

Improve Your Success with Food Logging in the dotFIT Program

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.

My Goals EXPAND

SUMMARY NUTRITION EXERCISES WEIGHT

Select Date: 1/6/2012

Calories Consumed

Daily Target: **1728**

Consumed: **0**

To eat: **1728**

LOG FOOD

Calories Burned

Daily Target: **2040**

Burned Lifestyle: **1140**

Burned Exercise: **0**

Left to Burn: **900**

LOG ACTIVITY

Earned Badges

125 lbs

LOG WEIGHT

On the Summary page, click the Log Food button.

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.

Improve Your Success with Food Logging in the dotFIT Program

Select the meal

Type in the item you're looking for and click the Search button. All items will appear below.

Recommended Calorie Intake: 1728

Select Date: 01/06/2012

Total Calorie Intake: 0 Cal

Food Items	Serving	Calories
Early Morning Snack		
Breakfast		
Morning Snack		
Lunch		
Afternoon Snack		
Evening Snack		

Total: 0

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

My Goals

SUMMARY NUTRITION EXERCISES

FOOD LOG MENUS FAVORITES

Choose Your Meal

Breakfast

Search by name, brand or restaurant

oatmeal

CalorieKing

Or Choose a favorite FOOD MEALS

Oats, regular & quick & instant, cooked, no salt 9 cals / serving

Oats, instant, plain, cooked 97 cals / serving

Oats, dry 607 cals / serving

Oats, regular & quick & instant, dry 104 cals / serving

Oatmeal 81 cals / serving

HELP SETTINGS

ADD FOOD

Choose Your Meal

Breakfast

Oats, instant, plain, cooked

1 x serving, from 1 oz dry (6.2 oz) (97 cals)

1 x serving, from 1 oz dry (6.2 oz) (97 cals)

1 x serving, from 1 packet dry (6.2 oz) (97 cals)

1 x cup (8.3 oz) (129 cals)

1 x serving, from 1 cup dry (1 lb 1.7 oz) (276 cals)

1 x oz (16 cals)

1 x g (1 cals)

SAVE

Food Items	Serving	Calories
Oatmeal	1 x large (0.6 oz)	81
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Evening Snack		

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

The screenshot shows the 'Food Log' interface with the following components:

- Navigation tabs: SUMMARY, NUTRITION, EXERCISES, WEIGHT
- Recommended Calorie Intake: 1728
- Legend: Proteins (yellow), Carbs (orange), Fats (green)
- Total Calorie Intake: 0 Cal
- Select Date: 01/06/2012
- Meal slots table:

Food Items	Serving	Calories	
Early Morning Snack			Collapse ▲
Breakfast ★			Collapse ▲
Oatmeal	1 x large (0.6 oz)	81	EDIT ✖
Morning Snack			Collapse ▲
Lunch			Collapse ▲
Afternoon Snack			
Dinner			
Evening Snack			

On the left, a search bar contains 'oatmeal' and a list of results is shown, including 'Oats, regular & quick & instant, cooked, no salt' and 'Oatmeal' (81 cal / serving). A grey star is next to the 'Oatmeal' item in the list.

A callout box points to the 'Oatmeal' row in the table, stating: "Drag and drop the item you consumed into the appropriate meal. In this example, 'Oatmeal' was placed in Breakfast slot."

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.

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My Goals EXPAND

SUMMARY **NUTRITION** EXERCISES WEIGHT

Food Log

Recommended Calorie Intake: 1728
 17% 67% 16%
 Total Calorie Intake: **97 Cal**

Select Date: 01/06/2012

FOOD LOG
 MENUS
 FAVORITES

Choose Your Meal
 Breakfast

Search by name, brand or restaurant
 oatmeal SEARCH

CalorieKing

Or
 Choose a favorite **FOOD** MEALS

Next Last

- Average All Brands -
- ★ Oats, regular & quick & instant, cooked, no salt 9 cals / serving
- ★ Oats, instant, plain, cooked 97 cals / serving
- ★ Oats, dry 607 cals / serving
- ★ Oats, regular & quick & instant, dry 104 cals / serving

