

TealDiet User's Manual



Program Version 1.20
Last Updated: February 15, 2008

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Introduction



Welcome to TealDiet, the diet, exercise, and personal tracking application for mobile devices. Whether you're trying to lose weight, build more muscle, or simply live healthier, TealDiet can help.

Contents

The PalmOS file archive contains the following files:

Program files:

TEALDIET.PRC

The TealDiet program file

TPSETUP.EXE

Windows easy-installer program

Data files:

TEALDIET_FOODITEMS.PDB

The standard food item database

TEALDIET_ACTIITEMS.PDB

The standard activity item database

Document files:

DIETDOC.PDF

This document in Adobe Acrobat (PDF) format

DIETDOC.PDB

This document in Palm (TealDoc) format

DIETDOC.HTM

This document in HTML format (sans images)

REGISTER.HTM

TealPoint Registration form in HTML format

REGISTER.TXT

TealPoint Registration form in text format

Installing

PALMOS

Auto Install (Windows Only):

Run the automatic installer program double-clicking on the **TPSETUP.EXE** installer program, and following the on screen prompts.

Manual Install:

Use Palm Desktop's Install Tool (Quick Install) to install the program and data files: **TEALDIET.PRC**, **TEALDIET_FOODITEMS.PDB**, and **TEALDIET_FOODITEMS.PDB**.



The Palm Install Tool can be found as an icon along the left hand side inside the Palm Desktop program on your desktop computer. Instructions on how to use the PalmOS Install Tool are in the user handbook or documentation that came with your handheld.

You may also wish to install the manual file **DIETDOC.PDB**, which is this document in handheld-friendly format for reading with our product TealDoc.

FOLEO

Open the File Manager and double-click on the **tealdiet_x.xx.x_arm.hxp** install file. Follow the on-screen prompts.

Terms used in this document

Hardware Buttons:

The four physical buttons (typically labeled Date, Address, To Do, and Memo) on the bottom of the handheld below the screen.

Scroll Up/Down Buttons:

The physical rocker switch or separate buttons at the bottom center of the handheld.

Graffiti:

The special letter-like symbols you write to enter text with your stylus.

Graffiti Entry Area:

The rectangular area at the bottom of the display screen where you can write letters using the graffiti input language. This can also be referred to as the silk screen.

Silkscreen Buttons:

The four, printed circular, tap areas (typically labeled Home, Menu, Calculator, and Find) to the left and right of the graffiti drawing area.

Menus:

The drop-down menus you get when tapping on the silkscreen Menu button.

Chapter 1 – Overview

No matter what exercise or diet program you prefer, TealDiet can help, with its detailed records, informative graphs, and numerous features and options.

Launching TealDiet

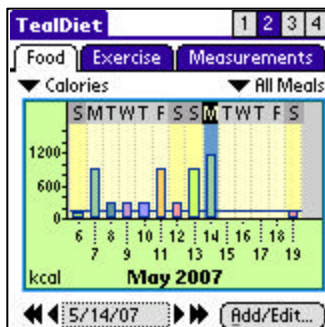


Once installed, start *TealDiet* by selecting the “TealDiet” application icon on the application launcher screen.

Overview

TealDiet is organized into three main program sections—*Food*, *Exercise*, and *Measurements*—which are accessible as tabs from the program *Weekly View*.

Weekly View

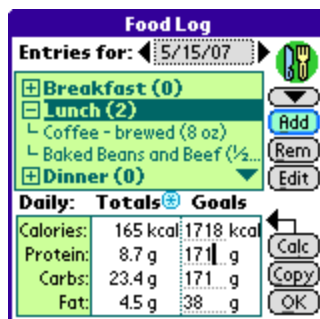


The **Weekly View** shows one, two, three, or four week's worth of data from the food, exercise, or measurements sections. Each graph can display different data depending on the program section and also acts as a navigation tool for accessing the section's *Daily Log View*, below.

Above the graph, one or two drop-down pick lists allow you to select the data to displayed in the graph. Below the graph, a date selector lets you choose the day or week to view. At the top of the screen, four buttons select how many weeks are graphed at once.

To open a day for more details, tap on the box representing the day on the graph, or select the *Add/Edit* button.

Daily Log Views



Daily: Totals		Goals
Calories:	165 kcal	1718 kcal
Protein:	8.7 g	171 g
Carbs:	23.4 g	171 g
Fat:	4.5 g	38 g

Each program section has its own **Daily Log View** for seeing and entering one day's worth of data. All three screens support ways to set daily goals and enter actual data for the day.

Database Editors

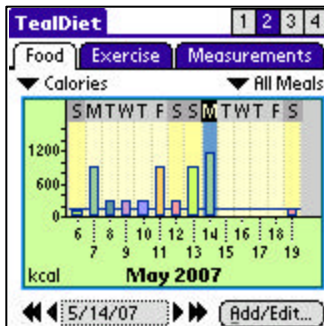


The food and exercise sections also have ***Database Editors***, which allow you to view or modify the extensive item databases of foods and activities you can add to each day's logs. Both ***Database Editors*** can be accessed from the drop down menu of each daily log screen, or from the "Databases" menu on the *Weekly View*.

