RMRDiet

(for Pocket PC handhelds)

Diet Weight Exercise Tracker

Program Instructions and User Guide

RMR Software

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Contents

Contents **2**
END USER LICENCE AGREEMENT **3**
Introduction **4**
Disclaimer 4
Program Setup **4**
Display preferences 4
Nutrients preferences 4
User information 5
Targets 5
Nutrients targets 5
User profiles 6
Screen Windows **7**
Foods Database **8**
Foods database screen 8
Importing foods from CSV 8
Manually adding foods 9
Creating Menus and Recipes 10
Diet Tracker Screen **12**
Food records 12
Time views 12
Nutrient consumption bars 12
Recording your food consumption 13
Weight Tracker Screen **14**
Weight records 14
Weight graph 14
Body Mass Index 14
Recording your weight 15
Exercise Database **16**
Exercise database screen 16
Importing exercises from CSV 16
Manually adding exercises 17
Exercise Tracker Screen **18**
Exercise records 18
Exercise graph 18
Energy burn concept 18
Recording your exercise activities 20
Exporting your Data **20**
Export Food and Exercise data 20
Export Reports 21

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

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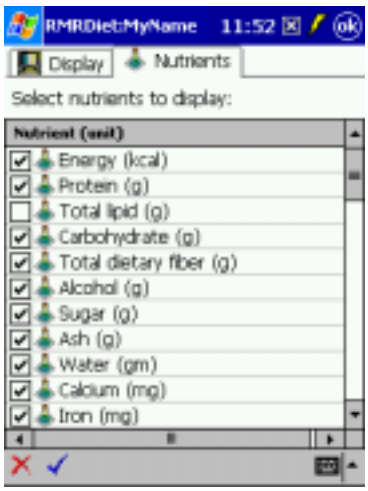
Introduction

RMRDiet is a user-friendly but powerful program for Pocket PC 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 setup screens. You only need to set up these user details and targets once, but you can change the settings at any time through the **Tools** menu.

Use **Tools > Preferences** for configuring the display and operation of the program:

Display preferences

- *Height units* - select whether to measure in Feet/inches or Centimeters.
- *Weight units* - select whether to measure in Pounds, Kilograms or Stones & Pounds.
- *Energy units* - select whether to measure in kilocalories or kiloJoules.
- *Decimal places* - select the number of decimal places to display between 0 - 4.

Nutrients preferences

In the **Nutrients** tab turn off (untick) any of the nutrients you don't wish to use or display. (Note that this screen doesn't appear in the initial setup sequence).

User information

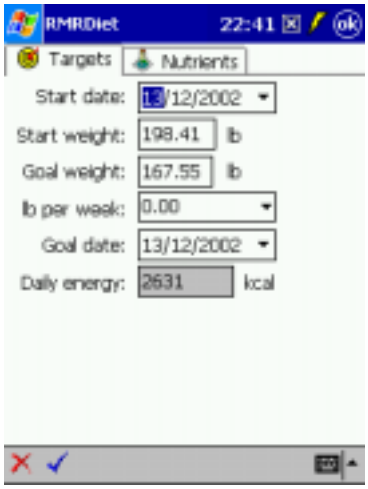
Use **Tools > User** to set up information about yourself:

- *Name*
- *Sex*
- *Birth date*
- *Height.*

Choose the *Activity level* that best fits your lifestyle:

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



Use **Tools > Targets** to set the details for your weight loss program:

- your *Start date*
- your *Start weight*
- your *Goal weight*

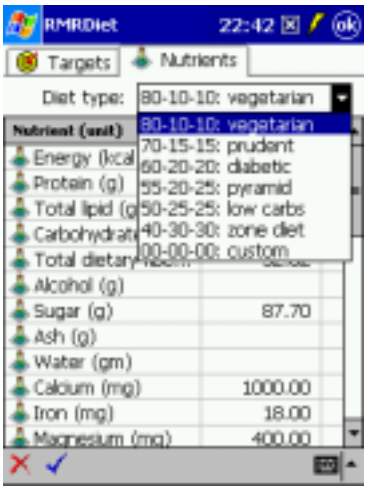
You can then define how you want to achieve this target weight, either:

- enter the *weight per week* you want to lose, when the program will calculate the number of weeks it will take and the goal date, or
- enter your required *Goal date* and let the program calculate the amount of weight you need to lose each week to meet this target.

From all these details the program will calculate your required *Daily energy* intake value needed to reach your target weight.

