How to use FitDay.com to track your calories (v1.0)

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Fit Day is a free, easy to use online program that allows you to monitor your intake of calories (i.e. macornutrients: carbohydrates, proteins and fats) and micronutrients (vitamins, minerals etc.) based on the foods you eat in a day. It also allows you to track how many calories you burn in physical activity during the day. This software is particularly helpful to those interested in shifting their eating habits towards a low-fat, whole-foods, raw or high raw plant-based diet.

This straightforward introductory guide will show you how to:

- 1) Create a free private account on FitDay.com
- 2) Enter and monitor your calorie intake and food values (pg. 3)
- 3) Enter and monitor your calories expended in daily activities (pg. 6)

You may print this guide for convenient reference. Let's get started!

1) Creating a FitDay Account

Type the "fitday.com" web address into your web browser and press return/enter:



Then click "Get Your Free Account" (orange button on left):



Choose a unique username and password. First name + last name + numbers is an easy formula to remember (e.g. robertbarker11). Usernames are not case sensitive but passwords are. Write these down if necessary. Enter the rest of your personal information including email address (after you've created your account if you want to change any of this information, click the "Profile" tab on the main screen):

000	Fi	tDay Free Calorie Counter and Diet Journal:
• • • • • • • • • • • • • • • • • • •	http://www.fitday.com	/fitness/ProfileSignUp.html
Most Visited 🖘 30 Bananas a Day!	Getting Started Latest Head	lines 🔊 Apple Google Maps Wikipedia
FitDay - Free Weight Loss and	😳 📄 FitDay Free Calorie	Counter an 🕲 +
	Create your free Fit	Day account!
	To activate your account, fill in	the information below. Your account is completely free and private
	Username	robertbarker
	Password	• • • • • •
	Confirm Password	
	Commit a control	
	Email	
	FitDay uses the following infor	mation to customize the program for you:
	Sex M	ale 🔹
	Height	5 feet 10 inches
	Weight	145 lbs -
	Age 47	·
	Activity Lovel	osthy Sectod With Some Movement
	Activity Level M	ostiy seated with some Movement

Scroll down and click on "I have read and agree to the terms service" checkbox then click "Sign Up". This will take you immediately to the food log window (see next page)

Activity Level	Very Low Activity (Sedentary)
you have a FitDay Prem	nium Membership you may enter the key here.
Premium Mem	bership Key
I have read a	nd agree to abide by the Terms of Service.

You have now created your FitDay user account! That's all there is to it.

2) Tracking Your Food and Calorie Intake Using FitDay

FitDay allows you to keep track of what foods you eat on a daily basis and determine the calorie and nutrient content of those foods individually and as a whole.

The way it works is quite simple: you choose the type and quantity of foods you've eaten in a day and add them to your 'food log' which will calculate for you how many calories and other nutrients you've consumed. This saves you the trouble of doing all the number crunching yourself! In the following section we'll show you how to do all this.

Adding foods to your food log

If you've just created your FitDay account, you will now see your food log. Otherwise sign in to FitDay using your user name and password to take you there. To choose a food you have eaten, select "Browse Food", "Search Food", or "Recent Food" (column on left). I like using "Search Food" for finding new foods and "Recent Food" for quick selection of staple foods.

🚯 FITDA	Y®			Welcom	e, robertba	rker11		
My Fitness Log				My F	itness Journal	FitDay PC Advertis	e Articles Forun	ns Log Out
Overview Profile FitDay Premium Foods Eaten	PC Sync Foods Activitie	es Weight Wei	ght Goal Journal	Moods Body	Stats Calen	dar Reports) P	rinter Friendly
Add a Food Search Food Browse • Recent Foods • Custom Foods •	A Show previous day Entries for Jun 22, 2010 Beauty Product Hair Care, Make-up, Teeth Whitening & Ott SmartBeautyBuys. For more advanced Diet and Fitness So					IS Product Reviews k out FitDay PC.	Ads by Google	
Create & Custom Food	Food Name	Amount	Unit	Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
STORIG TT GROUTITT GOD		Total						
View My Custom Foods View My Recent Foods	Use your food log to trace estimate your daily calori To add a food to your log	Food Log! k the foods you eal es and nutrition. use the Food Sea	each day. FitDay v	vill analyze your fo	ods and			
FitDay Forums								<u>(</u>
Check out our new discussion boards! Meet other FitDay members, and discuss any diet or fitness topic!		Total		0	0.0	0.0	0.0	
FitDay Forums				ave changes	cancer			

