



# Calorie Counter

Slimming Software

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### ***1. SET UP AND GENERAL USE***

*Whenever we eat more than our body needs, we put on weight. This is because the energy we don't use up is stored in our body, usually as fat. Even small amounts of surplus energy each day can lead to weight gain.*

*So if you want to lose some weight, we have made this great tool to help you. With Calorie Counter you have:*

- *Food database to look up the calories in over 8000 foods*
- *A diary to keep track of your success*
- *Simple graphs to show time scale to target weight*
- *Simple graphs to show suitable calorie intake based on BMR*
- *Simple graphs to show the effect of exercise*
- *Graphs of your BMI from start to present.*
- *Graphs of your BMR from start to present.*

*Calorie Counter is a great motivation tool. See your results and predict your targets. Watch your weight fall on a graph and track your calorie intake compared to your BMR. Use our food database to find lower calorie versions of the food you love to much to give up.*

*Calorie Counting is the only true way to success. Drop calories and you will loose weight that is a fact.*

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### ***1A. INSTALLATION***

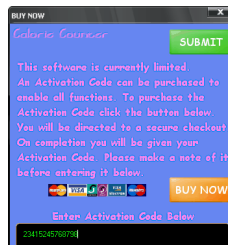
*To install Calorie Counter simply Download and double click on the CalorieCounter\_Setup.exe program. This will automatically install Calorie Counter to your computer together with an uninstall facility.*

### ***1B. DEMO MODE***

*The software comes in Demo mode to allow for evaluation before making a purchase. In Demo mode you can use our fantastic foods database free. To use the diary and see your stats you will need to purchase an activation code. In Demo mode, a Buy Now window will appear every time you click on the Diary button.*

### ***1C. PURCHASING***

*If you wish to make a purchase, click on the Buy Now button in the Buy Now window. If you are not online, the software will request you connect to make the purchase. You will be taken to a secure checkout and asked for your payment card details. Once payment is completed you will be sent an email with a secure number. Enter this number into the Calorie Counter Buy Now window. Once entered click the SUBMIT button. The Title bar of the software will show the message "Verifying....". Once completed, if your code was correct your software will be in full mode and ready to use.*



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### 1c. DIARY



The screenshot shows the 'Calorie Counter' software window. The title bar reads 'Calorie Counter v 8.00'. The main window has a blue header with the title 'Calorie Counter' and a small grape icon. On the left is a vertical sidebar with icons for 'Diary' (a clock with a checkmark), 'Statistics' (a person running), 'Foods' (a fork and knife), and 'Help' (a laptop). The main content area is titled 'Record 4' and contains the following fields:

- About You:** Name: Roger, Gender: Male, Age: 44, Date: 03/04/2010
- Today's Activities:** You have been sedentary (little or no exercise)
- Today's Calory Intake:** 2300
- Measurements:** Radio buttons for 'Imperial' (selected) and 'Metric'.
  - Set Weight: Weight 14 stones 12 pounds
  - Set Height: Height 5 feet 9 inches

At the bottom are buttons for 'CREATE NEW ENTRY', 'SAVE', and navigation arrows (<<, <, >, >>).

*Your first diary entry should be done before anything else. Enter the fields below and press save.*

- 👉 *Name - Type in your name, only required for first entry*
- 👉 *Gender - Select your gender, only required for first entry*
- 👉 *Age - Set your age at the time of the diary entry*
- 👉 *Date - Set diary entry date, either present date or back date if required*
- 👉 *Today's Activities - Select how active you have been for that day. This will effect how many calories you will burn*
- 👉 *Today's Calory Intake - Enter the amount of calories you have consumed on that day. Use the food database to help if required. Keep it as accurate as possible.*
- 👉 *Display Weights and Measures as Imperial - This will show weights as Stones and pounds and heights as Feet and Inches*
- 👉 *Display Weights and Measures as Metric - This will show weights as Kilos and heights as CMs*

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- ✎ *Set Weight - Use this slide to enter your current weight. Move the slide to the left to decrease and to the right to increase*
- ✎ *Set Height - Use this slide to enter your current height. Move the slide to the left to decrease and to the right to increase*
- 👉 *Save - After any changes, you must save the amended record by clicking on Save*

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## 2. HOW TO ADD A NEW DIARY ENTRY



The screenshot shows the 'Calorie Counter' software window. The title bar reads 'Calorie Counter v 8.00'. The main window has a blue header with the title 'Calorie Counter' and a small grape icon. On the left is a vertical sidebar with icons for 'Diary', 'Statistics', 'Foods', and 'Help'. The main content area is white and contains the following fields:

- About You:** Name (Roger), Gender (Male), Age (44), Date (03/04/2010).
- Today's Activities:** A dropdown menu showing 'You have been sedentary (little or no exercise)'. Today's Calory Intake: 2300.
- Measurements:** Radio buttons for 'Imperial' (selected) and 'Metric'.
  - Set Weight: A slider control showing 'Weight 14 stones 12 pounds'.
  - Set Height: A slider control showing 'Height 5 feet 9 inches'.

At the bottom are buttons for 'CREATE NEW ENTRY', 'SAVE', and navigation arrows (<<, <, >, >>).

