MyPersonalDiet®

Palm OS User's Guide

MyPersonalDiet

VidaOne, Inc.

VidaOne
HEALTH & FITNESS SOFTWARE

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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 matter 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.
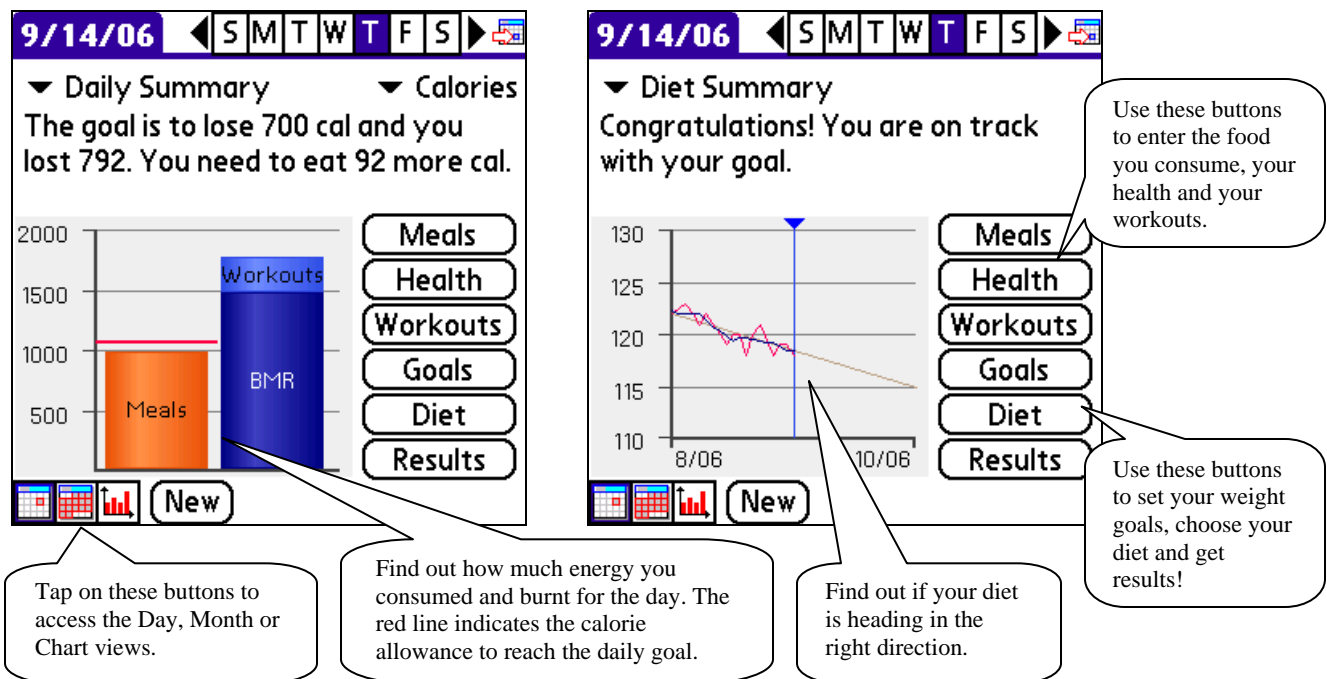
Figure 1: MyPersonalDiet Day view presents key information about your diet. The left image shows calories consumption and expenditure for the day; the right image shows the overall progress of your diet, displaying the projected weight (in gray), the actual weight (in red) and the trend (in blue).

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

- The **Day view** (above, more in section 5.1) presents key information for the day and your diet overall, and allows you to enter meals, health data, workouts, set your goals and diet, and see the results of your efforts.
- The **Month view** (in section 5.2) shows a calendar that displays your weight for each day and whether your weight is on target or not for each day.

- The **Chart view** (in section 5.3) allows you to see various charts, such as your weight or specific nutrient consumption, over any period of time.

You can access the views by using the three (3) buttons near the lower left corner of each view, as shown in Figure 1.

1.2 Requirements

MyPersonalDiet requires the following:

- Palm OS 3.5 or newer
- About 2.0 MB of available memory.

MyPersonalDiet runs at ease in either normal screen (160x160) resolution or high-screen (320x320) screen resolutions. Other resolutions are also fully supported: 320x480 and 480x320 (landscape).

1.3 Installation

To install MyPersonalDiet, download the application either on your PC or on your Palm handheld, from http://www.VidaOne.com/download/MpdSetup_Palm.prc.

If you downloaded it on your PC, double-click on it to add it to the Palm Quick Install window, and perform a HotSync operation. The application will be installed on your Palm handheld (see Figure 2). Once on your Palm handheld, you will find the **My Diet** application under the 'Unfiled' category.

If you downloaded it on your Palm handheld, you will find the **My Diet** application under the 'Unfiled' category. Tap on it to install it (see Figure 2).
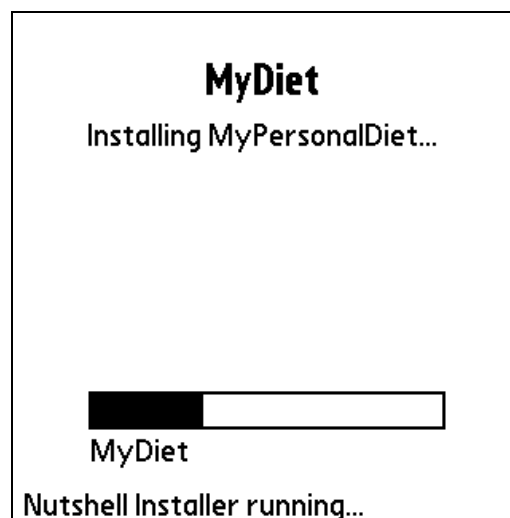
Figure 2: Opening MyPersonalDiet for the first time installs it.

1.4 Registration

Until registered, MyPersonalDiet runs in trial mode for up to 10 days. All functions are enabled in trial mode, but the software periodically displays the following screen:

Figure 3: MyPersonalDiet in trial mode.

Tap **Register Later** to close the window and use MyPersonalDiet. After the 10-day trial mode, the software will remind you that the trial is expired. You can still use the software, but some functions will no longer be available (you will not be able to enter data). However, all the data you've entered REMAINS available, and upon entering a registration key, you will be able to access your data and all the features of the software.

1.5 VidaOne Diet & Fitness for Windows XP/Vista

MyPersonalDiet can synchronize via HotSync to VidaOne Diet & Fitness (http://www.vidaone.com/vodf_win.htm), which runs on Windows XP and Vista. It provides the same features found in the Palm OS version, but it also allows you to set up a food database filter that is synchronized with MyPersonalDiet for Palm OS (to hide the food you never consume), see more charts, add new data fields, track your workouts, etc. It is the perfect complement to MyPersonalDiet for tracking your meals and diet.