Nutrients targets

Tap the **Nutrients** tab to go to this screen and set the *Diet type* that you want to follow. To maintain a healthy diet you need to obtain energy and nutrients from a mix of different sources. Here you can choose from 6 diet types given in different C/P/F ratios (Carbohydrate / Protein / Fat):



80-10-10 vegetarian
70-15-15 prudent
60-20-20 diabetic
55-20-25 pyramid
50-25-25 low carb
40-30-30 zone diet
00-00-00 custom

Each of these gives pre-determined target values for a large range of nutrients (proteins, lipids, carbohydrates, fiber, metals, vitamins, cholesterol, etc.). These are calculated from your personal details, and listed in this Nutrients screen.

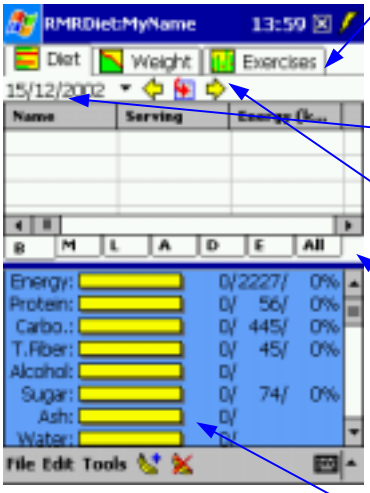
If you want to override and change the calculated values, select the "00-00-00 custom" diet type. After that you can tap on any value and change it.

User profiles

Tap **File > Open profile** in each of the Diet, Weight and Exercise screens to access the **User profiles** screen. Here you can set up and manage different users of the program.

- Tap the icon on the menu bar to set up a new user with their own Display preferences, User information, Targets & Nutrients.
- Double tap on the name in the screen list to switch between users, or highlight the name and then tap the icon.
- To delete a user, tap the name in the screen list and then the icon on the menu bar.
- To update the details for any user, switch profile to that user and then use **User** and **Targets** options from the **Tools** menu.

Screen Windows



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

The *Date* is shown near the top of each screen and defaults to 'today' but can be changed with the drop-down calendar if you need to make entries or view data for other dates. Three icons allow you to easily go *Back* a day, jump to *'today'*, and go *Forward* a day.

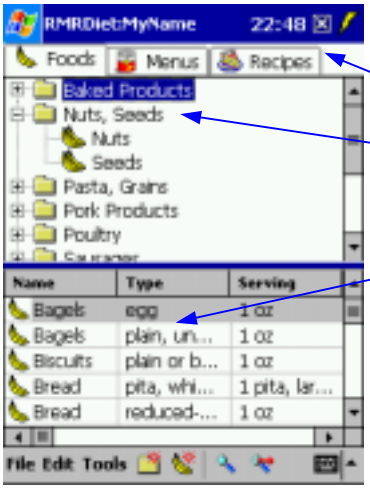
All screens are divided into two halves with a blue horizontal splitter bar. Drag this up or down to change the proportion shown for each.

Note that most of the screen windows have Tap & Hold menus giving access to the functions and menu options applicable to that item. Rather than list them all, we suggest you try them in each window.

All screens have a menu bar at the bottom with the menu options and icons for adding or deleting entries.

Foods Database

Foods database screen



Use **Tools > Foods** in the **Diet** screen to access the **Foods** database screen. This is where you maintain your **Foods**, **Menus**, and **Recipes**, identified by the tabs at the top of the screen.

The top half of the screen lists the *Categories* of foods. Tap to expand the folder and show the *Names* of the subset food types in the *Category*.

The bottom half of the screen lists the foods themselves with their serving options, and shows:

- All the foods in the category if the *Category* name is highlighted, or
- Just the foods belonging to the Named type if an expanded *Name* under a category is highlighted.

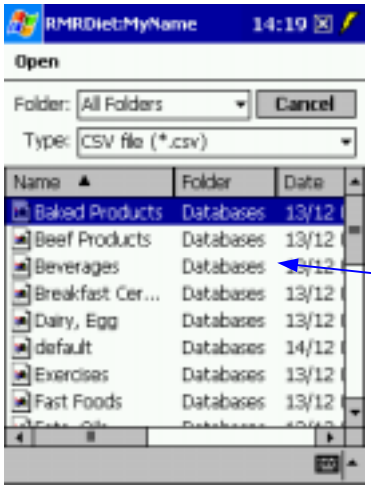
Scrolling right will show all the nutrient details for each food.

Importing foods from CSV

Before you can start recording your food consumption you need to have a database of food items. The program installation provides a small database of foods to give you a start and allow you to test the program. However, this is just a sample of the full 6000 standard Food Data items available in the CSV format (comma separated values) files included in the package, or from our website. These contain lists of generic and commercial foods sourced from the USDA (US Dept of Agriculture) together with their energy and nutrient values.

To get the best from the program, you need to build a more complete database of foods that suit your needs. You can either:

1. Copy some or all of the supplied food CSV files to your PPC and import them all into RMRDiet (but note that you will need 6Mb of free space!)
2. Edit the supplied CSV files on a desktop PC (using a spreadsheet program or text editor) to remove the foods you don't need, or to change the foods to more suitable names. Then import these into RMRDiet.
3. Alternatively create your own CSV data files from scratch by listing food, serving and nutrient details in the required format.



