

How to Export a Profile in Diet Analysis

1. Click the “Manage Profiles” button on the home tab. See figure 1.



figure 1

2. Click the “Export this profile” link. See figure 2.



figure 2

3. Click the “Save to Disk” radial button and click the “OK” button. See figure 3.

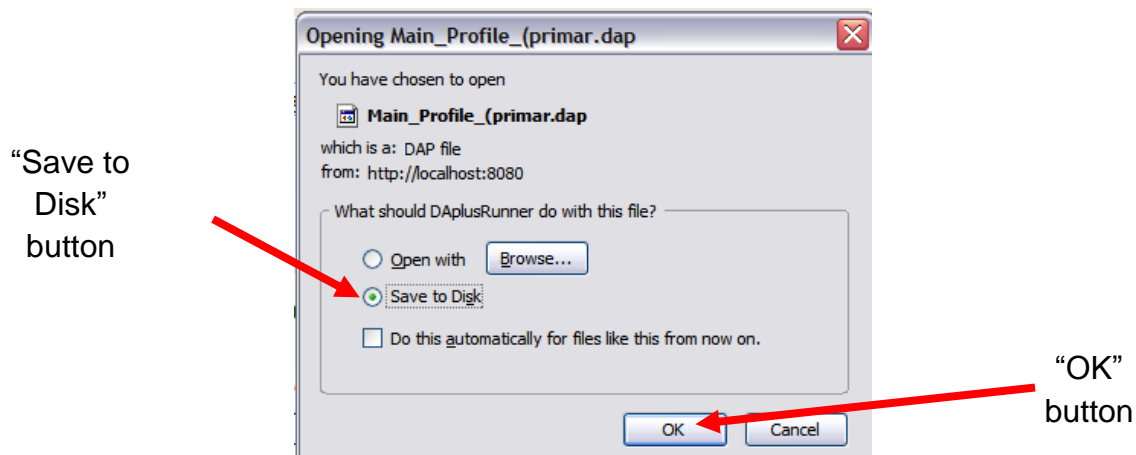


figure 3

4. Navigate to the device where you want to store your file, create a name in the “File name:” text box, and click the “Save” button. See figure 4.

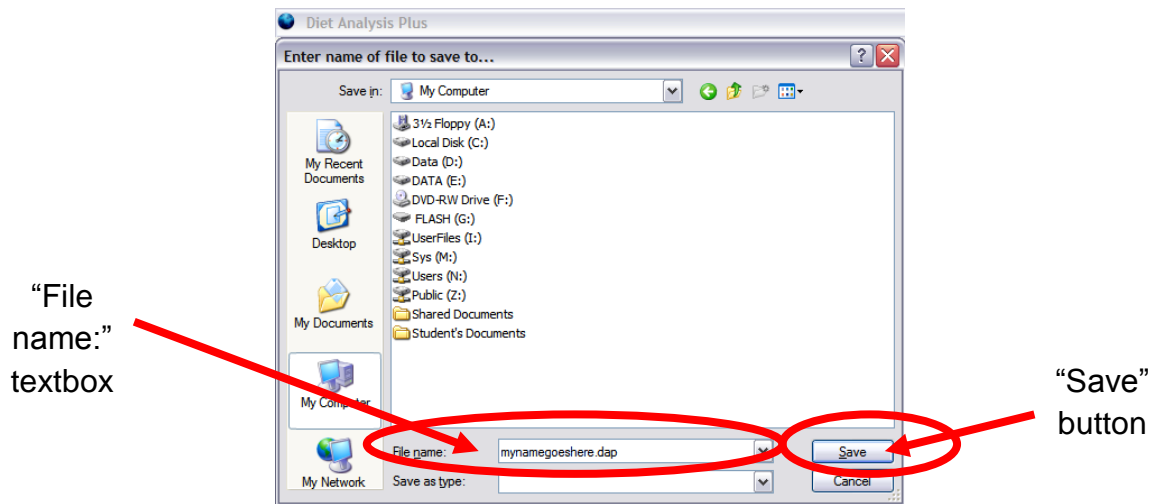


figure 4

How to Import a profile into Diet Analysis

1. Create the first part of your primary profile and click the “Next” button. See figure 1.

Home Track Diet Track Activity Reports Labs

GET STARTED

LEARN HOW TO:
Set up a profile
Track diet & activity
Generate Reports
Complete a Lab