What's more, it provides a **HotSync® conduit** so that all meals and food are seamlessly synchronized automatically.
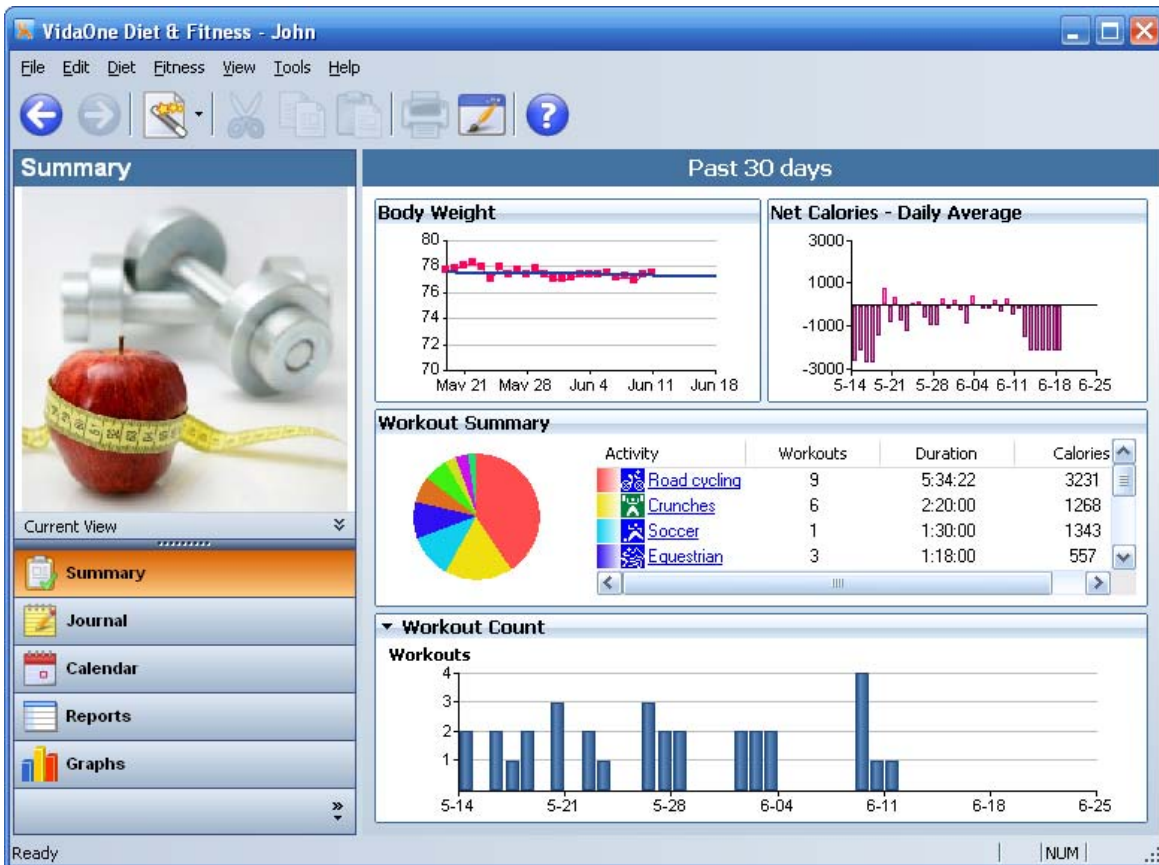
1.6 MySportTraining®

MySportTraining (www.vidaone.com/mst_palm.htm) is a Palm application designed to help you track and monitor all aspects of your workouts in details. If you are a sport-oriented person, you should also take a look at MySportTraining, as a great companion to MyPersonalDiet.

Although MyPersonalDiet and MySportTraining are standalone applications, they share workout and health data. For instance: if you enter a workout in MySportTraining, it will show up in MyPersonalDiet. This data share is automatic and there is no special setting to enter. **Please make sure to use MySportTraining 3.2.7 or newer.**

However, because the data is shared, you must be very careful if you choose to remove either application:

- If **MySportTraining** was installed and used before MyPersonalDiet:

    o Removing MySportTraining will remove workouts and health data, and only the meal information will remain. **If you wish to keep your workouts, do not uninstall MySportTraining.**

    o Removing MyPersonalDiet will leave the workout and health data intact, and only the meal data will be removed. You will be able to access your workouts and health information from MySportTraining.

- If **MyPersonalDiet** was installed and used before MySportTraining:

    o Removing MyPersonalDiet will remove all data (workouts, health records and meals). **If you wish to keep your workouts, do not uninstall MyPersonalDiet.**

    o Removing MySportTraining will not remove any data. You will be able to access workouts, health records and meals in MyPersonalDiet.

1.7 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/faqs.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
    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 by choosing the **Day view** button ▣ and the **Goals** button.

2.1 Welcome Screen

The first time you run MyPersonalDiet, the Welcome screen is shown (see Figure 4). Select the units you prefer (American or Metric) and tap Continue to enter your profile.

Figure 4: The Welcome screen lets you select your preferred measurement units.

2.2 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, <u>excluding workouts</u>.

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

2.3 Weight Goal

When entering your weight goal, you have a choice of following a diet, or simply track your meals without any specific weight-goal in mind.

If you choose to follow a diet, MyPersonalDiet calculates your Body Mass Index (BMI) based on your profile and displays a chart showing your weight vs. various weight ranges (see Figure 5). You can then quickly find out and enter your target weight and as a result, set a realistic weight goal.
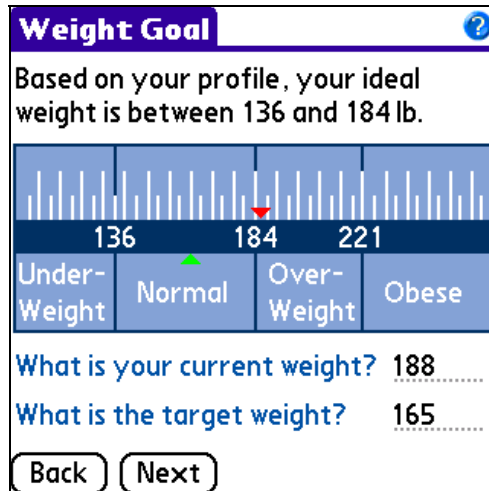
Figure 5: Based on your profile, MyPersonalDiet helps you identify your target weight.

2.4 Duration

Once your profile and target weight are known, you have to choose how long your diet will take. MyPersonalDiet displays a period chart, which helps you determine a reasonable duration for a healthy diet (see Figure 6). 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.
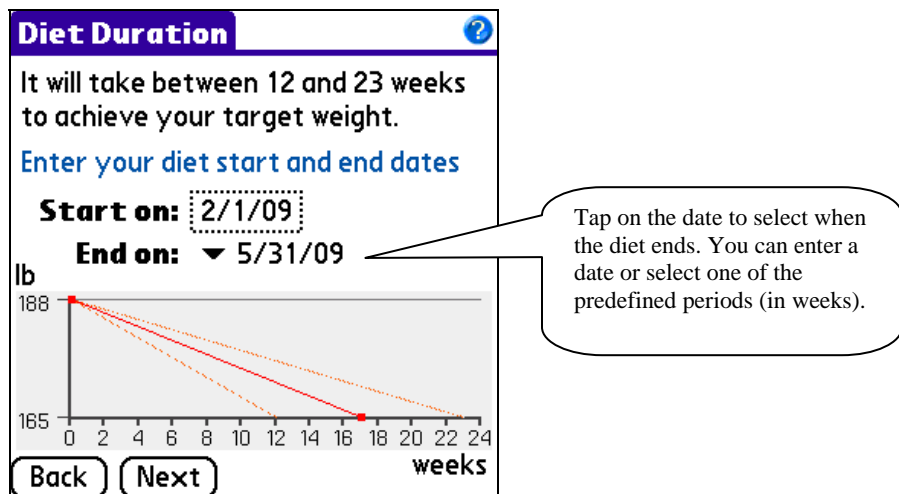

Tap on the date to select when the diet ends. You can enter a date or select one of the predefined periods (in weeks).

Figure 6: MyPersonalDiet presents you a period by which you can reach your target weight in a healthy manner.

2.5 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, identify nutrients to track and enter the energy your need daily. From the Day view, choose the **Diet** button.

3.1 Diet Plan

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

- USDA Food Pyramid
- High Carb
- Low Carb (such as Atkins)
- High Protein
- Low Protein
- Low Fat

Each of these diets is different from one another based on how the energy (calories or kJ) is derived from carbohydrates, proteins and fat. For instance, a high carb diet provides most of the energy from carbohydrates, whereas a low carb diet will instead rely on proteins and fat as the primary sources for energy.

