



MyPersonalDiet®

Windows Mobile Smartphone User's Guide



MyPersonalDiet

VidaOne, Inc.



February 2009

This document applies to MyPersonalDiet® version 4.2.0 and newer
for Windows Mobile for Smartphone (non-touch screen)

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Abbreviations

- Smartphone** A device running Microsoft ® Windows Mobile that is designed without a touchscreen and intended to be operated with one hand.
- Pocket PC** A device running Microsoft ® Windows Mobile that is designed with a touchscreen and intended to be operated with a stylus
- Action key** The center key on the smartphone’s 5-way navigation pad
- Soft key** One of the two (left, right) keys under the smartphone’s screen.

1 Introduction

1.1 What Is MyPersonalDiet®?

Most if not all health-conscious people spend a considerable amount of time and energy tracking the food they consume, and for various reasons, such as:

- To maintain, lose or gain weight
- To consume enough of some nutrients
- To limit their consumption of some nutrients
- To follow a balanced diet

MyPersonalDiet is designed to help you establish a diet and weight goals, enter the data that matters to you (food, health and workouts), track that data and monitor your condition. This is an ambitious application that is focused on assisting **you** reaching your goals.

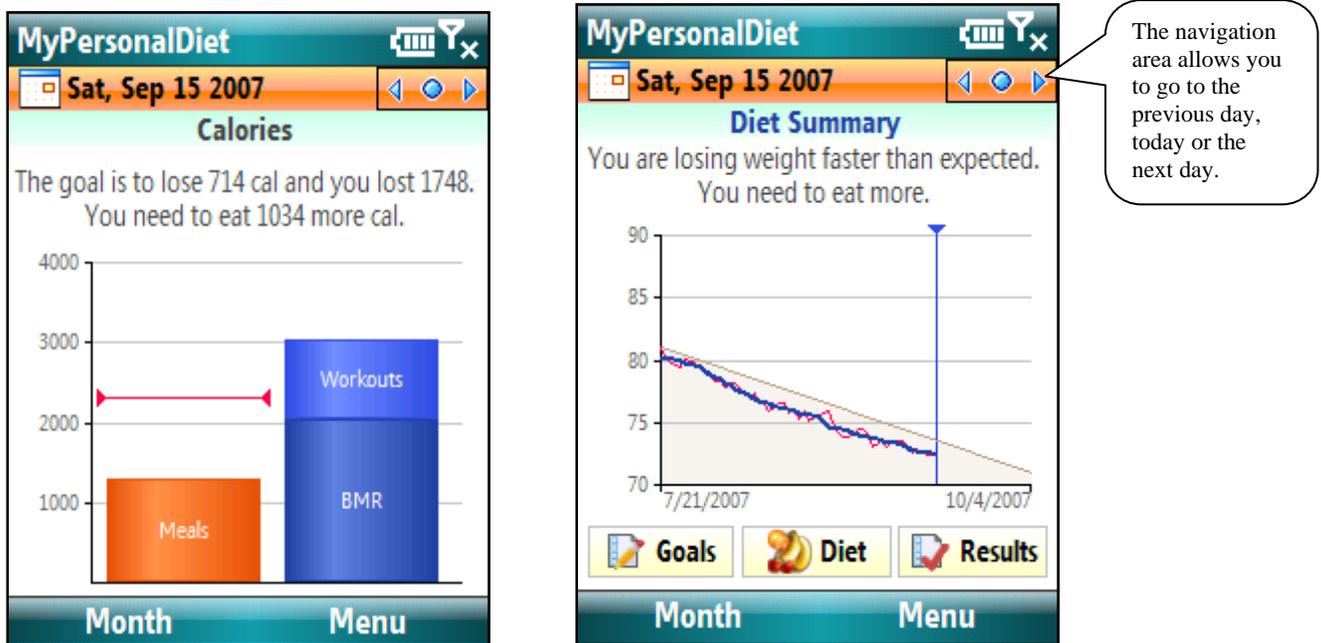


Figure 1: MyPersonalDiet Day view presents key information about your diet, such as daily energy summary (left) and diet summary (right).

MyPersonalDiet consists of four views, described later in this manual:

- The **Day view** shows relevant information for the day, and allows you to enter meals, health data, workouts, revisit your goals, set your diet and get results.
- The **Month view** shows a calendar that displays if your weight is on target or not for each day.
- The **Report view** presents various summary lists.
- The **Charts view** allows you to see various charts.

1.2 Windows Mobile Compatibility



MyPersonalDiet for Windows Mobile Smartphone is designed and certified¹ for Windows Mobile 5.0 for Smartphone and Windows Mobile 6 Standard, in portrait and landscape, in regular or high-resolution.



Figure 2: MyPersonalDiet runs at ease in portrait and landscape, at either normal or high resolutions, on smartphones running Windows Mobile 5.0 and Windows Mobile 6 Standard.

¹ Mobile2Market Windows Mobile Certification by Microsoft®

1.3 How About Exercising?



Dieting is not only about food and diet tracking, but also exercising. For this reason, VidaOne offers MySportTraining for Windows Mobile Smartphone, currently the best-selling, award-winning, most comprehensive fitness software for Windows Mobile for Pocket PC (see Figure 3).

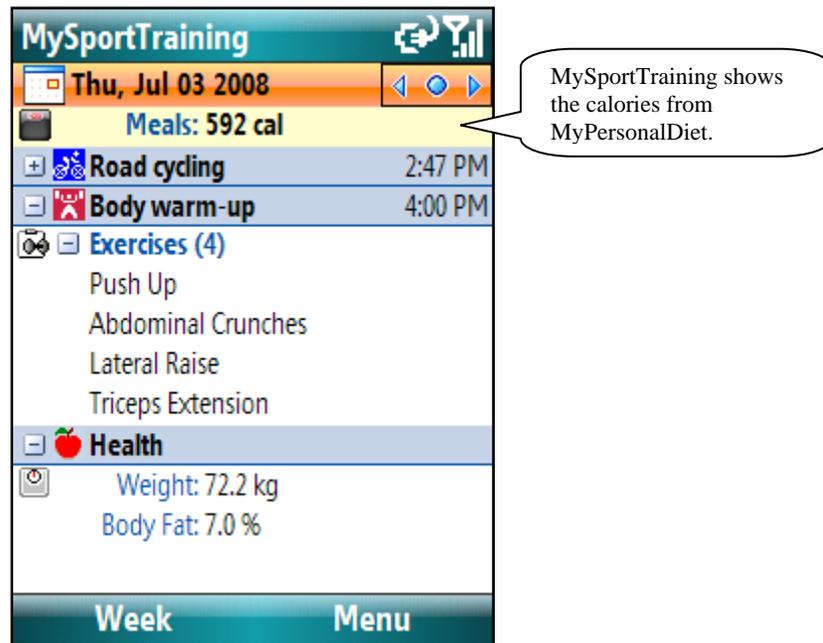


Figure 3: MySportTraining for Windows Mobile Smartphone is the premier fitness application that works hand in hand with MyPersonalDiet, and is available from www.VidaOne.com.

MySportTraining offers a variety of features that complement MyPersonalDiet:

- You can track aerobic (cardio-vascular) and strength training workouts. You can use one of the predefined activities or create your own.
- You can track workout in details, and it even calculates the amount of calories you burn while exercising.
- It's a must at the gym, because you can choose from pre-defined exercises (illustrated), purchase additional exercise series (also illustrated) or add your own exercises (and optionally attach pictures to them).
- It features a body chart that highlights the various muscle groups. You can tap-and-hold any muscle group to get a list of exercises to add variety.
- The month view shows all your workouts at-a-glance to appreciate your accomplishments.
- The month view shows all your workouts at-a-glance to appreciate your accomplishments.
- The report view presents key information and rewarding summaries.
- The chart view shows a variety of motivating charts to see your improvement over time.

- You can plan your workouts to eliminate any guesswork about your fitness program and find time for exercising despite your busy schedule, thanks to a seamless integration with Pocket Calendar.

MyPersonalDiet and MySportTraining are tightly integrated:

- Workouts entered in MySportTraining also appear in MyPersonalDiet.
- MySportTraining shows the daily calories you consume.
- You can also easily switch from one application to the other.

If you are serious about exercising, you ought to try MySportTraining as the ideal complement to MyPersonalDiet, and both synchronize with VidaOne Diet & Fitness (see next page).



1.4 VidaOne Diet & Fitness for Windows Vista and XP

MyPersonalDiet synchronizes with VidaOne Diet & Fitness for Windows Vista (via Windows Mobile Device Center) and Windows XP (via ActiveSync).

VidaOne Diet & Fitness for Windows Vista and Windows XP not only provides the same features than MyPersonalDiet, but also allows you to customize the food database (such as removing items you never consume), import and export food items, add custom data fields, enter all the details about your workouts, download Polar® heart rate monitor information, view a variety of reports and graphs (all printable), use multiple profiles (users), and more.

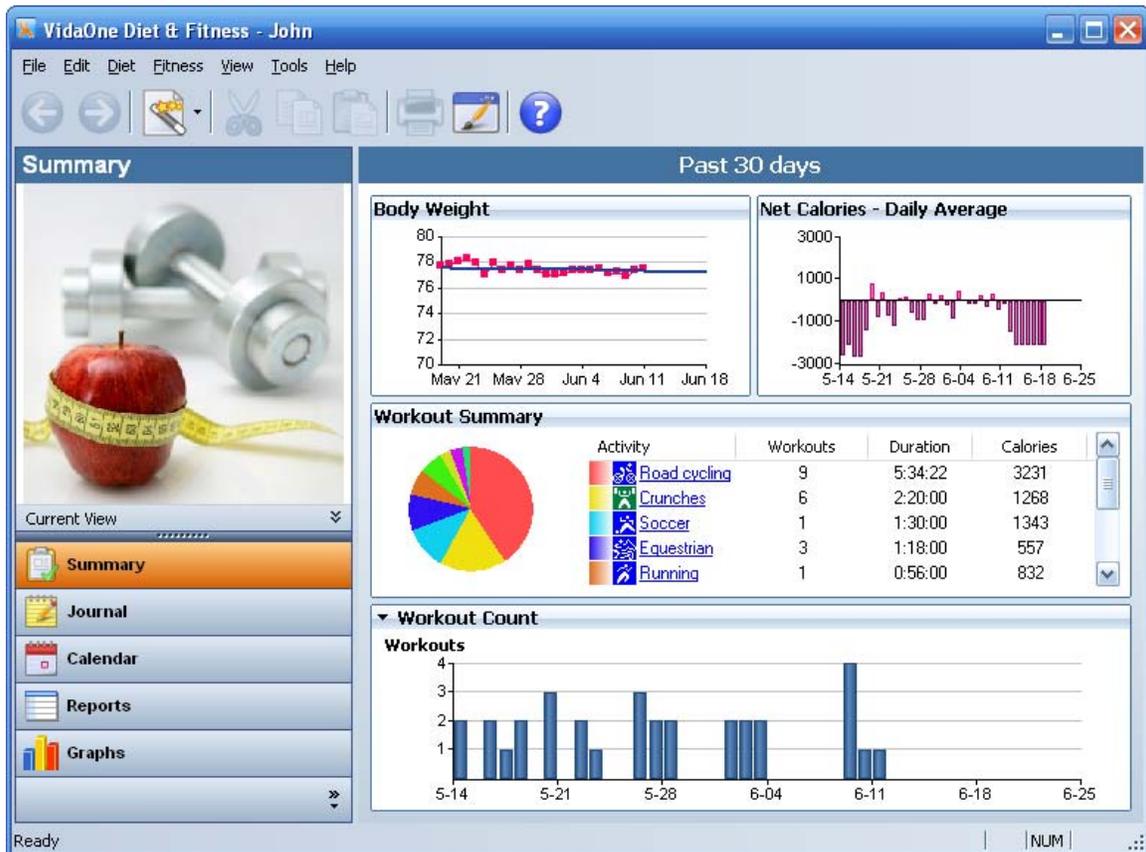


Figure 4: VidaOne Diet & Fitness for Windows provides the same features than MyPersonalDiet and much more.

