a day. Provided that you are participating in a weight-training program of a sufficient intensity, frequency and volume, the caloric surplus will be used to create new muscle tissue. Once you've determined your TDEE, the next step is to increase your calories high enough above your TDEE that you can gain weight. It is a basic law of energy balance that you must be on a positive calorie balance diet to gain muscular bodyweight. A general guideline for a starting point for gaining weight is to add approximately 300-500 calories per day onto your TDEE. An alternate method is to add an additional 15 - 20% onto your TDEE.

Example:

Your weight is 120 lbs.

Your TDEE is 2033 calories

Your additional calorie requirement for weight gain is $+ 15 - 20\% = 305 - 406$ calories

Your optimal caloric intake for weight gain is $2033 + 305 - 406 = \mathbf{2338 - 2439 \text{ calories}}$

Adjust your caloric intake gradually

It is not advisable to make any drastic changes to your diet all at once. After calculating your own total daily energy expenditure and adjusting it according to your goal, if the amount is substantially higher or lower than your current intake, then you may need to adjust your calories gradually. For example, if you determine that your optimal caloric intake is 1900 calories per day, but you have only been eating 900 calories per day, your metabolism may be sluggish. An immediate jump to 1900 calories per day might actually cause a fat gain because your body has adapted to a lower caloric intake and the sudden jump up would create a surplus. The best approach would be to gradually increase your calories from 900 to 1900 over a period of a few weeks to allow your metabolism to speed up and acclimatize.

Measure your results and adjust calories accordingly

These calculations for finding your correct caloric intake are quite simplistic and are just estimates to give you a starting point. You will have to monitor your progress closely to make sure that this is the proper level for you. You will know if you're at the correct level of calories by keeping track of your caloric intake, your bodyweight, and your body fat percentage. You need to observe your bodyweight and body fat percentage to see how you respond. If you don't see the results you expect, then you can adjust your caloric intake and exercise levels accordingly. The bottom line is that it's not effective to reduce calories to very low levels in order to lose fat. In fact, the more calories you consume the better, as long as a deficit is created through diet and exercise. The best approach is to reduce calories only slightly and raise your daily calorie expenditure by increasing your frequency, duration and or intensity of exercise.

10 Appendix B - BMI (Body Mass Index)

What is BMI?

BMI is a ratio between weight and height. It is a mathematical formula that correlates with body fat, used to evaluate if a person is at an unhealthy weight (given a certain height). BMI value is more useful for predicting health risks than the weight alone (for adults ages 18 and up).

BMI Formula

The formula was developed by the Belgian statistician Adolphe Quetelet in the 19th century:

$$\text{BMI} = \text{Weight [in kilograms]} / (\text{Height [in meters]})^2$$

or

$$\text{BMI} = \text{Weight [in pounds]} \times 704.5 / (\text{Height [in inches]})^2$$

Why is BMI Important?

If your BMI is high, you may have an increased risk of developing certain diseases, including:

- Hypertension
- Cardiovascular Disease
- Dyslipidemia
- Adult-Onset Diabetes (Type II)
- Sleep Apnea
- Osteoarthritis
- Female Infertility
- Other Conditions, including:
 - idiopathic intracranial hypertension
 - lower extremity venous stasis disease
 - gastroesophageal reflux
 - urinary stress incontinence

Interpretation of BMI

Adolphe Quetelet decided that if the result of the calculation was greater than **30**, it signaled obesity. This is still a good rule of thumb, but over the years nutritionists have developed more refined ways to interpret BMI values. For example, different BMI values can mean you are underweight, ideal weight, slightly overweight or obese, and these BMI ranges are slightly different for men and women.

Range		Interpretation	Risk
Women	Men		
< 19.1	< 20.7	Underweight	The lower the BMI, the greater the risk
19.1 – 25.8	20.7 – 26.4	Ideal weight	Normal, very low risk
25.8 – 27.3	26.4 – 27.8	Marginally overweight	Some risk
27.3 – 32.2	27.8 – 34.1	Overweight	Moderate risk
32.3 – 44.8	34.1 – 45.4	Very overweight or obese	High risk
> 44.8	>45.4	Morbid obesity	Very high risk