You can also choose **Custom Plan** and select the exact proportion of energy from these nutrients.
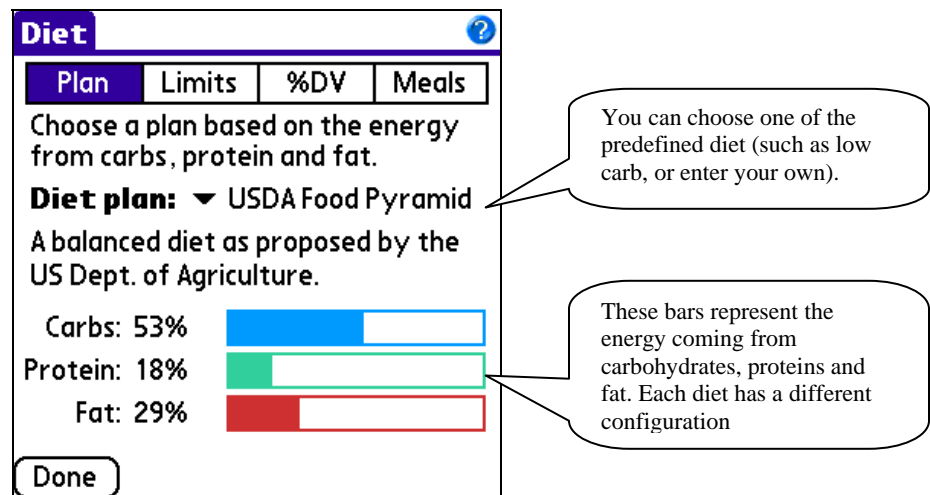

You can choose one of the predefined diet (such as low carb, or enter your own).

These bars represent the energy coming from carbohydrates, proteins and fat. Each diet has a different configuration

Figure 7: The Diet Plan window allows you to choose or customize a diet plan.

As you select them, the energetic percentage of the major nutrients (carbohydrates, proteins and fat) are displayed (see Figure 7).

If you select one of the predefined plans (except USDA Food Pyramid), MyPersonalDiet warns you if you select a food that is not a good fit for that diet. This allows you to pick the right food for your diet. In Figure 8, MyPersonalDiet warns you if you select a food (in this case, bananas) rich in carbohydrates while on a low carb diet.
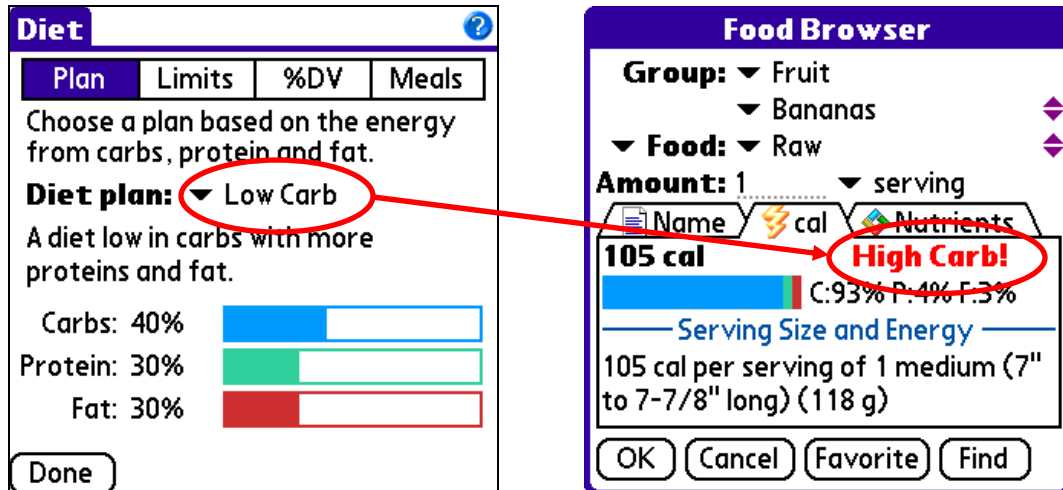

Figure 8: If you choose a Low Carb diet and select a food that is high in carbs, the Food Browser will let you know, helping you choosing the right food for your diet.

3.2 Nutrients

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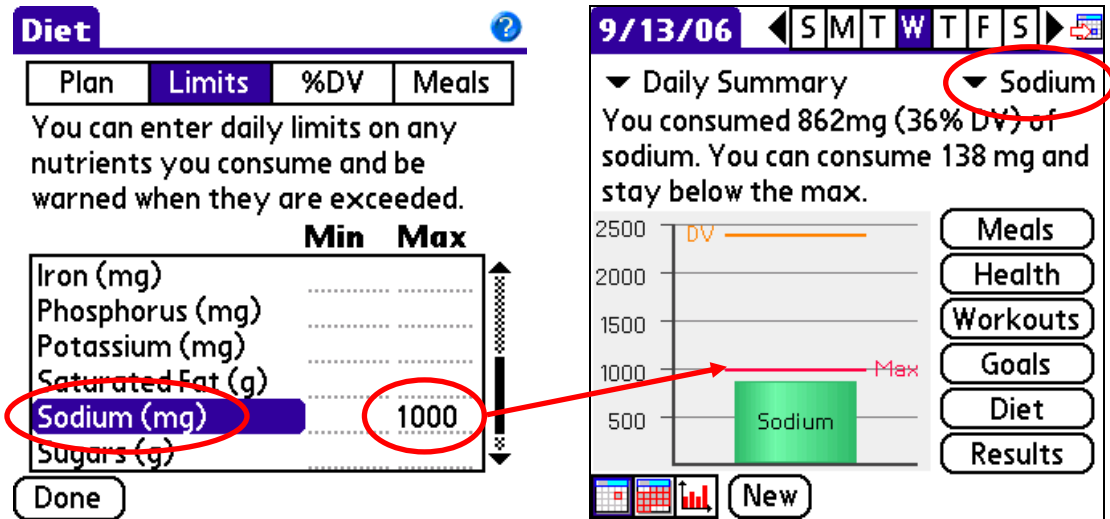

Figure 9: The Diet Nutrients window (left) allows you to set lower and/or upper daily limits on nutrients you consume. In this figure, there is a 1000-gram maximum limit for sodium. This limit is shown in the Day view (right) when sodium is selected.

The Nutrients page shows you a list of nutrients for which you can optionally assign minimum and/or maximum daily limits (see Figure 9). For instance, if you need to follow a low sodium diet that does not exceed 1000 mg of sodium per day, enter 1000 under Maximum next to Sodium. Or for example, if you need to consume at least 1000 mg of calcium daily, then enter 1000 under Min, next to Calcium.

When you later chart these nutrients in the Day view, you can 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 (as shown above) 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 Percent Daily Value (%DV)

You can select the energy you want to consume daily (e.g. 2000 calories). This is used when calculating the nutritional daily recommended daily values (%DV), which are shown on various screens, such as the Day view when displaying nutrients (Figure 10).

