

Diet & Exercise Assistant Desktop®

For Microsoft Windows®

Version 8

Copyright© 2000-2009 Keyoe, Inc.

Users Guide

Disclaimer

The information given on Diet & Exercise Assistant® is designed to help you make informed decisions about your health. It is not intended as a substitute for or extension to the advice or treatment prescribed by your physician. You are solely responsible for the way that this information is prescribed and utilized. In no way will Keyoe, Inc. or the authors of this product be responsible for any problems that might occur due to the use of this product or the information contained within.

Warning!

Safe weight loss is considered to be no more than 1-2 pounds per week. It is usually not considered safe to eat less than 1,200 calories per day, unless advised to do so by your physician. Please consult your doctor before beginning any diet or exercise program.

CHAPTER 1 INSTALLATION	4
INSTALLATION STEPS FOR WINDOWS COMPUTER.....	4
INSTALLATION STEPS FOR PALM OS®	4
TROUBLESHOOTING PALM OS® INSTALLATION.....	5
INSTALLATION STEPS FOR POCKET PC AND WINDOWS MOBILE®.....	5
TROUBLESHOOTING POCKET PC AND WINDOWS MOBILE® INSTALLATION.....	6
CHAPTER 2 TECHNICAL NOTES	7
SYNCHRONIZATION TO MULTIPLE COMPUTERS	7
SYNCHRONIZATION WITH DESKTOP OPEN	7
HOTSYNC® CONDUIT INSTALLATION	7
HOTSYNC® CONDUIT SETTINGS	7
INDEX OUT OF RANGE ERROR	7
ACTIVESYNC® TECHNICAL NOTE: CONDUIT SETTINGS	8
ACTIVESYNC® TECHNICAL NOTE: DESKTOP USER NAME	8
CHAPTER 3 BACKING UP DATA	9
CHAPTER 4 HEALTHY DIETING	9
DIET PLANS	9
FOOD NUTRITIONAL INFORMATION	9
CHAPTER 5 USING THE SOFTWARE	10
DESKTOP MAIN SCREEN	10
CHAPTER 6 ENTERING PERSONAL INFORMATION	11
CHAPTER 7 SETTING WEIGHT GOALS	11
CHAPTER 8 SELECTING A DIET PLAN	11
CHAPTER 9 USING THE LOGBOOK	12
DAILY STEPS	12
CHAPTER 10 WEIGHING IN	12
USING THE DAILY WEIGHT CHART.....	13
USING THE HISTORIC WEIGHT CHART.....	14
USING THE LONG RANGE HISTORIC WEIGHT CHART	14
CHAPTER 11 BASAL METABOLIC RATE (BMR)	15
CHAPTER 12 MEAL LOG	16
INSERTING FOODS INTO THE LOGBOOK	17
CREATING A RECIPE	18
FAVORITES GROUP	18
CHAPTER 13 EXERCISE LOG	19
INSERTING EXERCISES INTO THE LOGBOOK	19
CHAPTER 14 FOOD BUDGET	20
CHAPTER 15 NUTRIENT TARGETS	21
HISTOGRAM ANALYSIS	22
CHAPTER 16 DAILY JOURNAL	23
CHAPTER 17 BLOOD PRESSURE	23

CHAPTER 18 PERCENT BODY FAT	24
CHAPTER 19 WATER INTAKE	25
CHAPTER 20 EDITING THE FOOD DATABASE	26
FOOD DATABASE STRUCTURE	26
EDITING GROUPS	26
EDITING CATEGORIES	27
EDITING FOODS	27
USING THE DESKTOP FOOD DATABASE TREE	28
CHAPTER 21 IMPORT AND EXPORT	29
EXPORTING USER DATA	29
EXPORTING FOOD DATA	30
IMPORTING FOOD DATA	31
CHAPTER 22 DESKTOP MENU AND TOOLBAR ITEMS	32

Chapter 1 Installation

This section describes the installation steps on a Microsoft Windows desktop computer. If you purchased Diet & Exercise Assistant for Palm OS®, Pocket PC®, or Windows Mobile®, you must have the same version installed on the mobile device and on the desktop in order to synchronize data.

Installation Steps for Windows Computer

Follow these steps to download and install the product:

1. When downloading software from the Internet, select Save rather than Open. Specify a directory on your hard disk where you want the download to go, for example c:\diet. After the download completes, you will have a single setup file.
2. Double-click the download file to run the desktop setup application.
3. Follow the dialogs to install Diet & Exercise Assistant Desktop.
4. Remember to re-boot your PC to register the synchronization conduits.
5. If you purchased Diet & Exercise Assistant for Palm OS®, Pocket PC®, or Windows Mobile®, follow the mobile device installation directions in the corresponding section.

Installation Steps for Palm OS®

Follow these steps to download and install the software:

1. When downloading software from the Internet, select Save rather than Open. Specify a directory on your hard disk where you want the download to go, for example c:\diet. After download completes, you will have downloaded a single compressed file.
Note: This is a compressed file that requires an unzip utility to extract the contents to hard disk. If you have Windows XP or Vista, you already have an unzip utility as part of the operating system.
2. Using the Windows Explorer, browse to the file you downloaded in step 1. Open the download file by double-clicking on the file. Extract the contents of the compressed file to a directory on your hard disk, for example c:\diet. If successful you should see the file DietExerciseAssistant.prc in the c:\diet directory.
3. Install the file ***DietExerciseAssistant.prc*** to your Palm OS device by double-clicking on the file. This will add the file to the "Palm Install" application. Alternatively you can open the Install application from the Palm Desktop software and add the file by using the options in the dialog. On Windows Vista double-clicking .prc files will fail with older Palm Desktop software. To work around this, open the Install utility and add the .prc file by using the Add button.
4. The Diet & Exercise Assistant software will install on the next HotSync® operation.
5. If you purchased Diet & Exercise Assistant Desktop, double-click the download file to run the desktop setup program. Follow the dialogs to complete the installation. You must RE-BOOT YOUR PC to get the HotSync® conduit to self-register. Diet & Exercise Assistant Desktop will automatically upgrade your data and copy it to your handheld device on the next HotSync® operation.