More information about VidaOne Diet & Fitness, including a user's guide such as this one, is available at www.VidaOne.com/vodf_win.htm.

1.5 Installation and Registration

Installation

- Make sure your Smartphone is connected to your PC (desktop or laptop).
- Download the software on your desktop from http://www.vidaone.com/download/MpdSetup_SP.exe and open the file. This initiates the installation.

You can also download a CAB file directly onto your device from <http://www.vidaone.com/download/MPD.SP.CAB>. Using File Explorer on your device, open the file to initiate the installation.

- Simply follow the instructions on your device to complete the installation. You may see some of the following messages:

The program is from an unknown publisher. You should install it only if you trust its publisher. Do you want to continue? Choose Yes to continue.

Please disconnect your Windows Mobile device from your PC to continue. In order to properly install MyPersonalDiet, make sure to disconnect your device from your PC.

The previous version of VidaOne MyPersonalDiet will be removed before the new one is installed. Select OK to continue or Cancel to quit. This is shown when re-installing/upgrading and uninstalling MyPersonalDiet. Choose OK to continue (you will not lose any data at this time).

Do you want to upgrade MyPersonalDiet? To upgrade choose Yes. To uninstall, choose No. This is shown following the message above. Choose Yes when upgrading, or No when uninstalling. If you choose No, the data you entered in MyPersonalDiet will be removed.

- To make sure that MyPersonalDiet synchronizes with VidaOne Diet & Fitness, perform the following steps when your device is connected to your PC:
 - Disconnect and reconnect your Windows Mobile device to your PC; this will reload the new synchronization module.
 - On **Windows XP**, open ActiveSync, click Tools > Options, select the entries Extras, Health, Meals and Workouts, and click OK.
 - On **Windows Vista**, open Windows Mobile Device Center, click Mobile Device Settings > Change content sync settings, select the entries Extras, Health, Meals and Workouts, and click Save.

Running MyPersonalDiet

To run MyPersonalDiet, choose **Start > MyPersonalDiet**. The first time it runs, the Welcome Wizard guides you to enter key information, such as your profile.

You can use MyPersonalDiet to establish and follow a weight-loss or weight-gain diet, you can use MyPersonalDiet simply to track the food you consume. You will be prompted during the installation whether you want or not to follow a diet. If you choose to follow a diet, you will be asked to enter your goals (more in section 2). Afterwards, you are then ready to use MyPersonalDiet!

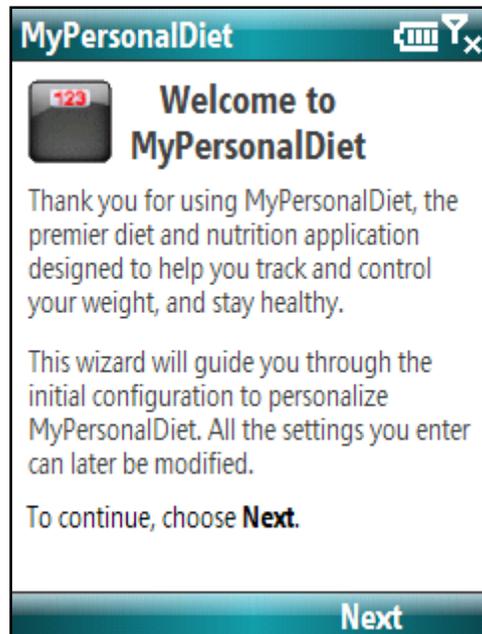


Figure 5: The Welcome Wizard makes it easy to get started with MyPersonalDiet.

Trial Mode

Until registered, MyPersonalDiet runs in trial mode for up to 10 days. All functions are enabled in trial mode. Once expired, you will be required to enter a registration key in order to continue to add data.

Registration

A registration key must be purchased to continue using the software beyond the trial mode period. To purchase a registration key, visit http://www.vidaone.com/mpd_sp.htm, click on **Add to Cart** and follow the instructions to complete the purchase. Shortly after purchasing the software, you will receive an email with the registration key. Enter the registration key to re-activate the software.

Note

Write down the registration key and keep it in a safe location. Should your device's memory content be erased (due to a repair, for instance), you will have to re-install MyPersonalDiet and enter that registration key again. Also make sure to keep the file you downloaded (MpdSetup_SP.exe or MPD.SP.CAB) as it matches the registration key.

Upgrades

Visit www.VidaOne.com on a regular basis and when a new version is available, download and install it over the registered version already installed on your device. Maintenance upgrades are free (e.g. 3.x.x → 3.y.y); major upgrades (e.g. 3.x.x → 4.y.y) require a new registration key to be purchased.

You don't have to uninstall MyPersonalDiet prior to upgrading to a newer version. You can always install a newer version of MyPersonalDiet and all the data you've already entered will still be available, provided the installation instructions are properly followed.

1.6 Technical Support

You can obtain more information about our products, updates, etc. by visiting our Frequently-Asked Questions (FAQ) page at: <http://www.VidaOne.com/faq.htm>. If you have a question, want to provide some feedback, or want to report a problem, please send us an email at: support@VidaOne.com. You can also contact us by mail at the following address:

VidaOne, Inc.
7101 W. Highway 71
Suite 220
Austin, TX 78735

2 Setting Your Goals

The first time you run MyPersonalDiet, the welcome wizard helps you set your goals, as described in the following sections. If you want to later review or change your goals, go to the **Day** view and choose **Menu > Journal > Diet > Goals**  button.

2.1 Entering your Profile

Your profile is required in order to perform various calculations within MyPersonalDiet. It is important to enter all values to obtain the best results. The profile consists of the following:

- Gender
- Birth year
- Height
- Activity level
- Maximum heart rate.

You can later change your profile if required via **Menu > Options > Profile**.

2.2 Weight Goal

Based on your profile, MyPersonalDiet calculates your Body Mass Index (BMI) and presents you with a chart showing your weight vs. various weight ranges (see Figure 6). You can then quickly find out and enter your target weight and as a result, set a realistic weight goal.

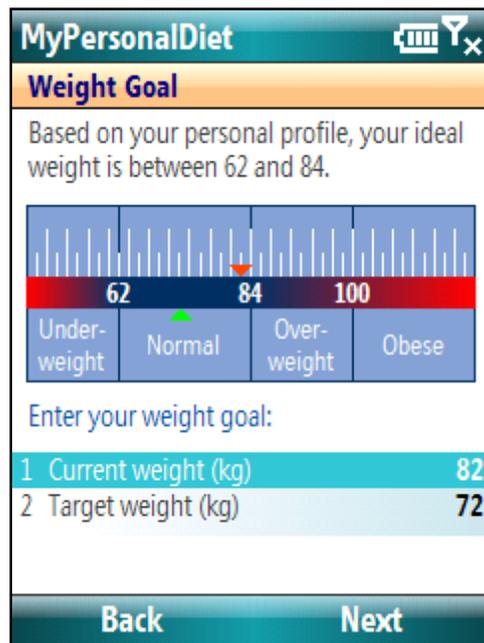


Figure 6: Based on your profile, MyPersonalDiet helps you identifying your target weight.

2.3 Duration

Once your profile and target weight are known, you have to choose how long your diet will take. MyPersonalDiet presents you a period in which you can reach your target weight following a healthy diet (see Figure 7). It is very important to choose a realistic duration (within the proposed range). Not doing so can hurt your health. For instance, it is possible to lose weight faster than the period shown, but this results in muscle mass losses, and other harmful effects.



Figure 7: MyPersonalDiet presents you a period by which you can reach your target weight in a healthy manner.

2.4 Diet Summary

With your profile, target weight and diet duration entered, MyPersonalDiet summarizes your diet and shows you how many calories (or kilojoules) you need to lose (or gain) every day in order to reach your target weight. This gives you a solid daily guideline to establish your food and exercises habits.

3 Choosing a Diet

Before entering data, you can choose the diet you want to follow and identify nutrients to track and the daily energy. From the Day view, choose **Menu > Journal > Diet > Diet** button, which shows the Diet window, composed of the Plan, Nutrients, Energy and Schedule pages.