Food Items	Serving	Calories	
Early Morning Snack			Collapse ▲
Breakfast ★			Collapse ▲
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz)	97	EDIT ✖
Morning Snack			Collapse ▲
Lunch			Collapse ▲
Afternoon Snack			Collapse ▲
Dinner			Collapse ▲
Evening Snack			Collapse ▲

Total: 97

Dietary Support from dotFIT
 Get customized nutritional support based on your body to help support health and maximize results. Visit dotFIT.com

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

To view your favorites, click on the favorite food link and all of your marked items will appear below. Now you can quickly find your favorites without having to search for each one every time.

EXERCISES **WEIGHT** EXPAND

Food Log

Recommended Calorie Intake: 1728
 17% 67% 16%
 Total Calorie Intake: **97 Cal**

Select Date: 01/06/2012

FOOD LOG
 MENUS
 FAVORITES

Favorites: After searching for an item, create a favorite by clicking the grey star next to items you eat frequently. Click the star again to deselect it. [Click here](#) to add any item you can't find.

- ★ 6 Grams of Fat or Less Subs on Wheat Bread, Turkey Breast 560 cals / serving
- ★ 600 Calories 600 cals / serving
- ★ 700 Calories 700 cals / serving
- ★ Apples w. skin, raw, edible

Food Items	Serving	Calories	
Early Morning Snack			Collapse ▲
Breakfast ★			Collapse ▲
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz)	97	EDIT ✖
Morning Snack			Collapse ▲
Lunch			Collapse ▲
Afternoon Snack			Collapse ▲
Dinner			Collapse ▲
Evening Snack			Collapse ▲

Total: 97

Dietary Support from dotFIT
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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.

Improve Your Success with Food Logging in the dotFIT Program

My Goals EXPAND

SUMMARY NUTRITION EXERCISES WEIGHT

Food Log

Select Date: 01/06/2012

Recommended Calorie Intake: 1728

17% 67% 16%

Total Calorie Intake: **97 Cal**

Proteins Carbs Fats

DETAILED VIEW

Food Items	Serving	Calories	
Early Morning Snack Collapse			
Breakfast ★ Collapse			
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz)	97	EDIT
Almond Milk (Almond Breeze)	1 x cup (8.1 fl.oz)	60	EDIT
Walnuts, black, dried, edible portion	1 x tablespoon (0.3 oz)	48	EDIT
Blueberries, raw, edible portion	1 x serving, 50 berries (2.4 oz)	39	EDIT
Morning Snack Collapse			
Lunch Collapse			
Afternoon Snack Collapse			
Dinner Collapse			
Evening Snack Collapse			

Search by name, brand or restaurant

blueberries SEARCH

CalorieKing

Or Choose a favorite FOOD MEALS

Next Last

- Average All Brands -

- ★ Blueberries, raw, edible portion 39 cal / serving
- ★ Blueberry, commercially prepared 47 cal / serving
- ★ Blueberry, prepared from recipe 84 cal / serving
- ★ Blueberry, prepared from recipe w. low-fat (2%) milk 162 cal / serving
- ★ Artificial Blueberry

To save a meal you eat frequently, 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.

Food Log

Select Date: 01/06/2012

Recommended Calorie Intake: 1728

17% 67% 16%

Total Calorie Intake: **97 Cal**

Proteins Carbs Fats

DETAILED VIEW

Favorite Meal

If you often eat this meal, save it so you can easily record the meal next time you eat it

Enter meal name here. OK CANCEL

List of foods

Include	Name	Serving	Quantity
<input checked="" type="checkbox"/>	Walnuts, black, dried, edible portion	tablespoon (0.3 oz)	1.00
<input checked="" type="checkbox"/>	Blueberries, raw, edible portion	serving, 50 berries (2.4 oz)	1.00
<input checked="" type="checkbox"/>	Oats, instant, plain, cooked	serving, from 1 packet dry (6.2 oz)	1.00
<input checked="" type="checkbox"/>	Almond Milk (Almond Breeze)	cup (8.1 fl.oz)	1.00

Total: 97

Type in a name for the meal, select the items you want to include and click the OK button.