11 Appendix C - Abbreviations Used in Food Item Description

All Purpose	ALLPURP
Aluminum	AL
And	&
Apple	APPL
Apples	APPLS
Applesauce	APPLSAUC
Approximate	APPROX
Approximately	APPROX
Arm and blade	ARM&BLD
Artificial	ART
Ascorbic acid	VIT C
Aspartame	ASPRT
Aspartame-sweetened	ASPRT-SWTND
Baby food	BABYFD
Baked	BKD
Barbequed	BBQ
Based	BSD
Beans	BNS
Beef	BF
Beverage	BEV
Boiled	BLD
Boneless	BNLESS
Bottled	BTLD
Bottom	BTTM
Braised	BRSD
Breakfast	BRKFST
Broiled	BRLD
Buttermilk	BTTRMLK
Calcium	CA
Calorie, calories	CAL
Canned	CND
Carbonated	CARB
Center	CNTR
Cereal	CRL
Cheese	CHS
Chicken	CHICK
Chocolate	CHOC
Choice	CHOIC
Cholesterol	CHOL
Cholesterol-free	CHOL-FREE
Chopped	CHOPD
Cinnamon	CINN
Coated	COATD

Coconut	COCNT
Commercial	COMM
Commercially	COMMLY
Commodity	CMDTY
Composite	COMP
Concentrate	CONC
Concentrated	CONCD
Condensed	COND
Condiment, condiments	CONDMNT
Cooked	CKD
Cottonseed	CTNSD
Cream	CRM
Creamed	CRMD
Dark	DK
Decorticated	DECORT
Dehydrated	DEHYD
Dessert, desserts	DSSRT
Diluted	DIL
Domestic	DOM
Drained	DRND
Dressing	DRSNG
Drink	DRK
Drumstick	DRUMSTK
English	ENG
Enriched	ENR
Equal	EQ
Evaporated	EVAP
Except	XCPT
Extra	EX
Fat	F
Flank steak	FLANKSTK
Flavored	FLAV
Flour	FLR
Food	FD
Fortified	FORT
French fried	FRENCH FR
French fries	FRENCH FR
Fresh	FRSH
Frosted	FRSTD
Frosting	FRSTNG
Frozen	FRZ
Grades	GRDS
Gram	GM
Green	GRN
Greens	GRNS
Heated	HTD
Heavy	HVY
Hi-meat	HI-MT

High	HI
Hour	HR
Hydrogenated	HYDR
Imitation	IMITN
Immature	IMMAT
Imported	IMP
Include, includes	INCL
Including	INCL
Infant formula	INF FORMULA
Ingredient	ING
Instant	INST
Juice	JUC
Junior	JR
Kernels	KRNLS
Large	LRG
Lean	LN
Lean only	LN
Leavened	LVND
Light	LT
Liquid	LIQ
Low	LO
Low fat	LOFAT
Marshmallow	MARSHMLLW
Mashed	MSHD
Mayonnaise	MAYO
Medium	MED
Mesquite	MESQ
Minutes	MIN
Mixed	MXD
Moisture	MOIST
Natural	NAT
New Zealand	NZ
Nonfat dry milk	NFDM
Nonfat dry milk solids	NFDMS
Nonfat milk solids	NFMS
Noncarbonated	NONCARB
Not Further Specified	NFS
Nutrients	NUTR
Nutrition	NUTR
Ounce	OZ
Pack	PK
Par fried	PAR FR
Parboiled	PARBLD
Partial	PART
Partially	PART
Partially fried	PAR FR
Pasteurized	PAST
Peanut	PNUT

Peanuts	PNUTS
Phosphate	PO4
Phosphorus	P
Pineapple	PNAPPL
Plain	PLN
Porterhouse	PRTRHS
Potassium	K
Powder	PDR
Powdered	PDR
Precooked	PRECKD
Preheated	PREHTD
Prepared	PREP
Processed	PROC
Product code	PROD CD
Propionate	PROP
Protein	PROT
Pudding, puddings	PUDD
Ready-to-bake	RTB
Ready-to-cook	RTC
Ready-to-drink	RTD
Ready-to-eat	RTE
Ready-to-feed	RTF
Ready-to-heat	RTH
Ready-to-serve	RTS
Ready-to-use	RTU
Reconstituted	RECON
Reduced	RED
Reduced-calorie	RED-CAL
Refrigerated	REFR
Regular	REG
Reheated	REHTD
Replacement	REPLCMNT
Restaurant-prepared	REST-PREP
Retail	RTL
Roast	RST
Roasted	RSTD
Round	RND
Sandwich	SNDWCH
Sauce	SAU
Scalloped	SCALLPD
Scrambled	SCRMBLD
Seed	SD
Select	SEL
Shank and sirloin	SHK&SIRL
Short	SHRT
Shoulder	SHLDR
Simmered	SIMMRD
Skin	SKN

