

Chapter 1	How to use the application?	4
Chapter 2	Getting started	4
	The icons	4
Chapter 3	The Overview Tab	4
	Full Nutrition Info	4
	Add food	5
	Search Database	5
	Choose Custom Food Items	5
	Browse Restaurants	5
	Favorites/Custom Food	6
	Create your own Recipes	6
	Add Custom Food	7
	Save food to your Favorite List	7
	Add Custom Groups	7
	Change order of Custom Food	8
	Edit Custom Food	8
	Erase Custom Food	8
	Select a Meal Type	9
	Previous Items	9
	Quick Add Calories	9
	Add Exercise	10
	Calculate the amount of calories burned by exercise	10
	Add an exercise to the list	10
	Change the order of exercises on the list	11
	Quick Add Exercise	11

Chapter 4	The Log Tab	11
	Food Log	11
	How to view Food Log	11
	How to edit Food Log	12
	Exercise Log	12
	Reports	13
	Calorie Breakdown (40:30:40)	13
	View a report for the last 7 days	13
	View „from day-to day report“	13
Chapter 5	The Weight Tab	13
	Add weight to your list	14
	Adjust date when entering weight	14
	Change preset weight	14
	Remove preset weight for a particular day	14
	View graphic display of your weight list	14
Chapter 6	The More tab	15
	My Profile	15
	Starting weight	15
	Gender	15
	Age	15
	Height	15
	Job Type	16
	Diet Plan	17

Goal Weight	17
Calorie Adjustment	18
Fat Budget	18
Carbo Budget	18
Food Score Budget	18
What is Food Score?	18
Change Units	19
Export to Email	19
User Guide / FAQ	19
Ask a Question!	20
Tell a Friend!	20
Delete Entire Log	20

How to use the application?

Tap & Track is a Calorie, Weight & Exercise Tracker which allows you to keep a track of your calories by calculating your Basal Metabolic Rate (BMR) and finding the daily calorie needs of your body based on your gender, age, weight and height. The app also considers the type of job you are into and applies the very well-known Harris Benedict Equation while doing the calculations.

Getting started

1. Get started by creating your Profile. To make sure that the calculation of calories per day is accurate, please insert correct information into your profile. The calculation depends on your height, weight, age, sex, type of job you are into and the selected diet plan.

Once you have created your user profile you can start adding food into the Log

THE ICONS

The Overview	Shows you daily information about your calorie consumption
The Log	View or edit your records
Weight	Shows you daily weight
More	Set your Profile and access the supporting functions

The Overview Tab

The Overview Tab shows you a daily amount of consumed and remaining calories. You can also see your Fat, Carbo and Food Score Budget.

Full Nutrition Info

- When in the Overview tab, tap „Full Nutrition Info“ or tap the „Today“ line, when in the Log tab
- A nutrition report will open, showing you the total value of food consumed for the selected day and data on total calories spent training

Add food

- You can add food in several different ways:
 1. Searching the database
 2. Choosing your own food items from the application
 3. Choosing a food item from a list of restaurant menus

Search Database

- To add food by searching the offline database, tap the „Add Food“ button on your Overview tab. Choose „Search database“. A text field will appear. You can now enter the food item you are looking for, whether it consists of one or more words.

E. g. „Milk Low Lactose“

- By tapping the „Search“ button, results that match the entered term will be displayed. In order to increase the number of shown results, it is recommended to enter as less words as possible. You can also enter the name of the food manufacturer.

Choose Custom Food Items

- You can choose a previously entered food item by tapping the „Add Food“ and then the „Favorites/Custom Food“ button on your display. A list of food categories will appear. Tapping one of those categories will allow you to access your previously entered food items. (For information about adding your own food items see Favorites/Custom Food – Add Custom Food)

Browse Restaurants

- The service of browsing through restaurant menus by using the search field is currently unavailable but is expected in the upcoming versions of the application. Until then, you can search the restaurants database through the „Browse restaurants“ menu.

Once you have started the search, you will have to wait a few moments, while the application searches through the database. When finished searching, the results will be visible on the screen in the form of lines. Each line represents one food item. If the list consists of many food items, scroll down to see all of them. After finding the food item you were looking for, tap once on the line to open it.

Use the „picker“ tool positioned in the upper part of your display to pick out the food dosage. The dosage increases as multiplied for the selected number and portion to which it refers.

E. g. . If you choose one glass of milk from your list and select number 2 on the picker, total amount will be 2 glasses of milk.

Changing the dosage on the picker, changes the total nutrition amount, also multiplied by the selected number.

