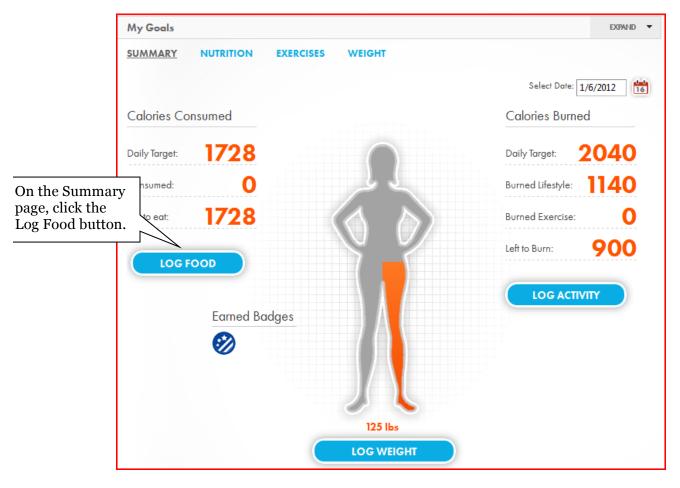
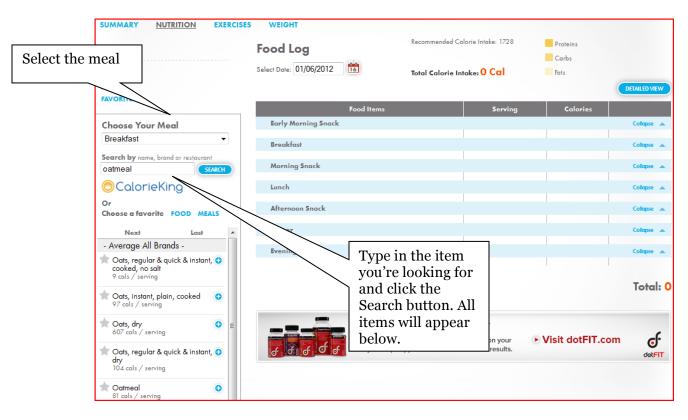
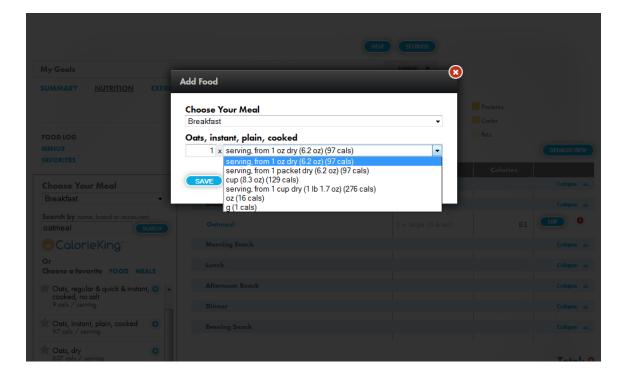
Managing your weight ultimately comes down to managing the calories you take in and the calories you burn. Studies show that individuals who log food regularly lose more weight than those who don't, and are more effective at keeping the weight off. To track the calories you consume, click the log food button on the Summary page of your program.



Once you land on your food logging page, select the meal you'll be logging food for. Type in the item and click the Search button. You can enter the generic name of the item, the brand name or the restaurant. All items will appear below.

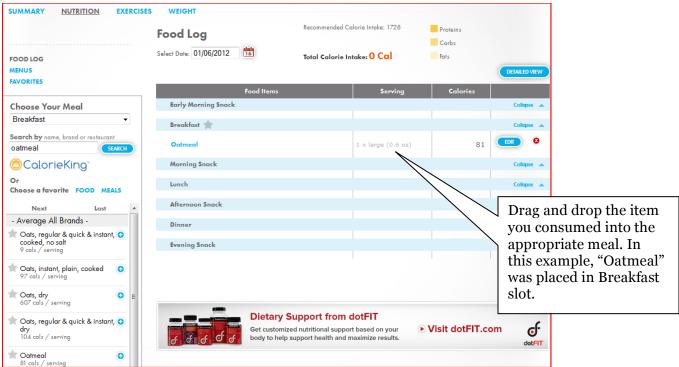


Click on the desired item and adjust the meal, quantity and unit of measurement if needed, then click Save.





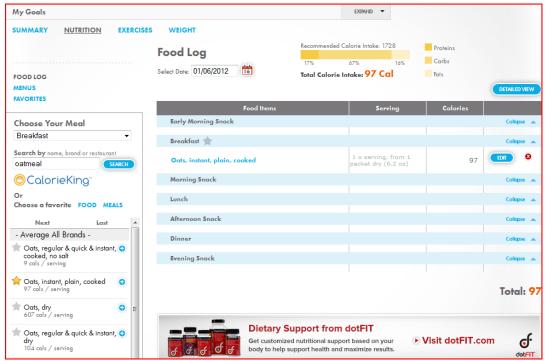
You can also drag and drop items into the appropriate meal slots. The meal slot will turn grey once you drag the item over.