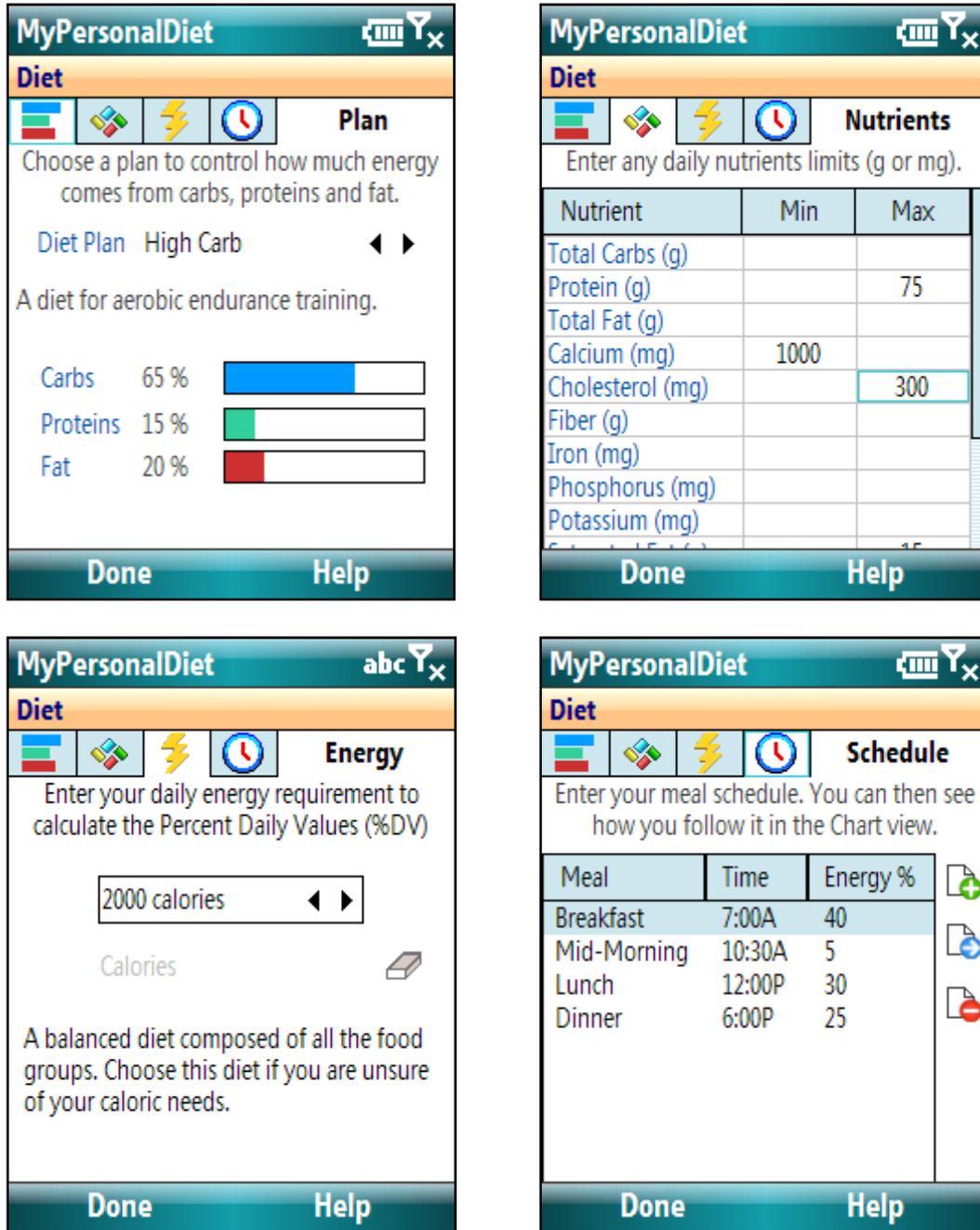


Figure 8: The Diet window allows you to choose a diet plan and track specific nutrients and select your daily energetic requirements to calculate the %DV.

3.1 Diet Plan

The Plan page allows you to select one of the following predefined diets:

- USDA Food Pyramid
- High Carb
- Low Carb
- High Protein
- Low Protein
- Low Fat

As you select them, the energetic percentage from the major nutrients (carbohydrates, proteins and fat) are displayed (see Figure 8, first row, left).

In addition, you can choose **Custom Plan** and select the exact proportion of energy from these nutrients.

Later on, as you enter food, you will be warned when food do not match these requirements (see section 4.1 for more details). This allows you to avoid food that may possible not be a good fit for your diet.

3.2 Nutrients

You can track specific nutrients to make sure that you consume enough of them and/or do not consume too much of them. This is of prime important for those who have a medical condition that imposes some restrictions on specific nutrients.

The Nutrients page shows you a list of nutrients for which you can optionally assign a daily minimum and/or maximum limits (see Figure 8, first row, right). For instance, if you need to follow a low sodium diet that does not exceed 1800 mg of sodium per day, enter 1800 under Maximum next to Sodium. If you need to consume at least 1000 mg of calcium daily, then enter 1000 under Minimum, next to Calcium.

You can later chart these nutrients in the Daily and Chart views respectively for more information) to see where you stand with regards to the limits you chose. For instance, from the Day view, you can see a chart of your daily sodium consumption and be informed whether you can consume more of it for the day (and how much) or if you've exceeded the limit (and by how much).

This gives you the ability to precisely control your diet and make sure you are following your own guidelines.

3.3 Energy

You can set a limit of the energy you want to consume daily (e.g. 2000 calories). This is used when calculating the daily dietary intake (%DV).

3.4 Schedule

You can enter the time of day and the amount of energy for each meal you consume on a daily basis. Based on that schedule, MyPersonalDiet can determine the meal type of each meal as you enter it, and you can later see using the Meal Schedule chart (section 5.4) whether you follow this schedule or not, and how much energy you consume on average per meal.

This is very useful in two situations:

- 1) If you are on a weight loss diet, two common problems are too eat between meals, and to consume too much food at night. The Meal Schedule chart will immediately let you find out if you are eating outside your meal schedule and too much at certain meals.
- 2) If you are an athlete or someone with food restrictions, and you consume several meals a day (4 or more), the meal schedule and the Meal Schedule chart will greatly help you to insure that you are eating enough at each meal (as opposed to eating too much in some meals and not enough in others).

4 Meals, Workouts and Health records

To view the information you've previously entered, go to the Day view and choose **Menu > Journal > Meals, Nutrients, Workouts** or **Health** Figure 9 shows the Meals and Nutrients entries.

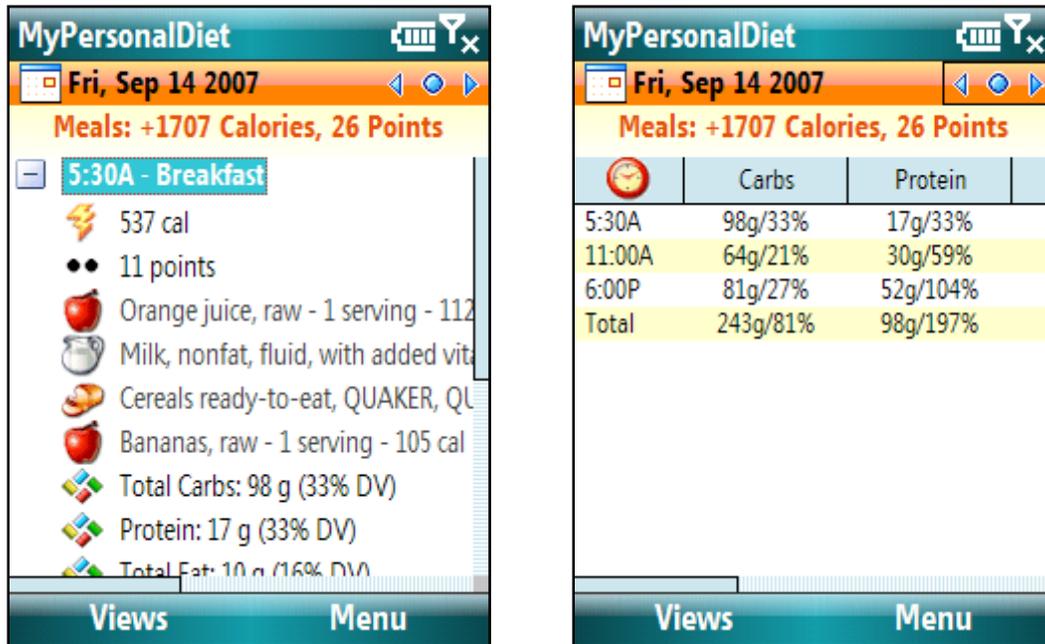


Figure 9: The meals items and meals nutrients show you what you ate on any given day.

To go to another day, select the date area ◀ ● ▶ and use the navigation left, center or right buttons to see the previous day, today or the next day respectively.

You can cut, copy and paste meals and workouts. When looking at a meal or workout, choose **Menu > Meal/Workout** and then one of **Edit, Delete, Cut, Copy** or **Paste**.

4.1 Entering Meals

To enter a meal, choose **Menu > New > Meal**. This shows the **Meal** window (Figure 10).

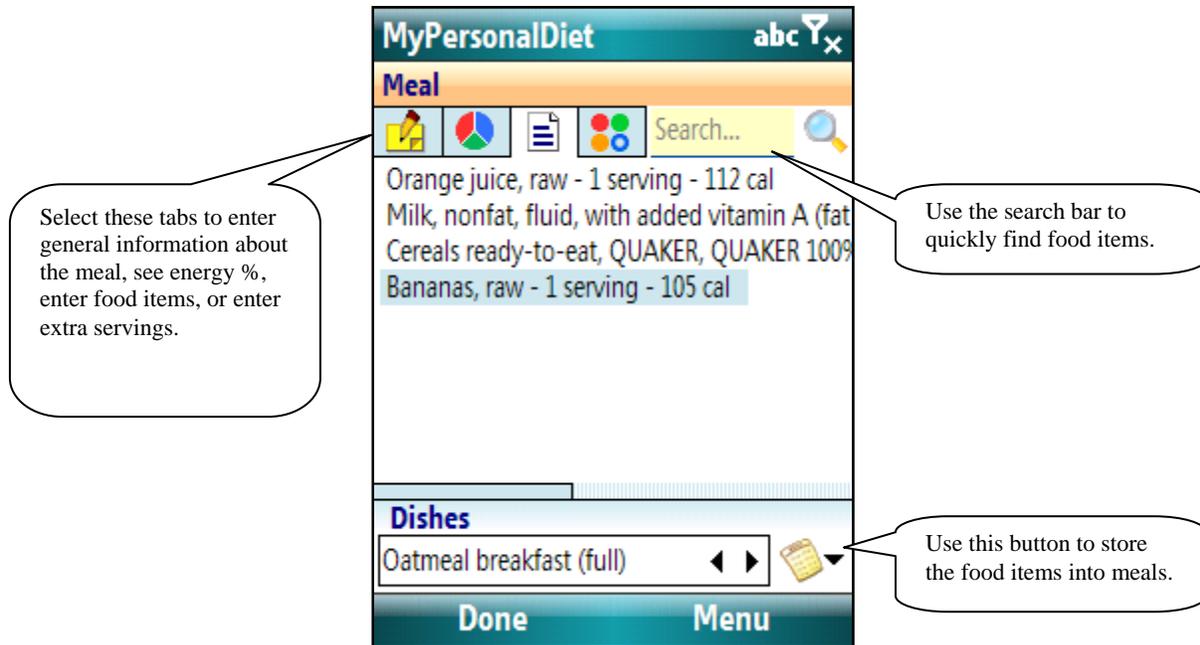


Figure 10: The Meal window allows you to enter food items for a meal. The total calories and a colored bar showing the percentage of energy from carbs, proteins and fats are also shown.

Depending on the time of the day, a type of meal will automatically be selected based on your meal schedule (section 3.4); you can change it if need be.

Quick Meal



As an alternative, choose **Today > Programs > Quick Meal**. This will open MyPersonalDiet if it's not already running, create a meal and immediately open the Food Browser.

Since **Quick Meal** is a separate application, you can associate it with one of your Pocket PC's button via **Today > Settings > Buttons**, allowing you to create a meal and browse food items using a single button.

Note that if a meal was created in the past 15 minutes, **Quick Meal** will edit that meal instead of creating another.

Entering Food Items

When looking at the food item list (as shown above), choose **Menu** to add, edit or delete food items.



Tip! You can also add a food item from your favorites or one you searched for by choosing **Menu > Favorites** and **Menu > Search**.