After choosing the food dosage, you can select the meal on which your food item is referred to (Breakfast, Lunch, Dinner, Snack, Other), save it in your Favorite list and see the additional nutrition data.

Favorites/Custom Food

Create your own Recipes

- When on the Overview Tab, tap Add Food and then Favorites/Custom Food
- Under Recipes, tap My recipes
- Tap „Edit“ in your upper right corner. A plus sign (+) will appear in your upper left corner
- Tap plus (+) to open the text field and insert the name of your recipe
- Enter Recipe name and tap „Next“
- Here you can add your recipe ingredients – food items from which your meal will be created
- Tap „Add new food“ and pick an item from the database
- Save the selected item and repeat the last step until you have added all the ingredients
- To save your Recipe, tap „Done“ in your upper right corner
- The Recipe will now be added to My recipes list and you'll be able to access it from there

Add Custom Food

- The application allows you to create your own list of food with related nutrition information
- Tap the „Add Food“ button on the Overview tab
- Tap „Favorites/Custom Food“
- Select a category under which you would like to save your food item. If you select „Meal“, you also have to select a subcategory. The application will then show you a list of all food items in the selected group. (If you don't have any Custom or Favorite food items selected, the list will be empty.)
- Tap „Edit“ in your upper right corner. A plus sign (+) will appear in your upper left corner
- Tap plus (+) to open the text field and insert the item information
- Enter the name of the food item into the first possible field (In order to continue inserting data, you have to activate each field individually by tapping on grey text positioned in the line provided for your input.)
- Fields Food Name and Calories are mandatory and the food item cannot be saved unless these two fields are full. All other values are optional.

Once you have entered all information about your food item, tap „Save“ in the upper right corner. The entry will then be saved and the application will show you the list of all inserted food items. To insert a new food item, repeat the steps, starting with clicking on the plus (+) button.

How to save a food item in your Favorite list

- If you want to save your item to the Favorite list, before saving it into the Log, select the lower central button with a star. A menu will appear displaying categories and subcategories of food in which you can save your item. Tap on the category to assign your item to the group and then tap „Done“.

If you want to save all of your changes, tap on the upper right „Save“ button. By tapping it, the application will save your food item into the database and allow you to access it later through the Log.

Add Custom Groups

To add your own group to the list of existing groups navigate within the Favorites/Custom food section.

- Tap „Edit“ in your upper right corner
- Tap the + (plus) sign in your upper right corner
- Enter the name and the description (optional) of the group and then tap „Save“

The screen with the list of groups will appear. To add another group tap the + sign again and to finish adding groups tap the „Done“ button in your upper right corner.

How to change the order of custom food items

- Open the food list under a preferred meal type
- Tap „Edit“ in the upper right corner of your screen
- A mark consisted of three horizontal lines will appear on the right of each food item
- Tap that mark in order to drag and drop each food item where you want to position it
- When finished rearranging your list, tap the blue „Done“ button to save your list

Edit custom food items

- Find the food item you want to edit
- Tap the „Edit“ button in the upper right corner
- Select the food item you want to edit
- A text field, identical to the one for adding custom food will appear
- The application will show you the inserted values
- Tap the right side of each line to erase or change the inserted value
- When finished, tap the „Save“ button in the upper right corner

How to erase custom food items from the list

- Find the food item you want to erase
- Tap the „Edit“ button in the upper right corner
- A red circle will appear on the left of each food item
- Tap the red circle next to the food item you want to erase
- Tap „Delete“ in order to permanently erase the food item

Warning: Erased food items cannot be restored!

How to select a meal type

- In order to choose a meal, before saving your item into the Log, tap on the lower left button with an arrow pointing down. A menu will appear displaying 5 different meals: Breakfast, Lunch, Dinner, Snack and Other. Tap on each meal to attach the previously chosen food item.

Note: To make things easier for you the application itself offers a default meal depending on the time of the day you consume each food item. Meals can afterwards be changed in the Log. (See the Log section)

Previous Items

- If you want to quickly access your recently used, saved items, tap the „Add Food“ button on your Overview tab and then tap „Previous items“

Note: All food items listed in the Previous items list are lined chronologically. The most recently used items are located on the top, while those not so frequent, are at the bottom. This list is automatically generated and it is not possible to edit, modify, or remove any item from this list.

Quick Add Calories

- Use the „Quick Add Calories“ option to insert the consumed calories without searching the database
- Tap the „Add Food“ button on the Overview screen
- Tap „Quick Add Calories“ line. A text field will appear.
- Enter the number of consumed calories
- Optional: Enter the description of the consumed meal. This description is useful if later on, you want to see what you've eaten. If you don't enter the description, a time of entry will be shown in this field.