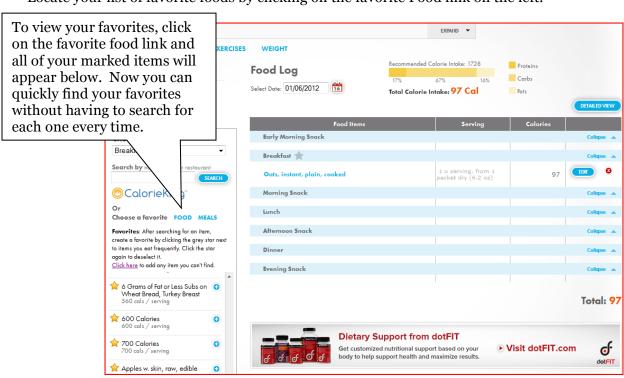
For items you consume regularly, click on the grey star next to the item and it will turn yellow, indicating that it was added to your list of favorite foods.

Create a list of favorite foods by clicking on the grey star next to each item.



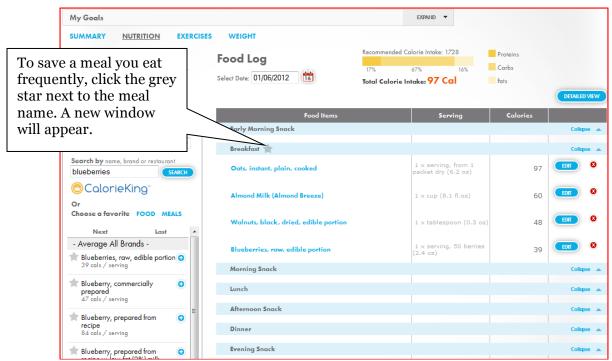


Locate your list of favorite foods by clicking on the favorite Food link on the left.

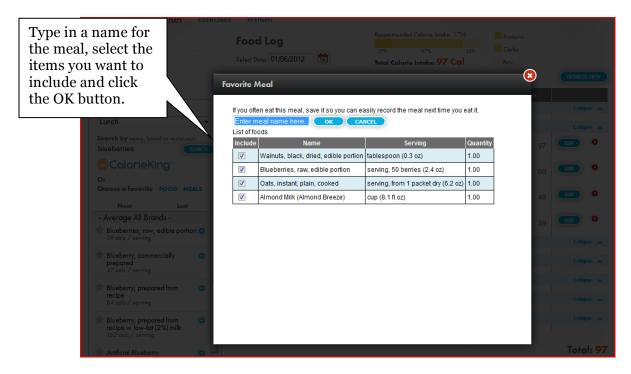


You can also save meals you eat regularly. After all the items have been entered into the meal slot, click the grey star next to the meal name. A new window will appear.



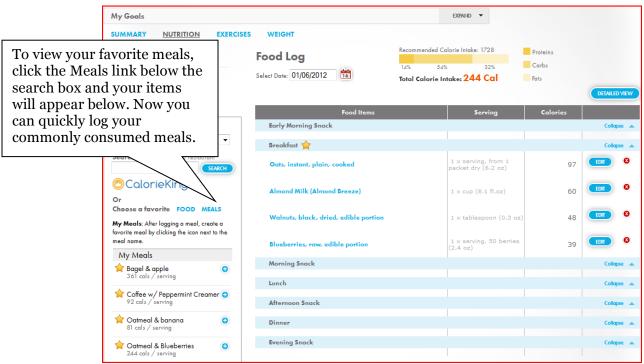


Type in the name for the meal, deselect any items to exclude in this meal and click OK.

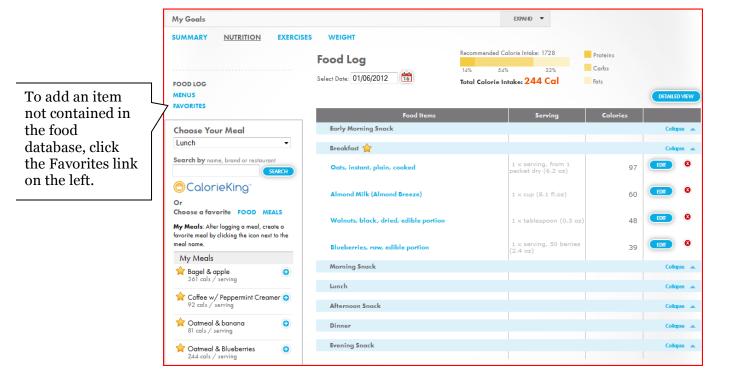


To locate your saved meal, click on the favorite Meals link on the left and all of your saved meals are listed in alphabetical order.