👉 **Create New Diary Entry** - Click this button to create a new Diary Entry. You can enter a diary entry at any time, daily, weekly or whenever is convenient.

- ✍ **Age** - Set your age at the time of the diary entry
- ✍ **Date** - Set diary entry date, either present date or back date if required
- ✍ **Today's Activities** - Select how active you have been for that day
- ✍ **Today's Calorie Intake** - Enter the amount of calories you have consumed on that day
- ✍ **Set Weight** - Use this slide to enter your current weight. Move the slide to the left to decrease and to the right to increase

👉 **Save** - Click this button to save a new or amended Diary Entry.

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### 3. HOW TO AMEND A DIARY ENTRY

The screenshot shows the 'Calorie Counter' software interface. The window title is 'Calorie Counter v 8.00'. The main title 'Calorie Counter' is displayed in a stylized font. A navigation sidebar on the left contains icons for 'Diary', 'Statistics', 'Foods', and 'Help'. The main content area is titled 'Record 4' and contains the following fields:

- About You:** Name (Roger), Gender (Male), Age (44), Date (03/04/2010)
- Today's Activities:** You have been sedentary (little or no exercise)
- Today's Calory Intake:** 2300
- Measurements:** Display weights and measures as Imperial (selected) / Display weights and measures as Metric. Set Weight: 14 stones 12 pounds. Set Height: 5 feet 9 inches.

Buttons at the bottom include 'CREATE NEW ENTRY', 'SAVE', and navigation arrows (<<, <, >, >>).



👉 **Navigation Buttons** - You can jump forward or backwards through all the Diary Entries using << < > >>.

Once at the Diary Entry you wish to amend simply type in your changes! Do not forget to save your changes.

👉 **Save** - Click this button to save a new or amended Diary Entry.

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## 4. VIEW YOUR BMI



👉 **BMI** - Click this button to see BMI graph.

*See your BMI recent history compared to three standard levels, Obese, Overweight and Normal. You should aim to be under the Overweight line but over the Normal line.*

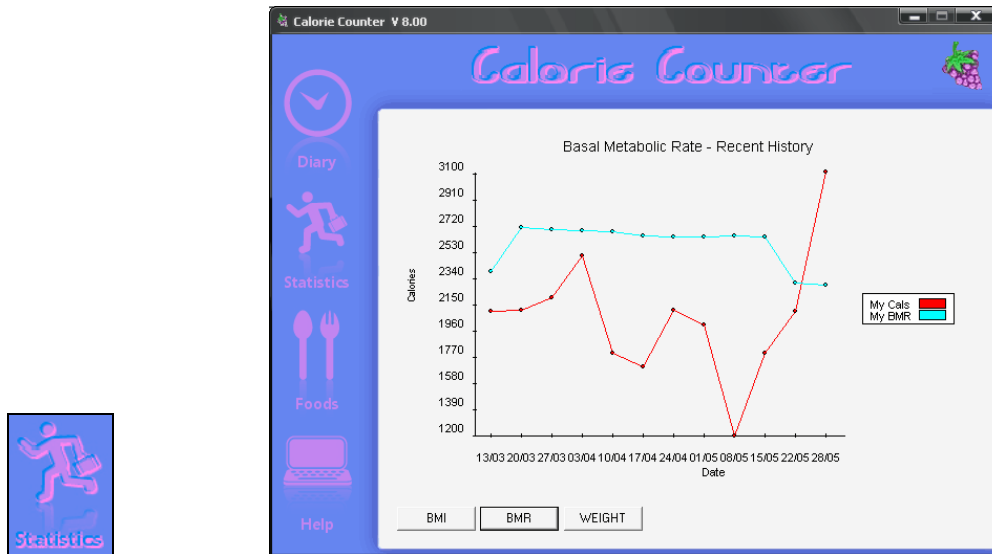


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## 5. VIEW YOUR BMR



👉 **BMR** - Click this button to see BMR graph.

*See your BMR recent history compared to your calorie intake. If your calorie intake is constantly higher than your BMR you will be putting weight on! Your BMR will drop if your activity levels fall and rise when your activity levels rise. Ideally to lose weight your BMR should stay higher than your calorie intake. Keep your calorie intake under your BMR by 500 for 1 week and you will loose a pound!*

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## 6. VIEW YOUR WEIGHT



👉 **Weight** - Click this button see the weight loss chart.

*See your actual weight loss against a predicted weight loss for calorie reduced diets. These diets are based on your current BMR with little or no exercise.*

👉 **Adjust Graph Activity Overlay** - Move the slide to increase the amount of activity you plan to do. You will be really amazed at how this will increase you weight loss!

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## 7. SEARCHING DATABASE



*Enter Description of food - Enter the name of the food you wish to search for. Trying being specific, if you get no results try being more general*

- Click Sort by Name to sort results by name*
- Click Sort by Calories to sort results by lowest calorie content first*
- Click Sort by Category to sort results by their categories*

*This is a great tool to look up foods calorie content. Look up lower calorie options for the foods you can't bare to lose! This will help you achieve your goals with out the pain.*