To make sure the %DV are displayed (they are by default), select
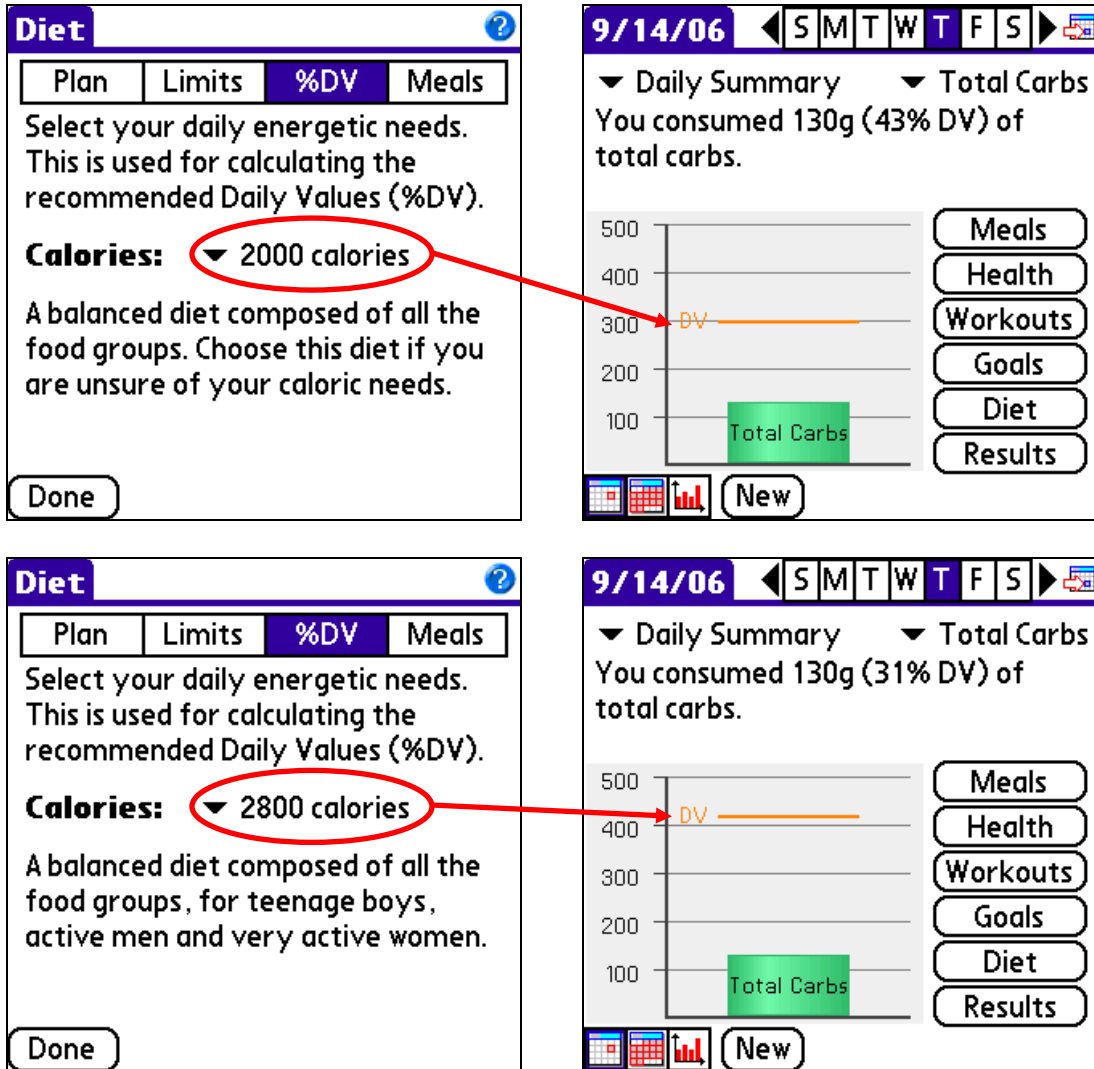**Menu > Display Settings > Show percent daily value (%DV)**.

Figure 10: On a 2000-calorie diet, the recommend daily value of carbohydrates is 300g (top).
If you choose a 2800-calorie diet, it is 420g (bottom).

3.4 Meal 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 **Error! Reference source not found.**) 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).

Figure 11: You can enter your meal schedule and later track it.

4 Entering Meals, Health records and Workouts

4.1 Daily Journals

From Day view, choose the **Meals**, **Health** or **Workouts** buttons to display the Meals, Health and Workouts daily journals respectively (Figure 12 shows the Meals daily journal). This provides a quick snapshot without having to look at the individual records.
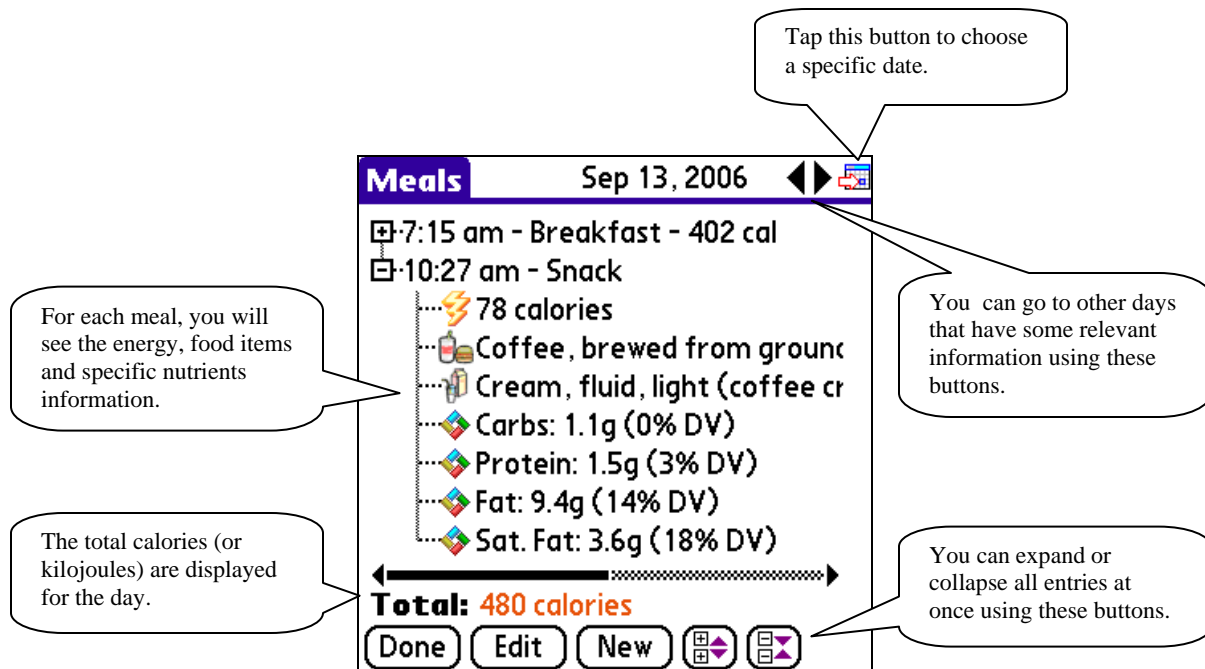

Figure 12: The Meals, Health and Workouts windows show you the relevant information for a day.

Use the buttons toward the top right corner to go to other days. The arrows will jump to the previous/next day with relevant information for that day. You can expand or collapse all entries at once using the **Expand** and **Collapse** buttons.

You can also cut, copy and paste meals. To cut or copy a meal, select the meal in the list, and choose **Menu > Cut** or **Menu > Copy**. Go to the day you want to paste the meal using the **Go To** button and choose **Menu > Paste**.

4.2 Entering Meals

To enter a meal from any view, choose **New > Meal**. From the Meals daily journal, tap **New**, or select a meal and tap **Edit**. This shows the Meal window (Figure 13).
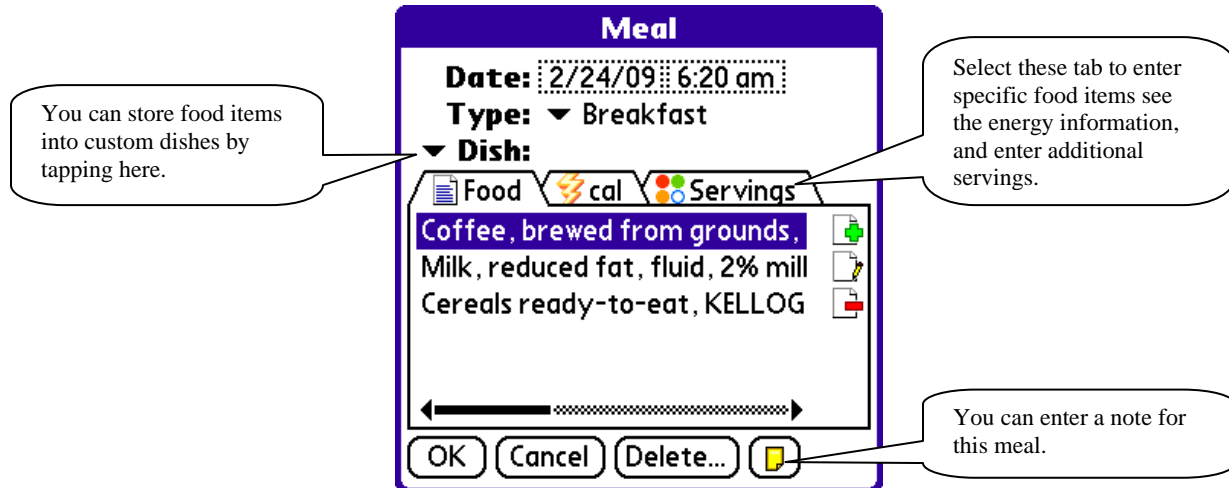

You can store food items into custom dishes by tapping here.

Select these tab to enter specific food items see the energy information, and enter additional servings.

