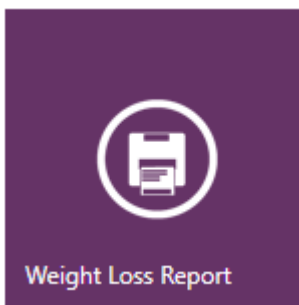
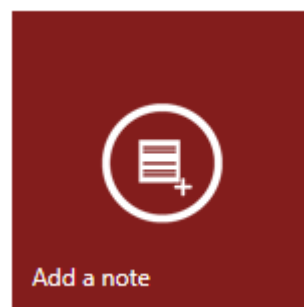
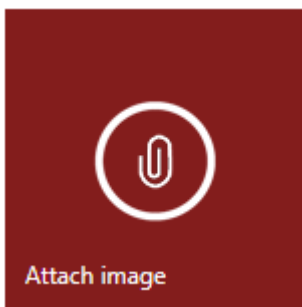
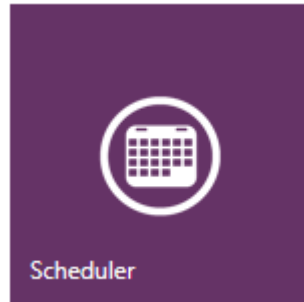
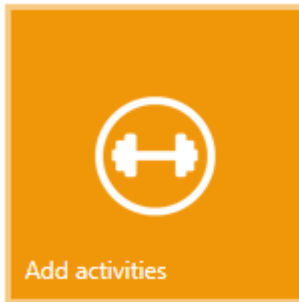


# BODYGRAM<sup>®</sup> PLUS

## WEIGHT MANAGER MODULE

Energy expenditure manager add-on



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***N.B.: the "Weight Loss" module described below is a Bodygram Plus optional function and cannot be used without activation of a user licence, for which a fee is payable.***

## INTRODUCTION TO THE "WEIGHT LOSS" MODULE



The "Weight Loss" add-on module enables users to analyse and calculate the total energy expenditure of the patient/subject concerned, by entering information about their physical activity level (PAL) defined in accordance with the WHO classification, and/or adding the specific energy consumption values of a physical activity (METs).

On the basis of these analytical data, the Akern product user can:

1. set a theoretical weight loss program, based on an analytical estimate of energy consumption and the basal metabolic rate;
2. modulate diet calorie intake;
3. modify the duration of the diet program and the amount of weight to be lost.

The printed report contains easy-to-read information about weight loss performance, which can help the patient/subject to improve compliance with the diet.

## DEFINITIONS

MET = unit of measurement of physical effort equivalent to consumption of 3.2 ml of O<sub>2</sub>/Kg/min., which approximates oxygen consumption when at rest.

PAL (Physical Activity Level) = value which expresses the intensity, duration and frequency of a physical activity a subject repeats every day. Levels are defined and validated in accordance with "Black AE, Coward WA, Cole TJ, Prentice AM. Human energy expenditure in affluent societies: an analysis of 574 doubly-labelled water measurements. *Eur J Clin Nutr* (1996) 50(2):72–92".

BMI= body mass index, meaning the ratio between the subject's weight and body surface area estimated as the square of their height (weight / height<sup>2</sup>)

## ACCESSING THE WEIGHT MANAGER MODULE

The Weight Manager module functions are provided both on the HOME PAGE (Scheduler) and in the ASSESSMENT screen in the print options.

Both the Scheduler and other Weight Manager module functions can also be accessed from the SUBJECT screen.

### **To access the Weight Manager functions in the SUBJECT screen**

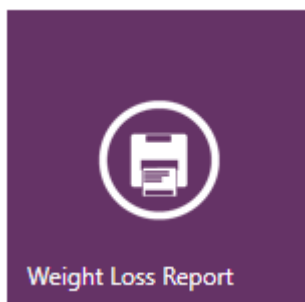
- ✓ Select the group containing the subject for assessment; enter a new group if necessary
- ✓ Select the subject for assessment if already on file, or enter a new subject

### **To access the Weight Manager functions in the ASSESSMENT screen**

- ✓ Select the group containing the subject for assessment; enter a new group if necessary
- ✓ Select the subject for assessment if already on file, or enter a new subject
- ✓ Enter a new BIA assessment or select an existing assessment from the listing

## SETTING A WEIGHT LOSS PROGRAM

### WEIGHT LOSS REPORT



The "Weight Loss" function, accessible from the ASSESSMENT screen, generates the printed report to be shown to the user/patient, which contains their personal details, measurements and estimated metabolic data, and the graph of the theoretical weight loss curve the subject could achieve with the energy balance set.

