



RMRDiet

Diet/Weight/Exercise

Tracking Program

(for Symbian OS7 UIQ – Sony Ericsson P800/P900)

User Guide



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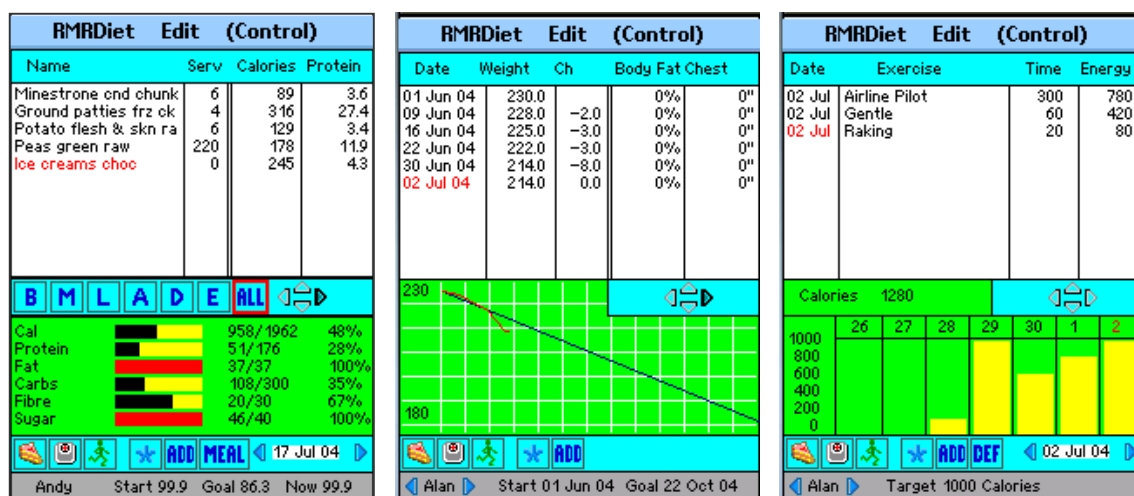
RMRDiet Overview

RMRDiet 'Diet/Weight/Exercise' Tracker is a user-friendly but powerful program 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. There are 3 screen views:

Diet Screen the main screen that allows entry and viewing of all food consumption and tracking of appropriate nutrient targets.

Weight Screen the screen that allows entry of weight values and tracking against a weight loss profile.

Exercise Screen the screen that allows entry of exercise and occupation activities to track calorie burn targets.

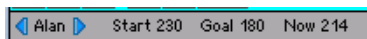


In all the screens, the lower button bar has 3 icons to switch between the **Diet**, **Weight**, **Exercise** screens, then a **User** button (set through the **Edit > Preferences** menu option), an **Add** button and a **Meal** button (in the Diet screen) or **Default** button (in the Exercise screen).



Then in the Diet and Exercise screens the date is on the right and defaults to 'today' but can be changed with a popup calendar if you tap on it (or use the menu option **Edit > Jump to date**) if you need to make entries or view data for other dates. Two adjacent 'arrow' icons allow you to easily go back or forward by days.

The very bottom line is an information window which shows the User name and other screen-dependent information.



Note that most of the screen areas have tap options giving access to the functions and menu options applicable to that item. Rather than list them all, we suggest you try tapping everywhere in each window to see the effect. (Remember the bug in the Operating System, so if nothing happens use the menu **Control > Regain screen use**.)

Setup

When you start the program for the first time you will be guided through a series of setup screens prompting you to enter:

- **Preferences** - for Date Format, Height and Weight units, and number of Decimal places.
- **User Information** (once past the Register screen) - for your Name, Sex, Height, Age and the Activity level that best fits your lifestyle.



- At this point you should also select the **Targets** button. Now you can input your Start date, your Start weight, and your Goal weight and the amount of weight per week you want to lose. The usual medical recommendation is not to attempt to lose more than 2 pounds (1kg) per week.