Note: By using the Quick add Calories option you exclude all other nutritional info for the entered food item, such as proteins, carbs and fat. If you want to have a precise and accurate insight to all nutritional info, we recommend you to use this option as less as possible.

Add Exercise

Exercise enhances the time needed to reach the goal of losing weight. Each time you enter a performed exercise into the program, the maximum allowed amount of calories for the selected day increases for the amount of calories burned by daily practice.

To add an exercise to the Log follow these steps:

- Tap the „Add Exercise“ button on your Overview tab
- Select a group to which your exercise belongs
- Find your exercise on the list and tap that line
- Select the time spent on selected exercise
- Select the intensity of your exercise (The intensity helps you to determine a more precise amount of burned calories.)
- Tap the „Intensity“ button to change it

Calculate the amount of calories burned by exercise

The amount of calories burned by exercise is based on your current weight. Each calculation is individual. If your weight is greater than the usual, the amount of calories you will burn by exercising will also be significantly higher.

Add an exercise to the list

- Navigate within certain categories of exercises
- Tap the „Edit“ button in the upper right corner. A plus sign (+) will appear in your upper left corner.
- Tap plus (+) to open the text field and insert the exercise information
- Enter the name of the exercise into the first possible field
- Enter the number of calories burned by this exercise
- Tap „Save“, then „Done“ in the upper right corner

Note: Any amount of calories is linked to a particular exercise and with a certain weight. The change of your weight will change the amount of calories for the exercise and the application will always offer you the amount of calories that relates to your current weight.

Change the order of exercises on the list

- Open the exercise under preferred Exercise group
- Tap „Edit“ in the upper right corner of your screen
- A mark consisted of three horizontal lines will appear on the right of each exercise
- Tap that mark in order to drag and drop each exercise where you want to position it
- When finished rearranging your list, tap the blue „Done“ button to save your list

Quick Add Exercise

- Use the „Quick Add Exercise“ option to insert burned calories without searching the database
- Tap the „Add Exercise“ button on the Overview screen
- Tap „Quick Add Calories“ line. A text field will appear.
- Enter the number of consumed calories
- Optional: Enter the description of the performed exercise. This description is useful if later on, you want to see your exercises. If you don't enter the description, a time of the entry will be shown in this field.

The Log Tab

The Log Tab allows you to see information on your food and exercises from the day you started using the app until today. You can also access the reports and graphs for the present day, past 7 days and for a certain time period.

Food Log

- You can View and Edit your Food Log at any time by tapping the Log icon at the bottom of your Home screen.

How to view Food Log

- Tap on the Log tab at the bottom of the screen
- Select „Food Log“. A list of days will appear, based on how often you used the application and inserted food items. Each line consists of the following information: date, number of food logs and total amount of calories for the specific date.

- Tap the preferred line and view the list of food you consumed, categorized by meals. A meal type is followed by a number in brackets which represents the total amount of calories for that meal. Each meal contains a list of food items, displayed in lines, showing you the name of the food item, the time when the food item was added into the Log, the number of food items and a total amount of calories.
- You can see your daily reports on calorie values by using graphs and pie charts. (See Reports)

How to edit Food Log

- Each food item listed under a specific date can be edited in several different ways:
 1. Erasing the food item
 - Tap the preferred date to open the list of saved food items
 - Tap the „Edit“ button positioned in your upper left corner
 - A red circle will appear on the left of each food item
 - Tap the red circle next to the food item you want to erase
 - Tap „Delete“
 2. Changing the quantity of food items
 - Tap the preferred date to open the list of saved food items
 - Tap the preferred food item to enter the quantity changing interface
 - Choose a new quantity by using the picker
 - To save your changes, tap „Save“ in your upper right corner
 3. Changing the meal type
 - Tap the preferred food item
 - Follow the instructions under **Select a Meal Type**

Exercise Log

In order to see the Exercise Log, tap on the Log tab at the bottom of your screen. Select Exercise Log. A list of days will appear, based on how often you inserted info on your exercises. Each line consists of the following info: date, number of performed exercises and total amount of burned calories. Tap the preferred line and view the exercise you performed, its intensity and duration.

Reports

Calorie Breakdown (40:30:40)

- You can view your Calorie Breakdown report by tapping the Full Nutrition Info line on the Overview Tab. To view the rate of total calories assigned to carbohydrates, fats and proteins, slide the report to the left. A pie chart with calorie breakdown will appear.
- Recommended daily rate is 40% for carbohydrate, 30% for fat and 30% for protein.

