

The 'Diet Tracker' Weight Management System.

For Pocket PC & Windows Mobile

For Application Version: 3.1

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Forward: Why do I need to pay for this software?

Diet Tracker is a complex application that took many many hours of research and coding. To ensure the long term development of this project I'm asking for a small \$14 purchase cost. Your purchase will entitle you to support the latest copy of the software at all times.

If \$14 is too much for you but you can offer help in other ways, like writing an honest review at Palmgear.com or translating the application into another language, i will give you a license for free, just email me with an explanation.

TIP: If you find Diet Tracker unsatisfactory in any way, please let me know. Your feedback will help me make it better.

Installation for Pocket PC and Windows Mobile.

Installing 'Diet Tracker' on your PDA is very simple. Follow these steps:

- A) Unzip the file that you downloaded if you haven't already.
- B) Place your PDA on its cradle.
- C) Turn your PDA on.
- D) Double click on Setup.exe in the folder you downloaded.
- E) Follow the on-screen prompts.

WIN XP USERS: If you neglect to extract the zip file into a separate directory before trying to install Diet Tracker the installation will not work.

Launching Diet Tracker.

The diet tracker application is launched by clicking on the picture of an apple, labeled 'Diet Tracker' in your "Programs" folder. If you do not see the apple then your installation may not have worked. Try repeating the installation process. If in doubt, email andy@andychapman.net for support.

Once you've clicked on the apple icon the 'Diet Tracker' introduction screen will appear after a few seconds.

There are three things to observe on this screen:

- 1) This is a shareware application and is subject to a trial period. The trial period is not limited by date, but rather the number of food items that you can add to your diet diary.
- 2) To register the application you need to click on the 'Register' button (see figure 3). There will be more information about registration in a minute.
- 3) To proceed into the main application, you hit the 'Next' button.

Note that if you set a password at any stage the 'Next' button will then prompt you for your access password.



Figure 1:
Splash screen.

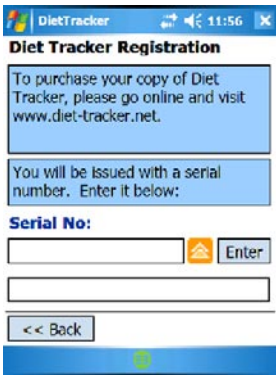


Figure 2:
Registration Screen.

Purchasing and registering Diet Tracker.

To purchase diet tracker, please visit <http://www.diet-tracker.net> and click on the "purchase" link. You can pay either via PayPal, or from the site you downloaded the application from.

To start the registration process, hit the 'Register' button on the splash screen. After purchasing diet tracker you will be issued with a serial number. Enter it in the box as shown and then hit the 'Enter' button.

Configuring Diet Tracker.

When you first launch Diet Tracker you will be able to establish some basic settings.

As you can see in Figure 3, these settings include:

- **Measurement system:** imperial vs metric
- **Input default:** whether you prefer to enter food in terms of ounces or grams (you will always have the option of entering in quantity in either grams or ounces throughout the application, this is just a default setting).
- **Date format:** US style is MM/DD/YYYY, UK style is DD/MM/YYYY
- **Interest:** Whether you'd prefer to measure fat or carbohydrate intake in addition to calories / kilojoules.
- **Measurement:** whether you want to measure your progress by weighing yourself (select weight), or by measuring your waistline with a measuring tape (select waist).

To proceed, hit the 'Next' button.

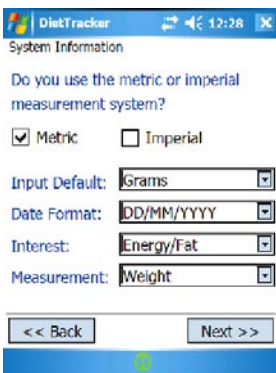


Figure 3:
Settings screen 1.