To use the CSV food datafiles in RMRDiet, copy them to any folder on your Pocket PC and them import them into the program:

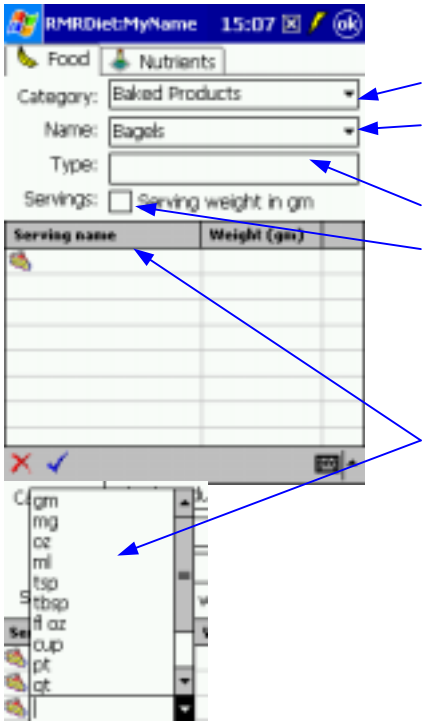
- In the **Diet** screen of RMRDiet use **Tools > Foods** to get to the **Foods** management screen.
- Use **File > Import foods**.
- You will be given options to *Overwrite existing foods*, *Skip existing foods*, or to *Not check* and just import anyway.
- The next screen will list all the CSV files on your PDA and allow you to select the required foods datafiles for import (which may take some time).

The CSV files can be deleted after you have imported the data.

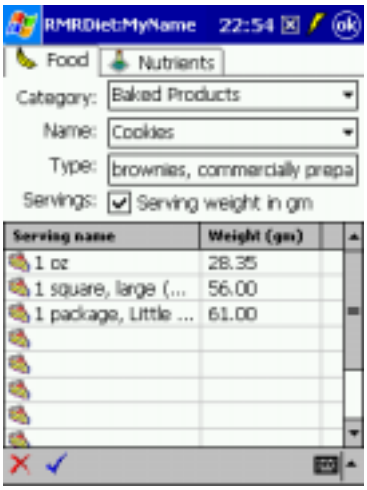
Manually adding foods

If the provided and imported datafiles don't contain your favourite foods, you can manually add your own to the database:

- If you need to create a new category folder, tap **Edit > New category**, or the icon on the menu bar, and give it a name.



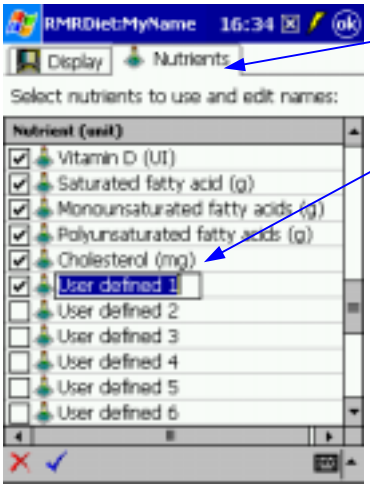
- Use **Edit > New food**, or the icon,
- Select the correct *Category*,
- Tap in the *Name* field and either select an existing name or write in a new Name,
- Tap in the *Type* field and write in the description of the food,
- Tick the *Servings* box if you know the serving weight in gm and the nutrient values per 100gm. This allows you to enter multiple servings for food. (If you don't know the nutrient values per serving, leave the *Servings* box unticked, when you will be limited to only a single serving),
- Tap in the *Serving name* column and select the preferred unit of Serving size or write in your own,
- If you ticked "*Serving weight in gm*", also tap in the *Weight* column to enter the equivalent serving weight in gms,
- If you ticked "*Serving weight in gm*", repeat entering any other food Serving units you want to use and their weights,
- Tap the **Nutrients** tab at top of screen and enter the energy and nutrient values per 100 gm (if you ticked "*Serving weight in gm*"), or for the serving size,
- Finally tap the icon on the menu bar to save.



To update any food, highlight it in the lower half of the screen and use **Edit > Edit food**, or double tap on it. Then follow the same methods as described above to make the changes.

Other options in the **Edit** menu (and from the appropriate Tap & Hold menus) are available to **Rename** and **Delete category**, **Delete food**, **Move food** to another category, or to **Duplicate food** for easier creation of variations.

Find food and **Find next** options are also available in the menu or use the icons.