Chapter 2 – Tracking Foods

The *Foods* section tracks and monitors the foods you eat as well as the associated calories, proteins, and other nutrients.

Weekly View



When the *Food* tab is highlighted, the **Weekly View** shows the calories or nutrients for all foods eaten in one to four weeks. The left pick list above the graph shows which stat (calories or nutrient) to graph, while the right pick list chooses which meal (breakfast, lunch, dinner, or “all meals”) to show.

Daily Log View

The screenshot shows the 'Food Log' application with the 'Daily Log View' selected. The 'Entries for:' field shows the date 5/15/07. The list of entries is as follows:

- Breakfast (0)**
- Lunch (2)**
 - Coffee - brewed (8 oz)
 - Baked Beans and Beef (1/2 cup)
- Dinner (0)**

Below the list, the 'Daily: Totals' and 'Goals' are shown:

	Totals	Goals
Calories:	165 kcal	1718 kcal
Protein:	8.7 g	171 g
Carbs:	23.4 g	171 g
Fat:	4.5 g	38 g

Buttons for 'Add', 'Rem', 'Edit', 'Calc', 'Copy', and 'OK' are visible on the right side of the screen.

The food **Daily Log View** shows the foods eaten in an expandable tree format. Tap on a food name or the “[+]” box next to it to see foods recorded for that meal. Select the “Add” button to add foods to the list, or “Rem” to remove them.

Adding Foods to Log

The screenshot shows the 'Add Food Entries' application. The 'Add foods you've eaten...' section is active. The 'to meal:' dropdown is set to 'Dinner' and the 'from:' dropdown is set to 'Beans and Soy'. The list of food items is as follows:

- ☒ Baked Beans and Beef (1/2 cup)
- ☐ Black Beans - boiled (1/2 cup)
- ☐ Chickpeas - boiled (1/2 cup)
- ☐ Chili - Beans & Beef (1/2 cup)
- ☐ Chili - Beans (1/2 cup)
- ☐ Cowpeas - boiled (1/2 cup)

Below the list, the 'Search:' field is empty, and the 'Find' button is visible. At the bottom, there are buttons for 'Add', 'Cancel', and 'Edit Database'.

Add one or more foods by selecting the “Add” button on the food *Daily Log View*. You’ll be presented with a categorized list of foods in the current *Food Item Database*. Select foods by checking the boxes next to entries you want, and select “Add” to continue to the next step.

To search for a particular food by name, type in some text to search for and select *Find* to show all matching foods.

(New in 1.10)



Food Entry Quantity

Name: Canadian Bacon (2 slices)

Quantity: 1 servings

Meal: ▼ Lunch

Serving Size: 47 g

Calories: 11.39 g

Protein: 11.39 g

Carbs: .6345 g

Fat: 3.966 g

OK Cancel (Entry 1/1)

Once you've selected foods to add, you'll need to specify how much of each food you've consumed in servings, grams, ounces, fluid ounces, or deciliters. TealDiet will automatically convert the quantity you enter to match the database and calculate the correct calories and nutrients consumed.

NOTE: "Fluid ounce" and "deciliter" units assume a density similar to water in calculations and should only be used for liquid foods.

Editing or Removing Logged Foods

To change the meal or quantity of a food previously added to the daily log, select the food in the food list and select the "Edit" button on the right side of the *Daily Log* screen. To remove a food from the list, select the "Rem" button instead.

Daily Goals



Food Log

Entries for: 5/15/07

Breakfast (0)

Lunch (2)

☞ Coffee - brewed (8 oz)

☞ Baked Beans and Beef (1/2)

Dinner (0)

Daily: Totals Goals

Calories:	165 kcal	1718 kcal
Protein:	8.7 g	171 g
Carbs:	23.4 g	171 g
Fat:	4.5 g	38 g

Calc Copy OK

At the bottom of the *Daily Log View*, you can specify daily calorie, protein, carbs, and fat goals. These help you track your eating habits each day, and appear as a horizontal reference line on the *Weekly View* when the food tab and applicable nutrient are highlighted.

To help you specify goals, you can use the *Goal Calculator*, described below.

Goal Calculator

The *Goal Calculator* helps you specify how much protein, carbohydrates, and fats you should consume based on a daily calorie limit and diet plan.



Goal Calculator

Choose a daily calorie goal and plan:

Calories: 1718 Recommend...

Plan:	Protein	Carbs	Fat
Normal	40%	40%	20%
Zone	30%	40%	30%
Ketogenic	~	~	75%
Low Carb	57%	8%	35%
Low Cals	~	~	~

Insert Goals Cancel

Diet Plan

Enter a daily calorie limit and choose a diet plan. Some plans offer conflicting claims, so your choice of plan is a personal one. To help choose a daily calorie, limit, however, you can select the "Recommend" button.