This screen (Figure 4) is very important. Firstly, it allows you to specify whether you're trying to lose weight, maintain your existing weight, or gain it. Furthermore, you can turn on the following audit modules:

- **Water intake:** The water module allows you to track how many glasses of water you're consuming each day. Health experts say that we should aim for about 8 per day.
- **Sleep:** If you're interested in tracking how many hours of sleep you're getting each day turn on the sleep module.
- **Well Being:** The well being module asks you a simple question 'How are you feeling' every day, and asks you to rate your well being from 'excellent' to 'bad'.



Figure 4:
Settings Screen 2.

If you're worried about other people reading your sensitive information, chose a password and write it into the password field. Make sure you remember it though otherwise you'll lock yourself out of the application.

Finally, if the sound is annoying you, simply click the 'Sound Is Off' check box.

Now click 'Next'.

The next screen gathers some personal information about you.



Figure 5: Personal Information.

Configuring Diet Tracker (continued).

Enter your information. Based on your height, age and weight, a recommended calorie target will appear. This target reflects the number of calories that you should try to limit yourself to per day. Note that this is only a recommendation and you may change the target value to whatever suits you.

Calculating your Body Mass Index (BMI).

To calculate your body mass index, hit the 'calculate' button.

What is Body Mass Index?

Body Mass Index is a basic calculation used by nutritionists and other health professionals to establish whether, based on your height, gender and weight, you are likely to be overweight, underweight, or within a healthy range. Diet Tracker will inform you of your BMI for your own interest.

Using the Diet Diary.

To launch the diet diary, hit the 'Next' button from the Personal Information screen (as shown on Figure 6).

When you first enter the diet diary on any new day, the application will ask you whether you want to create a diary entry for it. If you say 'No', you will not be able to add food or exercise entries to that day. In most cases (unless you are searching through the diary), you will answer this question with 'Yes'.

The Diet Diary allows you to see what you've eaten on any given day. It allows you to move forward and backward through the calendar, and it also allows you to add new foods and exercise items into it.



Figure 6: Creating a new day in the diary.

Diet Diary Button Functions:

- **Button '<<':** Move the diary back a week.
- **Button '<':** Move the diary back a day.
- **Button '>':** Move the diary forward a day.
- **Button '>>':** Move the diary forward a week.
- **Button [Date]:** The date display is in itself a button. If you click on it you can select any date with a friendly date selector.
- **Button '+ Food':** Add a food item to the diary.
- **Button '+ Exercise':** Add an exercise item to the diary.
- **Glass icon:** If you've switched on the water audit tool then this icon will add a water entry straight into your diary.
- **Graph icon:** Takes you to the personal progress zone. This contains a weight check-in area and a suite of graphs to track your progress.
- **Notes icon:** You can add free form notes for each and every day. Use this to remember specific details about what you did or how you're feeling (you can write whatever you like). If you have written notes for the current day, the notes icon will glow and be easily distinguishable.

To enter the food database area, click the '+ Food' button from the diet diary (see Figure 6).

Personal Audit.

If you have turned on the sleep or 'well being' modules, you will also be prompted at this stage as to whether you want to complete you personal audit for this day.

If you answer 'Yes' to the personal Audit question, you will be taken to the personal audit screen.

The personal audit screen is very straight forward. Just answer the questions and then hit the 'back' button.

Your Food Database – quick daily data entry.

The food database is an area where you will store all of the foods that you eat regularly. It may seem a little odd to have to add items here at first, but in a few weeks you won't go without it. Once you have a healthily sized personal database you'll be able to fill in your diet diary in seconds.

When you first run the application however there won't be any items in your database, hence you will see a blank screen. You will want to add new items to it (see figure 8).

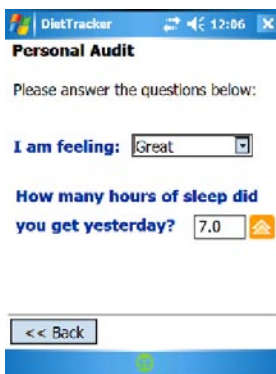


Figure 8:
The food database.