From all these details the program will calculate your required Daily targets needed to reach your target weight.

Diet Tracker screen

Use this screen to record and analyze your food intake.

The top half of the screen records and lists the foods consumed. The grid headings should be self-explanatory and show the name of the food, the serving amount, its energy value and nutrient values.

There are in fact 6 nutrient columns available although only 2 are displayed at a time. You can select which 6 nutrients you wish to display using the **Edit > Preferences** menu option and tapping the **Display** button.

In the centre screen are 7 tabs labelled B M L A D E ALL. The first 6 of these subdivide the day into meal periods for **B**reakfast, **M**orning, **L**unch, **A**fternoon, **D**inner, and **E**vening.

When you want to record food eaten, use **RMRDiet > Add entry**, and set the date and the appropriate meal period (or **<None>** if you don't care). The **All** tab allows you to view all the food you have eaten that day.

On the right of the bar is a 4-way scroll arrow icon where you can page up/down through the entries or cycle right/left through the 6 selected nutrients.

In the bottom half of the screen a stack of coloured bars shows your consumption of 6 selected nutrients compared to your target value. Like with the nutrient display, you can select which 6 nutrients you wish to monitor using the **Edit > Preferences** menu option and tapping the **Progress** button.

These bars reflect the selected BMLADE or All time period. Three values on the right of each bar (e.g. 950/1650 57%) give the current total / target intake & percentage consumed. Thus the bar length is equivalent to the target intake, with the black area showing the current total as the % consumed, turning red as a warning when the target is reached. View the bars after you have recorded individual foods, meals or a whole day's intake, to check your overall energy and nutrient intake and to make judgements as to whether you are getting a balanced diet or need to increase/decrease foods in certain areas.

You can look into the past by using the arrows either side of the date on the Information bar, or by tapping on the date to get the popup calendar.

Name	Serv	Calories	Carbs
Milk whl 3.25% milkfa	454	272	20.52
Chicken roasting lt m	100	153	0.00
Oranges raw all comm	200	94	23.50
maltes okd w/ h2o w	100	76	15.81
Mounds candy bar	23	112	13.48
Milk whl 3.25% milkfa	454	272	20.52
Chicken roasting lt m	100	153	0.00
Oranges raw all comm	200	94	23.50
maltes okd w/ h2o w	100	76	15.81
Mounds candy bar	23	112	13.48



Cal	950/1662	48%
Protein	51/176	28%
Fat	37/37	100%
Carbs	108/300	35%
Fibre	20/30	67%
Sugar	46/40	100%

Weight Tracker screen

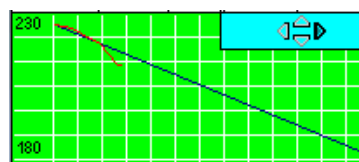
Use this to keep a record of your weight loss (or gain!). If you wish you can also record your Body measurements to track these as well.

The top of the screen lists your weight entries by date. The third column shows your weight change (from the previous entry) with the other columns showing body measurements available.

In the middle right of the screen is a 4-way scroll arrow icon where you can page up/down through the entries or cycle right/left through the body measurements in the top screen.

In the lower half of the screen the graph shows your weight loss progress. The time X-Scale is defined by the selected Start date and the rate of loss specified.

Date	Weight	Ch	Body Fat	Chest
01 Jun 04	230.0		0%	0"
09 Jun 04	228.0	-2.0	0%	0"
16 Jun 04	225.0	-3.0	0%	0"
22 Jun 04	222.0	-3.0	0%	0"
30 Jun 04	214.0	-8.0	0%	0"
02 Jul 04	214.0	0.0	0%	0"





Exercise Tracker screen

Use this screen to record and analyze your exercise program and occupation activities.