Note: The desktop version is sold separately and is required to upgrade your data.

Troubleshooting Palm OS® Installation

Error Running the Setup Utility

If you experience problems running the installation utility, try the following:

1. Install to main handheld memory. Memory cards are not supported. If you install to a memory card, your food database will be empty.
2. Make sure you do not try to load the compressed file DietExerciseSetup.zip directly to the handheld. Unzip the contents of the downloaded file to hard disk.
3. If you do not select the correct handheld user name from the install dialog, the HotSync® Manager will not install the files to your handheld device.

HotSync® Conduit Not Listed

If you do not see the conduit "Diet", do the following:

1. Re-install the desktop application; remember to re-boot your computer in order to register the HotSync® conduit.
2. Upgrade your HotSync® Manager from your handheld manufacturer. After upgrading the HotSync® Manager, you will need to re-install the desktop application in order to register the HotSync® conduits.

Installation Steps for Pocket PC and Windows Mobile®

Follow these steps to download and install the software:

1. When downloading software from the Internet, select Save rather than Open. Specify a directory on your hard disk where you want the download to go, for example c:\diet. After download completes, you will have downloaded a single compressed file.

Note: This is a compressed file that requires an unzip utility to extract the contents to hard disk. If you have Windows XP or Vista, you already have an unzip utility as part of the operating system.

2. Using the Windows Explorer, browse to the file you downloaded in step 1. Open the download file by double-clicking on the file. Extract the contents of the compressed file to a directory on your hard disk, for example c:\diet. If successful you should see the file DietExerciseSetup.exe in the c:\diet directory.
3. Run the downloaded setup file from hard disk. Do not run the setup program from the unzip window; unzip and run from hard disk.
4. The Diet & Exercise Assistant software will install on the next ActiveSync® connection.
5. If you purchased Diet & Exercise Assistant Desktop, double-click the download file to run the desktop setup program. Follow the dialogs to complete the installation. You must RE-BOOT YOUR PC to get the HotSync® conduit to self-register. Diet & Exercise Assistant Desktop will automatically upgrade your data and copy it to your handheld device on the next HotSync® operation.

Note: The desktop version is sold separately and is required to upgrade your data.

Troubleshooting Pocket PC and Windows Mobile® Installation

The following are common questions and recommended solutions.

Empty Food Database

If your food database is empty, install to main handheld memory. Memory cards are not supported.

Losing Data after an ActiveSync® Operation

If you lose data after an ActiveSync® operation, try the following:

1. Make sure you synchronize with only one desktop computer. Synchronization to multiple computers is not supported, and you will lose food and user data.
2. Make sure the Diet & Exercise conduit is set to Synchronize.

ActiveSync® Conduits Not Listed

Right-click the ActiveSync® icon located at the bottom right of your desktop; select "Open Microsoft ActiveSync." Click the options button; if Diet & Exercise is not listed, try the following:

1. Re-install the product and re-boot your PC to register the conduits.
2. Disconnect your handheld device to select the Diet & Exercise option.

Chapter 2 Technical Notes

The following technical notes will help you to resolve any issue that might occur while using the software. HotSync® and ActiveSync® technical notes are only applicable if you purchased both the handheld and desktop software.

Palm OS® Note: Diet & Exercise Assistant synchronizes once per HotSync® connection. To synchronize again, press the HotSync® button on the cradle.

Pocket PC® Note: Diet & Exercise Assistant synchronizes once per ActiveSync® connection. To synchronize again, disconnect and reconnect your handheld device.

Synchronization to Multiple Computers

If you purchased the Windows desktop product, you can synchronize data between your handheld and desktop computer. Make sure you synchronize with only one desktop computer with Diet & Exercise Assistant Desktop installed. Synchronization to multiple computers is not supported, and you will lose food and user data.

Synchronization with Desktop Open

You must close the desktop application in order for the HotSync® conduits to synchronize your data. If the desktop is open, the conduits cannot access the data files.

HotSync® Conduit Installation

In order to install the desktop HotSync® conduits, you must have HotSync® Manager V3.1.2 or later. After installation, you must reboot your computer to register the conduits.

HotSync® Conduit Settings

Make sure the “System” or “Backup” conduit is set to “Handheld Overwrites Desktop.” This is the default setting after installing the Palm Desktop software. This setting requests the HotSync® Manager to back up all databases at the end of synchronization. If the “System” conduit is set to “Desktop Overwrites Handheld,” you are requesting the HotSync® Manager to restore databases from backup, which will overwrite your data.

After installing the desktop application, please make sure the conduit “Diet” is set to synchronize.

Index Out of Range Error

If you receive an “Index Out of Range” error when running the “Diet” application, your user or food database is corrupted. Databases can be corrupted by pulling the handheld out of the cradle before the HotSync® operation completes, running the software when low on battery power, or running the software when low on memory.

If you made a backup of your data files DEA-UserDB.pdb and DEA-FoodDB.pdb, you can install these two files to fix the problem. If you do not have a backup of your data files, you will need to re-install the software.

ActiveSync® Technical Note: Conduit Settings

Use the following steps to set up the ActiveSync® conduit. By default, the conduit will be disabled.

1. Disconnect your handheld device.
2. Right-click the ActiveSync® icon at the bottom right of your desktop.
3. Select "Open Microsoft ActiveSync®."
4. Click the Options button.
5. Select the Diet & Exercise conduit.
6. Select OK.
7. From the ActiveSync® dialog, right-click on the Diet & Exercise entry.
8. Select the "Synchronize" option or select another option that better suits your requirements.
9. Select OK.

ActiveSync® Technical Note: Desktop User Name

On the first ActiveSync® operation, the desktop user is assigned to the handheld. This cannot be changed. If you wish to assign the handheld to a different desktop user, select the user in the desktop application and set the ActiveSync® conduit to "Desktop Overwrites Handheld." The handheld will then be assigned to the new desktop user.