Daily Caloric Intake Goal

Complete this form to get an estimate of what your daily caloric intake should be:

Height: 5 ft 0 in

Birthdate: 5/22/87

Sex: ▼ female

Weight: 150 lbs

Activity Level: ▼ Moderate (3-5 days/wk)

Calculate Cancel

Daily Calorie Goal

To calculate a daily calorie goal, TealDiet uses the Harris Benedict formula, which calculates calories based on your age, gender, size, and activity level. To calculate a calorie goal, fill in your personal information and activity level and select "Calculate" to estimate your basal metabolic rate (BMR).

Daily Caloric Intake Goal

Your ideal caloric intake depends on your weight-loss objectives.

Please select the objective that suits you best:

Maintain weight ... 2092

Slowly lose weight ... 1779

Quickly lose weight ... 1674

Cancel

When the calculation is done, you'll be given three choices for a daily calorie goal:

- Maintain Weight (equal BMR)
- Slowly Lose Weight (15% below BMR)
- Quickly Lose Weight (20% below BMR)

Select one to enter the value into the *Goal Calculator*.

Calorie Adjustment

Food Log

Entries for: Yesterday

Breakfast (0)

Lunch (7)

Food Calorie Adjustment

Automatically subtract calories from your daily food total based exercises performed:

On the Same Day

OK Cancel

Next to the daily calorie total on the *Daily Log View*, a small blue (*) button lets you adjust how total calories are calculated. Pressing it brings up the *Food Calorie Adjustment* screen, which can also be opened from a menu on the *Weekly View*.

Normally, the Calorie total listed on the food *Daily Log View* only shows the calories of the foods consumed; it does not take exercise into account. When calorie adjustment is in effect, however, the total shown also subtracts off any calories associated with logged activities. The adjusted calories are also reflected in any graphs on the *Weekly View*.

You can use this option to better track your net calorie intake or give yourself a daily calorie "budget" that is directly linked to the exercise you perform on the current or previous day.

You may specify one of three options:

None

Show only total calories consumed

On the previous day

Show total calories minus calories burned from the previous day

On the same day

Show total calories minus calories burned from the same day

NOTE: When using this option, your daily calorie total can start out negative if you exercise prior to eating. Also be sure to choose a daily calorie goal (such as “sedentary”) that does not already take your activity into account

Copying Food Entries

If you eat similar foods from day to day, you can save time by copying food entries:



1) Select the **Copy Food Entries** menu.



2) Choose the dates to copy entries “to” and “from”.



3) Choose the food entries to copy.

Deleting Many Food Entries

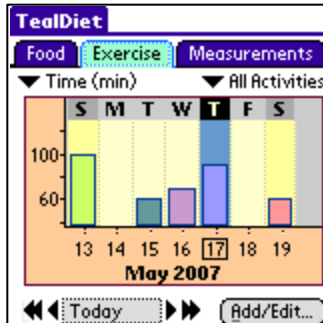


Select the **Delete Daily Entries** menu to delete many food entries at once. Choose “Del Day” to delete all entries for the current day, or “Del Older” to delete all entries older than the current day.

Chapter 3 – Tracking Exercise

The *Exercise* section tracks and monitors the activities you perform as well as the associated calories, distance, time, and other statistics.

Weekly View



When the *Exercise* tab is highlighted, the **Weekly View** shows statistics for activities performed in one to four weeks. The left pick list above the graph shows which stat (time, calories, heart rate, etc.) to graph, while the right pick list chooses from the activities done during the week, or "All Activities". Unlike the food graph, both menus are dynamic, changing their contents according to which activities are logged.

Daily Log View

The screenshot shows the 'Exercise Log' window. The 'Entries for:' dropdown is set to 'Yesterday'. A list of activities is shown on the left: 'Rowing, statio...', 'Running, 5 mph', and 'Squash'. On the right, statistics are displayed for the selected activity: Time (min) 70, Calories 544, Distance 5, Level, RPE (1-10), HR (avg) 125, and BP. At the bottom, there are buttons: 'Add...', 'Rem...', 'OK', 'Copy...', 'Actual', and 'Goal'.

The exercise **Daily Log View** shows the activities performed as well as their statistics and daily goals.

To enter new values, highlight the *Actual* button select a logged activity. To enter a goal, highlight the *Goal* button instead.

The available values and goals vary by activity.

Adding Activities to Log

The screenshot shows the 'Add Exercise Entries' dialog box. It has a title bar 'Add Exercise Entries' and a section 'Add exercises or activities performed:'. Below this is a list of activities with checkboxes: 'Aerobics, high impact', 'Aerobics, low impact', 'Archery', 'Backpacking', 'Badminton, competitive', 'Badminton, social', 'Basketball, game' (checked), 'Basketball, shooting baskets', and 'Bicycling, BMX or mountain'. At the bottom, there are buttons: 'Add', 'Database...', and 'Cancel'.

Add one or more activities by selecting the "Add" button on the food *Daily Log View*. You'll be presented with a list of activities in the current *Activity Item Database*. Select activities by checking the boxes next to entries you want, and select "Add" to add them to the current day.