Food Database Button Functions:

- **Button 'Edit':** Allows you to edit the selected food item.
- **Button 'Delete':** Allows you to delete the selected food entry from the database.
- **Button '+':** Increase the quantity field by 1.
- **Button '-':** Decrease the quantity field by 1.
- **Button '+ Diary':** Adds the selected food (and quantity) to the Diet Diary.
- **Button '+ Builder':** Sometimes you might want to add an item from your food database back into the meal builder. Use this button to add the selected food item.
- **Button 'New':** Takes you to the 'Add Food Menu'.
- **Button '<< Back':** Returns you to the diet diary without performing any action.

When you select an item from the list (shown above), you can see its breakdown of energy and fat (or carbohydrate) in the gray boxes.

To add this food item into the current day of your diary, hit the '+ Diary' button. You will be doing this quite a bit.

If for any reason you need to add a food item from the food database back into the meal builder (covered later in this manual), hit the '+ Builder' button.

If you need to edit the properties of an existing food item, select it from the list and then hit the 'Edit' button.

Your food database will grow quite large as you add more and more items into it over time. To avoid scrolling through a long list you can place each food item into a category (scrambled eggs might go in the breakfast category for example). You can then filter the foods on display by choosing a food category (at the top of the screen). You may also filter the list by the first letter of the food you're looking for. In the top right corner you will see a small text field. Enter a letter into that text field and you will notice that list will be filtered by that letter.

Note: You can edit the food categories by hitting the menu button and then selecting 'edit categories'.

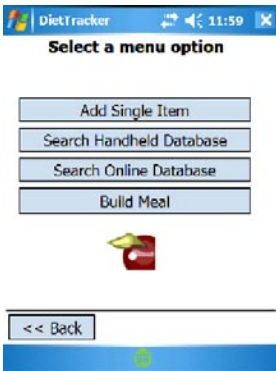


Figure 9:
 Add Food Item menu.

Adding New Foods Into Your Database.

Naturally you're going to want to add lots of new food items into your food database. To do this, hit the 'Add New Item' button. You will then see the 'Add Food Item' menu (Figure 9).

Right, you're ready to add in a new food, drink or meal into the system. There are three different ways of going about things. Consider the following circumstances:

A) You've just eaten a chocolate bar and you can see the nutritional information on the back of the packaging. In this case, you have no need to consult Diet Tracker's inbuilt databases and you certainly don't need to construct a meal. You just want to add the item straight in to the system. In this case, you would hit '**Add Single Item**'.

B) Having somewhat stronger willpower than last time, you have just eaten an apple. Mother nature has a nasty habit of not providing any nutritional information on her packaging and so you've got no idea how many calories you've just consumed. Fear not, you can hit '**Lookup Item**' to browse through Diet Trackers inbuilt databases.

Note, if your PDA is online, you can hit the 'Search Online Database' which is bigger and more powerful than the built in database.

C) You've just eaten a peanut butter sandwich. How many calories is that? When you break it down, the sandwich has the following:

- Bread (2 slices)
- Margarine (10 grams)
- Peanut Butter (20 grams)

Our task then is to find out how many calories each component has and then add it to the food database as a meal. Diet Tracker has a tool called the 'Meal Builder' that helps you do this. To access it, hit the '**Build Meal**' button as shown in figure 10.

Let's go through each option in turn.

Adding a Single Item.

If you've got the details of a new food in front of you and you'd like to add it in to the system, hit the 'Add Single Item' button. You will then see a screen that looks something like that shown in Figure 10.

To enter a new food, simply fill in the food name, energy and fat/carb amounts as appropriate. When you're done, you can specify if you'd like to add the new item into the diary, into your personal database, or both, by checking the relevant check boxes.



Figure 10:
 Adding a new food.

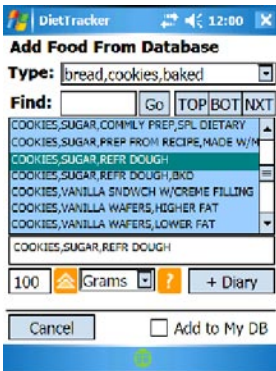


Figure 11:
 Looking up an item from the databases.

Looking up a food item in the large databases.

Unless you happen to be a health nut with OCD, you're rarely going to know the nutritional break down of food items. This is where Diet Tracker's built in databases come in very handy. To lookup an item, hit the 'Lookup Item' button as shown in Figure 11.