Chapter 3 Backing up Data

There are two data files associated with Diet & Exercise Assistant Desktop: UserDB.ddb and FoodDB.ddb. Every time you save the software will backup your data files. You can use the File->Import menu item to restore your data from backups.

Chapter 4 Healthy Dieting

A “diet” includes everything that is consumed. A well-balanced diet is based on scientific principles to provide sound nutrition, adequate intake of nutrients, and to promote optimal health.

Warning! Safe weight loss is considered to be no more than 1-2 pounds per week. It is usually not considered safe to eat less than 1,200 calories per day, unless advised to do so by your physician. Please consult your doctor before beginning any diet or exercise program.

Diet Plans

Diet & Exercise Assistant has three standard diet plans: low calorie, low carbohydrate, and a low fat diet. In addition to the three standard diet plans, you can configure Diet & Exercise Assistant to work in combination with any of the popular diet programs today: Atkins, South Beach, Shape Up, Zone, etc.

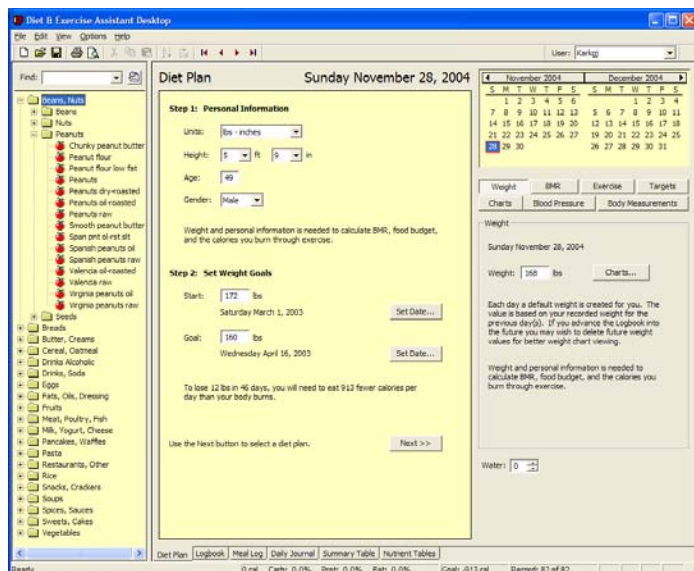
For example, to set up Diet & Exercise Assistant to track an Atkins diet, you should select the low carbohydrate diet. You should turn off automatic calculation of nutrient targets and manually specify the grams of carbohydrates you are allowed to have depending on the phase of your Atkins diet.

Food Nutritional Information

Values in the food database are based on publications issued by the U.S. Department of Agriculture (USDA) and on the data published by manufacturers and restaurants. The U.S. Department of Agriculture issues basic tables on food composition for use in the United States. The commercial products from USDA publications represent average values obtained on the products of more than one company. Data on commercial products listed by brand name are based on values published by manufacturers for their own products. Data on the food composition of items sold at restaurants was obtained from their respective Web sites or literature obtained from the restaurant.

None of the companies listed in the food database have any association with this software product or endorse its contents.

Chapter 5 Using the Software



Desktop Main Screen

Familiarize yourself with the following areas on the main screen:

1. The Food Database tree along the left allows you to drag and drop any food item into the Meal Logbook. Use right-mouse menu items to manipulate the database any way you wish.
2. The Calendar control on the upper right is used to navigate between days.
3. Above the Calendar control, you select or set up a new user. If you own a Palm OS handheld, select the name of the handheld to which you want to establish a HotSync® connection. The desktop version supports multiple users, with or without handheld devices. If you own a Pocket PC® handheld, the user name is assigned during the first ActiveSync® connection.
4. On the right is a series of buttons that allow you to perform the following actions:
 - ✓ Enter your daily weight
 - ✓ Change your Basal Metabolic Rate (BMR)
 - ✓ Input exercise data
 - ✓ View your Food Budget and Nutrient Targets
 - ✓ Chart your weight
 - ✓ Use the histograms to chart nutrient intake vs. nutrient targets
 - ✓ Input blood pressure
 - ✓ Input body measurements and calculate percent body fat
5. At the bottom is a series of tabs that allow you to perform the following actions:
 - ✓ Input your personal information, set weight loss goals, and select a diet plan
 - ✓ Summarize daily data and goals in the Logbook
 - ✓ Use the Meal Log to input food items you consume each day.
 - ✓ Make notes in the Daily Journal
 - ✓ Review your daily data for all days in the Summary Table
 - ✓ Quickly summarize each nutrient and compare it to the daily targets in the nutrient tables
 - ✓ Take a health quiz to learn about healthy eating and living.

Chapter 6 Entering Personal Information

Be sure to enter all of the Personal Information required by Diet & Exercise Assistant. Personal information is used to calculate BMR and plot your current and desired weight against normal values for your age, height, and gender.

Chapter 7 Setting Weight Goals

Diet & Exercise Assistant allows you to set weight goals.

Be sure to enter your initial weight and the date you wish to begin tracking your diet. Once you specify the starting information, set your target weight and the date you would like to reach your new weight. Use the Calorie Calculator to determine the number of calories you will need to eliminate from your diet per day in order to reach your goal. You can continue to set and reset your goals as needed.

Warning! Safe weight loss is considered to be no more than 1-2 pounds per week. It is usually not considered safe to eat less than 1,200 calories per day unless advised to do so by your physician. Please consult your doctor before beginning any diet or exercise program.

Chapter 8 Selecting a Diet Plan

Diet & Exercise Assistant has three standard diet plans: low calorie, low carbohydrate, and low fat. Select one of the standard diet plans or input your own plan.

To specify nutrient targets, select a diet plan or input your own plan and corresponding nutrient percentages. The values in Step 2 represent the percent of calories from each nutrient. Diet & Exercise Assistant tracks the three nutrients that contribute to total calories of a food item: carbohydrates, protein, and fat.

In Step 3 you can keep the automatically assigned nutrient targets or you can enter your own. Refer to the Nutrient Targets chapter for more information on how nutrient targets are calculated and used.