Depending on the time of the day, a type of meal will automatically be selected based on your meal schedule (section 3.4); you can change it if need be.

You will later see how food items can be combined in dishes. The Dishes list is initially empty the first time you use MyPersonalDiet, but once dishes are created, you can selected them under **Dishes** and their food items will be added to the list.

When you choose **Menu > Add** while looking at the food list, the Food Browser is shown (see Figure 11). This is the principal window by which you enter the food you consume.

Food Browser

First select a food group, a category and choose a food item. Then choose the amount (or quantity) you consumed, and the unit. The unit depends on the food item, but “serving”, “g or ml” and “oz” are always listed. The calories (or kilojoules) field, along the percentage of energy from carbs, proteins and fat are updated to reflect the amount you are consuming. This information allows you to precisely decide whether you should eat the whole portion you had in mind (or perhaps only half of it).

If the food item is a mismatch for the diet you selected, a warning will be shown (such as **High carbs** when on a low-carb diet).

To see the complete nutrition information, choose **Nutrition Facts** (see Figure 12), which contains the nutrients for the selected amount. You can use this information to find out exactly what you are consuming. Go ahead, and browse the whole database to learn about what you are *really* eating! You’ll be surprised!

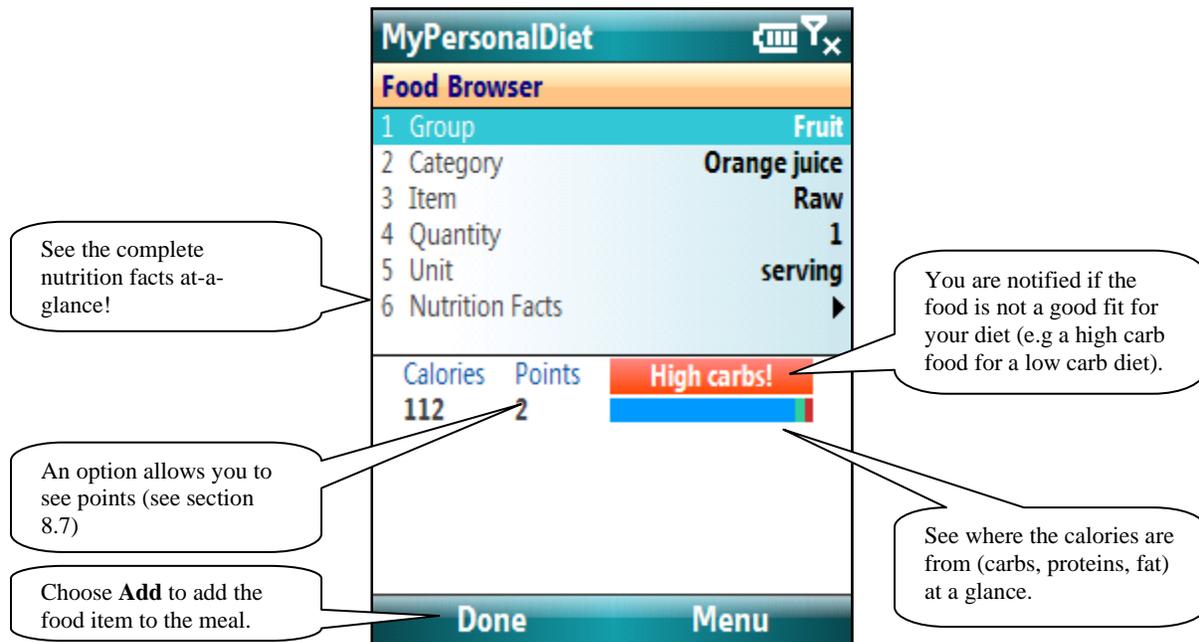


Figure 11: The Food Browser window allows you to browse the entire food database and enter the amount you consumed of the selected food item.

Nutrition Facts		% Daily Value *
Calories 112	Calories from Fat 4	
Total Fat 0.5 g		1%
Sat. Fat 0 g		0%
Poly. Fat 0.1 g		
Mono. Fat 0.1 g		
Cholesterol 0 mg		0%

Figure 12: The nutrition facts are available for all the food items in the database.

Once done, choose the **Add** button to add the food in the meal. You will hear a beep, and a small window will pop up to confirm that the item was added (Figure 13). Food items that you add are also stored in the Favorites list (more about this shortly).

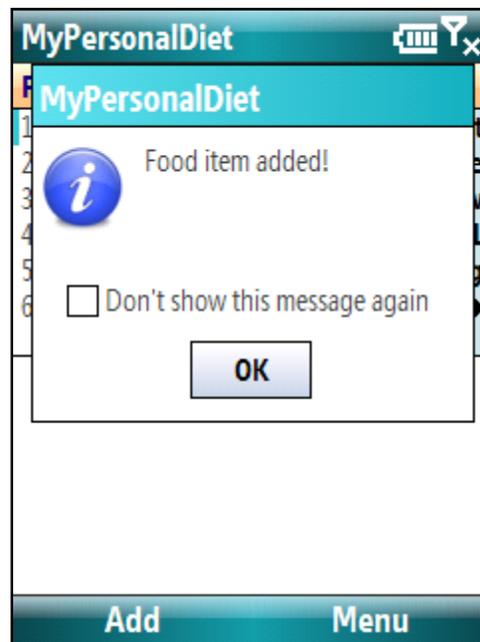


Figure 13: A small window is shown to confirm that the food item was added.

Select **Don't show this message again** to prevent it from being shown for subsequent items. You can then select another food item and tap **Add** to add it, and so on. When you are done, tap OK to close the window (note that closing the window doesn't add the food in the meal).

Once you've added one or more food items and are back to the Meal screen, select the pie chart tab to display a summary of energy for the meals, as show in Figure 14.

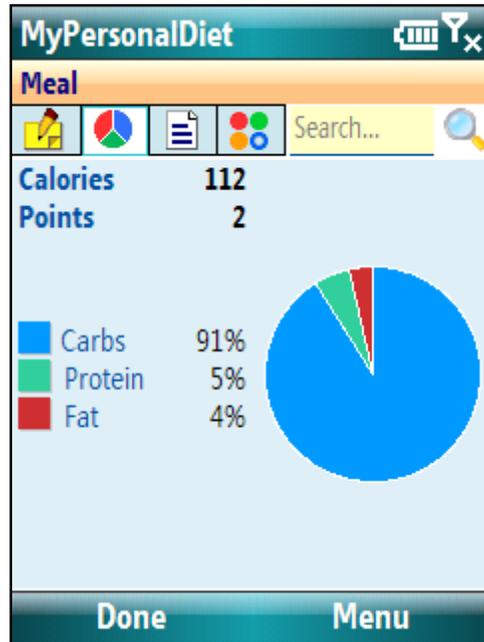


Figure 14: The Meal screen allows you to see calories, point and macro-nutrients information.

Favorite Food Items

Whenever you add a food item into a meal, that food item is added to the **favorites list**. The favorites food item list is accessible by choosing **Menu > Favorites** in the Food Browser. This shows the most recent favorite food items; tap on one to select it. Using the Favorites button is a quick way for selecting food items you frequently consume.

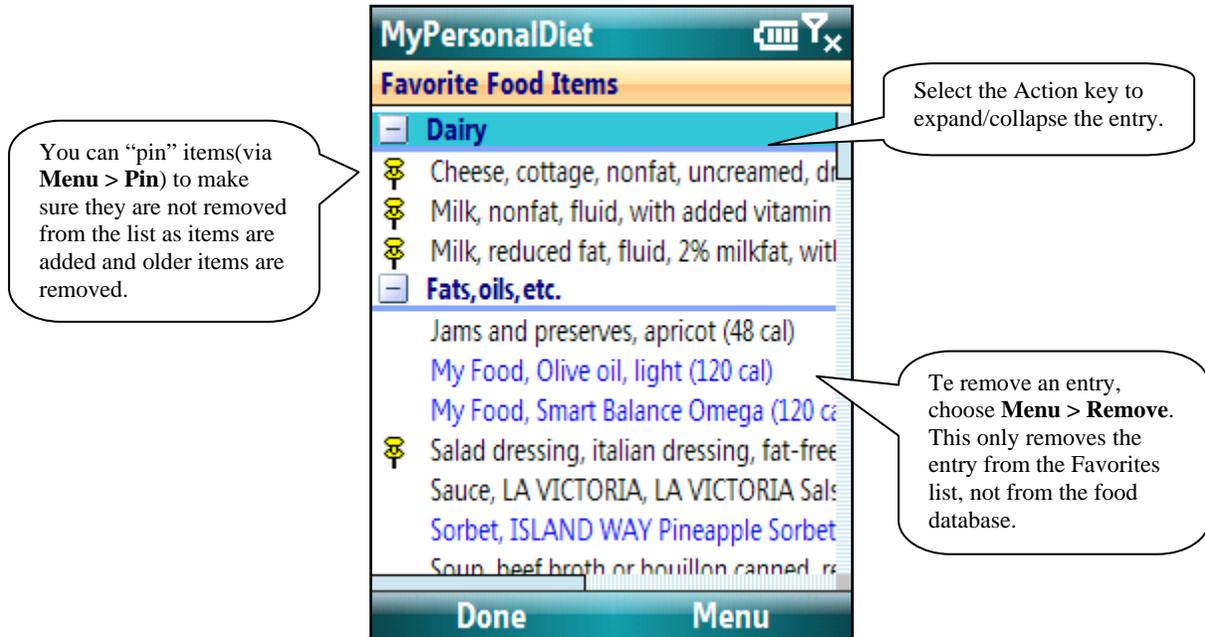


Figure 15: The Favorite Food Items window lists all your favorite food, grouped by categories.

The list items contains a limit of items that can be added. The default is 50 and can be changed via **Menu > Options** (when looking at the Favorites list).

The purpose of this limit is to discard food items you rarely consume. You can “pin” an item (tap-and-hold the item and select **Pin** to make sure the item is not automatically removed from the list as new items are added. To “unpin” an item, tap-and-hold the pinned item and select **Unpin**.

When you select a food item, it is added to the meal using an amount of “1 serving”. If you prefer to be prompted every time you select the item, tap-and-hold the item and uncheck **Use 1 serving**.

Searching Food Items

You can search the food database by entering a word (or part of a word, or multiple words) in the search bar and choosing the Search button . This shows the Search window (see Figure 16) with the matching food items from the food database and from your own food. Select an entry and choose Select to return to the Food Browser.