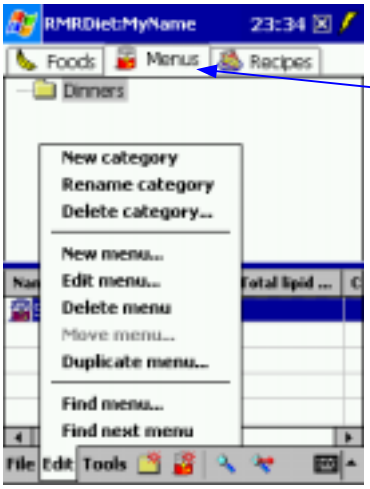
Within **Tools > Preferences > Nutrients** you can untick those that have no relevance to your diet tracking. At the end of the list of nutrients there are 20 user-defined slots that can be used for extra nutrients if the defaults don't cover your needs. Double tap to edit the names of these user-defined nutrients.

Return to the main Diet screen by using **File > Close foods**.

Creating Menus and Recipes

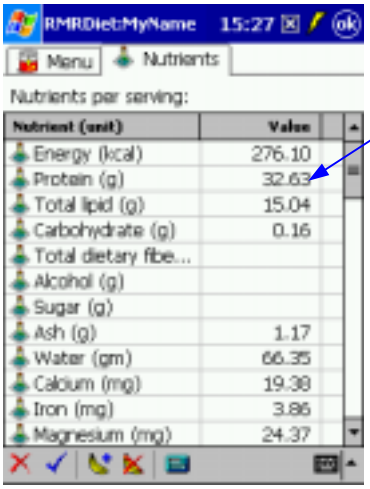
Two other tabs at the top of the **Foods** screen give access to **Menus** and **Recipes**. These allow you to automate and simplify the food recording process by entering a collection of foods as a single entry.

- A Menu is typically a collection of foods that make up an entire meal.
- A Recipe is food components that combine together to make another food.



To create a menu select the **Menus** tab in the Foods database screen:

- If you need to create a new menu category folder tap **Edit > New category**, or the icon on the menu bar, and give it a name (example Dinners),
- Use **New menu**, or the icon, to add the details,
- Select the *Category*,
- Tap in the *Name* field and write in a new Name,



- In the grid below either Tap & Hold to get the **New food** menu option, or tap the icon on menu bar,
- Then use the normal selection process to locate each food by categories or using *Find*, and select its appropriate serving size,
- Repeat this process for each different food to build up a meal that you have regularly (e.g. Lunch = bread, ham, soda, chips, candy bar, apple),
- Next view the **Nutrients** tab. Because nutrient values for menus are not always a sum of the component food nutrients, tap the *Calculator* icon to recalculate the nutrients for the foods and serving sizes you have selected, or double tap the nutrient values to edit them.
- Finally tap the icon on the menu bar to save.

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

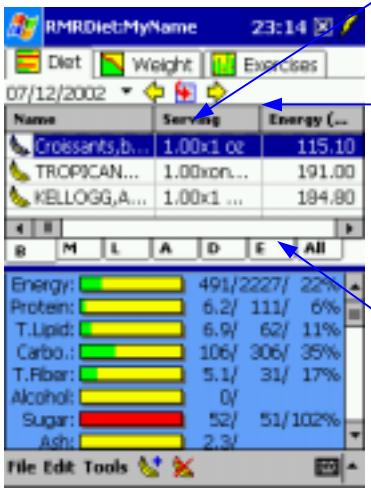
Now you will be able to select the name of your menu or recipe when adding to your diet record, and enter all these foods in one go.

Both of these Menus and Recipes screens have similar Import and Export menu functions, as described elsewhere, so that you can exchange your creations with family and friends.

Diet Tracker Screen

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

Food records



The top half of the screen lists the foods consumed. The grid headings show the name of the food, the serving amount, its energy value and all nutrient values. Use the horizontal scrollbar to view the various columns.

By tapping on the separators between the column heading titles themselves you can drag each column to a suitable width for the values.

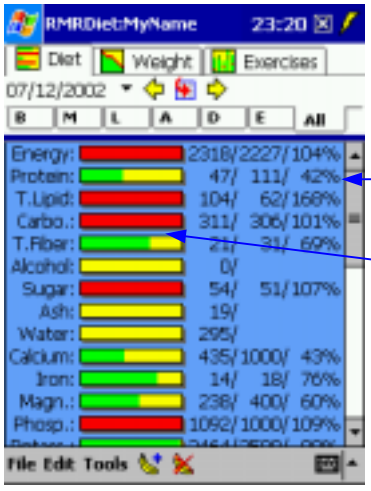
Time views

Under the scrollbar along the bottom of the top screen are 7 period tabs. The first 6 of these subdivide the day into meal periods for:

B – Breakfast
M – Morning
L – Lunch
A – Afternoon
D – Dinner
E – Evening

When you want to record food eaten, select the tab for the appropriate period and use **Add entry** from the **Edit** menu (see details later). The **All** tab allows you to view all the food you have eaten that day, but you cannot add food in this mode.