CLICK HERE for Quick Start Tutorial

Create my primary profile

First Name: Instructor:
Last Name: Course:
Student ID: Section:
Profile Name: Main Profile Height: ft. in.
Age: Weight: lb.
Sex: Smoker Vegetarian

Next >

“Next”
button

figure 1

2. Continue creating your primary profile by answering all 9 questions. See figure 2.

Diet Analysis PLUS+

Home Track Diet Track Activity Reports Labs

Create my primary profile

1. Do you know your body fat percentage?

No
 Yes: %

2. What type of occupation do you have?

Sedentary desk occupation (I am seated most of the day; ex. student, administration)

figure 2

3. Begin the import process by clicking the “Manage Profiles” button. See figure 3.

Diet Analysis PLUS+

Home Track Diet Track Activity Reports Labs

Profiles: Main Profile (primary)

My Profile

Profile Name: Main Profile
Age: 22
Weight: 180 lbs.
Height: 5' 9"
Gender: Male
BMI: 27
Activity Level: Very Active
Smoker: yes
Vegetarian: no

Dietary Reference Intakes

Energy
Kilocalories: 4593 kcal
Protein: 65 g
Carbohydrate: 517 - 746 g
Fat, Total: 102 - 179 g

Other Nutrients
Cholesterol: < 300 mg
Omega-6 Linoleic: 17 g
Omega-3 Linolenic: 1.6 g
Dietary Fiber, Total: 38 g
Water: 3.7 L

Manage Profiles

Select
“Main Profile 1”

“Manage
Profiles”
button

figure 3

4. Next, click the “Import from file” link. See figure 4.



figure 4

5. Click the “Browse...” button on the “uploader” screen. See figure 5.

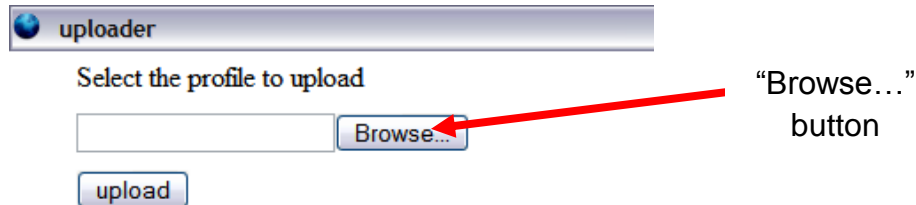


figure 5

6. Navigate to the device where your profile is stored. Click on the file name and click the “Open” button. See figure 6.