You can enter a note for this meal.

Figure 13: The Meal window allows you to enter food items and additional servings for a meal.

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

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

Entering Food Items

You can add, edit or delete food items from the meal using the Add , Edit and Delete buttons respectively (more on this later).

When you choose Add or Edit , the Food Browser is shown (see Figure 14). This is the window by which you select (or create) the food you consume.

To enter a food item, first select a food group, a category and then choose a food item. Upon choosing an item, the name, energy and nutrients values are updated. 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!

If you are using VidaOne Diet & Fitness for Windows XP/Vista, the food filter you've created is also applied in MyPersonalDiet, thereby making browsing much easier by eliminating the food you never consume.

Then choose the amount (or quantity) you consumed. If the quantity you are consuming is not listed, it is preferable to choose "1 serving" (i.e. one default serving), which corresponds to one usual serving of the related food item. The calories (or kilojoules) field, along the nutrients data, 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).

Tap here to add, edit or delete your own food items.

Use these buttons to expand the lists.

This shows the energy from carbs (blue), proteins (green) and fat (red).

You are notified if the food is not a good fit for your diet (e.g. a high carb food for a "low carb" diet).

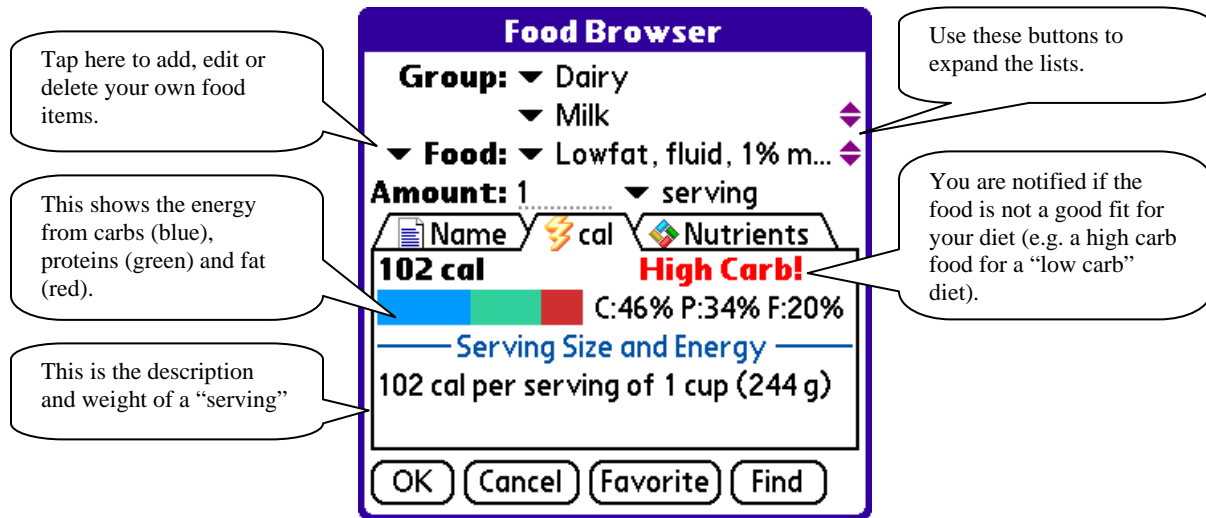This is the description and weight of a "serving"

Figure 14: The Food Browser window allows you to browse the entire food database and enter the amount you consumed of the selected food item. If you are using VidaOne Diet & Fitness for Windows XP/Vista, the food filter you've created is also applied in MyPersonalDiet, thereby making browsing much easier by eliminating the food you never consume.

To see the full name of the food item, tap on the **Name** tab. Some names are long and this will show the full name.

Tap on **cal** or **kJ** tab to see the food item's energy information. You can see the calories (or kJ) based on the amount you chose, along a colored bar that indicates the source of the calories: blue is calories from carbohydrates, green is from proteins, and red is from fat. This is useful to determine if the food item is rich in some specific macro-nutrients. For instance, in Figure 14, nearly half the calories are coming from carbohydrates. If you follow a low-carb diet, you may want to consume food items displayed with a small blue bar (i.e. low-carb food). In this example, assuming a low-carb diet is selected (see section 3.1), "High carb!" is shown to let you know that this food is possibly not suited for your diet.

To see the selected item's nutrients, tap on the **Nutrients** tab. By default, carbs, protein, fat and saturated fat are shown. You can choose which nutrients are shown via **Menu > Options > Nutrients Settings**.

Favorite Food Items

Once you selected a food in the Food Browser, tap OK to add it in the meal. That food item will automatically be added in a "favorite food item list" (automatically maintained by MyPersonalDiet).

You can access this list in the Food Browser via the **Favorite** button, which shows the food items you recently added into meals; tap on one to select it.

MyPersonalDiet limits the list to the 50 most recent food items you chose, to prevent it from becoming too large. To remove a specific entry, select it and tap **Remove**.

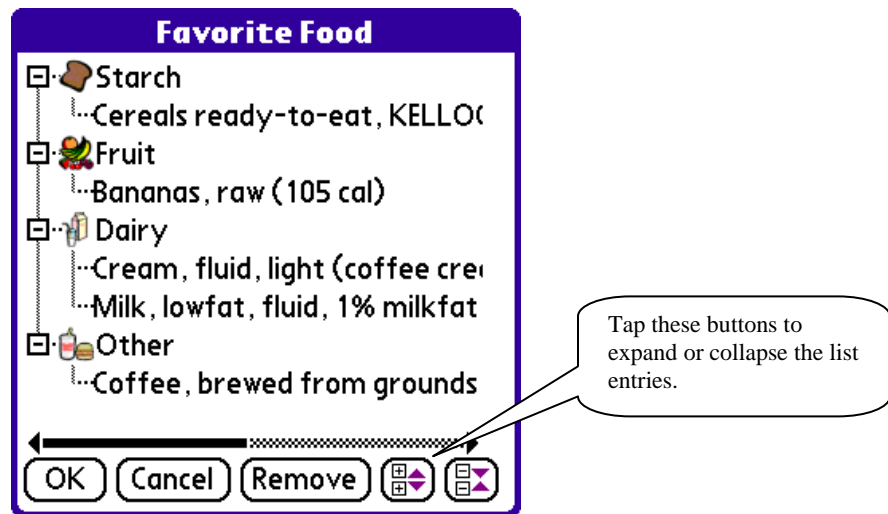Using the Favorite button is a quick way of selecting food items.

Tap these buttons to expand or collapse the list entries.

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

Searching Food Items

In the Food Browser, you can search the food database by tapping the **Find** button. This shows the Find Food Item window (see Figure 16). Enter a word (or part of a word) and tap Find to show the matching food items from the food database and from your own food. Tap on one to select it.
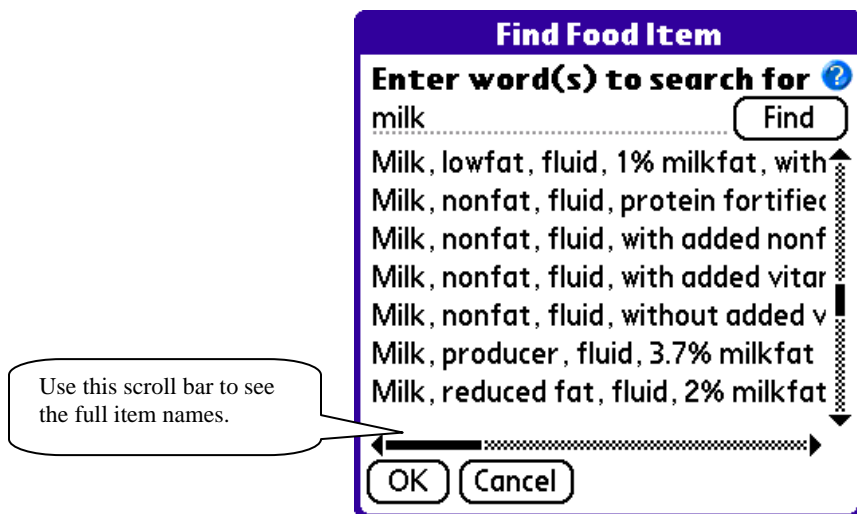

Use this scroll bar to see the full item names.