If we do a search for 'banana', the following screen will come up, where we can select the specific banana-related food we're looking for:

	banana	Food Search
Most Popular Results f	for 'banana':	
Banana 🔍	Add 1 medium banana (7" to 7–7/8" Add 1 cup of bananas to food log Add 1 large banana (8" to 8–7/8" lon	long) to food log g) to food log
All Results		
All Results.		
Results 1-20 of 55 for "banar	na" Pr	revious 1 2 3 Next
Results 1-20 of 55 for "banar Click on the Add button to an	na" Pr dd a food to your food log.	revious 123 Next
Results 1-20 of 55 for "banar Click on the Add button to ar Add To Food Log Ban	na" Pr dd a food to your food log. ana whip 🔍	evious 1 2 3 Next
Results 1-20 of 55 for "banar Click on the Add button to ar Add To Food Log Ban Add To Food Log Ban	na" Pr dd a food to your food log. ana whip ©	evious 1 2 3 Next
Results 1-20 of 55 for "banan Click on the Add button to an Add To Food Log Ban Add To Food Log Ban Add To Food Log Ban	na" Pr dd a food to your food log. ana whip © ana, raw © ana chips ©	evious 1 2 3 Next

FitDay has a very large food database, but if you cannot find the food you are looking for, you can enter a similar item or the separate ingredients if possible.

We'll choose 'raw banana' (click "Add to food log") because I like bananas ©

		Amount:	1 medium	(7" to 7-7/8" long) -
Calories Food Label Total	Recalcula Nutrition	%-RDA/Al Graph	ize This Food	Add To Your Food Lo
Nutrition Facts				
Calories Calories from Fat			105.0 3.3	
Fat			0.39g	1%
Saturated Fat			0.13g	1%
Polyunsaturated Fat			0.086g	
Monounsaturated Fat			0.038g	
Cholesterol			0.0mg	0%
Sodium			1.2mg	0%
Potassium			422.4mg	12%
Carbohydrate			27.0g	9%
Dietary Fiber			3.1g	12%
Protein			1.3g	3%
Alcohol			0.0g	
Vitamin A	2%	Vitamin C		17%
Calcium	1%	Iron		2%
Vitamin D	0%	Vitamin E		1%
Thiamin	2%	Riboflavin		5%
Niacin	4%	Vitamin B12		0%
Vitamin B6	22%	Manganese		16%
Phosphorus	3%	Copper		5%
Colonium	2%	Magnaeium		8%
Selenium	2.70	Magnesium		0.10

Now you can preview the nutrient content for this food by clicking on the various tabs ("Calories" for macronutrients, "Total Nutrition" for list of all vitamins and minerals, etc). Next select the desired quantity of the food. For most accurate results with solid foods, use a kitchen scale to weigh serving portions. If you don't know the exact weight of what you've eaten, just enter the quantity (e.g. 2 bananas) or estimated weight.

Amount:	1 medium (7" to 7-7/8" long) -	
Recalculate Customi	ze cup cup, mashed cup, sliced oz yields slice cmpll (6" to 6 7 (8" long)	od Log
otal Nutrition %-RDA/AI Graph	extra small (less than 6" long) medium (7" to 7-7/8" long)	
5	extra large (9" or longer)	
	large (8" to 8-7/8" long) linear inch	
	grams	
	kg	
	OZ	

If you want to preview or change the amount click 'Recalculate'. Once you've chosen the appropriate food item, click 'Add to your food log'. This will take you back to the food log window. Repeat this process until you've entered all the food for the day or are done for now. The more specific you are when searching for a food (e.g. "banana, raw" or "sweet potato, cooked") the easier it will be to find. If you change the amount of any food(s) already in your food log be sure to click "Save changes" before you add another food or log out. Once you've logged your food intake for a number of days you can browse through food logs from different days by clicking "Show previous day" or "Show next day".