You can configure Diet & Exercise Assistant to work in combination with any of the popular diet programs today: Atkins, South Beach, Shape Up, Zone, etc. For example, to set up Diet & Exercise Assistant to track an Atkins diet, you should select the low carbohydrate diet. You should turn off automatic calculation of nutrient targets and manually specify the grams of carbohydrates you are allowed to have depending on the phase of your Atkins diet.

Chapter 9 Using the Logbook

The logbook screen is where you will find a quick summary of your information.

Daily Steps

Each day you should perform the following steps:

1. Input your weight.
2. Configure your BMR calculation based on your activity level, excluding exercise. For example, on weekends you may not be working and therefore may use the weekend primarily for rest. If this is the case, lower your BMR selection for better calorie estimation.
3. Log the foods you eat.
4. Log the exercises and activities you perform each day.
5. Monitor your total calories and nutrient totals for the day against your goals by using the histogram chart.
6. Input notes in the journal.
7. Log your water intake using the water counter.
8. If you have a blood pressure device, input your blood pressure.
9. Periodically take body measurements and monitor your body shape improvements as you achieve your weight loss goals.

Chapter 10 Weighing In

Each day Diet & Exercise Assistant provides a default weight for you. The default is based on your recorded weight for the previous day(s). If you advance the Logbook into the future you will create default daily weight values. You may wish to delete the future weight values for better weight chart viewing.

Since most calorie calculations use weight, you should weigh in periodically to ensure accuracy. Many experts believe that weighing every day can lead to behaviors that are not supportive of weight loss. You should seek a balance that is right for you.

When you weigh in, it is better to weigh in at the same time each day, preferably in the morning immediately after you wake up. To input a weight, tap the scale icon in the Logbook.

The calories you burn per day (BMR) are automatically calculated from your personal information and daily weight.

Using the Daily Weight Chart

Diet & Exercise Assistant has two weight charts, a daily chart and a historic weight chart. The daily weight chart plots your current weight against what is considered underweight, normal, overweight, or obese. This chart is excellent for setting weight loss goals. The historic weight chart graphs weight over time.

Daily Weight Chart Key

Un: Underweight

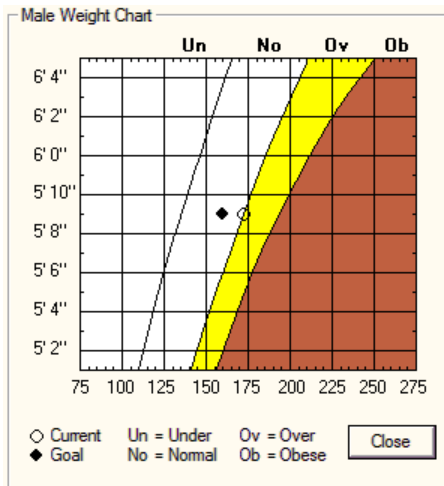
No: Normal weight for your height and gender

Ov: Overweight

Ob: Obese

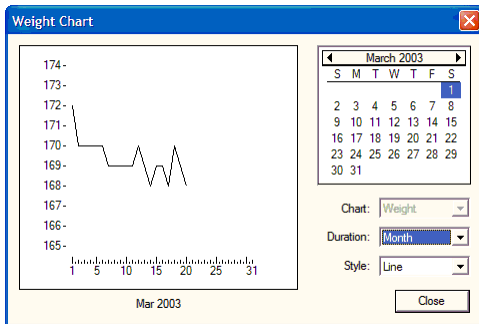
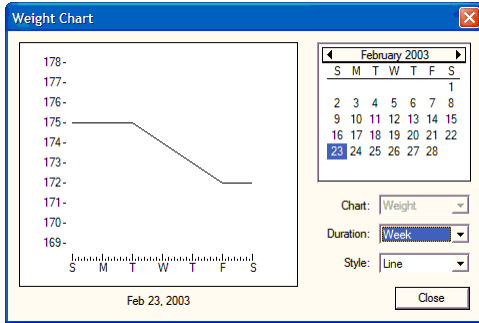
◆ Target weight

○ Current weight



Using the Historic Weight Chart

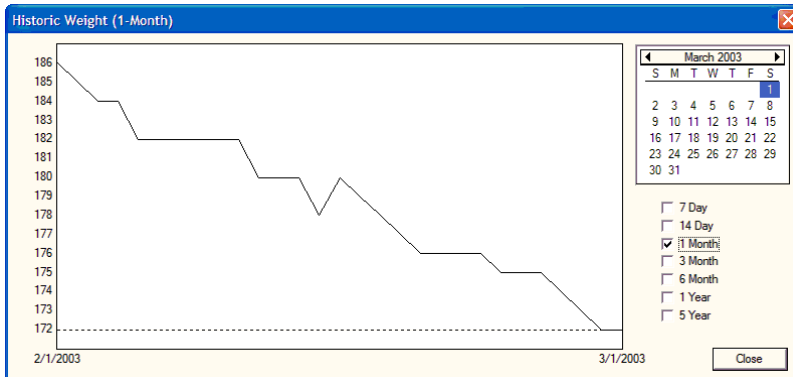
The historic weight chart graphs weight values for a selected week or month. You can select the chart resolution by using the drop-down list. You also have the option of charting weight as a series of points or as a line.



Using the Long Range Historic Weight Chart

Use the Long Range weight chart to plot weight values for 5 years worth of data. The chart will plot weight values beginning from the date selected and going back n days, where n is the number of previous days to display.

The dashed lines represent your starting and goal weights.



Chapter 11 Basal Metabolic Rate (BMR)

Basal Metabolic Rate (BMR) is a mathematical equation to approximate your daily caloric requirement to maintain your current weight. Basal metabolism is affected by many factors: body composition, gender, age, height, stress, smoking, caffeine, etc.

The most effective strategy for increasing basal metabolism is to decrease body fat and increase lean body mass. A healthy diet and daily exercise will positively change your body composition and increase BMR.