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

Searching using one word can return too many items (as shown above). To perform a more effective search, enter several words, and only items containing *all words* will be shown. What's more, prefix a word with an hyphen (–) to exclude food items that contain that word. In Figure 17, the search returned entries that contains *milk*, *1%* and *lowfat*, but not *cheese* (bringing the number of entries down to a more manageable six entries).

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

Enter Additional Servings

When entering a meal (see Figure 13), select the **Servings** ⚬ tab 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. 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 fat
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).

You can track the water you consume.

You can add extra calories to the meal if needed. This is the quickest way to enter calories for meal.
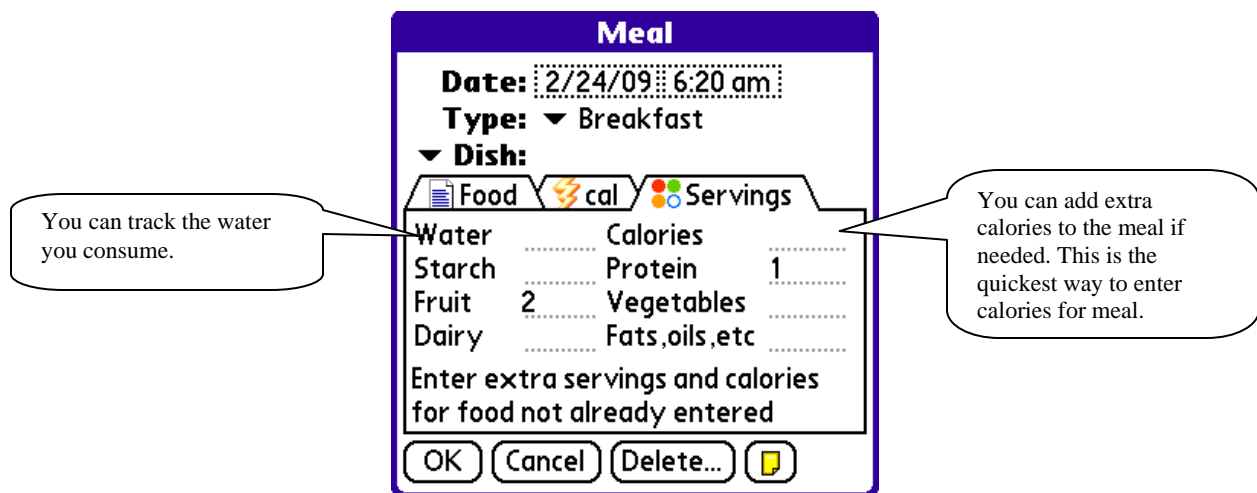
Figure 18: You can enter extra servings (in addition to the specific food items) when entering a meal. This is especially useful when eating a meal composed of a mix of various foods.

Combining Food Items into Dishes

You can save one or more food items as a meal, and use that meal later on to expedite data entry. Figure 13 shows the Meal window with three food items. Tap on ▾**Dish**, select **New Dish**; the Custom Dish window is shown (see Figure 19) 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 meal list, tap on ▾**Dish** and select **Add Dish**. A single serving of that dish will be added, unless the option "Always use 1 serving when adding this dish" was selected when adding/editing that meal; in that case, you will be prompted for the exact amount to use.

You can update the content of a dish with the food items currently listed. Simply tap on ▾**Dish** and select **Update Dish.** If you want to delete the meal, choosing **Delete Dish** instead. Deleting a meal does not remove the food items currently listed, it only removes the dish from the dish list you've created. To rename the dish, the serving size, or change the option to always use 1 serving, choose **Edit Dish**.

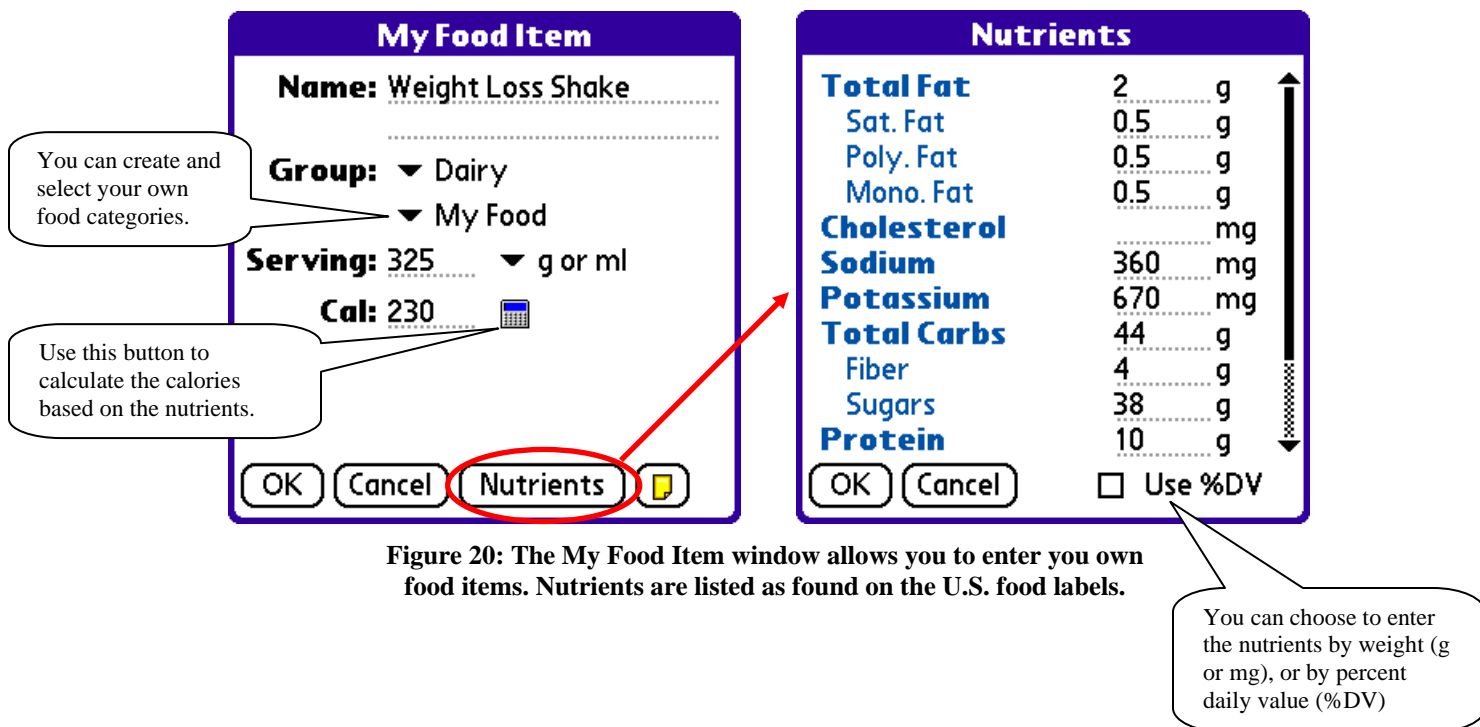**Figure 19: The My Food Item window allows you to enter you own
food items. Nutrients are listed as found on the U.S. food labels.**

Enter Your Own Food Items

To add your own food items, tap ▾**Food** and choose **Add** from the popup menu that shows up. This will show the My Food Item window (Figure 20). Enter the name, the food group this food item belongs, the category (the default is My Food, but you can create your own), the default serving (e.g. 100 g, 1 cup, etc.), the calories (or kJ) for that serving, the nutrients and a note if desired.

Choose the Calculator ▦ button to calculate the energy based on the nutrients you've entered. The calculation is based on 4 calories per gram of Total Carbs and Protein, and 9 calories per gram of Total Fat.

You can create and select your own food categories.

Use this button to calculate the calories based on the nutrients.

You can choose to enter the nutrients by weight (g or mg), or by percent daily value (%DV)

Figure 20: The My Food Item window allows you to enter you own food items. Nutrients are listed as found on the U.S. food labels.

