

RMRDiet

(for Palm OS® handhelds)



Diet Weight Exercise Tracker

Program Instructions
and User Guide



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Please note that installation instructions, registration instructions and other basic information are in the README file that accompanies the program.



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Introduction

RMRDiet is a user-friendly but powerful program for Palm OS® handhelds that will aid you in tracking your food and calorie intake, your exercise and calorie expenditure, and your overall weight loss or healthy eating program.

Disclaimer

Before starting any diet, weight management or exercise program, it is advisable to consult your doctor. The instructions and advice given here, and the use of this program, are in no way intended as a substitute for medical counselling.

Program Setup

When you start the program for the first time you will be guided through a series of screens prompting you for...

Unit preferences

Height units: ▼ Feet/Inches
 Weight units: ▼ St.&Pounds
 Decimal places: ▼ 1

OK Cancel

Unit preferences

The *Height units*, *Weight units*, and number of *Decimal places* you wish to use.

User

Name:
 RMR Software
 Sex: ▼ Male
 Birth date: 1/1/60 41 ys.
 Height: 6 Feet, 0 Inches
 Weight: 16 St., 2 Pounds
 Activity level: ▼ Sedentary

OK Cancel ↑

User details

Enter your *Name*, *Sex*, *Birth date*, *Height*, current *Weight*, and the *Activity level* that best fits your lifestyle from:

- sedentary* - a quiet life mainly sitting
- light active* - mostly desk work and travelling in a vehicle
- moderate active* - some physical work activities or occasional exercise
- very active* - demanding physical work or exercise several times per week
- extra active* - extremely physical activities.

Targets

Goal weight: 15 st 4 lb
 lb per week: ▼ 1.0
 Weeks to goal: 13
 Daily calories: 2499/1999
 C/P/F: ▼ 80-10-10: vegetarian
 Calories: 1998 Carbs: 399
 Total fat: 22 Fiber: 39
 Cholest.: 300 Sugar: 66
 Sodium: 2400 Protein: 49

OK Cancel

Targets

Enter your *Goal weight* and select the amount of weight you want to lose *per week*. From these the program will calculate the number of weeks it will take to meet your goal, and your required *Daily calories* - the two values show how many calories you need to:

maintain current weight / change to target weight.
 In addition set the type of diet that you want to follow with the *C/P/F ratio* (Carbohydrate/Protein/Fat). To maintain a healthy diet



Targets

Goal weight: 15 st 4 lb

lb per week: 1.0

Weeks to goal: 13

Daily calories: 2499/1999 +

C/P/F: 80-10-10: vegetarian in

Color 70-15-15: prudent 99

Total 60-20-20: diabetic 9

Chole 55-20-25: pyramid 5

Sodi 50-25-25: low carbs 9

40-30-30: zone diet 9

OK Cancel

you need to obtain calories from a mix of these different sources. Choose from 6 different diet types from 80-10-10 vegetarian through to 40-30-30 zone diet. Each of these gives pre-determined nutrient breakdown targets for:

<i>Calories</i>	<i>Carbohydrates</i>
<i>Total fats</i>	<i>Fiber</i>
<i>Cholesterol</i>	<i>Sugar</i>
<i>Sodium</i>	<i>Protein</i>

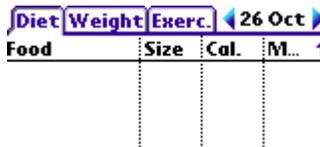
which are listed in the bottom half of the screen.

If you want to change the calorie target for your total daily intake, enter a new value in the *Calories* field and tap the + button next to it - all other nutrients fields will be recalculated using the defined C/P/F diet type. The + next to the *Daily calories* field will copy the calculated calories value back to the Target Calories field.

You only need to set up these user details and targets once, but you can change the settings at any time through the *Options* menu.

Screen views for adding data

Now you can start adding your data, which you need to do regularly. Note that there are 3 different screens accessed from the *View* menu, or directly from the **Diet**, **Weight** and **Exercise** tabs at the top of the screen. Select the appropriate view to add your food, weight and exercise details.



The date is also shown here, which defaults to 'today', but can be changed with the < or > buttons if you need to make entries or view the data for other dates.

In all the *Add* screens there is a *Time* selector which you can use to accurately record the time of eating, weighing yourself or exercising.



Diet Tracker

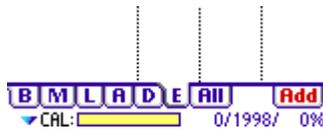
Use the **Diet** screen to record and analyze your food intake.

Time views

Along the bottom of the screen are 8 tabs. The first 6 of these subdivide the day into meal periods for:

<i>B</i> – Breakfast	<i>A</i> – Afternoon
<i>M</i> – Morning	<i>D</i> – Dinner
<i>L</i> – Lunch	<i>E</i> – Evening

When you want to record food eaten, select the tab for the appropriate period and use the **Add** button.



Add food

In the **Add** screen you have tabs that give the option of adding **Food** from the supplied database, or from **Menus** or **Recipes** which you create yourself to automate the food recording process (see later).