To find a food in Diet Tracker's databases, you first need to select a food type. The 'Type' selector allows you to move between different food databases. There are more than 15 different databases to chose from. Have a go at changing between the databases – you won't break anything, I promise.

Once you've selected a food type, you can either scroll through the database using the scroll bar, or, you can type in a keyword or search term. You should be able to see a yellow text field next to the 'Find' label above. You can write anything in here. To perform a search, write in a search term and then hit the 'Go' button. If Diet Tracker finds a match, it will show it to you in a text prompt. You can then either accept the item by hitting 'OK', or tell the application to keep looking by hitting 'Next'.

When you've found the food item you want to add (or a close match – remember, often a close match will do), select it in the list and then hit the 'Add To Diary' button.

Button Actions:

- **Button 'TOP':** Move to the drop of the list.
- **Button 'BOT':** Move to the bottom of the list.
- **Button 'NEXT':** Move 75 items further into the list.
- **Button '?':** Show the nutritional information for the selected food.
- **Button 'GO':** Search the database for the entered keyword.

Using the Meal Builder

The meal builder is an area where you compose a meal out of individual items and have the application automatically add energy and fat/carb amounts together. This saves you from needing a calculator and allows you to encapsulate lots of items into a single 'Meal'.



Figure 11:
 The Meal Builder.

Meal Builder Button Functions:

- **Button 'Add Item to Meal':** looks the same as figure 11. Allows you to add a single item into the meal builder if you already know the nutritional information.
- **Button 'Lookup Item':** Takes you to the large integrated databases where you can lookup the energy and fat in various food items and then add an item to the builder. Looks the same as figure 12 above.
- **Button 'D':** Removes the selected item from the meal builder.
- **Button 'C':** Removes ALL items from the meal builder.
- **Button 'Add This Meal':** Adds the new meal to your personal food database (note, you must give the meal a name and category).
- **Button 'Cancel':** Takes you back to the Food Database screen without performing any action.

Exercises – The other side of the application.

Exercise is a wonderful thing. It makes you feel alive, it makes you fit and best of all, it consumes energy. If you've found yourself a little over target for any day, the best and probably only sensible choice is to get out there and go for a brisk walk. **DO NOT STICK YOUR FINGERS DOWN YOUR THROAT!**

Fact: The more muscle you have, the more energy your body burns - even if you're just sitting on a chair! People often say things like "Just wait until you get older... your metabolism will slow down". What really happens is that as you get older, you get lazier, and therefore you lose muscle. If you want to be able to eat more, go the gym!

Anyway, back to the application. If you've been good and made an effort to exercise, you can add this into Diet Tracker and make it take allowance for that in your daily energy target. On the main diary screen, you will see a button labeled '+ Exc'. Tap on it.

Exercise button functions:

- **The text field above the exercise list:** find an exercise with a certain first letter by entering that first letter into this field.
- **Button 'Import':** import exercises from the supplied database into your exercise database. There are about 95 or so of these and they pretty much cover everything. If you haven't got any exercises in your list, hit this button!
- **Button 'Add New':** add a new exercise to your exercise database.
- **Text field 'Time':** the time that you spent, in minutes, performing the selected exercise.
- **Button '+ Diary':** Add the selected exercise to the diet diary.

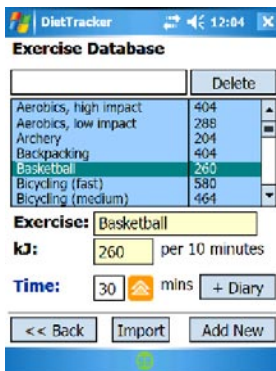


Figure 13:
 The exercise database.

Importing Exercises.

Diet Tracker comes with close to 100 exercises that you may import into your application. To import the exercises, click on the blue button labeled 'I' on the top right of the Exercise Database screen.

You should then see a prompt that confirms your request. Click OK. After a few seconds you should then see a large selection of exercises to choose from.

Adding in a new exercise.