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.

Improve Your Success with Food Logging in the dotFIT Program

To view your favorite meals, click the Meals link below the search box and your items will appear below. Now you can quickly log your commonly consumed meals.

The screenshot shows the 'Food Log' page for the date 01/06/2012. The 'Total Calorie Intake' is 244 Cal. A search box on the left is set to 'Meals', displaying a list of favorite meals:

- Bagel & apple (361 cals / serving)
- Coffee w/ Peppermint Creamer (92 cals / serving)
- Oatmeal & banana (81 cals / serving)
- Oatmeal & Blueberries (244 cals / serving)

The main table lists the following items:

Food Items	Serving	Calories
Early Morning Snack		
Breakfast		
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz)	97
Almond Milk (Almond Breeze)	1 x cup (8.1 fl.oz)	60
Walnuts, black, dried, edible portion	1 x tablespoon (0.3 oz)	48
Blueberries, raw, edible portion	1 x serving, 50 berries (2.4 oz)	39
Morning Snack		
Lunch		
Afternoon Snack		
Dinner		
Evening Snack		

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.

To add an item not contained in the food database, click the Favorites link on the left.

The screenshot shows the 'Food Log' page with the 'Favorites' link selected. A 'Choose Your Meal' dropdown is set to 'Lunch'. The search box is empty. The main table is identical to the previous screenshot.

Improve Your Success with Food Logging in the dotFIT Program

My Goals
EXPAND ▼

SUMMARY
NUTRITION
EXERCISES
WEIGHT

Favorite Foods

Name	Category	Calories	
6 Grams of Fat or Less Subs on Wheat Bread, Turkey Breast	Subway	560	✕
Apples w. skin, raw, edible portion	- Average All Brands -	55	✕
Margarita	- Average All Brands -	153	✕
Oats, instant, plain, cooked	- Average All Brands -	97	✕
Tortillas, Carb Balance, (6") Fajita, Whole Wheat	Mission	80	✕
Weight Control, Instant Oatmeal, Cinnamon, dry	Quaker	160	✕

Favorite Custom Foods

CREATE NEW FOOD

Name	Calories	Protein	Fat	Carbs	Fiber		
100 calories	100	0	0	0	0	EDIT	✕
1500	1500	0	0	0	0	EDIT	✕
200 calories	200	0	0	0	0	EDIT	✕

Click 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.

Favorite Custom Foods

Food Name

Serving Name

Serving Size

 1 serving

Nutrition Facts

Calories	0	Sodium	0
Total Carbohydrates	0	Cholesterol	0
Protein	0	Sugar	0
Total Fat	0	Saturated Fatty Acids	0
Fiber	0	Calcium	0

Save
Cancel

Enter a name for the item and fill in the fields found on a food label. Click Save when finished.

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

Improve Your Success with Food Logging in the dotFIT Program

The screenshot displays the 'Food Log' section of the dotFIT program. At the top, there are navigation tabs for 'SUMMARY', 'NUTRITION', 'EXERCISES', and 'WEIGHT'. The 'Food Log' title is prominently displayed. A summary bar shows the 'Recommended Calorie Intake: 1728' and a 'Total Calorie Intake: 244 Cal'. A progress bar indicates the intake is 14% protein, 54% carbs, and 32% fats. A 'DETAILED VIEW' button is located on the right. Below the summary is a table with columns for 'Food Items', 'Serving', and 'Calories'. The table lists items under various meal categories: 'Early Morning Snack', 'Breakfast' (marked with a star), 'Morning Snack', 'Lunch', 'Afternoon Snack', 'Dinner', and 'Evening Snack'. The 'Breakfast' section includes 'Oats, instant, plain, cooked' (97 cal), 'Almond Milk (Almond Breeze)' (60 cal), 'Walnuts, black, dried, edible portion' (48 cal), and 'Blueberries, raw, edible portion' (39 cal). Each item has an 'EDIT' button and a red 'X' icon. At the bottom right, a 'Total: 244' is displayed. On the left side, there is a search bar with the 'CalorieKing' logo and a 'SEARCH' button. Below the search bar, there are options to 'Choose a favorite' under 'FOOD' and 'MEALS' sections. A 'Favorites' section explains how to create favorites and lists 'My Foods' with options like '100 calories', '1500', '200 calories', and '300 Calories'.