Removing Logged Foods



Remove Exercise Entries

Select exercise entries or activities to remove:

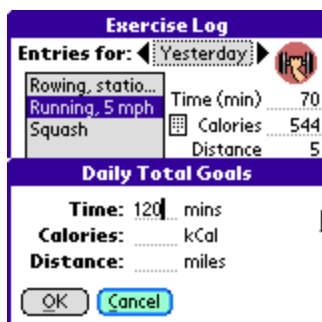
- ☒ Rowing, stationary, vigorous
- ☐ Running, 5 mph
- ☐ Squash

Remove Cancel

To remove exercise entries the current day, select the “Rem” button at the bottom of the *Daily Log* screen. Check the entries to remove, and select *Remove* to delete them.

Daily Total Goals

Unlike food goals, activity goals generally vary from activity to activity and are set as described above on the *Daily Log View*. The *Exercise* section does support some overall “total” goals, however, and apply to three stats—time, calories, and distance— that appear in most activities.



Exercise Log

Entries for: Yesterday

Activity	Time (min)	Calories	Distance
Rowing, station...	70	544	5
Running, 5 mph			
Squash			

Daily Total Goals

Time: 120 mins
Calories: kCal
Distance: miles

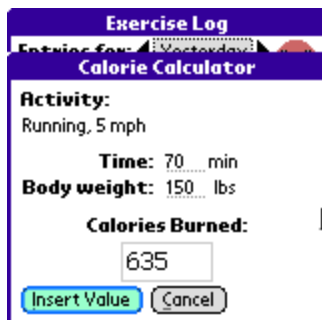
OK Cancel

To change them select **Daily Total Goals** from the *Entries* drop down menu.

Total Goals do not appear numerically on the *Daily Log View* however, but only as reference lines on applicable graphs on the *Weekly View*.

Calorie Calculator

Use the *Calorie Calculator* to determine how many calories were burned for a particular activity.



Exercise Log

Entries for: Yesterday

Calorie Calculator

Activity: Running, 5 mph

Time: 70 min

Body weight: 150 lbs

Calories Burned: 635

Insert Value Cancel

Bring up the calculator by tapping the calculator icon next to the “Calories” entry on the *Daily Log View*. Enter weight and the number of minutes the exercise was performed to calculate the calories burned.

Copying Exercise Entries

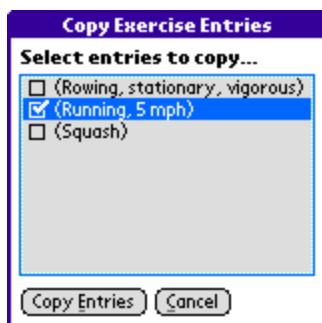
If you perform similar exercises from day to day or week to week, you can save time by copying exercise entries:



1) Select the **Copy Exercise Entries** menu.

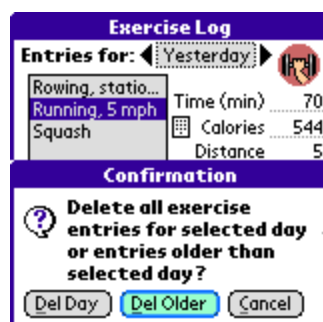


2) Choose the dates to copy entries "to" and "from".



3) Choose the exercise entries to copy.

Deleting Many Activity Entries

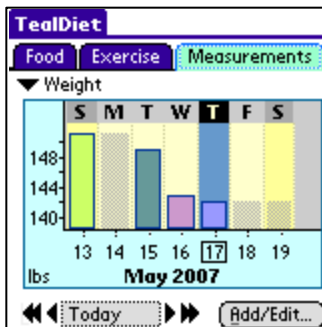


Select the **Delete Daily Entries** menu to delete many exercise entries at once. Choose "Del Day" to delete all entries for the current day, or "Del Older" to delete all entries older than the current day.

Chapter 4 – Tracking Measurements

The *Measurements* section tracks and monitors personal statistics such as weight, height, and body mass index (BMI).

Weekly View



When the *Measurements* tab is highlighted, the **Weekly View** shows statistics logged in a one to four week time period.

A single pick list selects which statistic to graph. Since not every measurement will likely be entered each day, measurements are assumed to stay the same if a value is missing, and the placeholder value is graphed as a ghosted gray bar.

Daily Log View

The screenshot shows the 'Measurements Log' window with the 'Entries for: Today' dropdown. It displays a table of statistics with their current values, goals, and units.

Statistic	Val	Goal	Units
Weight:	142	135	lbs
Height:	65		in
Body Fat:			%
Waist:	32		in
Hips:			in
BMI:	23.6	20	

Buttons at the bottom: OK, Cancel, Actual, Goal.

The measurements **Daily Log View** shows each statistic's daily value and goal.

To enter new values, highlight the *Actual* button. To enter a goal, highlight the *Goal* button instead.

Deleting Many Measurement Entries

The screenshot shows the 'Measurements Log' window with the 'Entries for: Today' dropdown. Below the statistics table, a 'Confirmation' dialog box is displayed, asking for confirmation to delete entries.

Confirmation

? Delete all measurement entries for selected day or entries older than selected day?