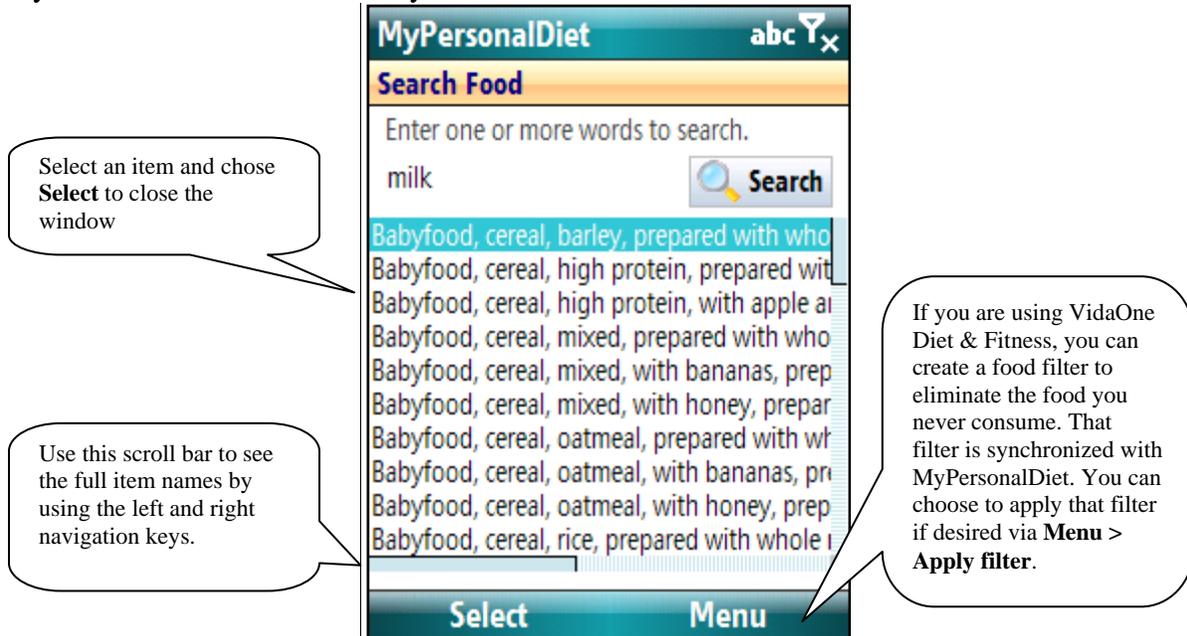


Figure 16: The Search Food window allows you to search the food database for a specific keyword.

Searching by one word can return too many items (hundreds in the previous example) To perform a more effective search, enter several words, and only items containing *all words* will be shown. You can also prefix a word with an hyphen (-) to exclude food items that contain that word. In Figure 17, the search returned entries that contains both *milk* and *lowfat*, but not *cheese* (bringing the number of entries down to a more manageable eight).

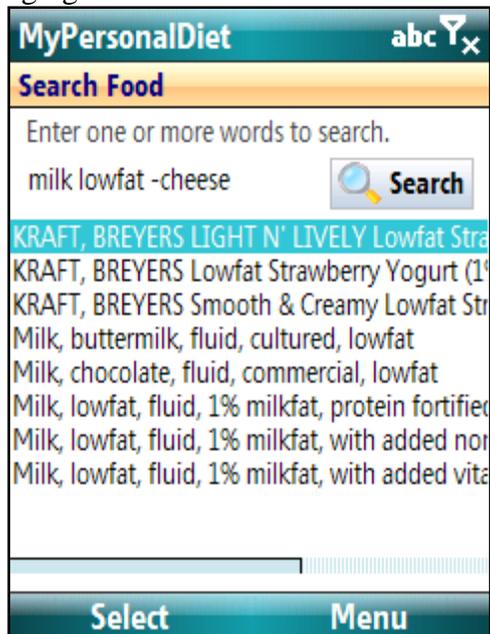


Figure 17:An enhanced search returns fewer and more accurate results.

Combining Food Items Into Dishes

You can save one or more food items as a dish, and use that dish later on to expedite data entry. Figure 10 shows the Meal screen with some food items. Choose the **Dish** button  and select **New Dish**; the New Dish window is shown (see Figure 18) and allows you to enter its name, serving size and the amount of servings it contains.

To use that dish at some other time, select its name from the dish list, choose the **Dish** button and select **Add Dish**. A single serving of that dish will be added, unless the option “Always use 1 serving when adding this meal” was selected when adding/editing that dish; in that case, you will be prompted for the exact amount to use.



The screenshot shows a mobile application window titled "MyPersonalDiet" with a close button in the top right corner. Below the title bar is a yellow header with the text "New Dish". The main content area contains the following fields and controls:

- "Name of this dish:" followed by the text "Spaghetti w/ veggie sauce".
- "Serving size (e.g. 1 cup, 3 pieces, etc):" followed by the text "1/2 cup".
- "Servings this dish contains:" followed by a spinner box containing the number "5".
- A checked checkbox with the label "Always use 1 serving when adding this dish to a meal".

At the bottom of the window are two buttons: "Done" and "Cancel".

Figure 18: When you create a meal, you enter its name along the servings it contains. You can later recall that meal and specify the amount of servings you actually consumed.

To update the content of a dish with the food items currently listed, choose the **Dish** button and select **Update Dish**. To delete the dish, choose **Delete Dish** instead. Deleting a meal does not remove the food items currently listed. To rename the dish or change the servings it contains, choose **Edit Dish**.

Enter Your Own Food Items

In the Food Browser, you can add your own food items by choosing **Menu > New Food**. This will show the Custom Food Item window (Figure 19). Enter the name, choose the food group and either choose the category and type in your own. Then enter the default serving (e.g. 100 g, 1 cup, etc.), the calories (or kJ) for that serving, the nutrients and a note if desired.

If you enter nutrients but no calories, MyPersonalDiet will prompt you with a default value when you select Done. That default value is based on 4 calories per gram of Total Carbs and Protein, and 9 calories per gram of Total Fat.

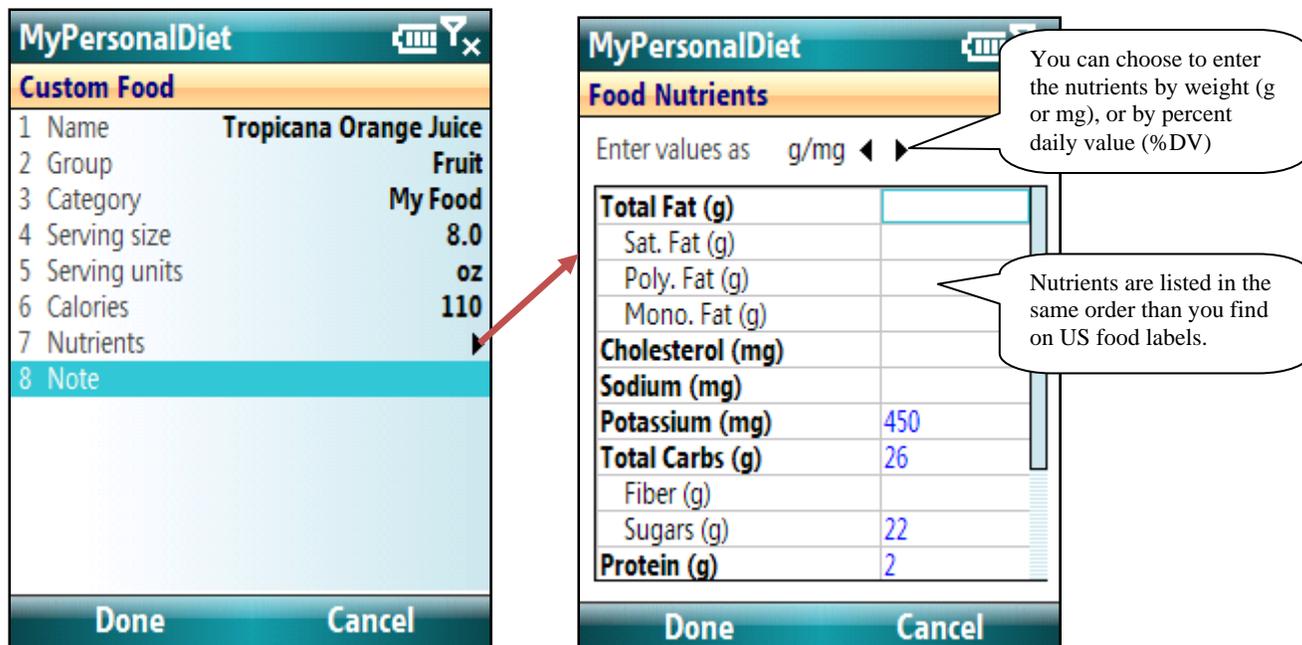


Figure 19: The Custom Food Item window allows you to enter your own food items. You can enter your own category and all the nutrients of the food item.

Enter Additional Servings

When entering a meal (see Figure 10), select the tab **Servings** to enter extra information for the meal:

- Amount of water servings you consumed (one serving is 1 cup or 250 ml), a quicker alternative to enter water via the Food Browser.
- Extra calories (or kilojoules) for the meal. If all you want is to track is the energetic value of a meal and you happen to know what it is, you can simply enter it there, without providing additional information. Note that the nutrients will remain zero for this meal.
- Additional servings for the meal (see Figure 20). This is useful when you eat a meal composed of a variety of food items: instead of entering each of them individually, you can estimate how many servings of each food group the meal is composed of, and only enter the servings. MyPersonalDiet uses average energetic values per food group serving, as displayed in following table (values are rounded for simplicity)

Food group	Total cal.	Cal. from carbs	Cal. from prot.	Cal from fats
Starch (grains)	90	68	8	14
Protein	179	29	56	94
Fruit	98	90	3	5
Vegetables	69	52	8	9
Dairy	102	16	27	59
Fats, oils, etc.	108	31	4	73

Table 1: Energetic values per food group (per serving).

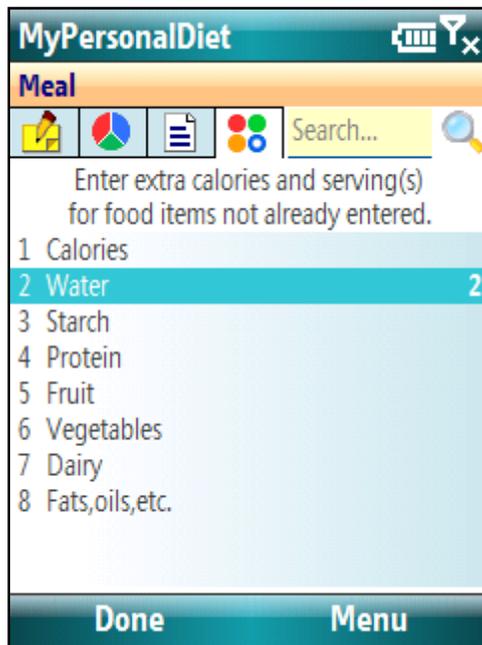


Figure 20: You can enter extra servings (in addition to the specific food items) when entering a meals. This is especially useful when eating a meal composed of a mix of various foods.

4.2 Entering Workouts

To enter a workout, choose **Menu > New > Workout**. This shows the **Workout** window (Figure 21).

