USER GUIDE

CalorieKing Mobile Plus

Food and Exercise Diary
For Palm OS

Version 2.0

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Welcome to The CalorieKing Mobile Plus Food & Exercise Diary, a user-friendly software application that allows you to track your daily food intake and exercise — at the same time as using the famous CalorieKing food database that is featured on www.calorieking.com.

This powerful diary combined with the famous CalorieKing food nutrition database will allow you to greatly improve your weight management or health and fitness program.

Allan Borushek, a biochemist and dietitian with 30 years experience in clinical nutrition and dietetics, is also the author and publisher of his best-selling book: The Doctor’s Pocket Calorie, Fat & Carbohydrate Counter — a full-color publication with over 12,000 food and drinks. It has sold over 8 million copies and has been awarded the National Health Information Awards for excellence in patient education materials. The book is available from most bookstores as well as online from Amazon.com or www.calorieking.com. It is updated annually.

University studies have proven the value of tracking your eating and exercise habits — particularly if you are overweight, have diabetes, or find you are gradually gaining weight. This tracking process is also called ‘self-monitoring’ which researchers indicate to be the #1 predictor of success for persons attempting to attain a healthy weight. One study showed that overweight people who maintained a food diary lost almost double the weight of person who did not record food intake. Further, and just as importantly, people who continued to record their food intake once they had attained an ideal weight, were less likely to regain weight as the result of ‘calorie amnesia’ - the forgetfulness which accompanies weight rebound after successful weight loss.

Persons with diabetes will also benefit by being able to better track their carbohydrate intake — especially those who use insulin.

For nutritional guidelines and information plus community support, please visit our website www.calorieking.com.

We look forward to hearing your success stories and feedback.

Best wishes,

Allan Borushek
2.0 PALM OS

2.1 Requirements & Installation

Requirements:

**Desktop:**
- A Pentium-class computer capable of syncing with your PDA.

**PDA:**
- A handheld device running PalmOS(R) version 3.3 or later.
- RAM: 2MB required, 8MB recommended. The application uses 295K of RAM and the supplied food and exercise databases use 1MB.

Installation:
- Download the zip.
- Unzip with your favorite unzipping program.
- Download these files to your PDA:
  - The application: ckplus.prc
  - The pre-supplied food database: ckfoods.pdb
  - The pre-supplied exercise database: ckexercise.pdb
2.2 Getting Started

2.2.1 The Main Screen

You can navigate to one of the four main sections:

- **Profile** – View your personal profile, set your daily calorie level, check in and view your progress.
- **Database** – Browse the CalorieKing food database for nutritional information.
- **Diary** – Track your daily food and exercise intake, add meals from the food database and much more.
- **Help** – Get some help with the CalorieKing Mobile Plus Food & Exercise Diary

Fig 2.2.1 : The main screen of CalorieKing Mobile Plus Food & Exercise Diary

2.2.2 Main Navigation Buttons

Once in a section, you can navigate to the other sections by clicking on the following navigation buttons on the bottom left of the screen:

![Diary Button]
![Profile Button]
![Browse Database Button]

Fig 2.2.2 : Main Navigation Buttons
2.2.3 Other Navigation Buttons

Throughout the program you will encounter these icons with the following functions:

- Up one level
- Browse Previous
- Browse Next
- Delete

2.2.4 Introduction to the Main Sections

First page of the Profile Section

First page of the Food Database

First page of the Diary Section
2.3 Setting Your Personal Data

(A) On the **Profile Screen**, select the sub-menu button. In the example below, the sub-menu button is currently set at ‘Check-Ins’.

(B) Select ‘**Personal Data**’ from the sub-menu.

(C) Fill in the fields with your personal details. When you are finished, simply leave the section and your details will be saved automatically. If you wish to enter your own calorie target, click the ‘Custom’ checkbox and enter your required target.
2.4 Adding Diary Entries

(A) To add a diary entry on the Diary Page, select the ‘Add’ button.

(B) This pops up a sub-menu with several options. Simply click on a meal or exercise to add to your diary.

(C) In this example, we have selected the ‘Snack’ option. Therefore the Snack List will appear. Here you will add a specific food item by clicking on the ‘Add’ button.

(D) You can now choose your snack from the food database. Notice that the meal you are searching for (snack) appears at the top of the database.
(E) Once you have chosen your snack, you now **view the nutritional information** of the product. You can also adjust its **serving size**.

By clicking the ‘Add’ button, you add the product to your Snack List and you can continue to search and add more items.

When you are finished, clicking the ‘Done’ button will return you to the Snack List.

(F) The **Snack List** is now populated with your added food items.

Select a food item and click the ‘Details’ button to read the nutritional information about that item.