To add a single food select the **Food** tab. Browse for the food by navigating through each of the dependent **Category**, **Name** and **Type** lists. Alternatively type the name of the food (e.g. milk) in the **Name** or **Type** field and press the **Find** button, then select the appropriate one from the displayed list.

Next either accept the given **Serving size** and **Serving unit**, or change the value and select a new unit from the drop-down list (ml, tsp, tbsp, fl oz, cup, pt, qt). The **+** button will recalculate the **Nutrients values** below for the new serving size. Finally tap the **OK** button to enter the food details, when it will appear in the list for that day and time period. Use the **All** tab to view a log of all the food you have eaten in the day.

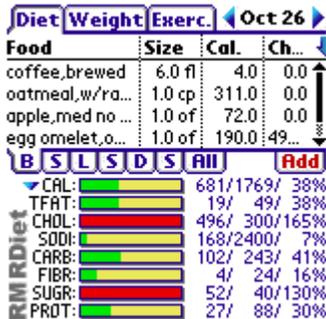
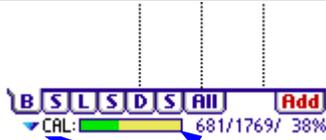
Screen display

Note that you can tailor the screen display to your requirements. Tapping on the column heading titles allows you to select which of the recorded details are shown:

<i>Date</i>	<i>Calories</i>	<i>Fiber</i>
<i>Time</i>	<i>Total fat</i>	<i>Sugar</i>
<i>Meal</i>	<i>Cholesterol</i>	<i>Protein</i>
<i>Food</i>	<i>Sodium</i>	
<i>Size</i>	<i>Carbohydrate</i>	

The column separators themselves can be dragged to a suitable width for the values.





Add new foods

If the provided database doesn't contain your favourite foods, you can add your own. Use the *Options* menu to view the *Foods* list, or use the *New* button in the *Add Food* screen. Select the correct *Category*, tap in the *Name* field and write in the name of the new food, and then do the same for the *Type* field. Correct the *Serving size*, *Units*, *Serving in gm or ml* value, and all the nutrient details, and then tap on the *Save* button. It will then be available for selection next time you *Add Food* in the **Diet** screen.

Create Menus and Recipes

Menus and *Recipes* allow you to automate the food recording process by entering a collection of foods as a single entry. A menu is typically an entire meal, while a recipe is several foods combined together to make other another food.

To create an example *Menu* use the *Options* menu to view the *Menus* list. Select a meal from the 6 day periods (e.g. Lunch), and tap on the *New* button to give the menu a *Name* (e.g. lunchbox), then add a food using the normal selection process. Repeat this using the *Add food*, *Edit food* and *Delete food* buttons as required to build up the contents of a meal that you have regularly (e.g. bread, ham, soda, chips, candy bar, apple), and then tap the *Done* button when complete.

Now you will be able to select the name of your meal in the *Add Menu* screen, and enter all these foods in one go.

The same principle applies to creation of *Recipes*, but for these you would typically build up a list of cooking ingredients.



Weight Tracker

Use the **Weight** screen to keep a record of your weight loss (or gain!).



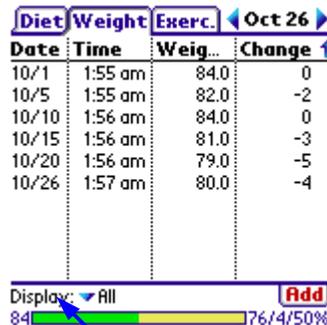
Add weight readings

Use the *Add* button, select the *Date* and *Time*, and enter your current *Weight*. If you wish you can also record your *Body measurements* to track these.

Finally tap the *OK* button to enter the details, when the dated and timed entry will appear in the list, showing the *Weight* and *Weight change* from your original starting point.

Screen display

As before, tapping on the column heading titles allows you to select which of the recorded details are shown



- Date* *Chest* *Forearm*
- Time* *Waist* *Thigh*
- Weight* *Hips* *Calf*
- Weight change* *Bicep* *Bodyfat*

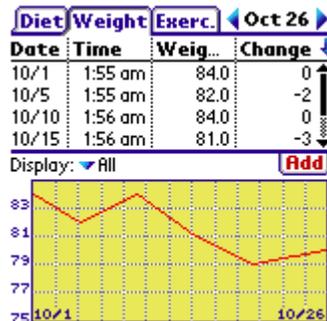
The column separators themselves can be dragged to a suitable width for the values.

At the bottom of the screen a coloured progress bar shows your weight change compared to your starting weight on the left and target weight on the right. Additional values (e.g. /4/50%) are given for the:

/ weight remaining to reach the target / percentage achieved so far.

The bar will change to red when you exceed your weight target.

After a longer period of adding data, tapping on the *Display* selector at the bottom left of the screen allows you to filter the entries to see only the details for various time periods.



By selecting *Show/Hide graph* from the *View* menu, or tapping on the half arrow on top right of the list screen, you can reduce the size of the list and show a line graph of your weight instead of the bar.



Exercise Tracker

Use the **Exercise** screen to record and analyze your exercise program.

Add exercise activities

Use the *Add* button to bring up the *Add* screen where there are 2 tabs for adding *Exercises* from the supplied database, or for *Routines* which you create yourself to automate the recording process (see later).