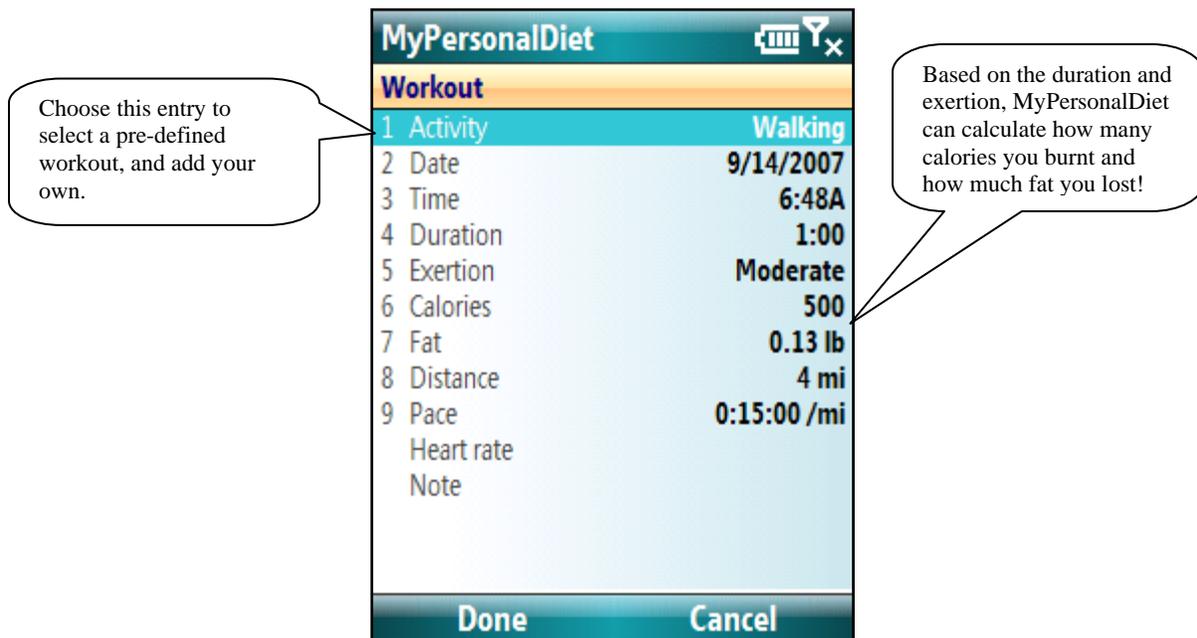


Figure 21: The Workout window lets you enter basic information about your workouts. You can use one of the predefined activities, or create your own.

You can choose one of the predefined activities, or create your own (more on this shortly). The most recently-used activities will be shown first. Then enter the duration

and the exertion level, and MyPersonalDiet will calculate the energy expenditure (in calories or kilojoules), along the fat being burnt out during the execution of the workout. You can also enter your average heart rate if you use a heart rate monitor. The duration and the average heart rate can be charted in the Charts view.

To create your own activity, select on the **Activity** entry, and choose **Menu > Add**. This shows the **New Activity** window (Figure 22). Enter the activity name, the type (cardio or strength), and choose an icon and icon color. You can also specify how much energy this workout requires when done for 30 minutes at a moderate intensity. This provides MyPersonalDiet with the ability exactly calculate how much energy is burned based on the duration and exertion you enter later on.

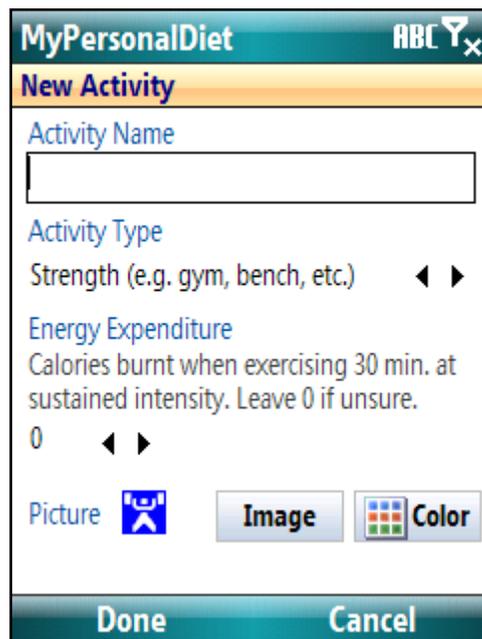


Figure 22: When you create your activities, you can enter a measure of the energy your burn, and MyPersonalDiet will be able to conduct accurate calculations based on the time and exertion.

4.3 Entering Health Records

To enter a health record, choose **Menu > New > Health**. This shows the Health window (Figure 23). You can enter multiple health records per day.

You can enter general health information, such as your weight, body fat percentage, blood pressure, mood and activity level. The weight is very important if you are on a diet for MyPersonalDiet to better monitor your progress. The weight, body fat and blood pressure can be charted in the Charts view.

In addition, you can track various blood markers by choosing the Blood Markers entry. This shows a table with 22 blood markers (or substances), which you can track. You can later chart these values in the Charts view. Note that all blood markers are listed (not only those selected as preferred via **Tools > Options > Health**).

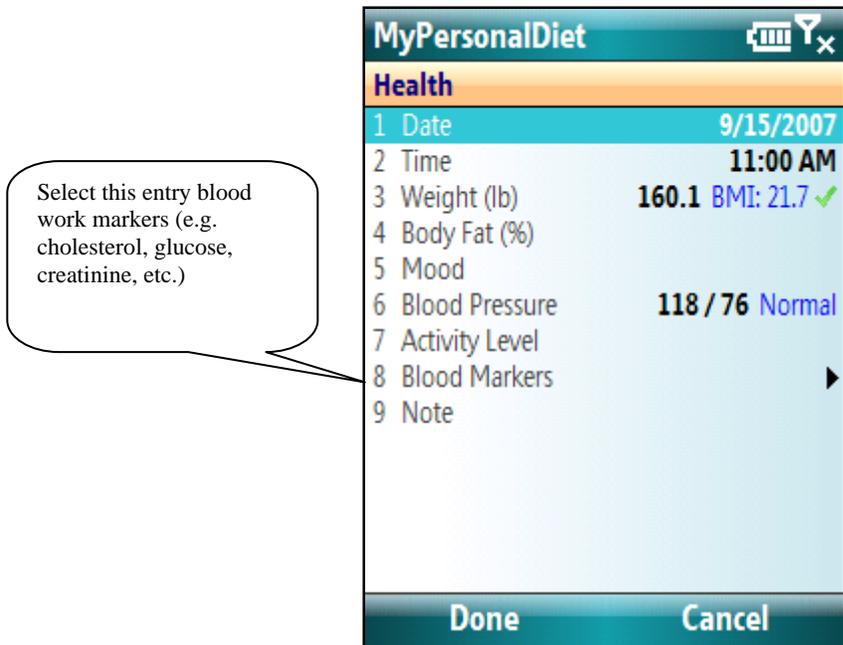


Figure 23:The Health window lets you enter key information about your health, along any blood markers (cholesterol, glucose, creatinine, etc.)

5 Monitoring Your Diet

MyPersonalDiet provides different methods for monitoring your diet from different perspectives.

5.1 Day view

The Day view gives you immediate information about your daily energetic and nutritional consumption, diet progress, meals, workouts and health information

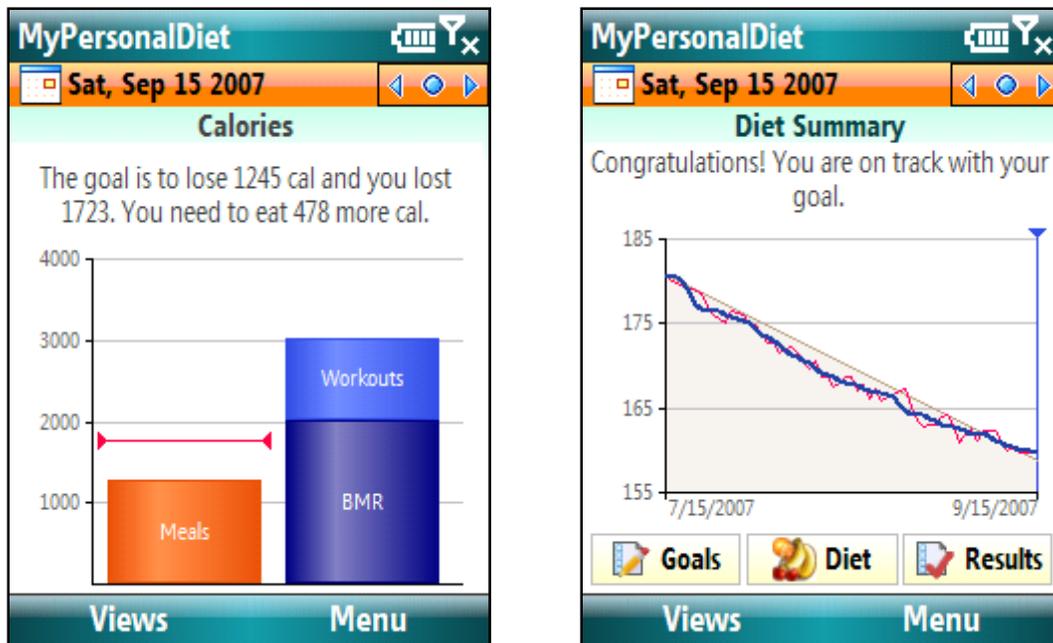


Figure 24: The Day view gives you an instant snapshot of your day (Calories, left) and diet (Diet Summary, right).



Calories (or Kilojoules)

The Calories screen (**Menu > Nutrient > Calories**) presents daily information about energy from meals vs. workouts and BMR. The value shown for the BMR is either adjusted for the time of day or the whole day, depending on the BMR adjustment option (see section 8.3 for more details).

You can also track any nutrient via **Menu > Nutrient** and selecting a nutrient from the list being shown (you can customize the nutrients being shown, as explained in section 8.4). Figure 25 shows a daily summary of carbs consumption with a 250 g maximum limit, a daily recommend value (DV) of 300 g.

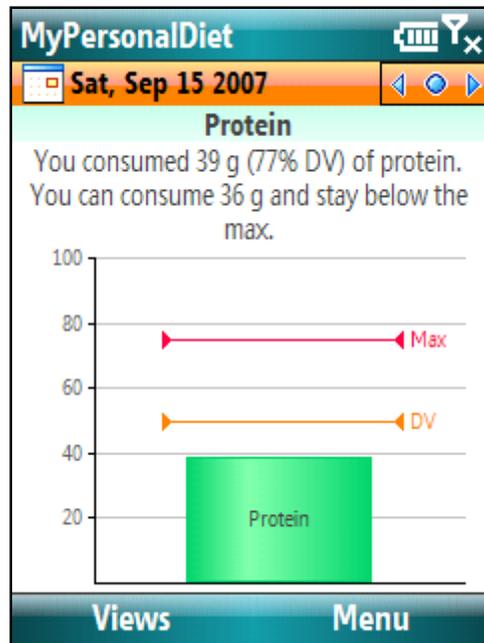


Figure 25: You can monitor your energetic summary or any nutrient, such as carbohydrates.