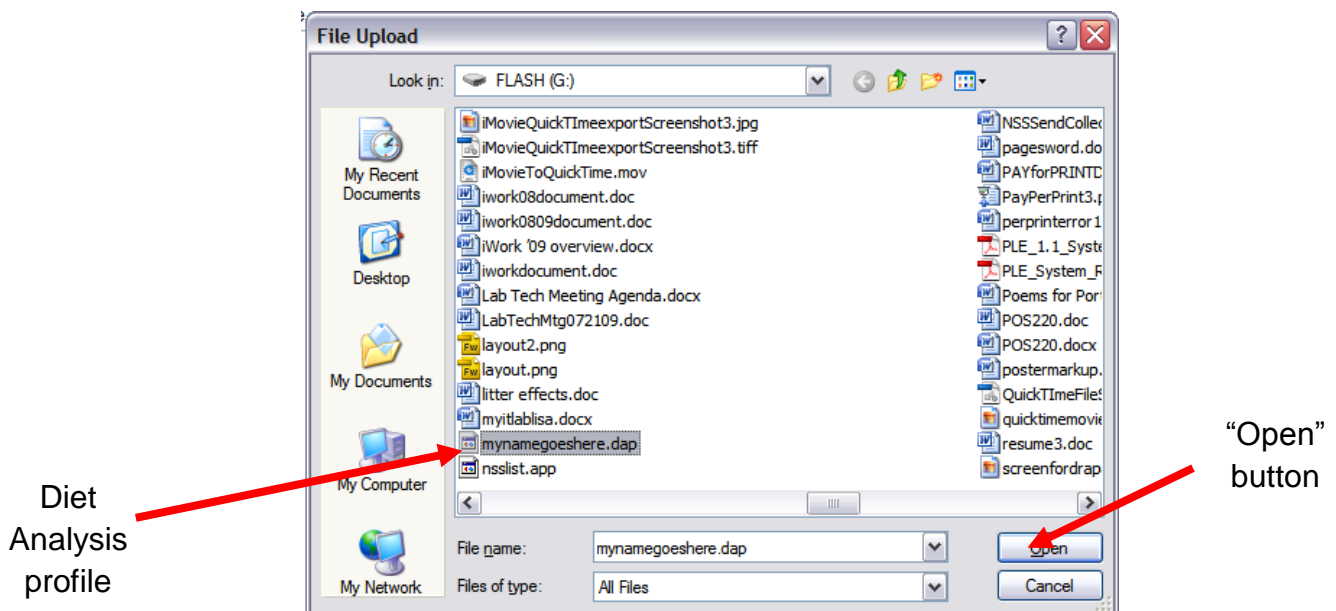


figure 6

7. Your profile should be visible in the upload text box. Click the “upload” button.

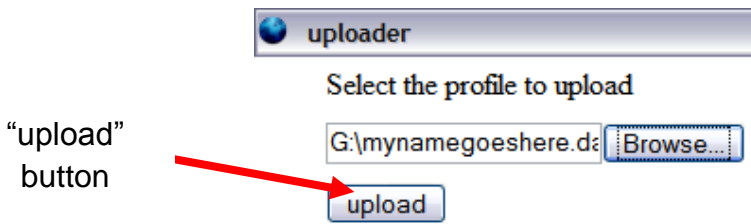


figure 7

8. When your file is finished importing into Diet Analysis Plus, you will see a “Profile successfully imported” message on the screen. See figure 7.

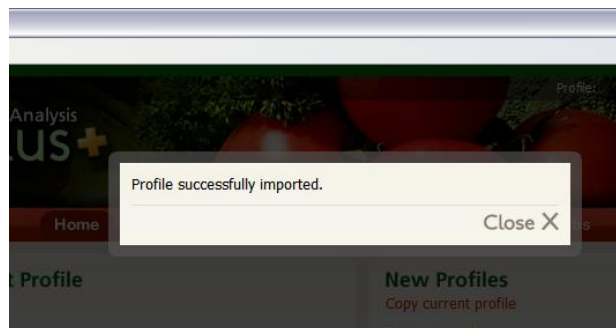


figure 8

9. Now you can continue editing your profile, tracking your diet, or printing reports.

How to Save or Print Diet Analysis

Reports in XPS Format

1. When logged in, click on the “Reports” tab. See figure 1.



Click the “Reports” tab to view the reports that you want to print.