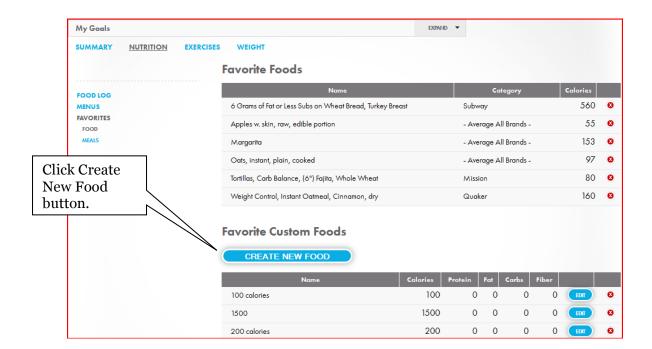




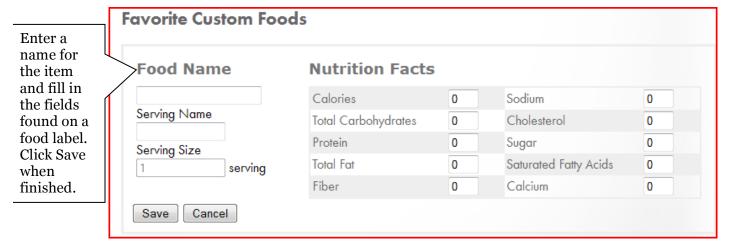
To add an item you can't find in the food database, click the Favorites link on the left and then the Create New Food button.





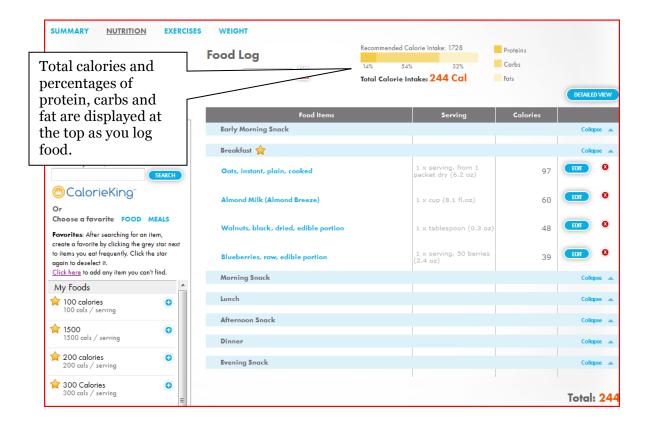


Enter the name, serving size and calories in the fields and click Save. The other fields are optional and can be found on a standard food label or nutritional guide. Your list of custom foods is located in your list of favorite foods in your food log.



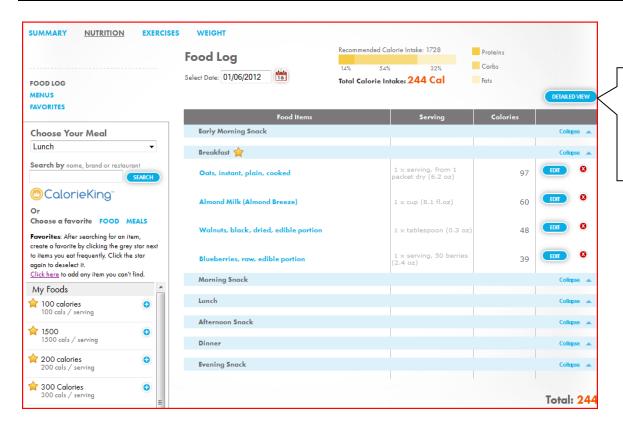
As you log food, you'll see the total calories and the breakdown of protein, carbohydrates and fat at the top.



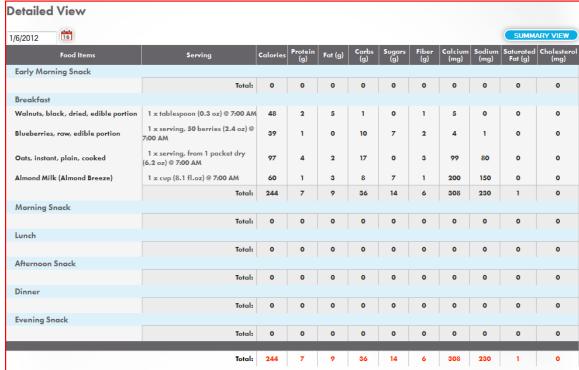


You can also see the amounts of certain nutrients by clicking the Detailed View button.





Click the Detailed view button to see the totals for several nutrients.



Once you're finished logging, click Summary at the top to see the calories you've consumed compared to the calories you've burned; the calories you have left to eat to reach your daily goal. By using your program to log



your calories, you'll SEE your results any time of day. Now you can make any needed adjustment to stay on track.