With this information, you can immediately find out how much energy or how much of a given nutrient you consumed for the day, and how much you are allowed to consume for the remaining of the day.



Diet Summary

The diet summary (**Menu > Journal > Diet**) immediately lets you know if you are on track with your diet goal or not. The chart covers the diet period. The vertical blue bar shows the current day and the gray bar shows the target weight (from your initial weight to your target weight). Your actual weight, as entered via health records, is shown in red, whereas the weight trend is shown in blue.

The **weight trend** is what matters the most because it discards the normal daily weight fluctuations, and shows you where your weight is heading to. For instance, in Figure 25, although the red line has various ups and downs, the trend line clearly shows that the weight is going down, even if it went up once as some point.

Following the red line is misleading because its fluctuations don't give a long-term perspective of the diet. In Figure 25, there are various ups, which are not relevant as the trend shows that the weight is clearly heading down.



Meals, Workouts and Health Journal



The day view also includes three tabs that contain daily information about your meals, workouts and health. Section 4 explains how to enter that information.



5.2 Month view

The Month view shows a snapshot of your diet for a whole month (see Figure 26). Each day is shown as follows:

- If you entered a weight for that day, it is shown in black. Otherwise, the target weight (as calculated based on your diet goal) is shown in blue. The weight is shown in gray for days outside the current month.
- If the weight is within 5% of the target weight, the day is shown with a white background (pale blue for Saturday, pale red for Sunday). This means that you are on track with the target weight.
- If the weight is within 10% of the target weight, the day is shown with a yellow background. This means that your weight is not where it should be, but that's usually not a problem, because fluctuations are normal and expected.
- If the weight is not within 10% of the target weight, then the day is shown on a red background. This signals that your weight is not in line with the goals. Occasional "red days" (as shown in Figure 26) are normal, because they show weight fluctuations. However, if the calendar is mostly filled up with yellow or red days, then your weight is no longer on track with your goals.

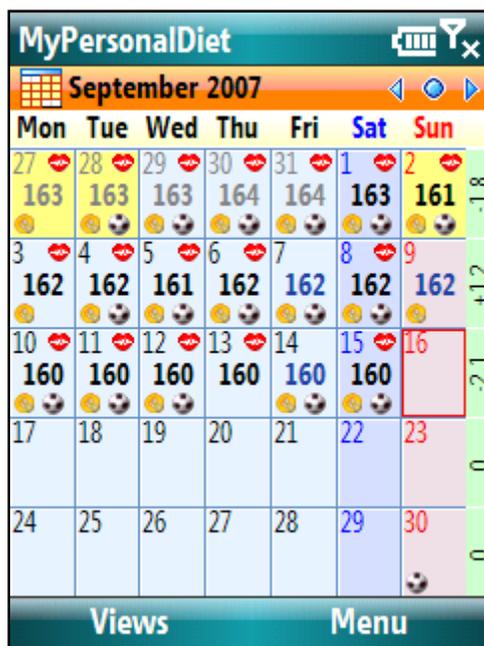


Figure 26: The Month view shows your weight and whether it is on track or not with your goals. In this snapshot, the diet is being very well followed.

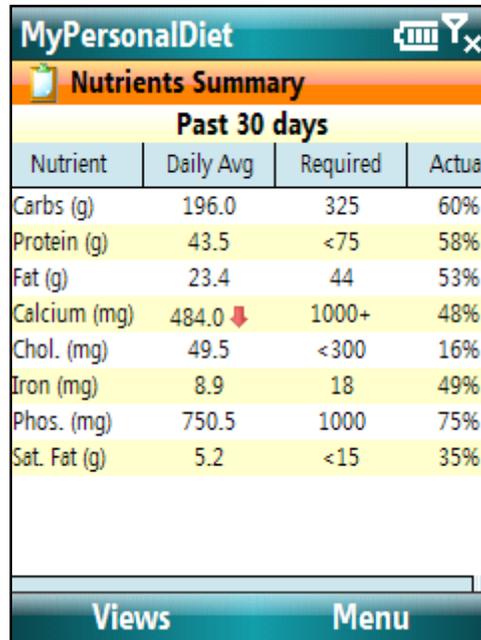
Each day is also shown with small icons 🍷 🏃 📖 representing meals, workouts and health if such information was entered on that day. Tap on a day to access the Day view for that day.

A weekly summary is also shown on the right side, which highlights the weight difference between the last day of the weeks.

5.3 Report View

The Report view presents various lists to get a quick snapshot of various aspects of your diet. You can among three types of lists (via **Menu** > **Report**).

- The **Calories** (or **Kilojoules**) list presents a summary, by day, of the calories per day, from:
 - BMR
 - Workouts
 - Allowed to stay within your goal (if you are on a diet)
 - Meals
 - Net. This value should be around 0 for best results. If it is negative, you didn't eat enough; if it is positive, you ate too much.
- The **Nutrients** list shows a summary, by day, of the nutrients you consumed (e.g. Carbs, Protein, etc)
- The **Nutrients Summary** present a summary, by nutrients, of how much of each you consumed daily, along the requirements (daily recommended values) and the percentage of consumed vs. recommended. A small down arrow indicate that you are below a minimum limit you've entered for a specific nutrient. Conversely, a small up arrow indicates that you exceed the maximum limit you've entered for a given nutrient.



The screenshot shows a mobile application interface for 'MyPersonalDiet'. The title bar is teal with the app name and a close button. Below it is an orange header for 'Nutrients Summary' with a clipboard icon. The main content is a table for 'Past 30 days' with columns for Nutrient, Daily Avg, Required, and Actual. The table lists various nutrients with their respective values and percentages. A red downward arrow is next to the Calcium (mg) row, indicating it is below the required value. At the bottom, there is a teal bar with 'Views' and 'Menu' buttons.

Nutrient	Daily Avg	Required	Actual
Carbs (g)	196.0	325	60%
Protein (g)	43.5	<75	58%
Fat (g)	23.4	44	53%
Calcium (mg)	484.0 ↓	1000+	48%
Chol. (mg)	49.5	<300	16%
Iron (mg)	8.9	18	49%
Phos. (mg)	750.5	1000	75%
Sat. Fat (g)	5.2	<15	35%

Figure 27: The Report view shows different summaries of the nutrients you consumed.

You can chose the period of the chart via **Menu** > **Period**. You can choose one of the predefined periods (e.g. “Today”, “This week”, “Last week”, etc.) or choose your own period by choosing “Other”. You will then be prompted to enter the start and end dates.

5.4 Charts view

The Charts view presents various charts to get a quick snapshot of various aspects of your diet.

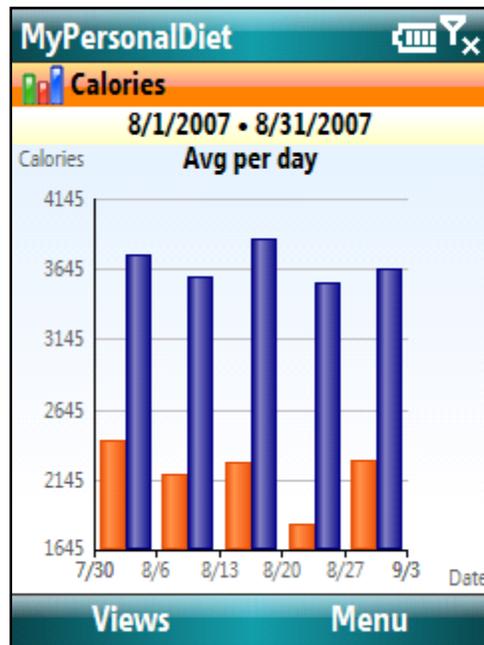


Figure 28: The Charts view lets you visualize all elements of your diet.

You can choose what to display from the list on the top left corner. The list contains the following:

- Calories
- Calories (Net)
- Calories per Hour
- Meal Schedule
- Points (if enabled, see section 8.7)
- Body Weight
- Body Fat
- Points
- Water
- Macro-nutrients, the percentage of calories from carbs, proteins and fat. This is particularly useful to compare with your diet plan (see section 3.1).
- Nutrients. You can choose which nutrients to be listed via the Nutrients options (see section 8.4 for more details). Nutrients are shown along limits if some were entered (see section 3.2 for details).
- Health markers. You can choose what health markers to be included via the Markers options (see section 8.5 for more details).
- Workout duration
- Workout distance
- Workout average heart rate

You can choose the period of the chart being shown by tapping the **Period** button . You can choose one of the predefined periods (e.g. “Today”, “This week”, “Last week”, etc.) or choose your own period by choosing “Other”. You will then be prompted to enter the start and end dates.

Some charts display a dotted horizontal line that represents the average (see section 8.3). The average is based on all the values used for calculating the charts and not on the bars/lines/dots being displayed (which only use values for a specific date range).

5.5 Getting Results

You can get immediate results of your efforts by choosing **Menu > Journal > Diet > Results** button  in the Day view. This shows the Results window (see Figure 29), which is composed of four areas:

1. **As of Today** shows where your weight is vs. your goal. You will immediately know if your weight is where it should be or not.
2. **About Eating** shows how many calories (or kilojoules) you need to lose (or gain) to reach your goal, and how much on average you lost (or gained) since the start of your diet.
3. **About Exercising** calculates how often you exercise and for how long, and lets you know if that’s enough or not.
4. **What To Do** shows recommendations to reach your goals, based on your actual weight and your eating and exercising habits, such as “consider eating less, or “consider eating more”, etc.

Note: these recommendations are only that: recommendations. Use your own judgment to determine if they are suitable for your condition or not. You may also want to seek the help of a health professional to help you reach your goals.

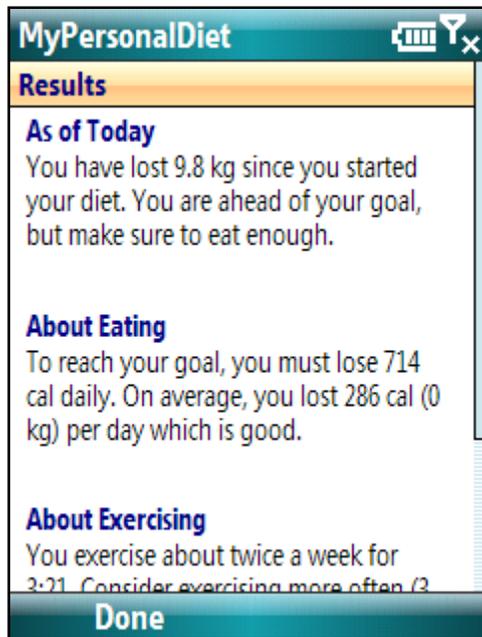


Figure 29: The Results window shows if your actual weight, eating habits and exercises habits are ok based on your goals, and makes some recommendations accordingly.