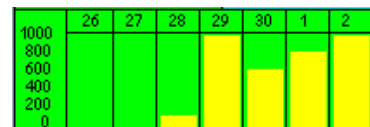
The top half of the screen records and lists your exercises and physical activities performed for each day. The grid headings should be self-explanatory and show the date, the name of the exercise, the exercise duration, and the energy units burned.

The middle of the screen shows the total calories expended for the selected day. The 4-way scroll arrow icon lets you page up/down through the entries. In this screen the right/left arrows are not used.

The graph in the bottom half of the screen shows your energy burned for each day of the past week in the form of a bar graph. You can look into the past by using the arrows either side of the date on the Information bar, or by tapping on the date to get the popup calendar.

Date	Exercise	Time	Energy
02 Jul	Airline Pilot	300	780
02 Jul	Gentle	60	420
02 Jul	Raking	20	80

Calories 1280 





Registering the program

If you wish to register your copy, which will then give you full access to the program, and no nag screen, the cost is £19.95 or US\$29.95. There are several ways to register:

Credit Card:

If you wish to register on-line using a credit card you have 2 options:

PAYPAL:

We now support the PayPal system for transferring of money, as that avoids the \$5 handling charge put on by REGNET. Simply send the money to registrations@mrsoft.com quoting the program name, RMRBank (UIQ), and we will send the registration code to you within a few hours.

If you are not already signed up for PayPal it is very straightforward. Just go to www.paypal.com and follow the instructions. You even get a \$5 bonus for signing up.

REGNET:

Alternatively, you can register on the WWW through RegNet, the Registration Network (note that paying by this method will involve an extra US\$5 handling charge and if you live in the EU they will also charge VAT). RegNet can be reached by e-mail: orders@reg.net or on the World Wide Web: <http://www.reg.net> or in the USA by calling 1-800-WWW2REG (1 800 999-2734) or the easiest way is by following the links from our Home page at:

<http://www.mrsoft.com/>

RMRDiet (UIQ) has been allocated the RegNet Number **14075** and this should be quoted. The notification tends to get to us within 12 hours and we reply within another 12 hrs.

By Post:

Payment can be made by post as:

- UK cheque in GBP (NO cheques in foreign currencies or on non-UK banks)
- International Bankers Draft in Sterling
- Cash - 'real folding' money in any currency
- US\$ checks (send to the USA address)

Please make any cheques (checks) payable to 'RMR Software' and include a stamped, self-addressed envelope or provide an E-Mail address, and send to either of these addresses:

RMR Software
c/o 46 Mortimer Road
Kempston
Bedford MK42 8RE
ENGLAND

RMR Software
c/o 6000 Natick Court
Burke, VA 22015
USA

We will then send you a unique code to enter with the **Register** menu option, which will allow you unrestricted use of the program.

If you have any questions, we can be contacted at support@mrsoft.com



Users

The program supports multiple users. In the **Diet** screen there are various menu options under **RMRDiet > User** to create a **New user**, **Switch** between users, **Edit user** details, **Rename** a user and **Delete** a user.

When adding a New user, the same screen is shown as during initial setup, for entering the user information details:

- Your **Name**, **Sex**, **Height**, **Age** and the **Activity level** that best fits your lifestyle.
- The **Targets** button allows you to input your **Start date**, your **Start weight**, your **Goal weight** and the amount of **weight per week** you want to lose.

Note: the Food database, the Exercise database, the Meals and Exercise defaults are shared between all users. Obviously, targets and nutrient displays and targets are coupled to the user.

If there are multiple users then arrows appear either side of the user name on the bottom information bar on screen to enable you to quickly cycle through them, or tap on the name itself to get the **Switch user** dialog.



Nutrient Targets

There are so many different types of diets around that it is impossible to predict exactly what nutrient targets you need for your specific diet. For example, the carbohydrate level for the Atkins Diet is very different from a Weight Watchers diet.

So the program sets targets for a generic, well balanced, standard diet, but allows you to modify the values if you have accurate information for your diet type.