figure 1

2. Click on a specific report to choose a report to print. See figure 2.



Click to choose

figure 2

3. Click the orange print button that appears with your chosen report. See figure 3.

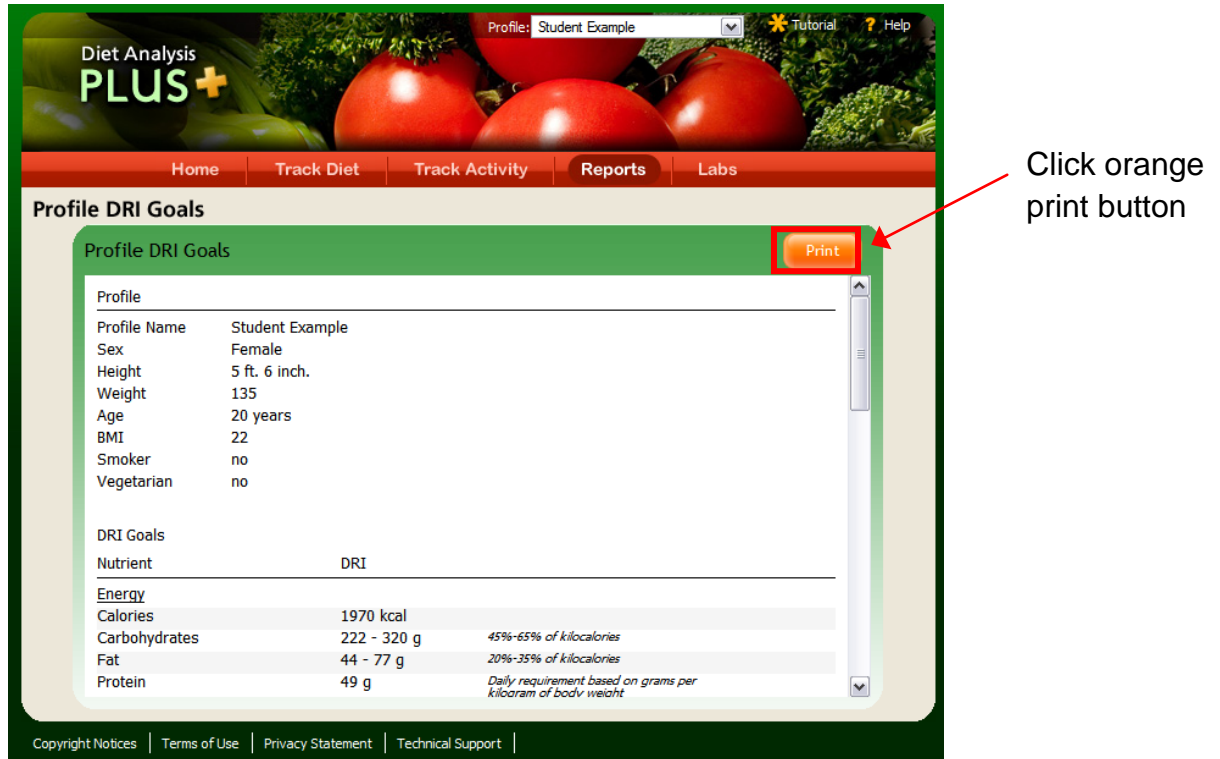


figure 3

4. A new print screen will appear. Click the “File” button in the top left corner, and scroll down to and click “print”. See figure 4.

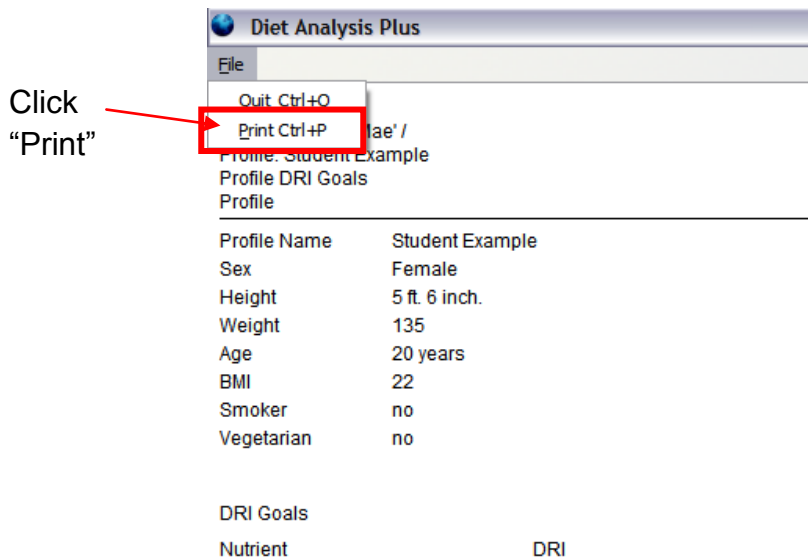


figure 4

5. The “Print” screen will appear. Change the printer destination from “BW-p4p” to “Microsoft XPS Document Writer”. See figures 5A and 5B.