Total calories and percentages of protein, carbs and fat are displayed at the top as you log food.

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

Improve Your Success with Food Logging in the dotFIT Program

SUMMARY NUTRITION EXERCISES WEIGHT

Food Log

Select Date: 01/06/2012

Recommended Calorie Intake: 1728

14% 54% 32%

Total Calorie Intake: 244 Cal

Proteins
Carbs
Fats

FOOD LOG
MENUS
FAVORITES

Choose Your Meal
Lunch

Search by name, brand or restaurant
SEARCH

CalorieKing™

Or
Choose a favorite **FOOD MEALS**

Favorites: After searching for an item, create a favorite by clicking the grey star next to items you eat frequently. Click the star again to deselect it.
[Click here](#) to add any item you can't find.

My Foods

- ★ 100 calories
100 cals / serving
- ★ 1500
1500 cals / serving
- ★ 200 calories
200 cals / serving
- ★ 300 Calories
300 cals / serving

Food Items	Serving	Calories	
Early Morning Snack			
Collapse ▲			
Breakfast ★			
Collapse ▲			
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz)	97	EDIT ✕
Almond Milk (Almond Breeze)	1 x cup (8.1 fl.oz)	60	EDIT ✕
Walnuts, black, dried, edible portion	1 x tablespoon (0.3 oz)	48	EDIT ✕
Blueberries, raw, edible portion	1 x serving, 50 berries (2.4 oz)	39	EDIT ✕
Morning Snack			
Collapse ▲			
Lunch			
Collapse ▲			
Afternoon Snack			
Collapse ▲			
Dinner			
Collapse ▲			
Evening Snack			
Collapse ▲			
Total: 244			

DETAILED VIEW

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

Detailed View

1/6/2012

SUMMARY VIEW

Food Items	Serving	Calories	Protein (g)	Fat (g)	Carbs (g)	Sugars (g)	Fiber (g)	Calcium (mg)	Sodium (mg)	Saturated Fat (g)	Cholesterol (mg)
Early Morning Snack											
		Total:	0	0	0	0	0	0	0	0	0
Breakfast											
Walnuts, black, dried, edible portion	1 x tablespoon (0.3 oz) @ 7:00 AM	48	2	5	1	0	1	5	0	0	0
Blueberries, raw, edible portion	1 x serving, 50 berries (2.4 oz) @ 7:00 AM	39	1	0	10	7	2	4	1	0	0
Oats, instant, plain, cooked	1 x serving, from 1 packet dry (6.2 oz) @ 7:00 AM	97	4	2	17	0	3	99	80	0	0
Almond Milk (Almond Breeze)	1 x cup (8.1 fl.oz) @ 7:00 AM	60	1	3	8	7	1	200	150	0	0
		Total:	244	7	9	36	14	308	230	1	0
Morning Snack											
		Total:	0	0	0	0	0	0	0	0	0
Lunch											
		Total:	0	0	0	0	0	0	0	0	0
Afternoon Snack											
		Total:	0	0	0	0	0	0	0	0	0
Dinner											
		Total:	0	0	0	0	0	0	0	0	0
Evening Snack											
		Total:	0	0	0	0	0	0	0	0	0
		Total:	244	7	9	36	14	308	230	1	0

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

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

The calories logged are now updated so you see how much you've consumed in relation to the calories you've burned so far today.