The graph includes all assessments performed on the subject, starting with the baseline test.

The ideal weight loss line is calculated automatically, assuming a reduction in daily calorie intake of 500 calories, on the basis of a settable body mass index target.

Formula used: 500 kcal per day less than estimated requirement (BMR X PAL of baseline test).

**N.B.: The software automatically warns the user if weight losses of more than 1 kg a week are set.**

Weight-loss parameters set-up

Weight to lose (kg) Starting weight: 75 Kg  
Objective weight: 69 Kg

Recommended Daily Calories Intake:

Diet duration (week)

BMI

BMR: 1978 kcal  
BMR X PAL: 1979 kcal

The ideal weight loss parameters can be personalised by adjusting:

Weight to lose

the daily calorie intake;

the body mass index;

the duration of the diet.

When any of the parameters is modified, the other two are automatically modified accordingly.

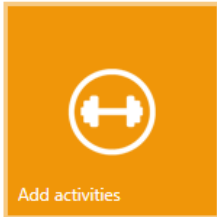
The parameters entered are saved automatically.

An error message warns the user if the entered parameters are incorrect (Daily calorie intake too low; Weight loss > 1 kg/week or ≤ 0.0).

The Starting Weight, BMR and BMR X PAL refer to the baseline test.

Recalculates all the parameters on the basis of the changes made and updates the graph.

Restores the parameters to the default values.



## ADD A PHYSICAL ACTIVITY

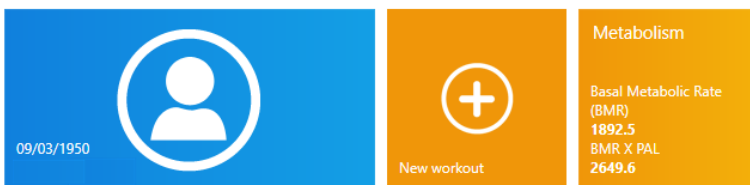
The weight loss program can be calculated taking into account the energy expenditure associated with one or more physical activities that the subject intends to perform.

The daily energy expenditure generated by these activities helps to achieve the diet target and maintain Body Cell Mass and Fat Free Mass.

New workouts can be added:

- ✓ Directly from the SUBJECT's main screen
- ✓ From the Weight Loss Report in the ASSESSMENT screen

Click *New workout* to access the workouts already present for the subject



Activities



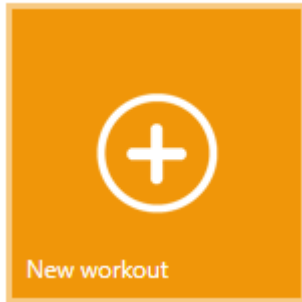
If one or more workouts have been added, the software must be told which one to consider when calculating total energy expenditure.

The workout of choice is selected by clicking the star in the top left-hand corner of the icon, as shown below.

Activities



Once selected, the star symbol will turn white.



To add a new workout click the *New workout* icon. A list of sports will appear, with a box containing the hours of each activity.

Enter the hours of activity per week against the sport practised or to be started.

The energy expenditure in MET and kcal is shown for each sport selected; the total energy expenditure for all the activities selected is shown in the bottom of the screen.

Hours per week :

Boxing <input type="text" value="0"/>	Martial art <input type="text" value="0"/>	Rugby <input type="text" value="0"/>
Volleyball <input type="text" value="0"/>	Waterpolo <input type="text" value="0"/>	AquaGym <input type="text" value="0"/>
Circuit training <input type="text" value="0"/>	Skating <input type="text" value="0"/>	Squash <input type="text" value="0"/>
Running 8 km/h <input type="text" value="0"/>	Running 10 km/h <input type="text" value="0"/>	Running 15 km/h <input type="text" value="0"/>
Body-building <input type="text" value="0"/>	Swimming <input type="text" value="0"/>	Jogging <input type="text" value="0"/>
Cycling 7 km/h <input type="text" value="0"/>	Cycling 12 km/h <input type="text" value="0"/>	Cycling 17 km/h <input type="text" value="0"/>
Fast Swimming <input type="text" value="0"/>	5-a-side football <input type="text" value="0"/>	Tennis <input type="text" value="0"/>
Gymnastics <input type="text" value="0"/>	Light Gymnastics <input type="text" value="1"/> 2 MET (188 kcal)	Tai-Chi <input type="text" value="0"/>
Walking <input type="text" value="1"/> 4 MET (329 kcal)	Fast Walking <input type="text" value="0"/>	Yoga <input type="text" value="0"/>
Basket <input type="text" value="0"/>	Pilates <input type="text" value="0"/>	Modern Dances <input type="text" value="0"/>
Horse-riding <input type="text" value="0"/>	Coreographic Dances <input type="text" value="0"/>	

Weekly kCal expenditure with activities is: 6 MET (517 kcal)

**Metabolism**

Basal Metabolic Rate (BMR) **1892.5**  
 BMR X PAL **2649.6**  
 BMR x PAL + activities **2723.4**

The summary box on the right of the screen shows the BMR and BRM X PAL values of the baseline test.