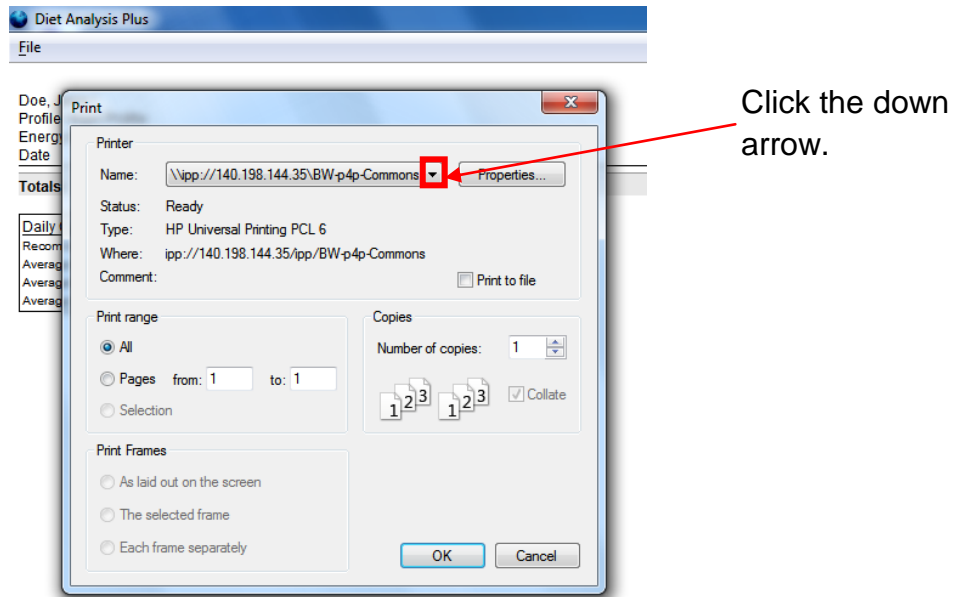


figure 5A

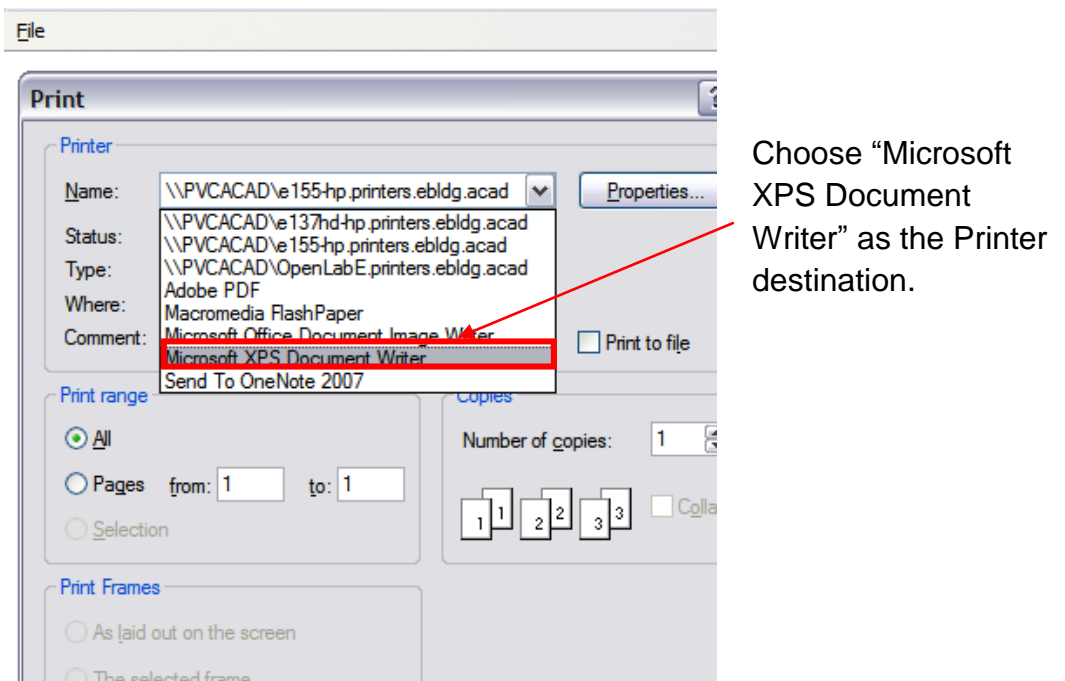


figure 5B

6. Click "OK". See figure 6.

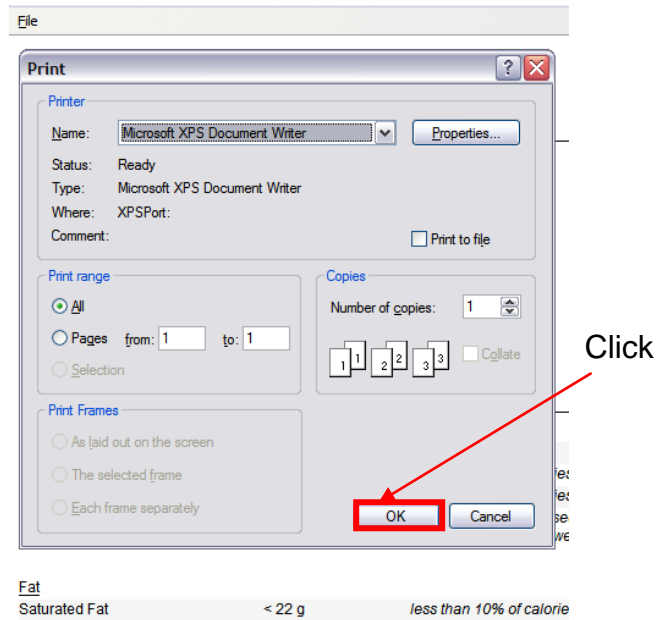


Figure 6

7. The “Save File As” dialog box will appear. Name the file and save it to the Desktop. See figure 7.

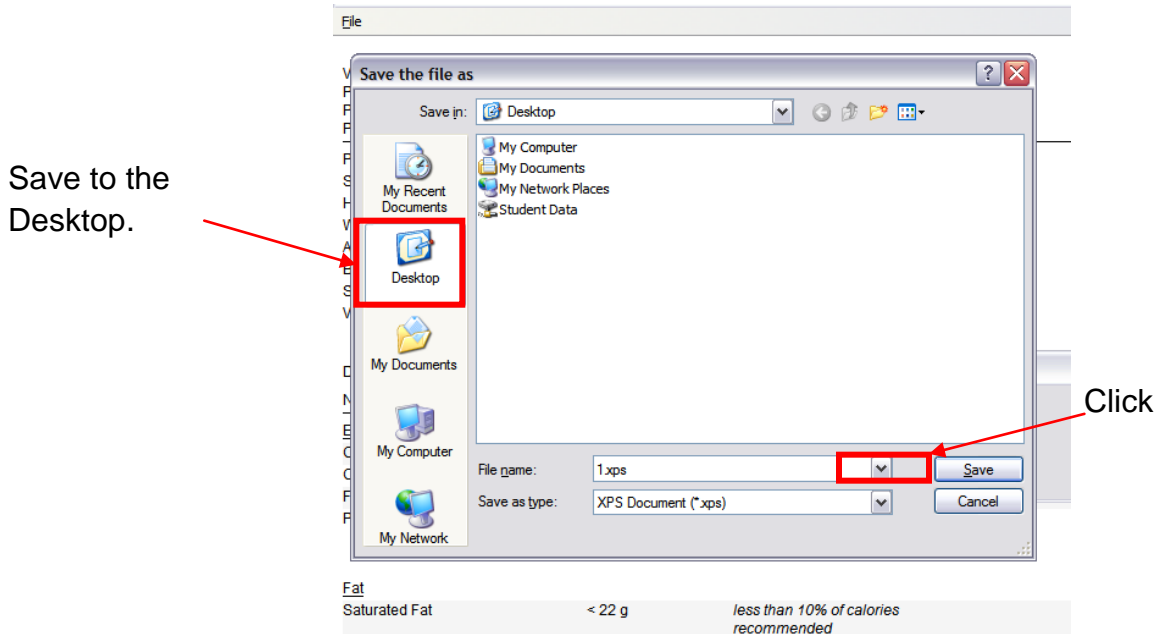


figure 7