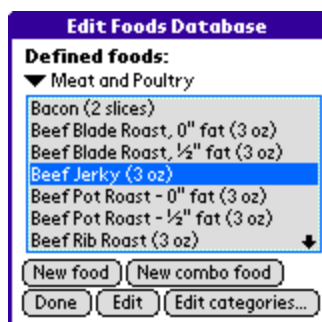
Buttons: Del Day, Del Older, Cancel.

Select the **Delete Daily Entries** menu to delete many measurement entries at once. Choose "Del Day" to delete all measurements for the current day, or "Del Older" to delete all entries older than the current day.

Chapter 5 – Foods Database

TealDiet ships with an extensive database of popular food items. With a nearly limitless world of foods to eat, however, you will likely want to extend the database to include your own custom selections.

Editing the Database



To edit the database, choose the *Edit Foods Database* menu from the main *Week View*.

Editing or Creating a New Food

Select *New Food* to create a new food item, or *Edit* to modify an existing entry.

The screenshot shows a window titled "Edit Food Item". It has several input fields: "Name:" followed by a text box, "Serving Size:" followed by a dropdown menu and the unit "g", and "Cat:" followed by a dropdown menu showing "Unfiled". Below these are five rows of nutrient values, each with a text box and a unit: "Calories: 0 kcal", "Protein: 0 g", "Carbs: 0 g", "Fat: 0 g", and "Cholesterol: 0 mg". At the bottom of the window are three buttons: "OK", "Cancel", and "%DV".

Enter a name, serving size, and nutrient values for a new food. If you want to enter a food as an FDA Daily Value, enter the daily value percentage (number only) and press the **%DV** button to convert the value into the correct units.

Creating a New Combo Food

Select *New Combo Food* to create a new food from one or more existing food items. Use it to create new entries like “cereal with milk”, “ham and liver sandwich” or other unique combinations.



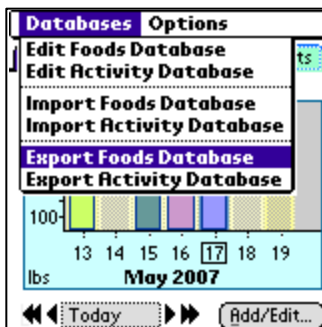
You'll be presented with the database of items to select from, then asked to choose a quantity of each item to include. The final item will automatically fill in the total serving size and nutrient values of all selected items.

Editing Category Names



Select *Edit Food Categories* to change the default names of the food categories.

Importing and Exporting the Database



To edit the database in an external program, choose the *Export Foods Database* menu from the main *Week View*. You'll be asked to choose a destination (memory or card) and file name.

The database will be written out as a text file you can edit or use as a sample template for new entries you can import back in with the *Import Foods Database*.

An exported foods database is a text file that you can edit with TealDoc. If you export it to an SD card, you can open and modify the file in any PC text editor or word processor. Just be sure to save the file back out in plain text format when you are done editing it.

Food Database Format

An exported food database saves items like the following sample:

```
FOODNAME:   Hush Puppies (each)
FOODCODE:   AM00
CATEGORY:   Style: American
            Serving Size           22 g
STATISTICS (per 100g):
            Calories               337 kcal
            Protein                 7.70 g
            Carbs                   46.00 g
            Fat                     13.50 g
            Cholesterol             45 mg
            Fiber                   2.80 g
            Water                   29.00 g
            Calcium                 278 mg
            Iron                    3.04 mg
            Magnesium               24 mg
            Phosphorus              189 mg
            Potassium               144 mg
            Sodium                  668 mg
            Zinc                    0.66 mg
            Copper                  0.066 mg
            Manganese               0.220 mg
            Selenium                15.80 mcg
            Vitamin C               0.2 mg
            Thiamin                 0.352 mg
            Riboflavin              0.332 mg
            Niacin                  2.782 mg
            Pantothenic acid        0.357 mg
            Vitamin B-6             0.102 mg
            Folate, total           74 mcg
            Vitamin B-12            0.19 mcg
            Vitamin A               253 IU
            Vitamin E               2.382 mg_ATE
            Saturated Fat           2.108 g
            Monounsaturated Fat     3.263 g
            Polyunsaturated Fat     7.219 g
```

When creating new entries, you can copy this format with the following important notes:

FOODNAME:

This field can contain any characters and can be up to 80 characters long, but should be no more than about 40 characters or so to fit in the food selection lists.

f

FOODCODE:

This 4-letter value is used to uniquely identify each item. When you export an item, modify it, and import it back in, TealDiet uses this code to match up the old item with the new. When creating a new food item, **remove this line** so TealDiet will know to create a new unique ID code for the new food item.

CATEGORY:

This name must exactly match one of the current category names when you import the file back in.

Serving Size:

The serving size may be in any of the following units:

- g - grams
- oz - ounces
- fl oz - fluid ounces (liquids only)
- dl - deciliters (liquids only)

Statistics (per xxx):

The included statistics may be for any of the above serving size units. Substitute both a quantity and units for 'xxx'. If the quantity doesn't match the serving size, TealDiet will automatically scale all nutrient values to the specified serving size.