Small	SML
Sodium	NA
Solids	SOL
Solution	SOLN
Soybean	SOYBN
Special	SPL
Species	SP
Spread	SPRD
Standard	STD
Steamed	STMD
Stewed	STWD
Stick	STK
Sticks	STKS
Strained	STR
Substitute	SUB
Summer	SMMR
Supplement	SUPP
Sweet	SWT
Sweetened	SWTND
Sweetener	SWTNR
Teaspoon	TSP
Thousand	1000
Toasted	TSTD
Toddler	TODD
Uncooked	UNCKD
Uncreamed	UNCRMD
Undiluted	UNDIL
Unenriched	UNENR
Unheated	UNHTD
Unprepared	UNPREP
Unspecified	UNSPEC
Unsweetened	UNSWTND
Variety, varieties	VAR
Vegetable, vegetables	VEG
Vitamin A	VIT A
Vitamin C	VIT C
Water	H2O
Whitener	WHTNR
Whole	WHL
Winter	WNTR
With	W/
Without	WO/
Yellow	YEL

12 Appendix D - SmartCell Technology LLC Software License Agreement

By installing this software you accept all the terms and conditions of the following agreement.

This SmartCell Technology, LLC Software License Agreement accompanies the FitnessPlus(TM) (version 4.1) software product and related explanatory materials ("Software"). The term "Software" also shall include any upgrades, modified versions or updates of the Software licensed to you by SmartCell Technology, LLC.

1. USE OF THE SOFTWARE

- You may use the Software in connection with a single computer system and for the number of users and purpose specified by SmartCell Technology, LLC. You may distribute the Software in the format as received from SmartCell Technology, LLC provided that no modifications are made to the Software.
- You may not distribute the License Information in any form, any copy, or any part of it to anyone else; you may not permit the use of the Software or License Information by more than the specified number of users; you may not sell, loan, rent, assign, lease or sub-license the Software or License Information or any copy or any part of it to anyone else; you may not modify, adapt, translate, reverse engineer, decompile, disassemble or otherwise attempt to discover the source code of the Software; you may not remove any copyright notice, trade mark, legend, logo or product identification of the Software or License Information.

2. COPYRIGHT AND TRADEMARK RIGHTS

The Software is owned by SmartCell Technology, LLC and its suppliers, and its structure, organization and code are the valuable trade secrets of SmartCell Technology, LLC and its suppliers. The Software also is protected by United States Copyright Law and International Treaty provisions. You may use trademarks only insofar as required to comply with Section 1 of this Agreement, in accordance with accepted trademark practice, including identification of trademark owner's name. Such use of any trademark does not give you any rights of ownership in that trademark. Except as stated above, this Agreement does not grant you any intellectual property rights in the Software.

3. UPGRADE

Upgrades of the software will be made available to you without charge by SmartCell Technology, LLC within the first twelve months after you purchase the software. Free upgrades are not available after this twelve months maintenance period.

Requests to change any registration information such as Palm HotSync Username and registration code are subjected to review by SmartCell Technology, LLC. New registration information would be given only if there is proof that errors have been made in the purchase process. SmartCell Technology, LLC reserves the right to reject such requests if no proof is given. No changes can be made to the registration information after the twelve months maintenance period.

4. LIABILITY

SMARTCELL TECHNOLOGY, LLC AND ITS SOFTWARE SUPPLIERS, DISTRIBUTORS AND DEALERS MAKE NO REPRESENTATIONS OR WARRANTIES WHETHER EXPRESS OR IMPLIED (BY STATUTE OR OTHERWISE) RELATING TO THE PERFORMANCE, QUALITY, MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE OF THE SOFTWARE OR OTHERWISE AND ALL SUCH REPRESENTATIONS AND WARRANTIES ARE HEREBY SPECIFICALLY DISCLAIMED AND EXCLUDED.