8. Once on the Desktop, you can either **DOUBLE** click on the icon to open the file up in XPS Viewer and save or print from there, **OR** **RIGHT** click on the icon and convert the file to a PDF. See figures 8A, 8B, 8C, and 8D.

Double click on the icon.

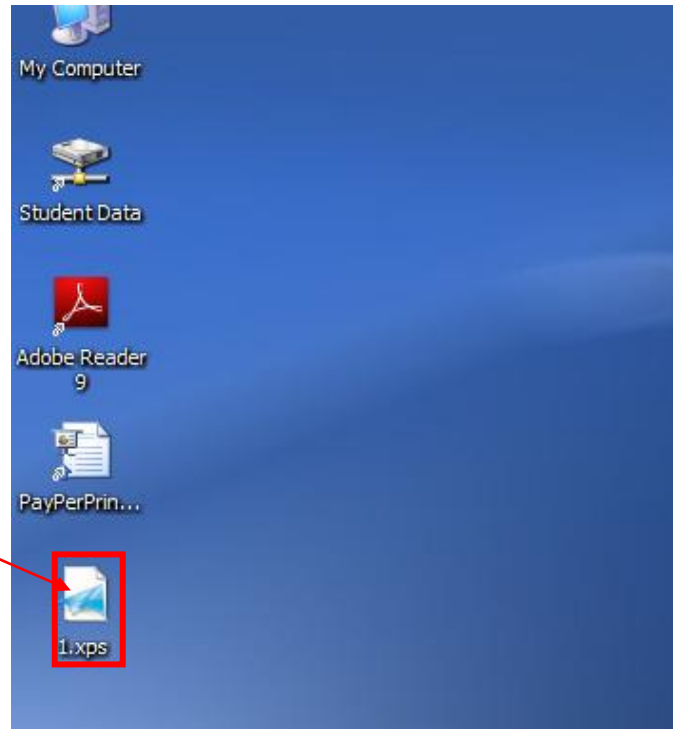


figure 8A

The file opens as an XPS document.