- Gender:** Males will typically have a higher resting BMR than females.
- Age:** As you get older, lean body mass typically decreases, thus lowering BMR.
- Height:** Taller, thinner people typically have a higher BMR.
- Stress:** Psychological and physiological stress can raise BMR.
- Smoking:** Nicotine in cigarettes increases BMR.
- Caffeine:** A stimulant, caffeine increases energy expenditure, thus increasing BMR.

Since most people spend a majority of their day at work, Diet & Exercise Assistant allows you to configure your work activity level. If you do not work in an office environment (the default setting), you should select a different work activity level. Do not use this option as a way to compensate for exercising during the day. Diet & Exercise Assistant allows you to enter exercise separately.

If you have a hardware device capable of measuring your metabolic rate, the software can be configured to accept any BMR value. Simply select the "Other" BMR option and enter the value.

Basal Metabolic Rate (BMR)

Excluding exercise, how would you describe your activity level today?

None : Bed

Light : Sitting

Moderate : Standing

Heavy : Walking - Lifting

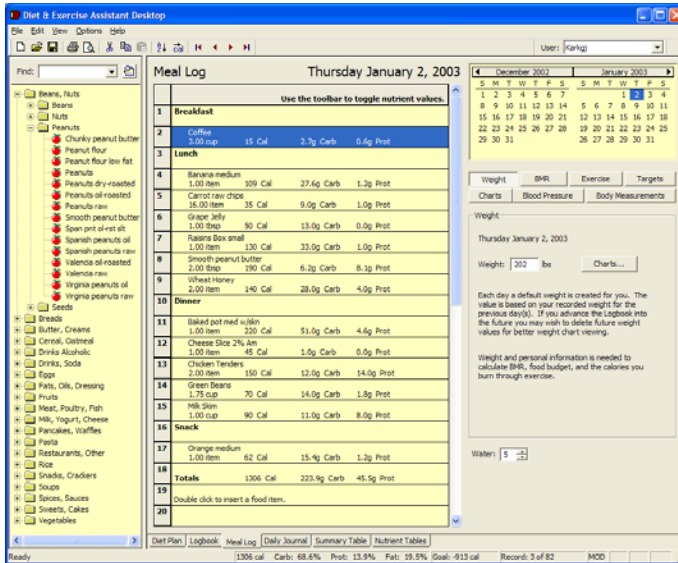
Other : Manual Input of BMR

BMR: calories

BMR options are available when you input personal information and enter a daily weight.

Chapter 12 Meal Log

Every time you consume a food item, you should enter it into the Logbook. Diet & Exercise Assistant comes with a very large food database. You can select from thousands of standard food items or enter your own items if they do not exist in the food database. The nutrient information tracked can be found on any food product label. There are numerous books and web sites that provide food nutrient information free-of-charge or for a very small fee.



Inserting Foods into the Logbook

Follow these steps to log a food item including all nutrient values:

1. Select the "Food Log" tab along the bottom.
2. Browse the food database using the Food tree or use the Find Food option at the top of the Food tree to look up the food you consumed.
3. If a food item is not in the database, you can input a User-Defined food item by right-clicking in the Food tree. To insert the food item, drag and drop it from the tree into the Food Log. Double-clicking the food item in the tree edits the food database; this action does not log a food item.
4. After you drag and drop a food item from the Food tree, a dialog will be displayed. You can change the serving size units from this dialog. For example, you can change the serving size units from ounces (oz) to grams (g). The software will convert all nutrient values automatically as you change the units and serving size.
5. Use the Serving Size field to edit portion size. For example, if you drank 2 Bud Lite beers, instead of logging two 12 oz beers, you can change the serving size to 24 oz. The option is yours; select the option that is convenient for you. A serving size of 1.00 item represents one entity of that particular food item. For example, 1 item is a generic way of saying 1 egg, 1 slice of bacon, or 1 piece of pie. Conversion from items to either volume or weight unit is not possible.
6. Serving size is completely configurable; you should rarely need to change the nutrient values by hand. However, this feature is supported, so you can freely change any nutrient values as you wish. Unless you are editing a food item in the database, any change to the nutrients when inserting a food item will not change the database.

To delete, edit, cut, copy, or paste one or more food items, highlight the food item(s) by left-clicking with the mouse and select the toolbar button or menu option. Cut, Copy, and Paste functions are available for one or more items in the desktop version. If you do not like the default food group for specific food items, you can cut and paste the item in another food group.

Insert Food

Enter a food name:
Artichoke large

Nutrient Information

Serving Size: 1.00 item

Cal: 76 Carb: 17.0 grams
Prot: 5.3 grams
Fiber: 8.8 grams
Fat: 0.2 grams
SFat: 0.0 grams

Meal Type (BLDS)
Snack

OK Cancel

Creating a Recipe

Follow these steps to create a Recipe:

1. From the Meal Logbook screen, enter all of the individual food items that make up your recipe. Log all individual food items under the same meal type for example Breakfast.
2. Tap the Breakfast title row to highlight it. Then tap the Create Recipe button on the main toolbar. A Create Recipe dialog is displayed.
3. Enter the name of your recipe and change the serving size if necessary.
4. The default food Group for new Recipes is the Favorites group. The Favorites group is always located at the top of the food database. Customizing the food database by adding your common food items to the Favorites group will dramatically speed up daily food logging.
5. The nutrient totals for the new recipe is calculated for you. Create the new recipe by tapping the OK button.

Create Recipe

Select a group:
 Favorites

Select a category:
 Favorites Category

Enter a name:
 My Recipe

Nutrient Information

Serving Size: 1.00

Cal: 616 Carb: 102.0 grams
 Prot: 34.3 grams
 Fiber: 16.8 grams
 Fat: 9.4 grams
 SFat: 4.6 grams

Favorites Group

The Favorites group is always located at the top of the food database. You can not delete or rename the Favorites group. However, you can customize the Favorites group by adding your own Categories, Food Items, and Recipes. Customizing the food database by adding your common food items to the Favorites group will dramatically speed up daily food logging.