Select the *Exercise* tab and browse for the exercise by navigating through each of the dependent *Category*, *Name* and *Type* lists, and then use the *hour* and *minute* selectors to record the length of time you spent doing the activity. The *Total calories burned* by this exercise will be calculated at the bottom of the screen. Finally tap the *OK* button to enter the exercise details, when it will appear in the list.

Screen display

Time	Exercise	Ex...	Cal..
8:30 am	aerobic danc...	0:45	378
5:00 pm	tennis,gen'l	0:10	98

Intake: 2744/1769/155%
 Burned: 477/975/48%

Note that you can tailor the screen display to your requirements. Tapping on the column heading titles allows you to select which of the recorded details are shown:

Time
Exercise
Exercise time
Calories burned

The column separators themselves can be dragged to a suitable width for the values.

At the bottom of the screen the *Intake* values show your: *current total / target intake / percentage consumed* calories for the day, copied from the **Diet** screen.

Under this are the *Burned* calories resulting from your day's exercise shown as a coloured progress bar. The three numeric values show:

calories burned today /
calories needed to burn to achieve your weight target /
percentage of the first over the second.

The bar will change to red if your calories burned total exceeds your calories needed.



Burning calories

To explain further the “*calories needed to burn to achieve your weight target*”. On the *Target* screen you calculated or entered the daily intake calories required to reach your weight goal in xxx weeks, for your selected activity level. This means that without any additional exercises you would normally achieve the goal in xxx weeks if you eat exactly the “daily intake calories”. If you eat more than this, you will need to take additional exercise to reach the goals, as this example sequence indicates:

Burned: 0/-2000/0%

Burned: 10/-1400/0%

Burned: 10/400/0%

Burned: 331/400/82%

Burned: 625/400/156%

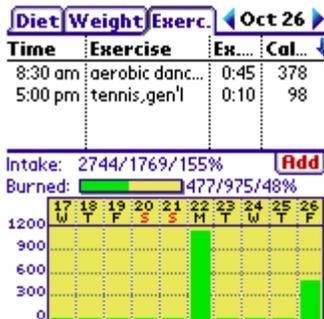
For a daily intake target of 2000 calories, you can eat 2000 calories before you need to perform exercise. At the start of the day the bar will show these *calories needed to burn* as negative.

After eating a lunch of say, 600 calories, you still don't need exercises, but the *calories needed to burn* has reduced to -1400.

For an afternoon snack you overeat 10 pieces of cheese cake = 1800 calories. Oops! - you exceed your daily intake needed by 400 calories (-1400+1800).

Time to exercise! Your target exercise value is 400 calories to compensate for the extra food eaten. You jog at 7min/mile for 10 minutes = 331 cals. This adds to the *calories burned today* value, with the bar showing the progress and giving 82% of that needed.

You walk fast for 30 minutes = 294 calories. The *calories burned today* value becomes 625 (294 + previous 331) which now exceeds the 400 needed, and the bar turns red as it is over 100%. You burned all the calories you have to, and even more.



You now need to eat again (to reach the target goals).

By selecting *Show/Hide graph* from the *View* menu, or tapping on the half arrow on top right of the list screen, you can reduce the size of the list to show a running daily bar graph of your calories burned.

Add new activities

If the provided database doesn't contain your favourite sports or exercises, you can add your own. Use the *Options* menu to view the *Exercise* list, or use the *New* button in the *Add Exercise* screen. Select the correct *Category*, then as appropriate, tap in the *Name* field and write in the name of a new exercise, and then do the same for the *Type* field. Add the *MET (metabolic equivalent)* value for this exercise, then tap on the *Save* button. It will then be available for selection next time you *Add exercise*.

NOTE:

Exercise

Category: ▼ Sports

Name: ▼ swim

Type: ▼ length

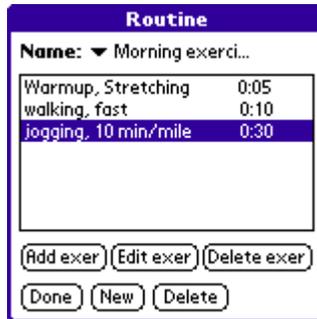
MET equivalent: 10.000

Done Save Delete



METs are a way of expressing rate of oxygen utilization and hence calorific burn. One MET is the rate when your body is at rest (sitting quietly). An activity that uses oxygen at twice the resting rate is equal to 2 MET, and so forth. The MET level will stay the same as long as you do not change the intensity with which you are working.

Create Routines



Routines allow you to automate the exercise recording process by entering a collection of activities as a single entry. To create an example Routine use the *Options* menu to view the *Routines list*. Tap on the *New* button to give the routine a name (e.g. morning exercise), then add an exercise using the normal selection process. Repeat this using the *Add exercise*, *Edit exercise* and *Delete exercise* buttons as required to build up the contents of your regular routine (e.g. warm up 5mins, walking 10 mins, jog 30 mins, walk 10 mins), and then tap the *Done* button when complete. Now you will be able to select the name of your routine in the *Add Routine* screen, and enter all these activities in one go.