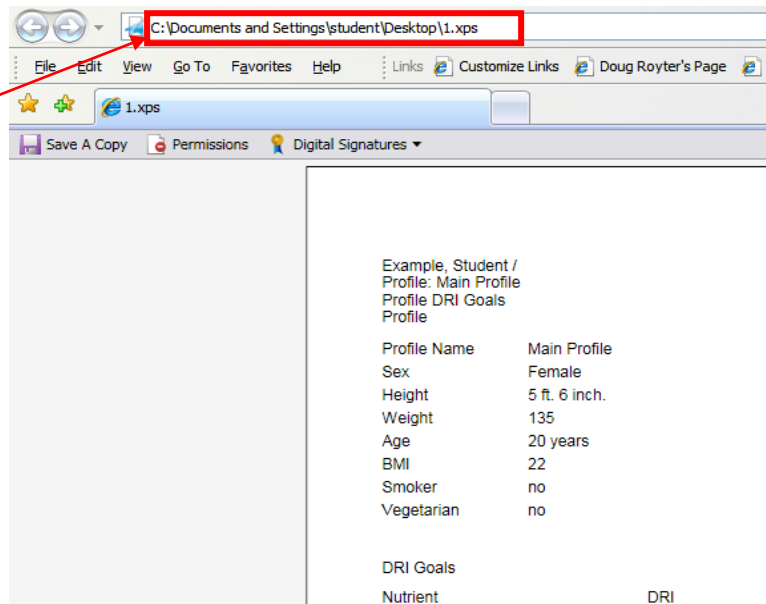


figure 8B

Save the document to a USB flash drive.

Print the document.

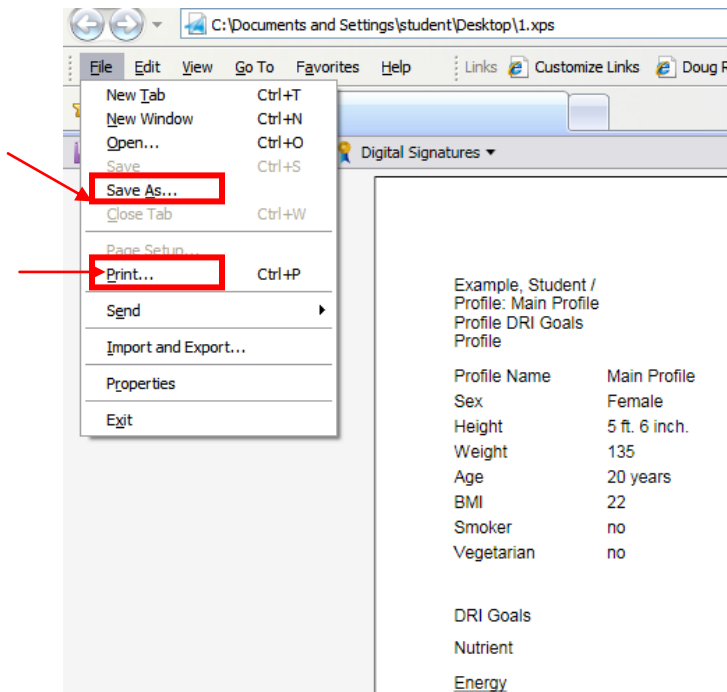


figure 8C

~ OR ~

Right click on saved file.

Scroll up to and click on "Convert to Adobe PDF".