Chapter 13 Exercise Log

Every time you exercise, you should log your activity into the Exercise Log. Diet & Exercise Assistant comes with a large exercise database. Simply select the exercise that applies to you, enter the minutes you spend exercising, and the calories you burn are calculated automatically for you.

You can enter your own exercise by selecting the User Defined Exercise option from the exercise drop-down list. You will need to know the calories you burn for a user-defined exercise.

Inserting Exercises into the Logbook

Follow these steps to log an exercise:

1. From the Main Logbook screen, tap the Exercise button. The Exercise Log screen is now displayed.
2. Use the buttons or menu items along the bottom of the screen to Insert, Delete, Edit, Cut, Copy, or Paste an exercise item. To log a new exercise, select the Insert option.
3. Select the exercise.
4. Select the intensity, if applicable.
5. Input the minutes spent exercising.
6. Tap the Calorie Calculator icon.
7. Log the exercise item by selecting the OK button.

To Delete, Edit, Cut, Copy, or Paste an exercise item, highlight the exercise item row and tap the corresponding button.

Exercise

Aerobics

General Low Impact

Minutes:

Calories:

	Exercise	Cal	Min
1	Walking	2471	300
2			
3			
4			
5			
6			
7			
8			
9			
10			

Chapter 14 Food Budget

Food Budget represents the amount of calories you can eat per day and still meet your weight loss goals. The following formula represents the calculation of your daily food budget:

Food Budget = BMR + Exercise – Goal

- BMR is the amount of calories your body expends per day while at work and when resting.
- Exercise is the amount of additional calories your body expends per day while exercising.
- Goal is the number of calories you must eliminate from your diet in order to reach your weight loss target.

Since weight is part of the BMR equation, your daily BMR will fluctuate slightly as you lose weight. Your food budget is calculated each day based on the equation above. As described in the next section, nutrient targets are calculated each day based on your daily food budget. Remember that regular exercise will increase your food budget, allowing you to eat more per day and still reach your daily goals.

Sound confusing? It isn't if you are armed with Diet & Exercise Assistant. Diet & Exercise Assistant makes all calculations and estimations automatically and provides intuitive summary charts for your reference. All you need to do is monitor where you are vs. your targets using the nutrient histogram charts.

Targets

Food Budget

Nutrient Targets

To achieve the goals you have set, your food budget is: 3569 calories

Food Budget = BMR + Exercise - Goal

Daily Calorie Goal:

To lose 12 lbs in 46 days, you will need to eat 913 fewer calories per day than your body burns.

Chapter 15 Nutrient Targets

Nutrient targets are calculated from the percentages specified as part of the diet plan you selected in the Goals step. These percentages represent the percent values of calories you will receive from each nutrient. Diet & Exercise Assistant tracks the three nutrients that contribute to total calories of a food item: carbohydrates, protein, and fat.

1 gram carbohydrate = 4 calories
 1 gram protein = 4 calories
 1 gram fat = 9 calories

Examples:

1 Small Package of David Sunflower Seeds (Barbeque)
 220 cal
 Carbohydrates 6.0 grams = 24 calories
 Protein 9.0 grams = 36 calories
 Fat 18.0 grams = 162 calories

1 Can Natural Light Beer
 110 cal
 Carbohydrates 6.6 grams = 26.4 calories
 Protein 0.8 grams = 3.2 calories
 Fat 0.0 grams = 0 calories

Note: Do not expect the total calories published by a food manufacturer to exactly match the calories from the individual nutrients tracked by Diet & Exercise Assistant. Various factors, such as manufacturer averaging of values, etc., can cause discrepancies between the sum of calories from carbohydrates, protein, and fat of a particular food item and the total calories published by a manufacturer. Expect such values to deviate considerably for certain food items, particularly drinks. (See the example for Natural Light Beer above.) As a consequence, the percentage of calories from each nutrient tracked by Diet & Exercise Assistant will not necessarily total 100% of the total caloric content of a food item. This is to be expected and does not indicate inaccuracies in the food database.

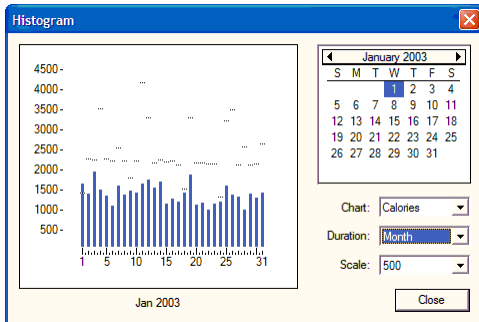
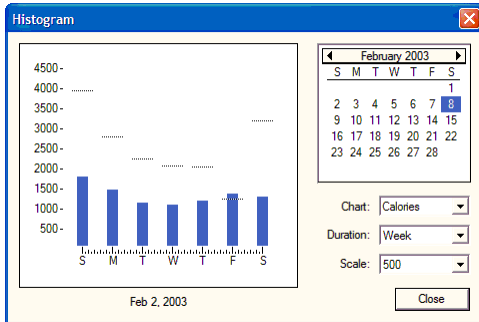
The following example illustrates how nutrient targets are calculated based on the nutrient percentages of the USDA diet (60% carbohydrates, 10% protein, 30% fat) for a food budget of 2,000 calories per day:

Calories	= Food Budget	= 2,000 calories
Carbohydrates (grams)	= (2,000 x 60%) / 4	= 300 grams
Protein (grams)	= (2,000 x 10%) / 4	= 50 grams
Total Fat (grams)	= (2,000 x 30%) / 9	= 67 grams
Saturated Fat (grams)	= Fat (grams) / 3	= 22 grams
Fiber (grams)	= 25	= 25 grams

It is recommended that only 1/3 of your fat grams should come from saturated fat. You should also consume at least 25 grams of fiber per day.

Histogram Analysis

Use the nutrient histogram charts to compare nutrient intake to your daily goals. The chart can be viewed on a weekly or monthly basis. The dashed line is the nutrient target. The nutrient target for calories is your daily food budget. Do not consume more calories than your food budget allows or you will not achieve your weight loss goals.