The BMR X PAL + activity value is updated automatically for each activity added.



To save the workout entered



To delete the workout



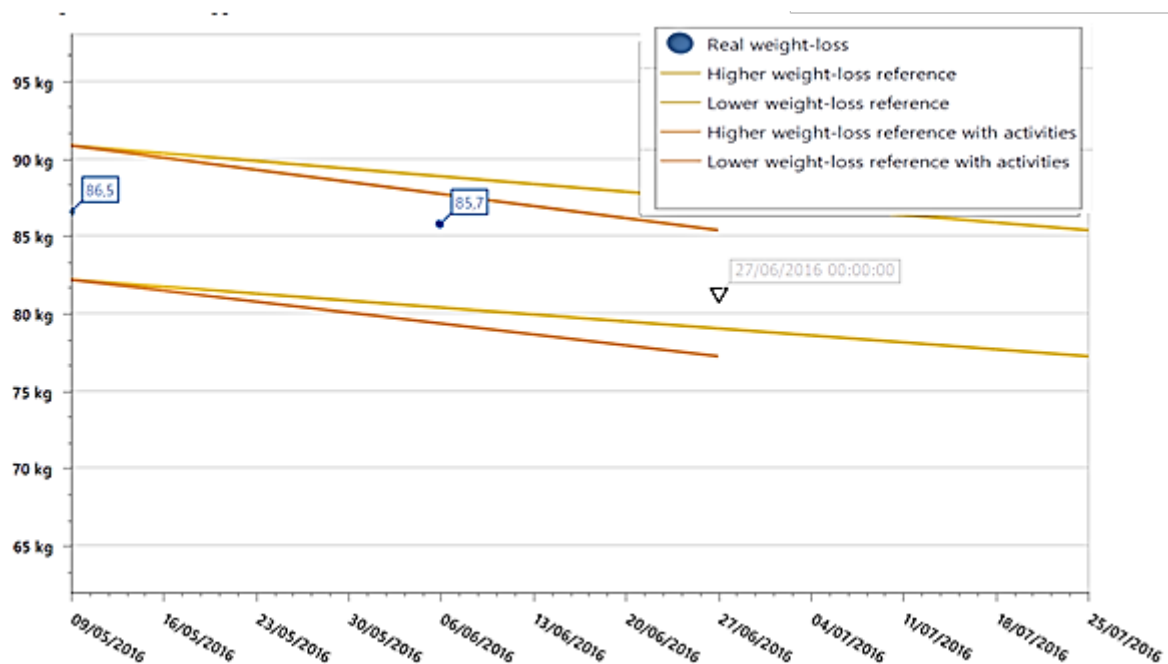
To save the workout entered and return to the weight loss report

## WEIGHT LOSS WITH ACTIVITIES

The "Weight loss with activities" report contains a graph plotting the estimated weight loss considering and not considering energy expenditure on the basis of the activities selected, comparing it with the real loss calculated during the assessment sessions.

This function is only active if at least one workout is present or if the baseline workout has been selected if there are several workouts.

The graph includes all assessments performed on the subject, starting with the baseline test; the incidence of sport activity is calculated on the basis of the baseline test, considering the activities included in the baseline workout.



The parameters of the Weight Loss with Activities report can also be personalised.

Weight-loss parameters set-up

Weight to lose (kg)  Starting weight: 94 Kg  
Objective weight: 89 Kg

Recommended Daily Calories Intake:

Diet duration (week)

BMI

BMR: 1893 kcal  
BMR x PAL + activities: 2650 kcal

When the Daily calorie intake or BMI is adjusted the duration of the diet is calculated accordingly; when the diet duration is adjusted, the daily calorie intake is calculated accordingly.

The Starting Weight and BMR data refer to the baseline test.

The BMR X PAL + activity value is calculated considering the activities included in the baseline workout.

**Refresh**

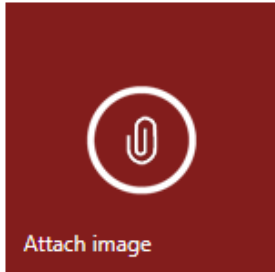
Recalculates all the parameters on the basis of the changes made and updates the graph.