The actual statistics can be in any order. Missing values are assigned a value of zero. The units specified are ignored and are mostly assumed to be in the standard units above, with two exceptions:

- 1) The units for Vitamin A can be IU (international units) or mcg (micrograms) if the units are specified in the import file and don't match the current setting in TealDiet Preferences, TealDiet will automatically convert the value when you import it back in.
- 2) If a value is followed by a % (percent) sign, it is assumed to be an FDA Daily Value percentage, and will automatically be converted during import.

Chapter 6 – Activities Database

TealDiet ships with a useful database of popular activities. Use the following tools to extend the database to include your own custom selections.

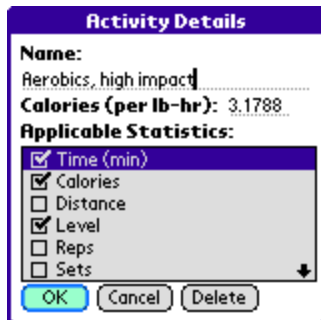
Editing the Database



To edit the database, choose the *Edit Activity Database* menu from the main *Week View*.

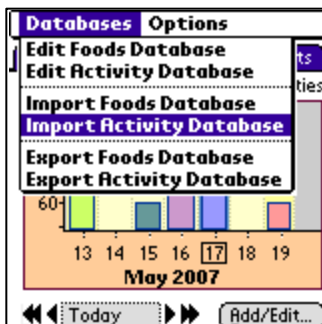
Editing or Creating a New Activity

Select *New* to create a new activity, or *Edit* to modify an existing item.



Enter a name, calories, and select statistics applicable to the activity. The statistics checkboxes determine which stats are available when an activity entry is created, while the calories value is used by the calorie calculator to estimate energy per hour of activity and lb (or kg) of body weight.

Importing and Exporting the Database



To edit the database in an external program, choose the *Export Activity Database* menu from the main *Week View*. You'll be asked to choose a destination (memory or card) and file name.

The database will be written out as a text file you can edit or use as a sample template for new entries you can import back in with the *Import Activity Database*.

An exported activity database is a text file that you can edit with TealDoc. If you export it to an SD card, you can open and modify the file in any PC text editor or word processor. Just be sure to save the file back out in plain text format when you are done editing it.

Activity Database Format

An exported activity database saves items like the following sample:

```
ACTINAME:   Aerobics, high impact
ACTICODE:   AE00
CALORIES (per hr-lb):   3.1788
STATISTICS
+ Time (min)
+ Calories
- Distance
+ Level
- Reps
- Sets
- Weight
+ RPE (1-10)
+ HR (avg)
+ BP
```

When creating new entries, you can copy this format with the following important notes:

ACTINAME:

This field can contain any characters and can be up to 80 characters long, but should be no more than about 40 characters or so to fit in the food selection lists.

ACTICODE:

This 4-letter value is used to uniquely identify each item. When you export an item, modify it, and import it back in, TealDiet uses this code to match up the old item with the new. When creating a new activity, **remove this line** so TealDiet will know to create a new unique ID code for the new item.

CALORIES:

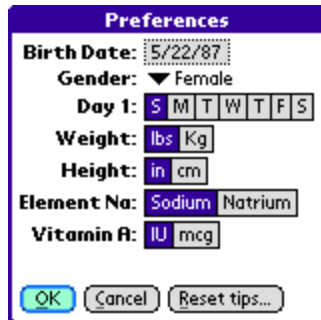
This value is the number of calories a person one burn performing the activity for one hour for each lb (or Kg) of body weight.

STATISTICS:

For each of the statistics lines, start the line with a plus (+) if the stat applies to the activity, or minus (-) if it does not. The stats can appear in any order, but must exactly match the text in the example.

Chapter 7 – Preferences

The TealDiet Preferences screen is accessible from a drop-down menu on the *Weekly View*. In it you can set some personal details used different program calculators, as well as specify standard or metric units used in them.

The image shows a 'Preferences' dialog box with a purple title bar. It contains several settings: 'Birth Date' is a date field showing '5/22/87'; 'Gender' is a dropdown menu set to 'Female'; 'Day 1' is a row of seven buttons labeled 'S', 'M', 'T', 'W', 'T', 'F', 'S', with 'S' selected; 'Weight' has two buttons 'lbs' and 'Kg', with 'lbs' selected; 'Height' has two buttons 'in' and 'cm', with 'in' selected; 'Element Na' has two buttons 'Sodium' and 'Natrium', with 'Sodium' selected; and 'Vitamin A' has two buttons 'IU' and 'mcg', with 'IU' selected. At the bottom are three buttons: 'OK' (highlighted in green), 'Cancel', and 'Reset tips...'.

The following preferences choices are available:

Birth Date

Specifies a birth date used in the daily foods calorie goal calculator.

Gender

Specifies the gender used in the daily foods calorie goal calculator

Weight

Specifies whether standard (lbs) or metric (kg) units are used in measurements and calorie and body mass index calculators

Height

Specifies whether standard (lbs) or metric (kg) units are used in measurements and body mass index calculators

Element Na

Specifies whether the element “Na” is labeled using the American term “Sodium” or its Latin name “Natrium” (used in Europe).