Chapter 16 Daily Journal

Use the daily journal to record any notes you wish. For example, you can use it to record your feelings and emotions as you follow your program: How do you feel on the days when you experience a minor slip? What makes you feel this way? How do you respond? How can you respond more effectively in the future?

Eating for reasons other than physiological hunger, i.e., emotional eating can cause weight gain and is often a symptom of some deeper issue that needs to be addressed. A better understanding of yourself and your emotional eating triggers is vital to successful weight management and your long-term health.

Chapter 17 Blood Pressure

If you own a blood pressure device, you can use Diet & Exercise Assistant to track your blood pressure. Input the systolic/diastolic readings. Most blood pressure devices have a pulse-per-minute feature. Alternatively, you can take your pulse using a simple watch with a second hand. Input your pulse and the date and time you took your blood pressure reading.

Each person's pulse is different. You cannot compare your pulse to another individual's and just assume that the person with the lower pulse rate is in better shape. However, as you exercise and become fit, you will likely notice a decrease in your blood pressure and pulse rate.

Blood Pressure

Systolic:	<input type="text" value="128"/>	mmHg
Diastolic:	<input type="text" value="78"/>	mmHg
Pulse:	<input type="text" value="67"/>	pulse/minute
Time:	<input type="text" value="12"/> : <input type="text" value="10"/>	<input type="text" value="AM"/>

Chapter 18 Percent Body Fat

Once you input body measurements, Diet & Exercise Assistant can estimate your percent body fat. Body fat estimation from circumference body measurements is an extremely inaccurate but easy way to obtain a body fat estimation without seeking professional help.

Fat is one of the basic components that make up the structure of your body. The other components include muscle, water, bone, and your organs. All are necessary for normal, healthy functioning. Body fat can be divided into two categories: essential fat and storage fat.

As its name implies, essential fat is necessary for normal, healthy functioning. It is stored in small amounts in your bone marrow, organs, central nervous system, and muscles. In men, essential fat is approximately 3 percent of body weight. Women, however, have a higher percentage of essential fat - about 12 percent.

Storage fat is the other type of body fat. This is the fat you accumulate beneath your skin, in certain specific areas inside your body, and in your muscles. It also includes the deep fat that protects your internal organs from injury. Men and women have similar amounts of storage fat.

It is desirable to have some storage fat due to the protective role it plays in your body. However, most storage fat is considered to be "expendable." Many people have too much storage fat, while some have too little. Too much or too little storage fat is unhealthy.

Healthy Ranges

Female

Age 18 - 39 Body Fat: 21 - 32%

Age 40 - 59 Body Fat: 23 - 33%

Age 60 - 79 Body Fat: 24 - 35%

Male

Age 18 - 39 Body Fat: 8 - 19%

Age 40 - 59 Body Fat: 11 - 21%

Age 60 - 79 Body Fat: 13 - 24%

Too much body fat increases the risk of many diseases, including type-2 diabetes, high blood pressure, stroke, heart disease, and certain cancers. Excess body fat stored around the abdomen increases the risk of developing these conditions even further.

Body Measurements

Body Measurements
 Percent Body Fat

Fat is one of the basic components that make up the structure of your body. The other components include muscle, water, bone and your organs. All are necessary for normal, healthy functioning. Body fat can be divided into two categories: Essential fat and storage fat.

As its name implies, essential fat is necessary for normal, healthy functioning. It is stored in small amounts in your bone marrow, organs, central nervous system and muscles. In men, essential fat is approximately 3 percent of body weight. Women, however, have a higher percentage of essential fat - about 12 percent.

Percent Body Fat: 21.44

Chapter 19 Water Intake

Use the water counter to track water intake. You specify the counter units according to how you wish to track your intake: by the cup, glass, bottle, oz, etc.

Here is a quick list of the benefits of drinking water:

- Your metabolism functions better when you're fully hydrated.
- Your digestion is improved when you drink enough water.
- Water fills you up and helps you to eat less.
- Your exercise is much more effective when you are fully hydrated.

Chapter 20 Editing the Food Database

The desktop application is designed for fast and easy food database editing. Along the left side of the application is the food database tree. Use the right-mouse menu in the food database tree view to Insert, Edit, or Delete food groups, categories and food items.

Food Database Structure

The food database structure is based on groups, categories, and food items. The structure has top-level food groups. You can add, delete or rename any food group. Food groups contain categories of food items. You can add, delete or rename any category you wish.

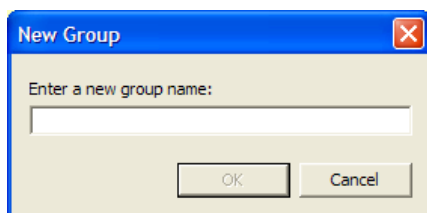
Tip: Placing an asterisk (*) in front of any name will sort the item to the top of the list. For example, under each food group, you can create a category called "**My Foods" and put your food items in this category. Customizing the food database based on your eating habits will greatly reduce the time you spend logging the foods you eat.

Use the right-mouse menu in the food database tree to insert, delete, or rename any group, category, or food item in the food database.

Editing Groups

Follow these steps to add a new group:

1. Right-click on any top level group and select the menu item "Insert->Group".
2. Input the name of the group. If you wish, place an asterisk (*) in front of the name to sort the group to the top of the food group.



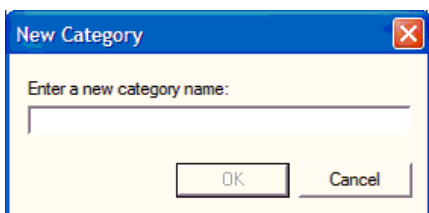
Follow these steps to delete or rename a group:

1. Right-click on the group you wish to rename or delete.
2. Select the appropriate menu item to rename or delete the group.

Editing Categories

Follow these steps to add a new category:

1. Select the food group in the food database tree where the new category is to be inserted.
2. Right-click and select the menu item "Insert->Category".
3. Input the name of the category. If you wish, put an asterisk (*) in front of the name to sort the category to the top of the food group.