Reset

Restores the parameters to the default values.

## WEIGHT MANAGER MODULE ADDITIONAL FUNCTIONS

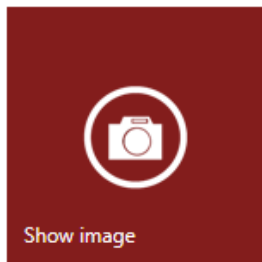


### ATTACH AN IMAGE TO THE ASSESSMENT

An image to be printed in all the reports can be attached to each assessment.

To attach an image:

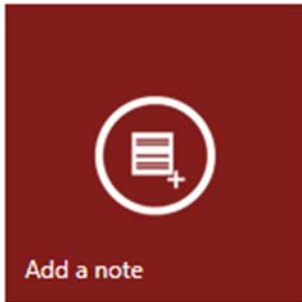
- ✓ click *Attach image* to access the computer's resources;
- ✓ select the file to be attached to the assessment (\*.jpg or \*.png format; maximum recommended size 1 Mb);
- ✓ click *Open*.



To view the image attached to the assessment



To remove the image attached to the assessment



### ADDING A NOTE TO THE ASSESSMENT

A note can be added to every assessment. The note added will appear in the printed reports.

Click *Add a note* and type the note in the text box.



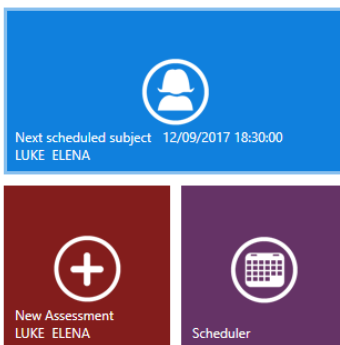
To save the note and return to the ASSESSMENT screen



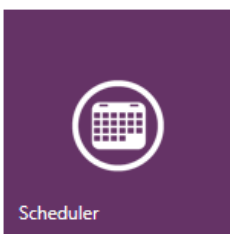
To add notes and comments for internal use. The text entered does not appear in the printed report and is common to all the assessments.

## SCHEDULER

The Weight Manager Module provides an appointment Scheduler. The appointment Scheduler can be accessed both from the HOME PAGE and from the SUBJECT screen.



The HOME PAGE shows the next appointment in the scheduler and gives quick access to entering a New Assessment for the next scheduled subject



### ENTERING AN APPOINTMENT IN THE SCHEDULER

From the HOME PAGE or SUBJECT screen, click *Scheduler* to access the scheduler.

Double click on the box corresponding to the date and time of the appointment

Wednesday, 13 September	
LUKE ELENA	

← Appointment



Select a name **LUKE ELENA -**  

Date:

Note:



To access the subject archive and select the name to be entered. When the SUBJECT screen is accessed, the name of the subject currently being seen is automatically suggested.



The user can add notes to be displayed in the SCHEDULER screen, or change the date and time using the drop-down menu.



To save the appointment entered and return to the SCHEDULER screen

## CHANGING/DELETING AN APPOINTMENT IN THE SCHEDULER

To cancel or change an appointment in the scheduler:

- ✓ access the scheduler
- ✓ double click on the appointment to be changed or cancelled



To save the changes made



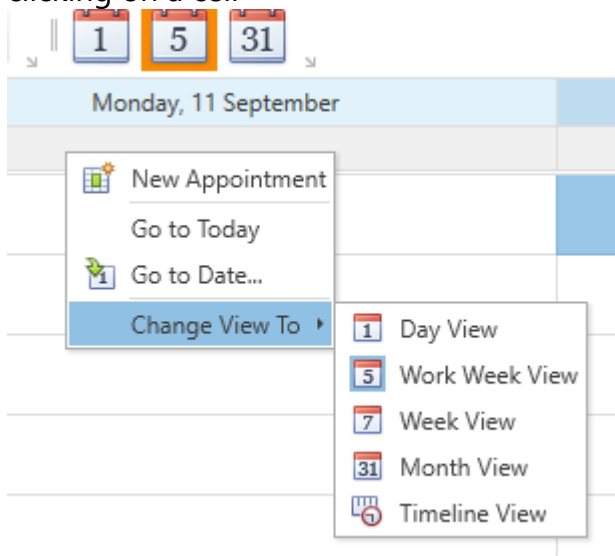
To delete the appointment



To return to the SCHEDULER screen without saving the changes entered

## CUSTOMISING THE SCHEDULER

The scheduler can be customised by clicking on the toolbar at the top of the screen or by right-clicking on a cell





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