Nutrient consumption bars



In the bottom half of the screen a stack of coloured bars shows your consumption of energy and of each of the nutrients compared to your target value. These reflect the **BMLADE** or **All** time period that is selected. Move the blue splitter bar to increase the viewing area, and use the vertical scrollbar to select the nutrients to view.

- Three values shown on the right of each bar (47/ 111/ 42%) give the current total / target intake / percentage consumed.
- The green shaded area shows the current total consumed as the % of the target.
- The bars change to red if you have exceeded your target.

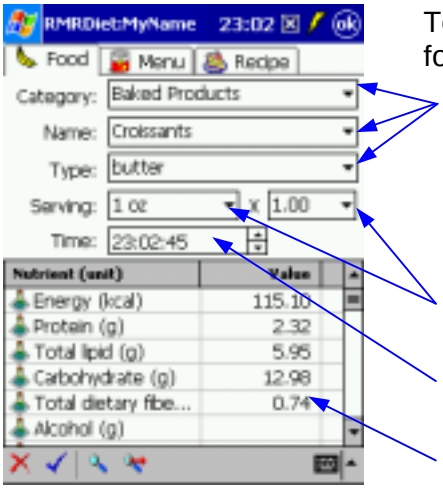
View the bars after you have recorded individual foods, meals or a whole day's intake. You can check your overall energy and nutrient intake and make judgements as to whether you are getting a balanced diet or need to increase/decrease foods in certain areas.

Tap & Hold on the lower half of the screen gives access to the **Background color** selector, and also the **Nutrients** screen where you can select which nutrients you want to display.

Recording your food consumption

In the **Diet** screen first select the correct date and time period with the BMLADE tabs.

- Tap **Edit > Add** entry or the icon on the menu bar.
- Select the appropriate screen tab to add food from - the Food database, your Menus or Recipes.



To add a single food select the **Food** tab (the principle is the same for adding Menus and Recipes):

- Browse for the food by tapping first the *Category* field and selecting the appropriate food category, then the *Name* and *Type* as each list is presented,
- Alternatively use the *Find* icons to search for specific food names,
- Select the *Serving* size from those pre-defined, and the *number of servings*,
- Change the *Time* selector to accurately record the time of eating,
- The *Energy* and *Nutrient Values* at the bottom of the screen will recalculate depending on the Serving size and number of servings you choose, but you can tap to edit the values if you have different information,
- Finally tap the Tick on the menu bar to enter the food details, when it will appear in the Diet screen list for that day and time period.

To update a food tap **Edit entry**, use the Tap & Hold menu, or double tap on the entry itself, then make any changes necessary.

To delete a food from the record, highlight it in the list and use the icon or tap **Edit > Delete entry**.

Tap **Edit > Duplicate entry** to make a repeat copy of an existing food entry.

Tap **Edit > Move entry** to reassign a food entry to another Date, Time, or meal period.

Weight Tracker Screen

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

Weight records

The top of the screen lists your weight entries by date. The third column shows your *Weight change* (from start date), while the other columns showing body measurements are available with the horizontal scrollbar. By tapping on the separators between the column heading titles themselves you can drag each column to a suitable width for the values.

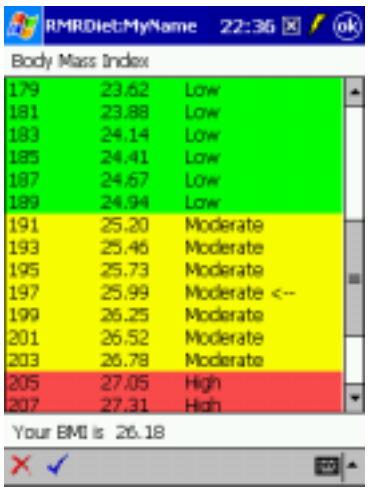
Weight graph

In the lower half of the screen below the movable blue horizontal splitter line, the graph shows lines for your actual weight (green) and optionally the goal weight (red).

After a longer period of adding data, tapping on the *Display* selector at top right of the screen allows you to filter the entries. You can limit the display and graph to show only the details for various time periods:

All entries - from the first to last dated entry
Target - the range of dates between your Start and Goal dates
This week - the calendar week
One week, Two weeks - the previous one or two weeks ending with 'today'
This month - the calendar month
One month, 2,3,4,5,6 month - the previous months ending with 'today'
This year - the calendar year
One year - the previous 12 months ending with 'today'.