If you select the menu option **Edit > Nutrient targets** you can view (and amend if you wish) the targets the program has allocated to you. (If you make a mess of it the **Defaults** button will reset them back).

The last 5 nutrients can be user defined. Use the menu option **Edit > Nutrients targets** and the **Custom** button to define the nutrient name and the units to be used.



Data entries

Entering food consumed

Each time you eat something enter it in the Diet screen. Use the menu option **RMRDiet > Add entry** (or the **Add** button at the bottom of the screen) and select:

- **Date**.
- **Meal** period (or None if you don't want to bother with the time recording).
- **Category** of food.

Then tap the **Done** button and in the next screen additionally select:

- Food **Type** within the category.
- **Units** of measurement for quantity of the food.
- **Serving size** in multiples of the selected units.

Tap the **Done** button and the food item will then be entered onto the screen (assuming the B M L A D E display and the date match the input values).

To update or delete an entry use the **RMRDiet > Update entry** / **Delete entry** options.

Add entry

Date: 02/07/2004

Meal: Dinner

Category: Cereals

Buttons: Cancel, Done

Add entry

Date: 03/07/2004

Category: Cereals

Type: corn flakes ...

Serving size(gm):

Units:

- Grams
- Ounces
- Fluid Ounces
- Litres
- Pints
- Cups
- Tablespoons
- Teaspoons

Buttons: Cancel, Done

Entering weight values

You should regularly input your weight, so you can check your progress against the target profile. In the Weight screen use the menu option **RMRDiet > Add entry** (or the **Add** button at the bottom of the screen):

- Select the **Date**.
- Enter your **Weight**.

You can tap the **Measure** button to show an additional screen where you can record 6 measurements for:

- Body fat.
- Chest, Waist, Hips, Biceps, and Forearm.

Tap the **Done** button and the readings will be entered onto the screen display and the graph updated.

To update or delete an entry use the **RMRDiet > Update entry** / **Delete entry** options.

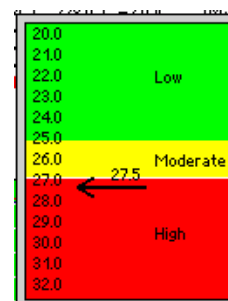
Use the menu option **Edit > BMI** to view your "Body Mass Index" and how it relates to the ideal.

Add entry

Date: 04/07/2004

Weight (lbs): 214

Buttons: Cancel, Measure, Done





Entering exercise values

Each time you exercise enter it in the Exercise screen to record your calorie expenditure. Use the menu option **RMRDiet > Add entry** (or the **Add** button at the bottom of the screen), then select:

- **Date**.
- **Category** of exercise.

Then tap the **Done** button and in the next screen select:

- Exercise **Type**
- Duration **Time** in minutes.

The exercise entry will then be displayed on the screen (provided the display date matches the input date).

To update or delete an entry use the **RMRDiet > Update entry / Delete entry** options.

Add entry

Date 04/07/2004

Category Aerobics

Cancel Done

Add entry

Date 04/07/2004

Category Aerobics

Type Low Impact

Time 35

Cancel Done



Databases

Food database

The program installation provides an example database of about 500 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 as a CSV format file (comma separated values). This is included in the package as "Master Food File.csv" and also available from our website. This file contains lists of generic and commercial foods sourced from the USDA (US Dept of Agriculture) together with their energy and nutrient values for a 100gm serving.

For ease of use and upgrading, the format of our database follows the same format as the USDA database available from the USDA website (except the first column is changed from "NDB_No" to "Category") and the format is as follows:

	A	B	C	D	E	F	G	H
1	Category	Description	Water (gm)	Energy (Calories)	Protein (gm)	Lipid (gm)	Ash (gm)	Carbs (gm)
2	Cereals	kellogg kellogg's all-bran original	0	260	12.5	3.32	0	74
3	Cereals	general mills cheerios	0	369	11	6	0	74
4	Cereals	kellogg kellogg's corn flakes	0	361	7	0.8	0	86

"Category", "Description",... then a list of nutrients with the units used (either gm, mg or µg) and the values, which relate to the amount of the nutrient in a 100gm serving.