Overview Profile FitDay Premi	um PC Sync Foods	Activities	Weight	Weight Goal J	ournal	Moods	Body	Stats	Calendar	Reports			
oods Eaten	∢ s	how previous	s day	Entries for	Jun :	24, 2010)	Show no	ext day 👂			🖨 Prin	ter Friend
Add a Food Search Food Browse	Ads by G	oogle Ha	air Car	Beau e, Make-up, T Advanced	uty seth V S Weigh	Prod Vhitenin martBeau t Loss Sc	Iuct ng & O utyBuys oftware	Rev ther B s.ca for \$20	eauty Pro	oduct Rev n a try. rch	iews!		
Custom Poods	Fo	od Name		Amount		U	Init		Cals	Fat (g)	Carbs (g)	Prot (g)	Delete
Create A Custom Food					Tot	al			3,646	16.7	922.0	58.6	
View My Custom Foode	Banana, raw				30 m	edium (7"	' to 7-7	/8" -	3,151	11.7	808.5	38.6	×
view wy oustonn r oods	Lettuce, cos or roma	aine, raw			2 he	ad		-	213	3.8	41.2	15.4	×
View My Recent Foods	Pepper, sweet, red,	raw			2 m	edium (ap	oprox 2	-3/ -	62	0.7	14.4	2.4	×
	Grapes, raw				2 CL	p		•	221	0.5	57.9	2.3	×
FitDay Forums					Tot	al			3,646	16.7	922.0	58.6	
r nouy rorunis													

About Monitoring Your Calorie Intake

Don't worry about your vitamin and mineral intake (under "Nutrition" tab) for now. Depending on the diet you are currently eating, the daily requirement for certain nutrients may be lower than what FitDay recommends (for those interested in closely tracking your intake of micronutrients I recommend using a different program [CRON-o-Meter] which allows you to customize your required intake of all nutrients).

For now just enter the foods you are currently eating into your food log and pay attention to the "Calories" tab and your percentage of carbohydrates/protein/fat (see pie chart). This will give you a sense of how many carbs, protein and fat are in your current diet. You may be surprised! After you've tracked your food intake for a few days, you may also notice shifts in your eating habits simply from becoming more aware of what you are currently eating without making any conscious effort.

When you feel ready you can work towards eating differently to lower your fat intake. Aim to eat below 20% then at/below 15%. The protocol for optimal athletic performance, treating diabetes and heart disease is at 10% calories or below on average.

Try using FitDay 2-3 times a week minimum when starting out. If you are eating a more restricted low fat diet (10% of calories) and/or a 100% raw vegan diet, it is recommended to track your calorie intake daily for at least a few weeks.

For everyone in general I recommend not restricting your calories but eating as much healthy carbohydrate foods like fruits, vegetables, whole grains, beans and legumes as you care for. Small quantities of fatty foods like nuts, seeds and avocado may be included if eaten frequently or in moderate quantities if eaten on occasion. If you are on a 10% calories from fat diet you may want to avoid these foods for some period of time (e.g. 1-2 weeks) for the best and quickest results. Animal products (meat, dairy, fish, eggs) and foods containing refined sugar/flour/oil should be eaten only in small quantities, infrequently or avoided.

3) Monitoring Your Daily Exercise and Activities Using FitDay

Once you are comfortable adding foods to your food log and observing your calorie intake, you may use FitDay's fitness log to keep track of how many calories you expend during exercise and other day-to-day activities.

This is of value to the health seeker since eating enough (healthy) calories is vital to optimal health and well being, and exercise will increase your need for calories. Eating right is also crucial to having energy to exercise, which will help make you feel great!

Entering activities into your fitness log



Click on the "Activities" (right beside the "Food" tab) near the top of the page:

You will now see your fitness log. Adding activities to your fitness log is similar to adding foods to your food log. Enter a particular activity (e.g. walking, swimming, gardening) in the search box or click "Browse Activities":