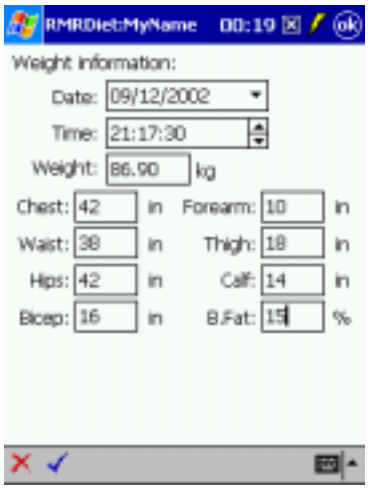
Tap & Hold on the graph in the lower half of the screen to access **Preferences** for setting the **Background**, **Text** and **Line colors**.



Body Mass Index

Use **Tools > BMI** to view your "Body Mass Index". This is calculated from your weight (kg) divided by your height (m) squared, and shows your health risk from being overweight. A BMI of approximately 25-29.9 is classed as overweight and over 30 is obese.

Recording your weight

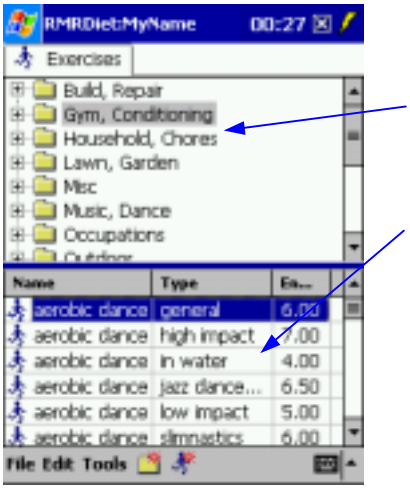


Tap **Edit > Add weight** or the icon on the menu bar to enter readings:

- Select the *Date* and *Time,*
- Enter your current *Weight*,
- If you wish you can also record your body measurements to track these (Chest, Waist, Hips, Biceps, Forearm, Thighs, Calf, and Body-fat),
- Tap the Tick on the menu bar to save the details.

The normal methods to **Edit** or **Delete weight** entries are available from Tap & Hold and the **Edit** menu.

Exercise Database



Exercise database screen

Use **Tools > Exercises** in the main **Exercises** screen to access the Exercise database screen.

The top half of the screen lists the *Categories* of exercises. Tap ⊞ to expand the folder and show the *Names* of the subset exercise types in the *Category*.

The bottom half of the screen lists the exercises themselves:

- Either all the exercises in the category if the *Category* name is highlighted, or
- Just those exercise belonging to the Named type if an expanded *Name* under a category is highlighted,

The right column shows the *Energy usage per minute* values.

Importing exercises from CSV

Before you can start recording your exercise regime and energy consumption you need to have a database of exercise items. The program installation provides a small database of exercises to give you a start and allow you to test the program. However, this is just a sample of the full range of activities with their energy values, available in the CSV format files (comma separated values) included in the package, or from our website.

To get the best from the program, you need to build a more complete database of exercises that suit your needs. The principle for creating and importing these is exactly the same as described previously for foods. You can either:

1. Copy the supplied exercise CSV file to your PPC and import everything into RMRDiet.
2. Edit the supplied CSV file on a desktop PC (using a spreadsheet program or text editor) to remove or change the exercises and import into RMRDiet.
3. Alternatively create your own CSV data files from scratch by listing exercises and energy values in the required format.

To use the CSV exercise files in RMRDiet, copy them to any folder on your Pocket PC and them import them into the program:

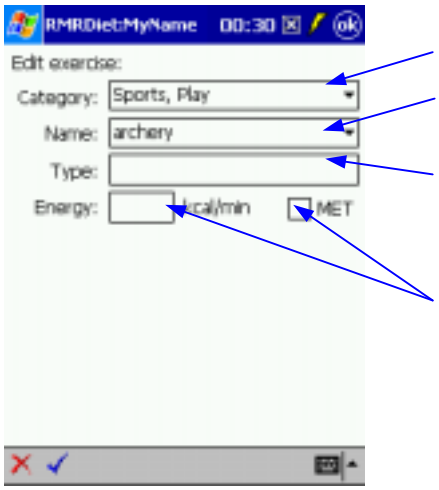
- In the **Exercise** screen of RMRDiet use **Tools > Exercises** to get to the Exercises management screen.

- Then use **File > Import exercises**.
- You will be given options to *Overwrite existing exercises*, *Skip existing exercises*, or to *Not check* and import anyway.
- The next screen will list all the CSV files on your PDA and allow you to select the required foods datafiles for import.

The CSV files can be deleted after you have imported the data.