4.3 Entering Health Records

To enter a health record from any view, choose **New > Health**. From the Health daily journal, tap **New**, or select a health entry and tap **Edit**. This shows the Health window (Figure 21). 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. In addition, you can track various 22 blood markers (such as cholesterol LDL, glucose, etc).

The weight, body fat, blood pressure and blood markers can all be charted in the Chart view.
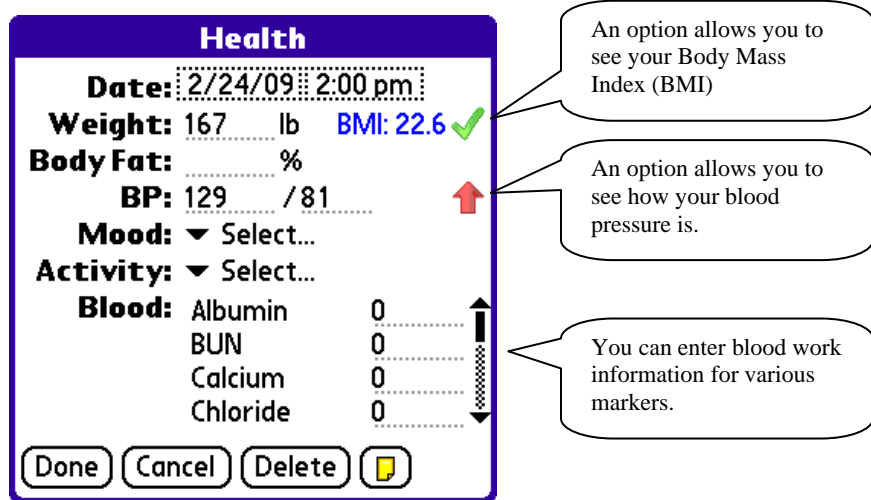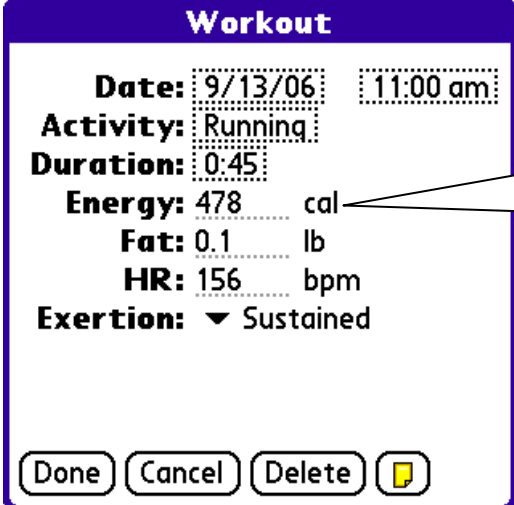
Figure 21: The Health window lets you enter key information about your health, along any blood markers (cholesterol, sugar, etc.)

4.4 Entering Workouts

To enter a workout from any view, choose **New > Workout**. From the Workouts daily
journal, tap **New**, or select a workout entry and tap **Edit**. This shows the Workout
window (Figure 22).

Based on the duration and exertion, MyPersonalDiet can calculate how many calories you burnt and how much fat you lost!

**Figure 22: 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 (see below). Then
enter the duration and the exertion level, and MyPersonalDiet will calculate the energy
expenditure (in calories or kilojoules), along the fat burnt. 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 Graph view.

To create your own activity, tap on the activity field to display the Choose Activity
window, and choose **My Activities > New**. This shows the **New Activity** window
(Figure 23). Enter the activity name, the type (cardio or strength), and choose an icon and
icon color.

**Figure 23: 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.**

4.5 Exporting Workouts

You can export meals, health and workouts information on a storage card. That data is exported into a CSV file, which can be read from Microsoft® Excel®. From there, you can print the data, edit it, etc.

To export the data, choose **Menu > Export** from any view (Day, Month, Charts). The screen on Figure 24 is show. Then:

- Select the device (storage card) to export to.
- Enter a file name (one will be presented). Only enter the name, without any path nor extension.
- Choose the dates to export
- Select the type of data to export
- Tap Export. A file with the specified name and the CSV extension will be created in the \PALM directory of the device (for instance: \PALM\MPD20061016.csv). You can directly open this file from Microsoft® Excel®.

Figure 24: You can export meals, health and workouts information onto a storage card.

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 consumption and diet progress. Tap the **Day view** button in the menu bar to access this view. Choose either **Daily Summary** or **Diet Summary** toward the top left corner.
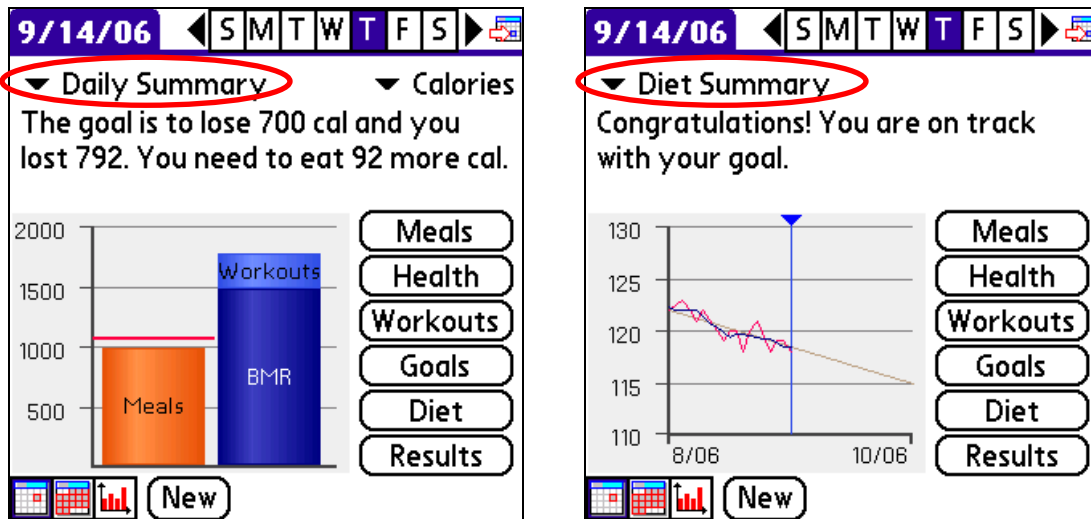

Figure 25: The Day view gives you an instant snapshot of your day and diet overall.

Daily Summary

The daily summary (Figure 25, left) 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 option (see section 6.3 for more details).

You can also track any nutrient by tapping on Calories (or Kilojoules) and selecting a nutrient from the list being shown (you can customize the nutrients being shown, as explained in section 6.4). Figure 26 shows a daily summary of carbs consumption with a 250 g maximum limit (see section 3.2 for setting limits), and a recommend daily value (DV) of 300 g.

If you entered a daily point limit (see section 6.4), you can also choose Points from the list to see how many you have consumed.
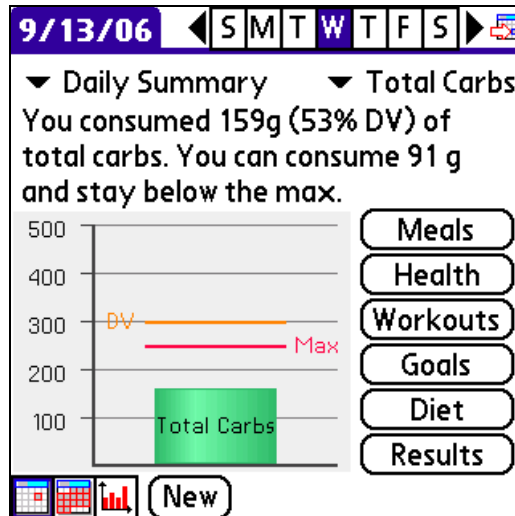
Figure 26: You can monitor your energetic summary or any nutrient, such as carbohydrates.

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 (Figure 25, right) immediately lets you know if you are on track with your diet goal or not.

The chart covers the diet period, as entered in your goals (see section 2.3). 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 you weight is heading to. For instance, in Figure 26, 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 26, there are various ups, which are not relevant as the trend shows that the weight is clearly heading down.