FITDA	Y®		W	elcome,	robertbarke	er11
My Fitness Log				My Fitne	ess Journal Fit	Day PC
Overview Profile FitDay Premium	PC Sync Foo	ads Activities Weight Weight G	oal Journal Moods	Body S	Stats Calendar	Reports
Activities & Exercise		Show previous day Entrie	s for Jun 22, 201	0 Sh	how next day 👂	
Search		Hair Care, Make-	up, Teeth Whiteni	ng & Oth	ner Beauty Pr	oduct Re
Activity Browse Recent Activities Customize Metabolism		For more at	dvanced Diet and Fi	itness Soft	Activity Se	arch
Activity Browse	Activity	For more ad	Jvanced Diet and Fi	e Ca	Activity Se	arch
Activity Browse Recent Activities Customize Metabolism FIDay Forums Check out our new discussion bacetish Meet other FIDay Check out our new discussion bacetish Meet other FIDay FIDay Forums	Activity C Welcome Use your a help you es To add an a	For more at specific Activity alories Burned Today e to your Activity Log! chilly log to track the activities and exe dimite how many calories you burn ea activity to your to use the Activity Ser	twanced Diet and Fi minimum film (hh:m 24 rolses you do each da ch day. wrch box above or the J	e Ca m) :00 Add an Activ	Activity Se Activity Se Calories Burned	barch Dista
Activity Browse Recent Activities Customize Metabolism FitDay Forums Check on our new discussion booded Metabolism FitDay Forum Endbay Count our new discussion FitDay Forum Share Your Journal	Activity C Welcom Use your at help you es To add an a to the left.	For more at Specific Activity alarites Burned Today e to your Activity Log! chilly log to track the activities and exe dimite from many calorises you burn ea activity to your log use the Activity Sea	vanced Diet and Fi ivanced Diet and Fi (hh:m (hh:m 24 rolses you do each da ch day. Ireh box above or the <i>i</i>	e Cr mm) :00 Add an Acti	Activity Se Activity Se Calories Burned	arch Dista
Activity Browse Recent Activities Customize Metabolism FILDay Forums Check out our new discussion breathers, and factures FILDay Forums Filday Forums Share Your Journal	Activity C Welcom Use your ai help you es To add an a to the left.	For more at Specific Activity Calories Burned Today e to your Activity Log! chilly log to track the activities and exe stimute how many calories you burn ea activity to your log use the Activity Sea	Time Vanced Diet and Fi (hhm (hhm 24 rolses you do each da ch day, urch box above or the /	e Ci imm) :00 Add an Acti	Activity Se Activity Se Calories Burned	arch Dista

Next click the "Add to Activity Log" button beside your activity of choice (see image below). This will take you to back to your fitness log.

Click on the Add button	to add an activity to your log.
Add To Activty Log	backpacking
Add To Activty Log	carrying infant or 15 pound load (e.g. suitcase), level ground or downstairs
Add To Activty Log	carrying load upstairs general
Add To Activty Log	carrying load upstairs 1 to 15 lb load
Add To Activty Log	carrying load upstairs 16 to 24 lb load
Add To Activty Log	carrying load upstairs 25 to 49 lb load
Add To Activty Log	carrying load upstairs 50 to 74 lb load
Add To Activty Log	carrying load upstairs greater than 74 lb load
Add To Activty Log	loading or unloading a car
Add To Activty Log	climbing hills with a load 0 to 9 pound load
Add To Activty Log	climbing hills with a load 10 to 20 pound load
Add To Activty Log	climbing hills with a load 21 to 42 pound load
Add To Activty Log	climbing hills with a load greater than 42 pound load
Add To Activty Log	walking downstairs
Add To Activty Log	hiking, cross country
Add To Activty Log	bird watching

Now enter the time and/or distance for your activity and click "Save Changes". Repeat as needed. At the bottom of the "Activities and Exercise" window you'll be able to view your calories burned and calories eaten vs. burned ("Calorie Balance" tab):

			Activity Se	arch		
Activity	Specific Activity	Time (hh:mm)	Calories Burned	Distance	Units	Delete
	Calories Burned Today	24:00	2,791			
hiking, cross country		1:00	384	mi	le 🔄	×
Lifestyle	Seated, Some Movement (Customize)	23:00	2,406			
	Calories Burned Today	24:00	2,791			
47000220	Lifestyle: 2,406 Activities: 384	Lifestyle (2,4) Activities (384	26 cals) 4 cals)			
Description		More Info				
This pie chart sho average daily me	ows the breakdown of your tabolism.	Calories Bun Calorie Balan	ned Pie Chart nce Report			

You now have been shown how to create your FitDay.com account, monitor your intake of calories and nutrients using your food log, and track your calories expended in daily activities using your fitness log.

These basic features are the ones I most often use with FitDay. There are other features you can explore on your own (including tracking changes in your weight over time), but what you have learned here is more than enough to get you started in becoming more conscious of the foods you consume and their effect on your health and well being.

About Bryne Carruthers



Bryne (sounds like Brian) lives in Canada and is currently working towards his PhD in holistic nutrition. He is an international teacher on the subjects of health, wellness, diet and raw foods. He also works with individuals in improving their diet, with an emphasis on whole raw plant foods. He is a moderator of the online raw food and fitness community 30 Bananas a Day (http://30bananasaday.com/) and has written numerous articles on the subjects of health and nutrition.

He may be contacted through his website: <u>http://eatfruitfeelgood.com/</u>