Manually adding exercises

If the provided and imported databases don't contain your favourite sports exercises or activities, you can add your own:



- If you need to create a new *Category* folder, tap **Edit > New category**, or the icon on the menu bar, and give it a name,
- Use **New exercise**, or the icon,
- Select the correct *Category*,
- Tap in the *Name* field and either select an existing name or write in a new Name,
- Tap in the *Type* field and write in the description of the new exercise or activity,
- Define a value for the *Energy* burn of the activity:
  - if you know the metabolic equivalent rate for the exercise tick the *MET* box, and enter the MET value in the *Energy* field, or
  - If you don't know the MET rate, untick this box, and instead enter the *Energy units per minute* rate for the exercise.
- Finally tap the Tick icon on the menu bar to save.

To update any exercise, highlight it in the lower half of the screen and use **Edit > Edit exercise**, or double tap on it. Then follow the same methods as described above to make the changes.

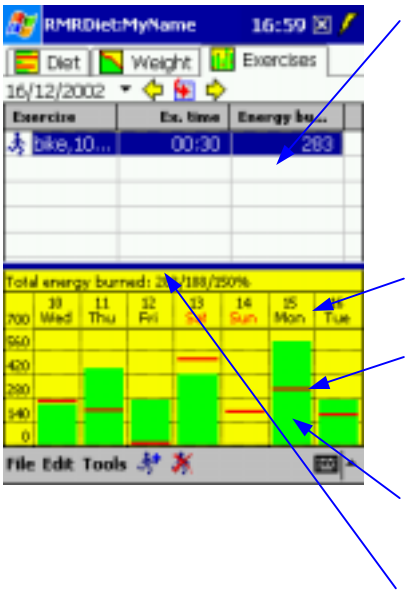
Other options in the **Edit** menu (and from appropriate Tap & Hold menus) are available to **Rename** and **Delete category**, and **Delete exercise**.

Return to the main **Exercise** screen using **File > Close exercises**.

Note : The MET value (Metabolic Equivalent) is 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.

Exercise Tracker Screen

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



Exercise records

The top half of the screen records and lists your exercises and physical activities performed. The grid headings should be self-explanatory and show the name of the *Exercise*, the *Exercise duration*, and the *Energy units burned*.

Exercise graph

The graph in the bottom half of the screen shows your energy burned for each day of the past week.

- A horizontal red line will appear when you have exceeded your normal allowed daily energy requirement by eating too much food. The line shows the excess calories you need to burn for the day by exercising.
- A vertical green bar shows how many calories you have actually burned through exercising.

Above the graph the *Total energy burned* for the day is displayed as 3 numerical values (e.g. 234/400/58%) which represent:

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

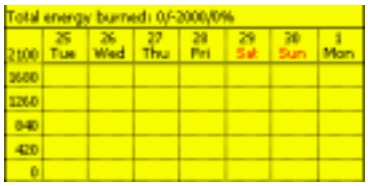
Energy burn concept

The middle "*energy needed to burn to achieve your weight target*" value will initially start as a negative value corresponding to your daily energy requirement. It will approach zero as you consume food, and go positive if you exceed your required intake. The red bar will then appear on the graph.

To further explain the concept. In the **Target** screen you calculated the daily intake energy that would be required in order to reach your goal weight in xx weeks, valid for your selected activity level.

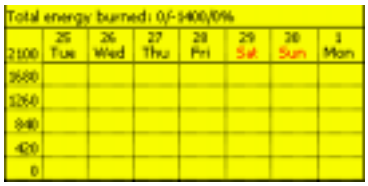
Without any additional exercises you would normally achieve this goal in xx weeks if you eat exactly the "daily intake energy units".

If you eat more than this, you will need to take additional exercise to reach the goals, as this example sequence indicates:



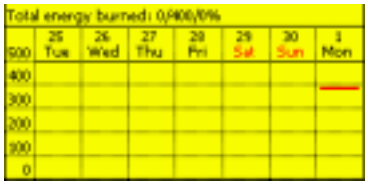
1. For a daily intake target of 2000 calories, this means you can eat 2000 cal before you need to perform exercise. At the start of the day the 3 values will show:

   Burned: 0/-2000/0%



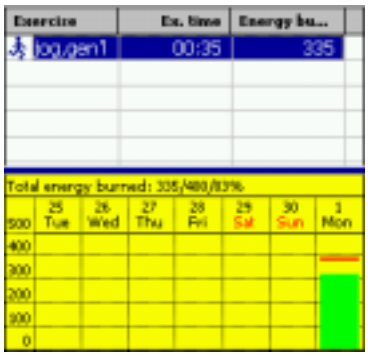
2. After eating a lunch of say 600 calories, this reduces the energy needed to burn to 1400, and you still don't need exercise:

   Burned: 0/-1400/0%



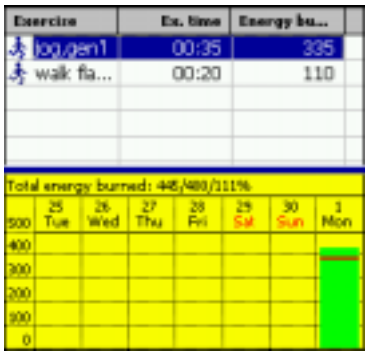
3. For an afternoon snack you eat 10 pieces of cheesecake totalling 1800 calories. Oops! you have overeaten and exceeded your required daily intake by 400 calories. The red line appears:

   Burned: 0/400/0%



4. Time to exercise! Your target exercise value is 400 calories to compensate for the extra food. You jog for 35 minutes = 335 calories and the green bar appears, but not enough to compensate for the extra food:

   Burned: 335/400/83%

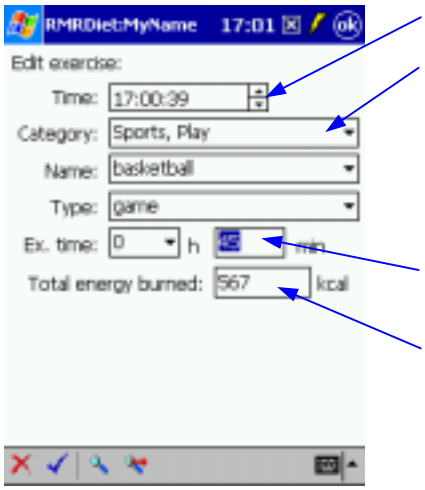


5. You then walk fast for 20 minutes = 110 calories. You burned all the calories you have to, and even more:

   Burned: 445/400/111%

The aim therefore is to keep the 1st value (*energy burned today*) greater than the 2nd (*energy needed to burn to achieve your weight target*) in order to lose weight.

Recording your exercise activities



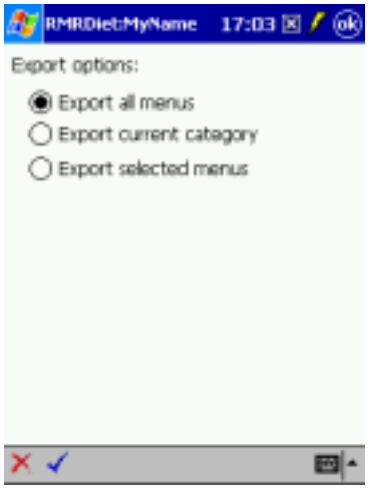
Tap **Edit > Add exercise** or the icon on the menu bar to enter your exercises:

- Set the *Time* when you started the activity.
- select the *Category*, and browse for the exercise by navigating through each of the dependent *Name* and *Type* lists.
- Alternatively use the *Find* icon to search for specific exercise names.
- Use the *Hour* and *Minute* selectors to record the length of *Exercise time*.
- The *Total energy burned* by this exercise will be calculated at the bottom of the screen from the duration and the energy units/minute, or the MET value defined for the exercise in the database.
- Tap the Tick on the menu bar to save the details when it will appear in the screen list.

The normal methods are available from Tap & Hold and the menu to **Edit** or **Delete exercise** entries.

Exporting your Data

Export Food and Exercise data



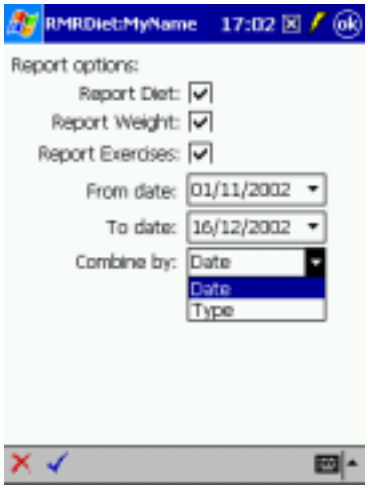
You can export your food and exercise databases from RMRDiet to external CSV files that can then be copied off your Pocket PC for editing in a PC spreadsheet program. Alternatively you can share the foods, menus, recipes and exercises that you have created yourself with your family and friends.

Tap **File > Export** in the **Food** and **Exercise** database screens and select whether to export:

- *All* your master data
- The selected *Category* of data
- Only the *Selected* item.

Then complete the following screen with the **Save as** file name details.

Export Reports



The program has a **Report** function. Use this to export your personal diet, weight and/or exercise data records from your profile, over defined date ranges, to a CSV file. Your data can then be used in other applications, or printed from a PC as a document you can take to your doctor, medical advisor or diet consultant.

Tap **File > Report** in the main **Diet**, **Weight** or **Exercises** screens and specify the *Report options*:

- Which of the *Diet*, *Weight* and/or *Exercises* data to output.
- The *From* and *To* date range to output.
- How to *Combine* the data in the output CSV file:
  - by *Date* (all diet, weight and exercise data listed for each date) or
  - by *Type* (separate sequential date lists for diet, weight and exercise data).

Then complete the following screen with the **Save as** file name details.

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[Last Updated : Dec 2002]