View a report for the last 7 days

- To view a report containing the average values for the last 7 days, tap the "Past 7 days" line on the Log tab
- This will open an interface identical to the one showing you a daily report, but containing average values for all 7 days.

View „from day-to day report“

- To view the report on average values from a certain day to a certain day, tap the "Custom Report" button on the Log tab
- An interface for date selection will appear
- Tap the „Starts“ line to select a start date and the „Ends“ line to select the end date
- To view the report tap the „Show Report“ button
- This will open an interface showing values for the selected dates

The Weight Tab

Open the „Weight“ tab at the bottom of your Home screen to keep track of you weight. Monitoring your body weight daily, increases the accuracy of the application because of a direct relation between daily calculations of allowable calorie intake and your current weight. The daily value of the current weight and exercise are also related. If you don't enter your weight for the current day, the application will use values from the previous day. The amount of spent calories is calculated from the duration of an exercise and your current weight. Tap the „Weight“ tab to view the list of dates when you tracked your weight. You can insert one entry per date. If you insert an entry with the same date, the existing entry will be overwritten.

Add weight to your list

- To add your current weight tap the „Add“ button in your upper left corner on the „Weight“ tab. Your weight will automatically be saved under the current date.

Adjust date when entering weight

- To change the date, tap the white button with the date written on it
- An interface for changing dates will appear. In the upper part of the screen you will see the current date, while in the lower part, you will have to possibility to change the date by using a picker.
- Select the date and tap „Select“ in the upper right corner. The interface for changing dates will close and the new date will be added to your weight.

Change preset weight

- To change your weight for a particular date, tap the date for which you want to change it
- An interface where you can change your weight will appear
- Select the desired weight as described in the chapter before (Adjust date) and tap „Save“

Remove preset weight for a particular day

- To remove entry for a particular day tap the „Edit“ button in you upper right corner
- A red circle will appear next to each line
- Tap the red circle and then the „Delete“ button to erase your entry

View graphic display of your weight list

- Go to the „Weight“ tab and rotate your device to the left
- A graph will appear, showing you days for which you have entered your weight

- The total amount of days shown on the graph can go up to 3 weeks
- In case you have been tracking your weight longer than 3 weeks, the graph will show the last 3 weeks and the first day when you started tracking your weight
- The white line on the graph represents your weight and the broken orange line shows you the Weight Goal you set on your Profile tab

The More Tab

Access The More Tab to set, view or change your Profile settings, change your Unit System, Export data to email or view the User Guide.

My Profile

Settings of your Profile directly affect the calculation of your daily calorie input. Necessary calories are gained by calculating the „Basal Metabolic Rate“ and using the Harris Benedict Equation.

Starting weight

- Select your starting weight
- It's important to enter your starting weight in case you do not intend to track your weight (on the „Weight“ tab)

Gender

- Selecting your gender is important for the more precise calculation of calories

Age

- This factor makes a great difference, taking into consideration that a young persons metabolism is much faster than a metabolism of a person of mature age

Height

- Depending on your Unit system, select your height between 3" 0' and 7" 11' or 91 to 241cm

Job Type

- Type of work or daily activities carried out during the day are very important to calculate the required calorie value. The selection of Job Type does not necessarily have to be related to your work. If you are unemployed you can select the level of your daily activities in household chores. Possible values are:

1. Sedentary

Implies minimal physical activities – playing cards, watching TV, reading, etc.

2. Lightly Active

This includes eight hours sleep and 16 hours of sitting and standing. Three of the 16 hours must include light activity such as walking, laundry, golf, ping pong, etc., and one hour must be moderate activity – tennis, dancing, brisk walking, aerobics, etc. Lightly active professions include students, office workers, lawyers, doctors, shop workers, teachers, drivers, lab workers, housewives/househusbands with mechanical appliances and people playing musical instruments.

3. Moderately Active

Most persons in light industry, electrical, carpentry and building trades, many farm workers, soldiers not in active service, commercial fishermen, housewives/househusbands without mechanical appliances. If you have an office or driving occupation, you may have to average 1,5 to 2 hours of exercise per day (like jogging 5 -6 miles a day) to be Moderately Active.

4. Very Active

Very active people are considered athletes, unskilled laborers, some agricultural workers (especially peasant farming), forestry workers, army recruits and soldiers in active service, mine workers, steel workers. This level requires moderate intensity activity for most of the work day or exercise comparable to running 9 – 13 miles a day.