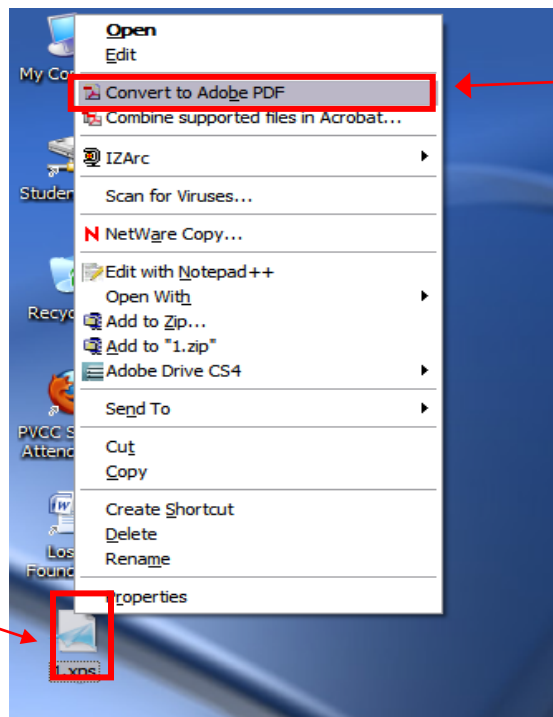


figure 8D

9. Adobe Acrobat Pro will then open up with your report as a PDF. From here you can save your document to your USB drive and print it. See figures 9A and 9B.

Opens in Adobe Acrobat Pro as a PDF.

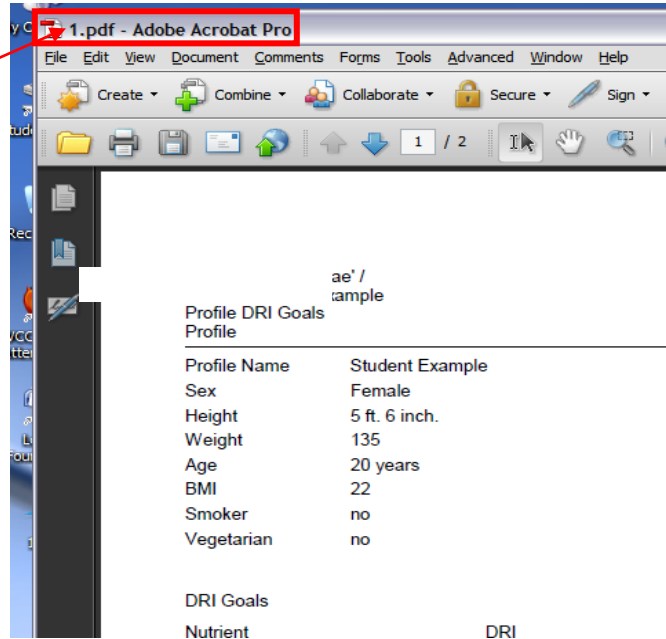


figure 9A

Save document to USB flash drive.

Print the document.

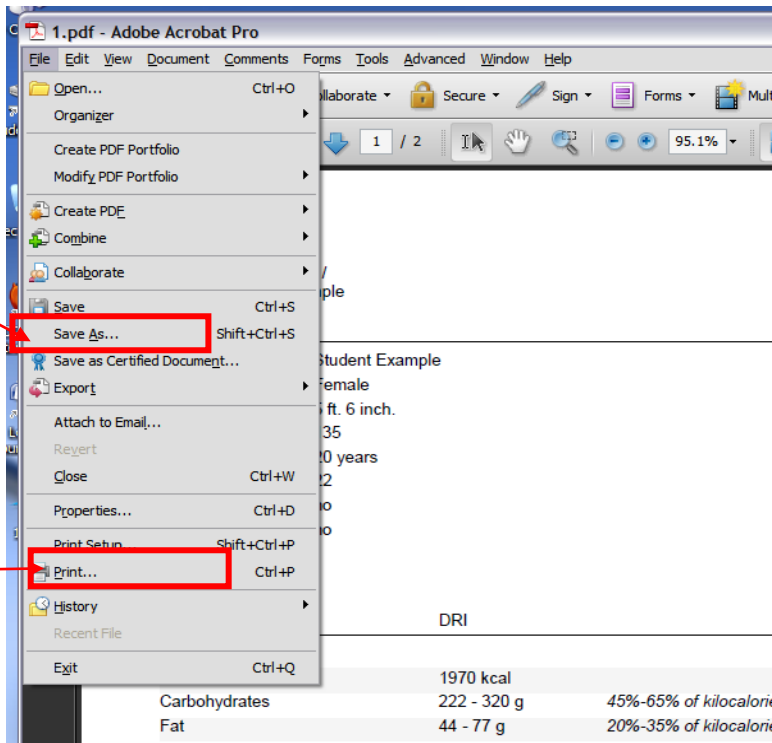


figure 9B