

How To Use the Food Log

THE **MOTION** Fitness Studio ROOM



How To Use the Food Log (Setting Targets, Logging Food, Favorites, Journal)



Nutrition
(My Food Log)

Setting Your Nutritional Targets

Nutrition > My Food Log

* Before you are able to log your food, the system will prompt you to enter your dietary targets.

* Dietary target setting requires 3 Steps and each step is explained in detail.

* You will have to tell the system your activity level and then by adjusting the calories per day or by entering a goal weight it will calculate weight gain or loss per week.

* Please consult with our team if you wish to have this done for you.

Set Your Nutritional Targets

1 Calories What They Are | 2 Current How Many Calories You Burn | 3 Set Goals Make A Calorie Plan | 4 Finalize Plan Set Carbs, Protein, Fat

STEP 2 →

Before we discover your nutritional targets, it's worth going over some simple information about calories.

Key Point : Calories Are Energy

- Your body uses energy at rest (basal consumption)
- Energy comes from food (calories burned or stored)
- 1 lb of fat = 3,500 calories
- To lose weight you need to burn more energy/calories than you consume
- Both exercise and diet affect your energy balance

Calories In From What You Eat → Calories Out - Basal Consumption - Exercise / Activity

Calories Stored In Your Body (Fat, Glycogen, Muscle)

Choose A Preset Ratio: **From Different Diet Programs**

| Move Sliders To Adjust Ratio | % | Calories | Actual Weight (g) |
|------------------------------|------|-----------|-------------------|
| 0% CARBS 100% | 45 % | 1103 Kcal | 276 g / day |
| 0% PROTEIN 100% | 35 % | 858 Kcal | 215 g / day |
| 0% FAT 100% | 20 % | 490 Kcal | 54 g / day |

+ and - buttons to change your target calories level.

Your current weight is 245 lbs. You can update it in your [journal](#)

Set A Daily Target Calories (Kcal)
- 2450 +

Lose
2 lbs / Week

Goal 240 lbs
Change 5 lbs Loss
Time 2 Weeks

Enter your goal weight to calculate how long it would take to reach at the target calories level. Goals can always be

Step 1 - How Many Calories

Gender Male
Your Age 48
Your Weight 245 lbs
Your Height 6ft 3 in

Your Calculated BMR Is **2218 Kcals**

Your heart pumping, breathing, digestion, the functioning of your organs etc all consume calories. [Learn More](#)

Logging Your Food

Nutrition > My Food Log

* To Log your food, select the Add button beside each meal. You may search for food using our database which includes USDA items as well as other user enter items. The difference in food is highlighted by the different icons.

* Once you select the food, you need to tell the system the food details (serving size, food composition, etc.)

* You may also select to add the food to your favorites list to make it easier to add the next time.

| Food Entry Detail | Calories | Total Fat | Sat. Fat | Carbs | Protein | Fiber |
|---|----------|-----------|----------|-------|---------|-------|
| Breakfast 100% of This Days Calories | | | | | | |
| Milk end cereal bar (1 servings) | 413 | 11g | 9.1g | 72g | 6.5g | 0.4g |
| Lunch | | | | | | |
| Dinner | | | | | | |
| Snacks | | | | | | |



USDA This means the food comes from the USDA food database.
This means the food was manually entered into the food log of another system user. **Note** - it's user entered so we don't know if it's accurate!

Sandwich spread, meatless **USDA**
Sandwich spread, pork, beef **USDA**
Sandwich spread, with chopped pickle, regular, unspecified oils **USDA**