Vitamin A

Specifies whether Vitamin A is measured in International Units (IU), as in the United States or micrograms (mcg), as in Europe.

Chapter 8 – Reports

TealDiet supports a simple report generation system that can summarize entries to a text file or memo. (Memo export capability for PalmOS only)

Reports

Dates:
7/1/07 to 7/20/07

Type:
▼ MemoPad

☒ Food Entries
 ☒ Calories
 ☒ Protein
 ☒ Carbs

☐ Exercise Entries
 ☒ Time (min)
 ☒ Calories
 ☒ Distance

☐ Measurements
 ☒ Weight
 ☒ Height
 ☒ Body Fat

Cancel Make

Choose *Generate Report* from the main *Options* menu to bring up the TealDiet *Reports* screen.

The following options are available:

Dates:

Choose the range of dates whose entries should be included

Type:

Choose whether to write the report to a text file or memo. If the text file option is chosen, the file TealDiet_Report will be created in main memory, and can be opened in TealDoc or copied to an external SD card with TealMover.

Food Entries

Chooses whether food entries are exported. If checked, the checklist below specifies which food statistics are listed with each food eaten.

Exercise Entries

Chooses whether exercise entries are exported. If checked, the checklist below specifies which exercise statistics are listed with each activity.

Measurements

Chooses whether measurements are exported. If checked, the checklist below specifies which measurements are listed in the report.

Memo 1 of 1 Unfiled

TealDiet_Report

7/19/07

FOODS

Coffee - decaf, brewed (8 oz)
(1 serv)

Calories: 4.7 kcal
Protein: 0.2 g
Carbs: 0.9 g
Fat: 0 g
Cholesterol: 0 mg

Done Details

Appendix A – Registering

Registering allows you to use the program past the 30 day expiration period and turns off registration reminders.

Currently, you may register by snail mail or online with a credit card and a secured server from the store where you downloaded the software. For the first option, send the following information on a sheet of paper separate from your payment.

- Product Name
- E-Mail Address
- HotSync User ID (Pilot Name Required for Passkey generation). It can be found in the upper right corner of the HotSync application.
- Check (drawn off a US Bank) or Money Order for (\$19.95 US). No international checks or money orders please.

Appendix B – Products

Visit us online at <http://www.tealpoint.com> for our complete product line, including:

SHORTCIRCUIT (<http://www.tealpoint.com/softshrt.htm>)

A new twist on gameplay fused from your all time action puzzle favorite games, connect falling conduit pieces into explosive loops in this frantic race against the clock.

SUDOKUADDICT (<http://www.tealpoint.com/softsudo.htm>)

Sudoku Addict brings to your handheld the addictive worldwide puzzle craze that has displaced crossword puzzles in many newspapers in Great Britain and Japan.

TEALAGENT (<http://www.tealpoint.com/softagnt.htm>)

Get news, movie times, stock quotes, driving directions, web pages and more without need for a wireless connection. TealAgent fetches and formats web-based content for offline viewing.

TEALALIAS (<http://www.tealpoint.com/softalia.htm>)

Free up memory and make the most of external expansion cards. Placeholder 'Alias' shortcut files automatically find, load, and launch apps and data from external SD cards, increasing free main memory.

TEALAUTO (<http://www.tealpoint.com/softauto.htm>)

Track and graph automobile mileage, service, and expenses with TealAuto, the complete log book for your car or any vehicle. Extensive customization options and unmatched in features and functionality.

TEALBACKUP (<http://www.tealpoint.com/softback.htm>)

Backup your valuable data with TealBackup, supporting manual and automatic backups to SD/MMC/CF cards and Memory Stick, backups through HotSync, and optional compression and encryption.

TEALDESKTOP (<http://www.tealpoint.com/softdesk.htm>)

Launch applications with TealDesktop, the themed replacement for the standard system launcher screen with tabs, multiple card folders, drag and drop, and more

TEALDOC (<http://www.tealpoint.com/softdoc.htm>)

Read, edit, and browse documents, Doc files, eBooks and text files with TealDoc, the enhanced doc reader. Extensive display and customization options; TealDoc is unmatched in features and usability.

TEALECHO (<http://www.tealpoint.com/softecho.htm>)

Improve your Graffiti text input speed and accuracy, seeing what you write with TealEcho digital "ink". No more writing blind!

TEALGLANCE (<http://www.tealpoint.com/softglnc.htm>)

See the time, date, upcoming appointments and todo items at power-up with TealGlance. The TealGlance pop-up utility and key guard comes up when you power up, letting you see your day "at a glance."

TEALINFO (<http://www.tealpoint.com/softinfo.htm>)

Lookup postal rates, area codes, tip tables, schedules, airports, and info from hundreds of free TealInfo databases. Create you own mini-apps; a handheld reference library.

TEALLAUNCH (<http://www.tealpoint.com/softlnch.htm>)

Launch applications instantly with the TealLaunch pop-up launcher and button/stroke-mapping utility. Map applications to button presses and pen swipes so you can get to your apps quickly.