To add more items, click the ‘Add’ button.

When you are done, click the ‘OK’ button.

(G) Your **Diary Page** will now have your new diary entry.

To add a **label or name** to the meal, simply click on the meal type and enter your details. In this case, the meal type is ‘Snack’.

(H) You can also add create your own meals, which you can store as a group and add as a group.

For example, if you eat two slices of toast and have a cappuccino for breakfast every morning, you may like to add a food group called MyBreakfast.

This saves you from having to manually add each food item every morning.

To do this, select what type of food (snack, breakfast, lunch or dinner) you would like to add the group as.

(I) Select the ‘Add’ button.
(J) Choose which snacks you would like in your group.

When you are finished selecting the foods you would like in your group, click the 'Store' button.

(K) Enter the name you wish to store the food or exercise group under (for example, 'My Cold Breakfast').

Click the 'Store' button again. Click 'OK'. Click 'OK' again. The screen should appear with your new stored meal.

These meals can be loaded at any time. To load one of your custom meals, click the 'Add' button, then click 'Load'.

(L) Choose whether it is a breakfast, lunch, dinner, snack or exercise group, and select the custom group you have made.

(M) To delete a stored group, go to the Options menu and choose 'Manage Stored Groups'.
You will notice a little progress bar on the home page of your diary entries. This tells you how close you are to your target calorie requirements. Here you can see an example of this with the food group ‘Coffee with Jane’.
2.5 Weight Check-In

(A) On the Profile Screen, select the ‘Check-in’ button on the left.

(B) A Check-In Box appears where you enter your weight.

Clicking the ‘Check-in’ button will insert your weight into your diary.

2.6 Features

2.6.1 Browse the Food Database – Main Categories

When you are browsing the food database, “browse” appears here. When you are adding a food to a meal, the meal’s description appears here.
2.6.2 Browse the Food Database – Item Details

When you are browsing the food database, “browse” appears here. When you are adding a food to a meal, the meal’s description appears here.

Return to the top category of the database.

Current category

View the next/previous food in this meal.

2.6.3 Diary – Main Page

Controls which entries are shown.

Description of meal or exercise group.

Change the date being viewed, in the usual Datebook style

Switch nutritional value display between energy, carbs, fat, protein

The energy target to aim for today in order to meet your goal.

Go to diary

Go to profile

Go to database browser

Add a meal

View the selected meal or exercise group

This day’s total energy, carbs, fat, or protein.

Go to any date
2.6.4 Search

Leave the search screen
3.0 Frequently Asked Questions

The latest version of the Frequently Asked Questions can be found at:
http://www.calorieking.com/handheld/

The following are the most common questions people have regarding our handheld software:

Q: My registration code is the right length, but just does not work!

A: First, ensure that you are entering zeros and not the letter 'O'. If it still does not work, then it's probable that you gave us an incorrect HotSync Username or Owner Name when you purchased your code. Click here to send us your correct HotSync Username or Owner Name.

Q: My registration code is either too long or too short!

A: If you have received a registration code that is either too long or too short, then you have purchased a registration code for one of our products and then downloaded and installed the other!

If your code is too short

You have bought a Mobile Edition code, but installed the Mobile Plus Edition on your handheld. You have two choices. Either remove the installed Mobile Plus Edition and download and install the Mobile Edition, or go through the upgrade process on our website, and pay the extra it costs to upgrade to a Mobile Plus Edition registration code. And remember, the upgrade cost is equal to the price difference between the two products, so you do not lose money!

If your code is too long

You have bought a Mobile Plus Edition code, but installed the Mobile Edition on your handheld.

What you need to do is wipe the Mobile Edition from your handheld and download the Mobile Plus Edition from our website.

Install the Plus Edition on your handheld, and your code should work. Note that to decompress the Mobile Plus Edition download, you will need to use an unzipping product. There is information on unzipping below.

Q: I've downloaded the software I want, but where do I enter the registration code?

A: First, transfer the software you have downloaded onto your handheld device. Doing this is beyond the support we offer, and is specific to your handheld device. Once installed onto your handheld, run the program. You will see the registration screen straight away, or you might need to push the 'Register' button. On the registration screen you will see a set of spaces to enter your registration code.
Q: How often is the handheld database updated? How do I get database updates? Do I have to pay for them?

A: We update the database whenever we think there’s been enough changes to warrant releasing an update. Generally, this would be a few times a year. When you purchase one of our handheld products, you are granted free database updates for one year. After this period, you will need to renew at a small cost. Once we start releasing database updates, we will notify you.

Q: I've downloaded the Mobile Plus Edition (ckplus.zip) and I have no idea how to unzip and install it. Help!