5.2 Month view

The Month view shows a snapshot of your diet for a whole month (see Figure 27). Tap the Month view icon ▦ in the menu bar to access this view. Each day is shown as follows:

- If you entered a weight for that day, it is shown in black. Otherwise, the projected weight (based on the weights entered in the previous days) is shown in blue. The weight is shown in gray for days outside the current month.

- If the weight in within 5% of the target weight, a *Congratulations* smiley 😊 is shown. This means that you are on track with the target weight.

- If the weight in within 10% of the target weight, a *Happy* smiley 😊 is shown on 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 a *Watch out!* smiley 😲 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 27) 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.
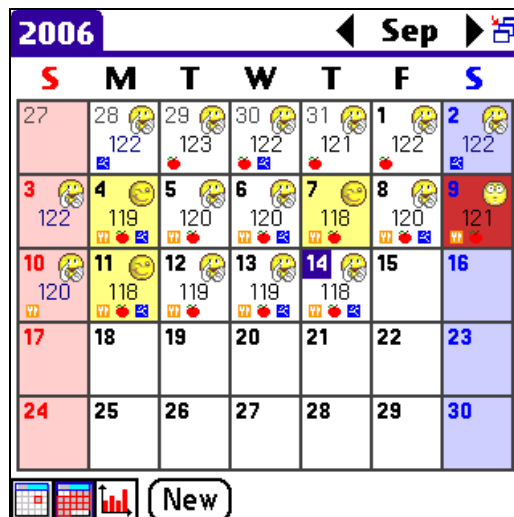

Figure 27: The Month view shows your weight and whether it is on track or not with your goals. In this example, the diet is being very well followed up.

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

5.3 Chart view

The Chart view presents various charts to get a quick snapshot of various aspects of your diet. Tap the **Chart view** icon 📊 in the menu bar to access this view.
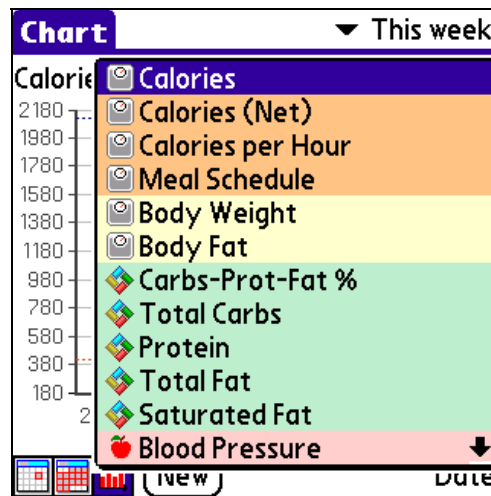

Figure 28: The Graph view lets you visualize all elements of your diet.

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 6.4)
- 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 6.4 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 settings (see section 6.6 for more details).
- Workout duration
- Workout distance
- Workout average heart rate

You can select the period of the chart being shown in the top right corner. You can choose one of the 13 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 Getting Results

You can get immediate results of your efforts by choosing the **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 you 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 your reach your goals.
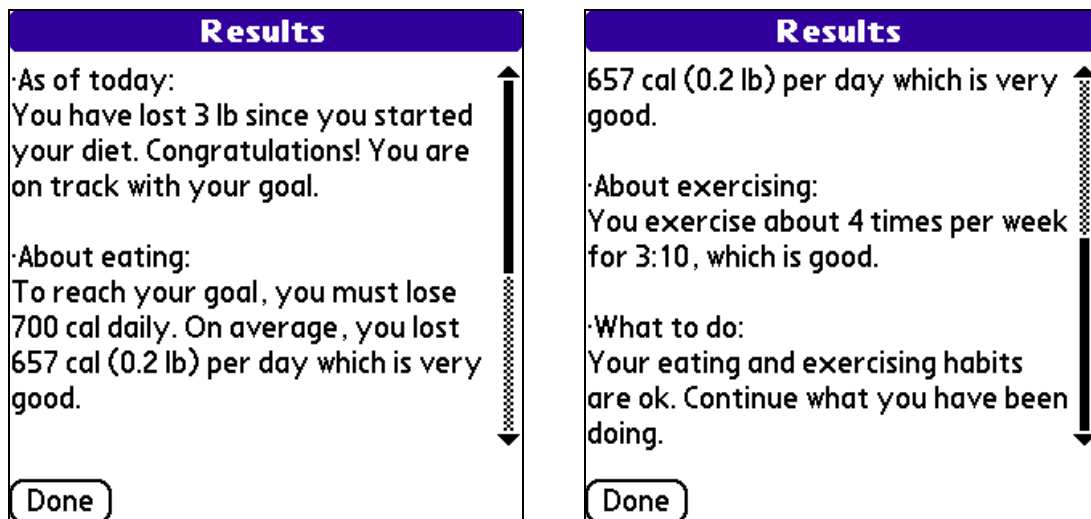

Figure 29: The Results window shows if your actual weight, eating habits and exercises habits are ok based on your goals, and makes some recommendations accordingly.

6 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.

6.1 Profile

The profile consists of personal data to enable MyPersonalDiet to calculate the number of calories or (kilojoules) you burn when exercising and to establish your initial training zones.

- Your gender.

- Your birth year.

- Your height, either as cm or in, based on your PDA's default measurement unit setting.

- You activity level, among the following values. This should corresponds to your normal daily activity level, <u>excluding workouts</u>.
    o Light (seated)
    o Moderate (standing)
    o Active (walking)
    o Intense (hard labor)

6.2 Preferences

Personal preferences can be set as follows:

- Check off **Backup data via HotSync®** to have the MyPersonalDiet databases automatically backed up on your PC during a HotSync operation.

- Choose the **measurement units** to choose between "lb, mi, in" (American) and "kg, km, cm" (Metric).

- Choose the **energy unit** to choose between Calories and Kilojoules

6.3 Display Settings

- Select **Adjust BMR based on the time of day** to display how much energy you burnt (which is your BMR) *at this moment*, 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.

- Check off **Show enhanced charts** to apply a brightness effect when displaying charts and graphs. Note that some do not use enhanced effects.

- Check off **Zoom into charts** to narrow the range of the graphs' vertical axis. If unchecked, the range starts at zero.

- Most nutrients can be displayed along the recommend percent daily value (%DV). These values are commonly found on U.S. food labels. Select the option **Show percent daily value (%DV)** 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).

6.4 Health Settings

- Enter values to **adjust the calculation** of your basal metabolic rate (BMR) and workout energy expenditure (see section 7 for details). The values are expressed in percentage and range from -100 to 100 (0 is the default).

- You can enter a daily point target. When a value is entered, meals and food items will be shown with their points (in addition to their energy).

- Select **Show Body Mass Index (BMI)** to display a small icon 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

- Select **Show blood pressure warning** to display a warning/information message 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 >= 160 or Diastolic >= 100
⬆⬆	High	Systolic >= 140 or Diastolic >= 90
⬆	Elevated	Systolic >= 120 or Diastolic >= 80
✓	Normal	90 <= Systolic < 120 AND 60 <= Diastolic < 80
⬇	Low	Systolic < 90 or Diastolic < 60

6.5 Nutrients Settings

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 Chart views, considerably reducing the size of those lists.

6.6 Markers Settings

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

7 What To Do Next?

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

- **If you have specific diet needs, enter them** (see section 3 for details):

    - By choosing a diet plan, MyPersonalDiet can inform you of food items inappropriate for your needs.
    - By setting any limit on nutrients, MyPersonalDiet can let you know if you can consume more or not of them at any moment.
    - By specifying your energetic needs, MyPersonalDiet properly adjusts the recommended daily values (%DV).

- **Browse the Food database**. You will be amazed to find out what nutrients are in the food you consume.

- When adding food, **use the Find button** to quickly locate food items. As you add some, **use the Favorite button** to select the food you consume often.

- **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 not 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.

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 > Preferences** and enter a percentage value next to **BMR:**. 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 adjusts the calculation of those values. Choose **Menu > Options > Preferences** and enter a percentage value next to **Workouts:**. 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.

Note
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