The USDA database contains 43 nutrients, but the Symbian OS only allowed us to use 28 nutrients. So we picked the most likely 23 nutrients and then as discussed above used the remaining 5 nutrients as "user-defined" so you can decide which extra ones you want, or perhaps some other reading such as Weight Watcher points.

Obviously this trial database will not be suitable for all users, so to get the best from the program you need to build a more complete database of foods that suit your particular needs. You can either:

a) Use the menu options **Edit > Food > Add / Update / Delete** to make changes to the trial database. If you are adding a food you first need to select the **Category** (or select **<New Category>** if you want to create a new one), then give the **Type** (Description) of the food, then tap the **Nutrients** button to fill in all the values. The required units are shown on the screen, and remember the value is the amount of nutrient in a 100gm serving of the food.

To update a food follow the same procedure, selecting the category and the food type, then at the next dialog you can amend the Category, rename the Type, and adjust the nutrients.

b) Do the same procedure and modify the supplied master CSV file (Master Food File.csv), but this time on your PC and then import it into RMRDiet. You can edit the 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. You then need to rename the file to "Food.csv" and copy it to the C:\Documents\Media Files\Document\RMRExport\ folder on your smartphone. Then the use the menu option **Edit > Food > Import** to create the internal food database. Note that this action will completely overwrite the existing database so make sure you use this option with care.

The menu option **Edit > Food > Export** will export the food database back to the C:\Documents\Media Files\Document\RMRExport\Food.csv file so that you can transfer it back to your PC. (Note that the program assumes the foods are grouped by Category. If a Category occurs in 2 different places in the CSV file it will show up twice in the selection dialog.



c) Alternatively you can create your own Food.csv data file from scratch by listing food, serving and nutrient details in the same format as the master file, then import it as described above.

We would suggest that having 6000 foods in the database is unnecessary, so for storage and speed considerations it is probably a good idea to use as compact a database as possible containing only those foods that you normally encounter. However, there should be plenty of room, as the 500-food trial database only takes up 125Kb. A database of 1000-2000 foods should be easily handled and quite practical.

Note that the import operation can take some time, something like 5 entries a second (the sample database imports in about 2 minutes), so please be patient.

After that you can either maintain your database on the PC, exporting, amending and importing, or maintain it on the phone using the **Edit > Food > Add / Update / Delete** options as described above.

Exercise database

Again the program installs a reasonable database of exercises to give you a start and allow you to test the program. But like the food database, to get the best from the program, you probably need to build a more complete database of exercises that suit your particular needs.

The process is identical to that described for the Food database except the Import/Export file is called C:\Documents\Media Files\Document\RMRExport\Exercises.csv.

Similarly the database can then be amended on the phone using the **Edit > Exercise > Add / Update / Delete** options.



Meals and Default Entries

Meals

To allow you to automate and simplify the food recording process we provide a **Meals** option for entering a collection of foods as a single entry. First use **Add** to enter all the individual foods that make up a meal with the correct quantities. Once you are displaying all the individual items on screen, use the menu option **Meal > Save as** to save them all as a single consolidated entry. Just specify the **Name** you wish to call it.

Afterwards you can use the menu option **RMRDiet > Add meal** (or the **Meal** button at the bottom of the screen) to automatically add all the foods together. Simply select:

- **Date.**
- Time period of the **Meal**
- Default meal **Name**.

A meal can be deleted using the menu option **Meal > Delete**. If you wish to amend a meal, put it on screen as an entry, update any food items as required, delete the existing default meal, and then use the menu option **Meal > Save as** again to save the new version.