Follow these steps to delete or rename a category:

1. Right-click on category you wish to rename or delete.
2. Select the appropriate menu item to rename or delete the category.

Editing Foods

Follow these steps to add a new food item:

1. Select the category where the new food item is to be inserted.
2. Right-click and select the menu item "Insert->Food Item".
3. Input the name of the food item.
4. Input the serving size and units.
5. Input the nutrient information.
6. Select the OK button.

Follow these steps to delete or edit a food item:

1. Right-click on food item you wish to edit or delete.
2. Select the appropriate menu item to edit or delete the food item.

Using the Desktop Food Database Tree

On the desktop, you edit the food database through the Food tree. The new food database tree offers the following features and enhancements:

1. Place your cursor over a food item, and a tool tip displays the serving size and nutrient information.
2. Re-arrange the food database by dragging and dropping food items from one category to another.
3. Log food items by dragging and dropping them from the Food Tree view into the Food Log.
4. Cut, copy, and paste food items or entire categories of foods from one food group to another.
5. Rename the food item or category just like you rename a file using the Windows Explorer.
6. You can select a food item or category and easily delete it by using the Delete key.
7. Use the right-mouse menu to easily insert a food item into the database.
8. Double-click on a food item in the Food Tree to insert the food into the daily Food Log.

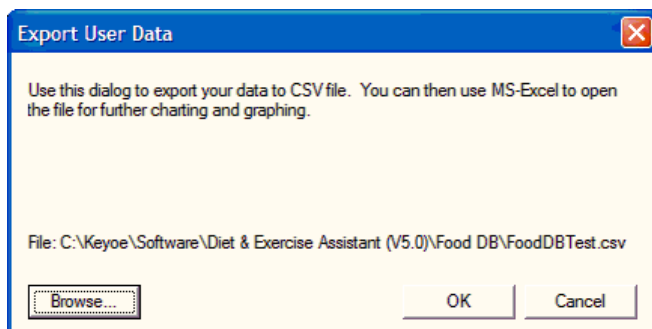
Chapter 21 Import and Export

Diet & Exercise Assistant supports exporting of your user data to a comma separated values (.csv) file. This file can then be opened in Excel for further charting and data analysis.

Exporting User Data

Follow these steps to export user data:

1. Left-click the File menu.
2. Select the menu item Export->User Data to export your user data to comma separated values file.
3. The following dialog is displayed. Use the Browse button to specify a filename and path.
4. Select the OK button.



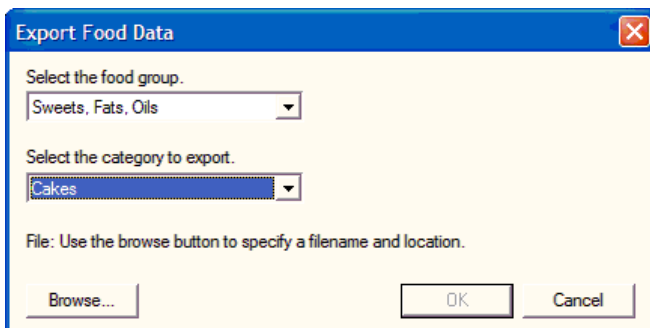
Exporting Food Data

Diet & Exercise Assistant supports exporting of food database data to comma separated values (.csv) file. You can export the entire food database, an entire food group, or a single category. Exporting food data allows you to:

1. Share food database data between family and friends.
2. Backup your food database.

Follow these steps to export Food data:

1. Left-click the File menu.
2. Select the menu item Export->Food Data to export your Food data to comma separated values file.
3. The following dialog is displayed. Select which food group and category to export.
4. Use the Browse button to specify a filename and path.
5. Select the OK button.

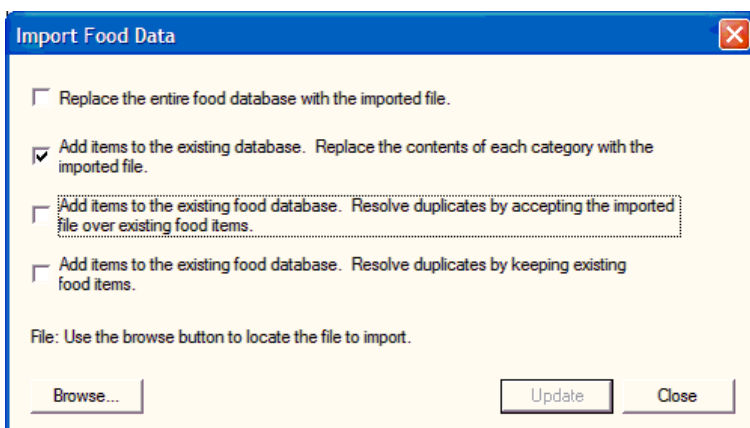


Importing Food Data

Diet & Exercise Assistant supports importing food database data from a comma separated values file. Only files exported from within Diet & Exercise Assistant can be imported.

Follow these steps to import Food data from a file:

1. Left-click the File menu.
2. Select the menu item Import->Food Data->From File to import from a comma separated values file.
3. The following dialog is displayed. Select an import option.
4. Use the Browse button to specify a filename and path.
5. Select the OK button.



Chapter 22 Desktop Menu and Toolbar Items

The menu system and toolbar offer similar functions. The following is a list of features available from the menu or Toolbar.

[New User]	Creates a new user
[Open User]	Opens an existing user
[Save User]	Saves the daily data and food database changes
[Print]	Prints the daily data
[Print Preview]	Previews the print job
[Cut]	Cuts a selection of food or exercise items
[Copy]	Copies a selection of food or exercise items
[Paste]	Pastes the clipboard contents
[Create Recipe]	Creates a recipe from a meal of logged items
[Sort]	Sorts the visible food list by meal type or alphabetically
[Nutrient Toggle]	Toggles the nutrients
[First Day]	Jumps to the first day with data
[Previous Day]	Jumps to the previous day
[Next Day]	Jumps to the next day
[Last Day]	Jumps to the last day with data
[Install]	Installs handheld software (Bundle Only)