6 Exporting Meals, Health records and Workouts

You can export meals, health records and workouts into a CSV file (readable by Microsoft® Excel. This is useful if you want to show what you eat to a dietician for instance.

Choose **Menu** > **Tools** > **Export** to show the Export window (see Figure 30). Then choose a file name, a period, what to export. Finally, choose **Export** and the data will be written into the file. You can then bring the file back to your PC, and review it via Microsoft® Excel® or any text editor.

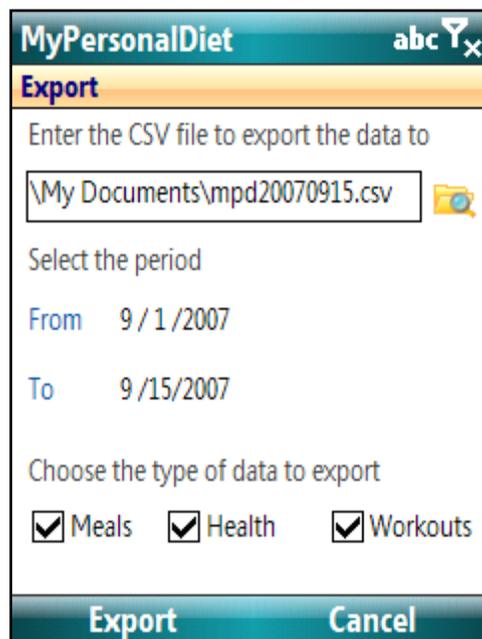


Figure 30: The Export window lets you write the data into a CSV file, which can be viewed and printed from your PC using Microsoft® Excel® or any text editor.

7 Making a Backup

You can back up the meals, workouts and health information into a file that you can keep in your Pocket PC's main memory or on a card (e.g. SD card).

To make a backup, choose **Menu > Tools > Backup**, enter a file name (one is provided by default, which includes the current date, but you can specify another) and choose OK. The resulting backup file can then be reused for a restore within MyPersonalDiet, if need be.

To make a restore, choose **Menu > Tools > Restore** and select a file created by a previous MyPersonalDiet backup. If you choose any other file, a message will be displayed but the data will remain intact. The restore operation **will erase the existing data** and replace it with the backup data.

Please note that **the profile and diet goals are not part of the backup**. If you conduct a ROM upgrade or a hard reset and then restore a previous backup, you will still have to re-enter your profile, preferences and diet goals.

8 Options

Choose **Menu > Options** to access the various options available in MyPersonalDiet. The options are divided into various pages, each detailed in the following sections.

8.1 General

- Units: **American (lb, oz)** or **Metric (kg, ml)**
- Energy: **Calories** or **Kilojoules**
- **Use 1 decimal for body weight:** select **Yes** to always display a decimal with your weight (if there's enough space to do so).
- **Use the View Chooser:** select **Yes** for the left soft key to show all the views on the screen and let you select one. If set to **No**, the left soft key shows the next view (day → month → report → charts → day → etc).
- **Week start on:** select the first day of week (among **Saturday, Sunday, Monday**), which is taken into account throughout the application, most notably on the Month view.
- **Theme Colors:** select one of the pre-defined theme or enter your own. Here are some examples:

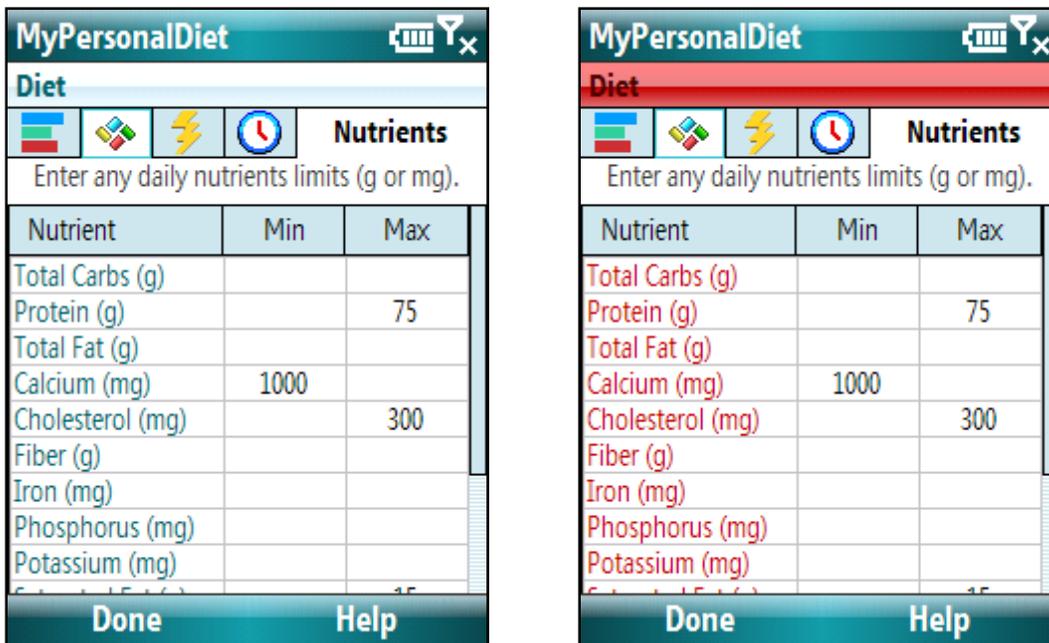


Figure 31: You can select a color theme to customize the appearance of MyPersonalDiet

8.2 Profile

- Gender: **Female** or **Male**
- Birth year using a 4-digit format (i.e. 1972)
- Height, either **inches** or **centimeters**, based on the selected measurement units entered in the General page.
- Usual daily activity level, excluding workouts:
 - Light (mostly seated)
 - Moderate (mostly standing)

- Active (mostly walking)
- Intense (manual labor).

This is used to adjust your Basal Metabolic Rate (BMR).

8.3 Display

- **Adjust BMR based on the time of day:** choose **Yes** to display how much energy you burnt (which is your BMR) *as of now*, as opposed to the full day. For instance, if your BMR is 2000 for the whole day and this option is selected, the BMR being shown at noon (half-day) would be 1000. This option lets you find out how much food you can consume *now* given the time of the day.
- **Enhance charts:** choose **Yes** to apply a brightness effect when displaying charts and graphs. Note that some do not use enhanced effects.
- **Zoom charts:** choose **Yes** to narrow the range of the graphs' vertical axis. If unchecked, the range starts at zero.
- **Show average on charts:** choose **Yes** to display a dotted line showing the average in the charts view.
- **Show percent daily values (%DV):** most nutrients can be displayed along the recommend percent daily value (%DV). These values are commonly found on U.S. food labels. Choose **Yes** to show these values throughout the application whenever applicable. Note that some nutrients do not have percent daily values (monounsaturated fat, polyunsaturated fat and sugars).
- **Show Body Mass Index:** when set to yes, a small icon is displayed next to your weight in the Health screen. That icon is based on your Body Mass Index, which is calculated based on your height and weight:

	Underweight
	Normal
	Overweight
	Obese

- **Show blood pressure warning:** when set to yes, a warning/information message is shown when you enter your blood pressure, as follows (the systolic value is the higher number and the diastolic value is the lower number):

Severe	Systolic \geq 160 or Diastolic \geq 100
High	Systolic \geq 140 or Diastolic \geq 90
Elevated	Systolic \geq 120 or Diastolic \geq 80
Normal	$90 \leq$ Systolic $<$ 120 AND $60 \leq$ Diastolic $<$ 80
Low	Systolic $<$ 90 or Diastolic $<$ 60

8.4 Nutrients

Select the nutrients of interest to you. Only those selected will be displayed in the Food Browser window as well as the nutrient lists in the Daily and Charts views, considerably reducing the size of those lists.

8.5 Markers

Select the blood markers of interest to you. Only those selected will be displayed in the Charts view's health entry list, considerably reducing the size of that list.

8.6 Password

Check off **Ask password when opening the application** and enter a password twice, along an optional hint. Whenever you open MyPersonalDiet, you will be prompted to enter the password.

8.7 Other

- Select **Points** to track points and enter your daily points target (if any), which you can track in the Day view.
- **BMR adjustment factor (%)**. Enter a value to adjust the calculation of the BMR. For instance, enter 10 to add 10% to the calculated BMR value (0 is the default).
- **Workout adjustment factor (%)**. Enter a value to adjust the calculation of the workout energy calculation. For instance, enter 10 to add 10% to the calculated energy expenditure (0 is the default).
- Select **Show All Messages** to make sure all information messages (which you might have turned off) are shown (e.g. "Food Item Added").

9 What To Do Next?

How to use MyPersonalDiet depends on your motivation behind tracking your food intake. Here are a few suggestions:

- **Browse the Food database.** You will be amazed to find out what nutrients are in the food you consume.
- **Save common food items** into meals, which you can select later on to speed up entry.
- **If your weight is not an issue but you want to make sure you follow a balanced diet,** choose a diet plan and enter any nutrient limit if any, and keep entering food. You will be able to identify food that may not be in line with your diet plan, and track any nutrient that matters to you.
- **If the current food database does not suit your diet at all** (if you live outside the U.S., or if you can't find the food items you consume), then you can create your own food items. That will be a little tedious at first, but after a few days, entering meals will be very fast. As mentioned above, grouping food items into meals makes it easier.
- **Keep the Add to Favorites option selected** when adding food items. After a few days, most of your food will easily be accessible from the Favorites list.

There are some customization features that can make MyPersonalDiet very well adapted to your exact needs:

- If you have a way to calculate your Basal Metabolic Rate (BMR), and MyPersonalDiet-calculated BMR is too high or too low, you can instruct MyPersonalDiet to adjust its calculation. Choose **Menu > Options > Other** and enter a percentage value for **BMR adjustment factor (%)**. This value will be used whenever MyPersonalDiet calculates your BMR.

For instance, if you enter -10 %, MyPersonalDiet will reduce by 10 % the calculated BMR value. Changing this value takes effect immediately and is reflected throughout the application.

- If the workout energy expenditure as calculated by MyPersonalDiet does not match what you think it should be (especially if you use some instruments of your own), you can instruct MyPersonalDiet to adjust the calculation of those values. Choose **Menu > Options > Other** and enter a percentage value for **Workout adjustment factor (%)**. This value will be used by MyPersonalDiet when the workout energy expenditure is calculated.

For instance, if you enter 15%, MyPersonalDiet will increase the calculated

energy value by 15% when you enter a workout. Changing this value is reflected when adding new or editing existing workouts.

Whatever your goals are, MyPersonalDiet is designed to work for you, not the other way around. Remember that the first days of use will demand a little more because you need to find your food from the large food database. But as the favorite food and meal lists grow, entering a meal will be done in seconds after a few days.

Thank you for using MyPersonalDiet!

The MyPersonalDiet team