5. Extremely Active

Moderate to high level of physical activity for most of the work day or exercise comparable to running 14 – 17 miles a day. Include professions such as lumberjacks, blacksmiths, female construction workers, heavy manual digging, rickshaw pullers and coal mining.

Diet Plan

- You can select from 9 different diet regulators:
 1. No diet (the weight loss plan will not be included)
 2. Lose ½ lbs (1/4 kg) per week
 3. Lose 1 lbs (1/2 kg) per week
 4. Lose 1^{1/2} lbs (3/4 kg) per week
 5. Lose 2 lbs (1 kg) per week
 6. Gain ½ lbs (1/4 kg) per week
 7. Gain 1 lbs (1/2 kg) per week
 8. Gain 1^{1/2} lbs (3/4 kg) per week
 9. Gain 2 lbs (1 kg) per week
- If you select the first one, you select 250 calories less per day. With every half of lbs, the daily intake of calories decreases for 250 calories, which means that if you select the maximal diet plan of 2 lbs per week the amount of allowed calories can be up to 1000 calories lesser than in case you select a plan to remain on the same weight.

Note: Depending on your physical characteristics, it is possible for the calculation of daily calorie intake to be less than the one recommended as healthy. We do not recommend that you choose weight loss plan that leaves you less than 1000 calories per day. To increase the permitted daily amount of calories, select a slower weight loss plan.

Please consult your physician in case the daily amount of calories in the application goes below 1000 and you still want to keep it.

Disclaimer: The developers of this application are not responsible for any unwanted consequences associated with the use of this application. The application is intended for informational purpose only and as such does not subject to liability. For all information regarding the correct use of the recommended values and ways of weight loss that are contained in this application, please consult your physician.

Goal Weight

- Select the weight you want to achieve by using this app. The amount you select will be presented on the graph in the Weight tab by a broken orange line

Calorie Adjustment

This option allows you to manually correct the recommended amount of calories per day. Use it if you think that your metabolism is faster or slower than normal. Do not use this option unless you are absolutely sure that you want to correct the amounts manually. After setting them, the new amounts will be changed from the date you changed them until you change them back or turn off this option.

Fat Budget

- If you want to set the maximum entry of fat per day, you can do that by using this option. If the budget is set to 0, the Overview tab will show you only the amount of fat you consumed for the day. If however, you set the budget to a specific amount, the Overview tab will show you the already consumed amount and the one you have set as the maximum allowed.

E.g. If the Overview tab shows you 17/45g it means you have already consumed 17g of fat for the day and that the maximum amount is 45g.

Carbo Budget

- See **Fat Budget**. The option is the same, but related to carbohydrates.

Food Score Budget

- See **Fat Budget**. The option is the same, but related to Food Score.

What is Food Score?

Some people track food „score“ instead of calories. Therefore, the Food Score feature has recently been implemented into Tap & Track and is very similar to some other „score“ tracking systems.

With Tap & Track you can now track Food Score in almost the same way that you would track „score“ with any other system.

We do not recommend our users to start tracking „score“ instead of calories. We believe that tracking calories is a much better solution than tracking „score“. However, if you like, you can track them both now.

There is an option to enter your daily Food Score budget if you like. Just go to the Profile tab and select your daily budget.

To learn more about similar tracking „score“ systems please look at the following links.

Basic Info:

http://en.wikipedia.org/wiki/Weight_Watchers

Points Calculator and daily allowance info:

<http://www.calculator.net/weight-watchers-points-calculator.html>

Change units

- Tap „Change Units“
- Select one of the 2 provided units
 - SI unit (The International System of Units)
 - US units (American system)

Export to Email

- You can export data from Log to CSV (comma separated values) form
- Tap „Export To Email“
- Enter the address you wish to export data to
- Tap „Send“

The data will be sent to your email address. To view the csv file use MS Excel or Numbers application for Mac OS.

Note: It's possible that the application won't be able to export the data to your email address. In that case, a notification about this error will appear. The most common problem are the Firewall settings of your local network. To fix that, stop communication with your local network and try exporting it by 3G or EDGE through a local provider.

User Guide/FAQ

- The manual contains useful info on how to use the app
- If you can't find everything you need, fell free to contact us on our support email address

Ask a Question!

- If you have a question, suggestion or a comment, use this option to send it to our Support Team and we will get back to you as soon as possible

Tell a friend!

- Send an email to your friends to check out Tap&Track!

Delete Entire Log

- If you decide to stop using the application or give the device for someone else to use (your family member) you can export all of your nutritional data and then erase all track on food, exercise and weight
- Tap the „Delete Entire Log“ button

Note: The deleted items cannot be retrieved.