The screenshot shows the 'Add entry' screen. At the top, there's a title bar 'Add entry'. Below it, a date field is set to '03/07/2004'. A 'Meal' dropdown menu is set to 'Dinner'. A 'Name' dropdown menu is set to 'My Lunch'. Below these, there are three rows: 'Fat', 'Fibre', and 'Vitamin C'. Each row has a bar chart showing progress towards a goal. The 'Fat' bar is at 100%, 'Fibre' is at 100%, and 'Vitamin C' is at 292/200 (100%). At the bottom, there's a navigation bar with buttons for 'Alan', 'Start 230', 'Goal 180', 'Now 214', and a date field set to '03 Jul 04'.

Default Exercises

In the same way, the Exercise screen has the option of setting up default entries with preset durations for those exercises you use regularly. Use the **Edit > Defaults > Add / Update / Delete** options to create, update or delete the defaults. The logic is the same as the **Add entries** option with the addition of a **Name** to allocate to the default.

The default can then be recalled and entered automatically using the **RMRDiet > Default entry** menu option.

If you have a set of exercises or activities you perform together regularly, once you have put in all those details once and it has evaluated the calorie count, you can define a default called "Normal day" and allocate that number of calories.



Configuration

Diet preferences

Use the **Edit > Preferences** menu option in the Diet screen to configure:

- Date format for the screen display.
- The colour for the middle and bottom button bars.
- The background colour of the lower screen.
- The option to be called when the user button is tapped (the icon with an * "asterix" on the bottom button bar).
- The units to be used for height (and for the body measurements in the Weight screen).
- The decimal places to be used for data values.

Use the **Progress** and **Display** buttons to set which 6 nutrients are shown in the lower (consumption bars) and upper (table) parts of the screen.

Weight preferences

Use the **Edit > Preferences** menu option in the Weight screen to configure:

- Date format for the screen display.
- The colour for the middle and bottom button bars.
- The background colour of the lower screen.
- The option to be called when the user button is tapped.
- The units to be used for weight.
- The decimal places to be used.

Exercise preferences

Use the **Edit > Preferences** menu option in the Exercise screen to configure:

- Date format for the screen display.
- The colour for the middle and bottom button bars.
- The background colour of the lower screen.
- The option to be called when the user button is tapped.



Other functions

Exporting Data

Export options are available in the **RMRDiet > Data > Export** menu options in all 3 screens. These allow you to transfer your data to external CSV or ASCII files which can then be copied to a PC for editing in a PC spreadsheet or word processor program. In the case of the Diet screen you can also select Start and End dates and the Meal period to export.

As usual the files will be saved to the C:\Documents\Media Files\Document\RMRExport\ folder and the filename will be the Username followed by the data type (Diet, Weight, Exercise).

Backup and Restore

Under the **RMRDiet > Data** menu there are **Backup data** and **Restore data** options. This allows you to keep a copy of your data elsewhere on the system for security. The set of backed up data files is stored in the \Documents\Media Files\Document\RMRBackups\RMRDiet\ folder on your smartphone, where it can be accessed by the PC Connect software. Note: ALL the data from ALL the screens is backed up so there is no necessity to action this from each screen in turn.

If necessary use **Restore data** to restore all datafiles in the case of data loss. Note: ALL current data in the program will be overwritten by restoring the backed up data.

Other Menu options

Edit > Edit Memo gives you access to a Notepad (one for each user) for making short notes.

Edit > Register is where you enter the registration code we send you after you purchase the program. See the README file for details on how to register.

Edit > Reset start date allows you to remove old entries from the data. There is no hard and fast rule as to how often this should be done, but if the data files start to get too large or the program starts to run slowly you might want to "tidy" it up.

Edit > Zoom is presently disabled until Symbian provide font support other than the default.

Edit > Help brings up a short Help dialog. Tapping the **(i)** on the top right of the dialog then brings up a context sensitive help item. Note: this works for ALL dialogs.

Edit > About brings up details of the program.

Control > Regain screen use is to workaround the OS bug that stops the screen accepting taps if you have cancelled the drop down menu.

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.