TEALLOCK (<http://www.tealpoint.com/softlock.htm>)

Secure and protect your handheld with TealLock, the automatic locking program with encryption and card support. TealLock has unmatched features and customization options for personal or corporate use.

TEALMAGNIFY (<http://www.tealpoint.com/softlens.htm>)

Save your eyesight with TealMagnify, an ever-ready magnifying glass that works with most any program. TealMagnify lets you enlarge the screen for those times the text is too small to read.

TEALMASTER (<http://www.tealpoint.com/softmstr.htm>)

Replace Hackmaster with TealMaster, the supercharged 100%-compatible system extensions manager. TealMaster adds enhanced stability, configuration and diagnostic features and PalmOS 5.0 hack emulation.

TEALMEAL (<http://www.tealpoint.com/softmeal.htm>)

Save and recall your favorite restaurants with TealMeal, the personal restaurant database. With TealMeal's handy sorting and selection options, never ask "where to eat" again.

TEALMEMBRAIN (<http://www.tealpoint.com/softmemb.htm>)

Stop crashes and monitor your memory use with TealMemBrain, the application stack stabilizer. TealMemBrain boosts your stack space on OS3 and OS4 handhelds, eliminating the major cause of system instability.

TEALMOVER (<http://www.tealpoint.com/softmovr.htm>)

Beam, delete, rename, and copy files with TealMover, the file management utility for SD/CF/MS cards. TealMover lets you see, move, modify, hex edit, and delete individual files.

TEALMOVIE (<http://www.tealpoint.com/softmovi.htm>)

Play and convert high-quality video and synchronized sound with the TealMovie multimedia system. TealMovie includes a handheld audio/movie player and a Windows AVI/MPEG/Quicktime converter program.

TEALNOTES (<http://www.tealpoint.com/softnote.htm>)

Insert freehand graphics anywhere with TealNotes "sticky notes" for Palm OS. TealNotes can be inserted into memos, to-do lists, address book entries--almost anywhere you currently have editable text.

TEALPAINT (<http://www.tealpoint.com/softpnt.htm>)

Paint, sketch, or draw with TealPaint, the all-in-one graphics paint program for PalmOS. Highlights include 20 tools, 16 patterns, 24 brushes, zoom, hires, layers, multi-undo, and a desktop converter.

TEALPHONE (<http://www.tealpoint.com/softphon.htm>)

Supercharge the address book with TealPhone, the contacts replacement with superior interface and options. Highlights include enhanced display, search, phone-dialing, groups, and linking.

TEALPRINT (<http://www.tealpoint.com/softprnt.htm>)

Print text and graphics to IR, serial, and Windows printers with TealPrint. With numerous connection options, TealPrint, is the all-in-one text and graphic printing solution.

TEALSAFE (<http://www.tealpoint.com/softsafe.htm>)

Store your passwords, credit cards, PIN numbers, and bank accounts in the TealSafe data wallet. With maximum security and encryption, TealSafe is a must for features and security.

TEALSCRIPT (<http://www.tealpoint.com/softscrp.htm>)

Replace or restore Graffiti with TealScript, the text recognition system you can customize. Unlike other systems, you can make or change your own strokes for better speed and accuracy.

TEALTRACKER (<http://www.tealpoint.com/softtrac.htm>)

Track time and expenses with a fast, easy to use interface that requires minimal effort. Generate reports and export data to a spreadsheet. TealTracker is your personal time clock.

TEALTOOLS (<http://www.tealpoint.com/softtool.htm>)

Improve productivity with TealTools pop-up Palm Desk Accessories. TealTools includes a popup calculator, clock/stopwatch, preferences panel, editing panel, memopad, and a file/backup manager.

Appendix C – Contact Info

TealDiet by TealPoint Software
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We look forward to hearing from you.

Please visit us at www.tealpoint.com, or email us at support@tealpoint.com.

Appendix D – Revision History

Version 1.20 - February 15, 2008

- Fixed backdated food entries from sometimes disappearing (placed in mis-sorted order)

Version 1.11 - January 25, 2008

- Added new search feature in food item selection screen
- Added new improved UI with shaded buttons and optional thin fonts
- Added 'System fancy fonts' option in preferences to turn on/off thin fonts
- Fixed crash if 5-way pressed on active checklist control if no visible item is selected
- Fixed food graphs to show correct value when food calorie adjustment option is enabled
- Fixed hours list to enter correct value after adding new activity

Version 1.02 – July 20, 2007

- Added new report generation to memo or text file
- Added time selection popup after adding exercise entry from quicklist
- Added food calorie preview to item in food quicklist
- Added automatic date updating on screen redraw when program in use past midnight
- Improved pen-less food quantity entry by preselecting food quantity text field and adding button shortcuts
- Improved time selection popup to remember last value entered
- Fixed exercise quicklist to add entry when immediately followed by same entry on a subsequent date
- Fixed layout of time selection popup on small screen devices

Version 1.00 – May 24, 2007

- Initial program release

Appendix E – Legal Notice

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