YOU ALONE ARE ABLE TO DETERMINE WHETHER THE SOFTWARE WILL MEET YOUR REQUIREMENTS AND THE ENTIRE RISK AS TO ITS PERFORMANCE IS WITH YOU AND, SHOULD THE SOFTWARE PROVE DEFECTIVE, YOU ALONE MUST ASSUME THE ENTIRE COST OF ALL NECESSARY SERVICING, REPAIR OR CORRECTION AND ANY INCIDENTAL OR CONSEQUENTIAL EXPENSES. IN NO EVENT WILL SMARTCELL TECHNOLOGY, LLC, ITS SOFTWARE SUPPLIERS OR DISTRIBUTORS BE LIABLE FOR (1) DIRECT, (2) INDIRECT, (3) SPECIAL, (4) INCIDENTAL OR (5) CONSEQUENTIAL DAMAGES (INCLUDING LOSS OF PROFITS OR BUSINESS) RESULTING FROM ANY DEFECT AND OR/USE OF THE SOFTWARE, EVEN IF SMARTCELL TECHNOLOGY, LLC HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGE, WHETHER DUE TO SMARTCELL TECHNOLOGY, LLC'S NEGLIGENCE, BREACH OF CONTRACT, MISREPRESENTATION OR OTHERWISE.

NOTWITHSTANDING THE ABOVE, IF THERE SHOULD ARISE ANY LIABILITY ON THE PART OF SMARTCELL TECHNOLOGY, LLC BY REASON OF THE LICENSING OR USE OF THE SOFTWARE OR OTHERWISE, WHETHER DUE TO SMARTCELL TECHNOLOGY, LLC'S NEGLIGENCE, BREACH OF CONTRACT, MISREPRESENTATION OR OTHERWISE SUCH LIABILITY SHALL UNDER NO CIRCUMSTANCES EXCEED THE PRICE PAID BY YOU FOR THE LICENSE TO USE THE SOFTWARE OR AT THE ELECTION OF SMARTCELL TECHNOLOGY, LLC THE COST OF REPAIR OR REPLACEMENT OF THE DEFECTIVE SOFTWARE BY SMARTCELL TECHNOLOGY, LLC.

YOU SHALL INDEMNIFY SMARTCELL TECHNOLOGY, LLC AGAINST ALL CLAIMS BY THIRD PARTIES (OTHER THAN CLAIMS ALLEGING BREACH BY THE SOFTWARE, AS SUPPLIED, OF A THIRD PARTY'S COPYRIGHT, PATENT OR OTHER INTELLECTUAL PROPERTY RIGHTS) ARISING FROM THE POSSESSION OR USE OF THE SOFTWARE BY YOU OR ANYONE USING IT WITH YOUR CONSENT.

Some states or jurisdictions do not allow the exclusion or limitation of incidental, consequential or special damages, or the exclusion of implied warranties or limitations on how long an implied warranty may last, so the above limitations may not apply to you.

5. GOVERNING LAW AND GENERAL PROVISIONS

This Agreement will be governed by the laws of the State of California, U.S.A., excluding the application of its conflicts of law rules. This Agreement will not be governed by the United Nations Convention on Contracts for the International Sale of Goods, the application of which is expressly excluded. If any part of this Agreement is found void and unenforceable, it will not affect the validity of the balance of the Agreement, which shall remain valid and enforceable according to its terms. You agree that the Software will not be shipped, transferred or exported into any country or used in any manner prohibited by the United States Export Administration Act or any other export laws, restrictions or regulations. This Agreement shall automatically terminate upon failure by you to comply

with its terms. This Agreement may only be modified in writing signed by an authorized officer of SmartCell Technology, LLC.

6. NOTICE TO GOVERNMENT END USERS

The Software and Documentation are "Commercial Items," as that term is defined at 48 C.F.R. .101, consisting of "Commercial Computer Software" and "Commercial Computer Software Documentation," as such terms are used in 48 C.F.R. 4.112 or 48 C.F.R. 27.7202, as applicable. Consistent with 48 C.F.R. 4.112 or 48 C.F.R. 27.7202-1 through 27.7202-4, as applicable, the Commercial Computer Software and Commercial Computer Software Documentation are being licensed to U.S. Government end users (A) only as Commercial Items and (B) with only those rights as are granted to all other end users pursuant to the terms and conditions herein.

Copyright (c) 2003, SmartCell Technology, LLC
All rights reserved.