A: If you have a PC, you can use WinZip® to unzip the application. You can download an evaluation version for free from here. Once you have installed WinZip®, double-click on the ZIP file you have downloaded (ckplus.zip) and extract all the files from it. Double-click on each extracted file to add it to your HotSync Queue.

If you have a Macintosh, then you can use StuffIt Lite® from Aladdin Systems and then follow a similar process to the above.

Q: I've forgotten my registration code. Can you tell me what it is?

A: We have an automatic system that will resend your registration codes to you whenever you like. It's accessible from our Handheld Center.

Q: Can I order over the telephone?

A: Yes. You can call our office during Californian business hours on this number: (949) 642 8500.

Q: When I add exercise to my diary in the Mobile Plus Edition, it always says '0 calories'. What's wrong?

A: Since the amount of calories you burn while exercising depends on your current weight, you must enter a weight in your personal profile before the exercise calories will be properly computed.

Q: Where are all the fast-foods on the handheld?

A: They're all under the 'Fast-Foods & Restaurants' category. You can find Chinese, Indian, etc. under the Ethnic Foods & Restaurants section.
Q: Why is the database on my handheld different to the database on the CalorieKing.com website?

A: The full database is very large and will not fit on a handheld device. We have trimmed down the handheld database to the more important foods and nutrients. The handheld database offers protein values, which the Pocket Calorie & Fat Counter book does not.

Q: What handheld devices are your products compatible with?

A: You will need to visit the Browse & Download section of our Handheld Center. Find the product you are interested in and click 'More Info >>'. You will see a list of requirements.

Q: Where and how do you download the software?

A: You will need to visit the Browse & Download section of our Handheld Center. Find the product you are interested in and click 'Download Now >>'. You will then have to agree to our Terms & Conditions and then the download should proceed.

Q: When I try to install my download, I get this error message: 'Windows CE services were not found on this computer.'.

A: This error occurs when you try to install the PocketPC® version of our software and you don't have the PocketPC® ActiveSync® software installed on your PC. One common reason for this is that you actually own a PalmOS® handheld and have accidentally downloaded the PocketPC® version!. If this is the case, then you can download the PalmOS® version here. Alternatively, if you do indeed own a PocketPC® handheld, you can download the latest ActiveSync® software from Microsoft.

Q: How do I move the Mobile Plus Edition databases onto my expansion card?

A: Currently, we do not have a menu option in the Plus Edition to move the databases automatically, so you must do it manually. Just follow this process:

Using your favorite database moving utility, move the following three databases (if they exist) to the directory /PALM/Launcher/ on your expansion card:

* FoodDb - CkDy
* FoodPti - CkDy
* ServingStrDb - CkDy
* ExerDb - CkDy
* ExerPti - CkDy

Don't move any other databases! After moving the databases check that the database names are correct. The database names should be the same as above but they should have .pdb appended. e.g. FoodDb - CalK.pdb
4.0 END USER LICENSE AGREEMENT

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This End User License Agreement is a legal agreement between you and the Family Health Network Pty Ltd. (“CalorieKing”) for using the computer program CalorieKing Mobile (the “Software”) under the terms stated in this Agreement.

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“Software” means the computer program CalorieKing Mobile and includes:

(a) downloaded software or other media with which this agreement is provided, including but not limited to digital images, stock photographs, clip-art or other artistic works and the operating manual for CalorieKing Mobile; and
(b) modified versions or upgrades, up-dates and editions of the above.

“PDA” means a personal digital assistant.

4.3 Granting of License

CalorieKing grants to you a non-exclusive, non-transferable license to use the Software provided that you agree to the following:

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(b) merchantability; and
(c) fitness for any particular purpose.

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4.7.1 This license may be TERMINATED IMMEDIATELY WITHOUT NOTICE from CalorieKing if you fail to comply with its terms and conditions. This is without prejudice to any other remedies, which CalorieKing may have.

4.7.2 Upon termination or cancellation of this Agreement, you WILL NOT be allowed further use of the Software, and SHALL destroy the Software, manual and all downloaded or printed copies IMMEDIATELY.

4.8 Personal Information and Privacy

4.8.1 To learn about how CalorieKing protects your personal information, such as your name and address, refer to the CalorieKing Privacy Policy located at www.calorieking.com/privacy/.

4.8.2 Except as set forth in the Privacy Policy or in the CalorieKing Terms of Use, your personal information will be deemed to be confidential.

4.9 Changes to this Agreement

This agreement may change from time to time. You will be bound by any such amendments. You should consult the CalorieKing website located at www.calorieking.com/handheld/legal/ on a regular basis for any amendments which may be made from time to time.