If by some chance you're engaging in an exercise that is not covered by Diet Tracker's exercise database, just hit the 'Add New' button and then enter the details on the next screen.

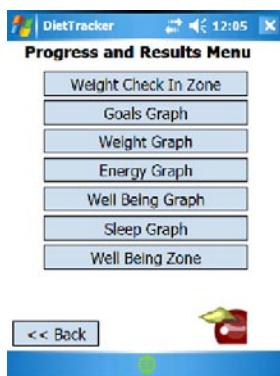


Figure 14:
 The Progress Menu.

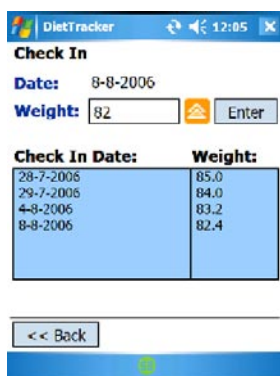


Figure 15:
 The Check In Manager.

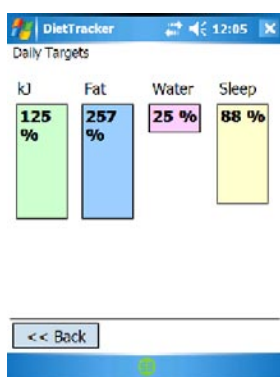


Figure 16:
 Daily Goals.

Progress & Performance.

To access the progress zone, hit the 'progress' button from the diet diary. You will then see the Progress Menu (Figure 14).

Checking In.

Diet Tracker allows you to enter in your weight loss progress into the system. To access the Check In system, click on the 'Weight Check In Zone' button from the Progress Menu (see Figure 15)

Check In Button Functions

- **Button 'Enter':** Adds your current weight into the system. You enter your weight into the text field located next to the word 'weight' (see above).
- **Button 'Back':** Returns you to the diet diary screen.
- **Button 'Delete':** Removes the selected item from the check in system. This is useful if you've entered in the wrong amount or testing.

The Well Being Zone.

Depending on which options you turned on when you first configured the application, you will probably have the 'Well Being Zone' as a choice on the progress menu. When you hit this button, it takes you to the personal well being screen that you fill in every day.

You you change or update these values if you need to for any day by access the progress menu for that day.

Looking at your Daily Goals.

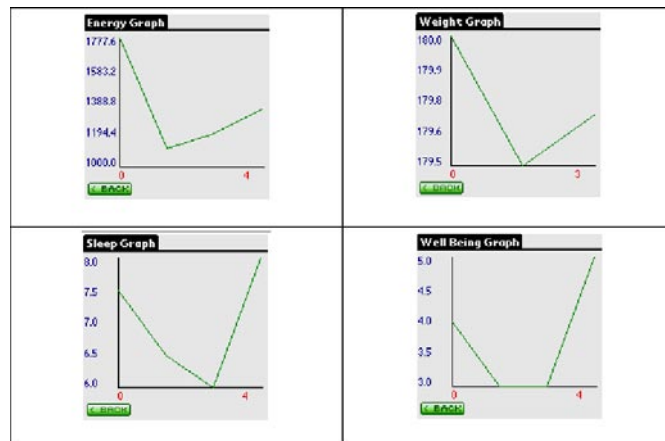
To see how you're performance is going for any day, just hit the 'Goals Graph' button from the Progress Menu screen. Depending on which audit modules you've enabled, you'll then see a screen that looks something like that shown in Figure 16: Daily Goals

This screen lets you see immediately how you're performing. It is envisaged that down the track these kind of graphs will be produced for both weekly and monthly time periods so you can get a good overall perspective.

Looking at your progress graphs.

Diet Tracker allows you to view your weight loss performance, hours of sleep, well being ratings (1=bad, 5=excellent) and energy intake across time in visual form by way of a line graph. The number of entries taken into consideration is highlighted in red. Diet Tracker can graph up to 150 entry points per graph.

To view the graphs, hit the the 'progress' button on the Diary screen and then hit the appropriate graph button.



And that's it for now. If you have any questions, bug reports, concerns, suggestions, or if you'd just like a chat, drop me a line.

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