

Mac Software

Weight Watchers Tracker User Guide

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<http://sites.google.com/site/ianmackinnon2>

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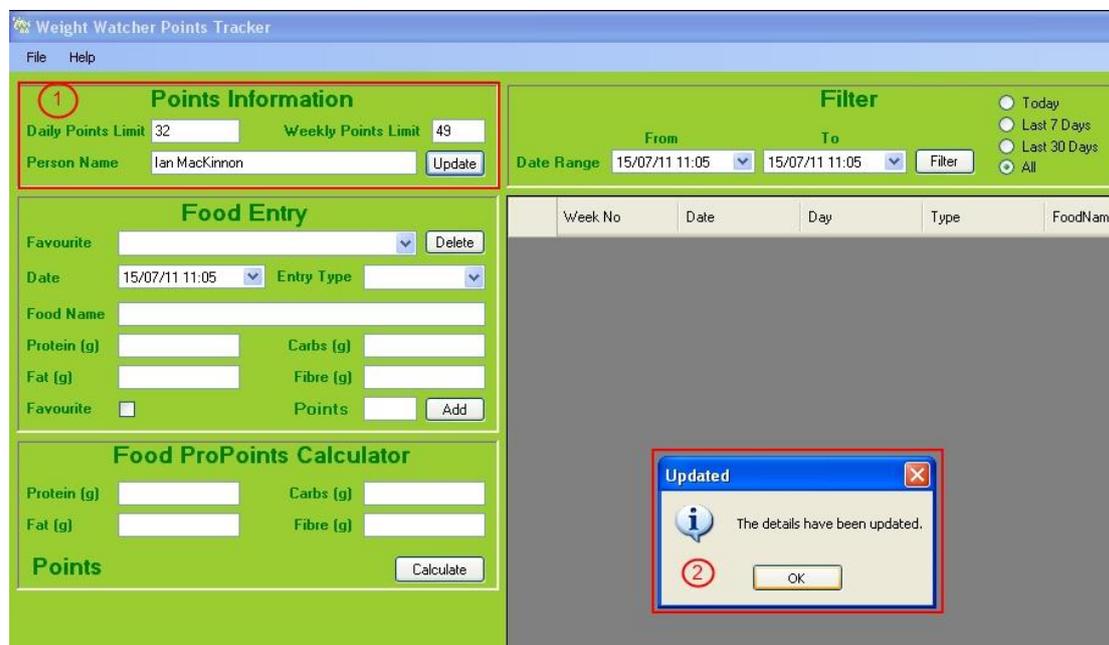
Introduction

The Weight Watcher Tracker program is designed to act as a digital diary for tracking your Weight Watchers points throughout your time on the program. It helps removed the need for writing everything on bits of paper, trying to work out your points allowance (depending on the version you have bought) and can give you quick access to your favourite food information.

This document contains a brief user guide of how to perform the essential tasks in the Weight Watcher Tracker program.

Adding User Details

This section will show you how to add your Weight Watcher details so that the program can calculate your points and take it off your allowance.



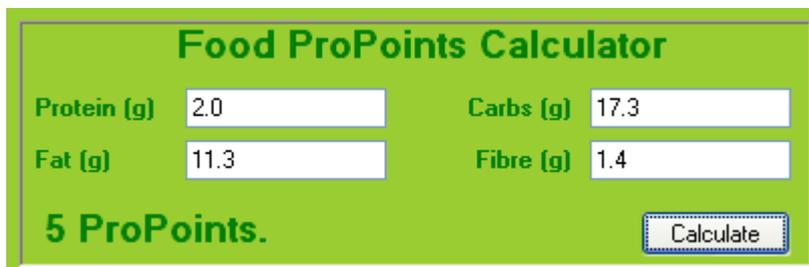
1. Here is where you add your personal Points Information.
 - Your Daily Points Limit (Supplied by Weight Watchers or you can get an estimated Limit from my points Calculator on my website <http://sites.google.com/site/ianmackinnon>)
 - Weekly Points Limit – This is usually 49 points but check with Weight Watchers to be certain.
 - Person Name – This is the name of the person who is using the Tracker.
2. Once you have entered all your details you then click on the update button next to the “Person Name” and you should get the pop up message (tagged 2) telling you that your details have been updated.

The point limits need to be a number and not text otherwise it will not update, any incorrect details will be highlighted in red:



Using the Daily Points Calculator

With this extension you can quickly and accurately calculate the Weight Watcher ProPoints in non Weight Watcher foods.



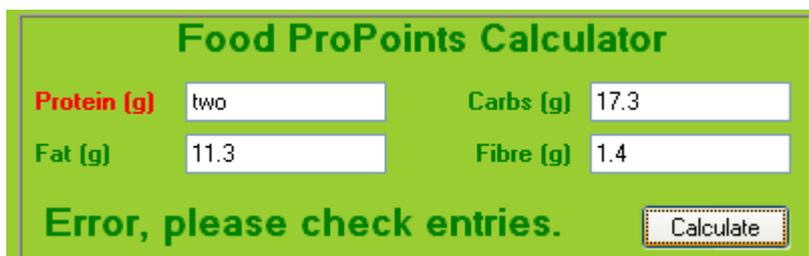
The screenshot shows a green-bordered box titled "Food ProPoints Calculator". It contains four input fields: "Protein (g)" with the value "2.0", "Carbs (g)" with "17.3", "Fat (g)" with "11.3", and "Fibre (g)" with "1.4". Below these fields, the text "5 ProPoints." is displayed in green. A "Calculate" button is located in the bottom right corner.

All you require to accurately calculate the points are:

- Protein (g)
- Carbohydrates (g)
- Fat (g)
- Fibre (g)

Then click the calculate button and it will return the ProPoints on the left. So the example in the above image is for a 34.5g packet of Walkers Pickled Onion crisps (Smelly I know, but they taste sooo good!).

The entries in the text boxes have to be numbers (with or without decimal point) and like before with the Points Information if it doesn't like something then it will highlight it in red and let you know that there is an error:



The screenshot shows the same "Food ProPoints Calculator" interface. The "Protein (g)" input field now contains the text "two" and is highlighted in red. The other input fields remain the same: "Carbs (g)" with "17.3", "Fat (g)" with "11.3", and "Fibre (g)" with "1.4". Below the fields, the text "Error, please check entries." is displayed in green. A "Calculate" button is located in the bottom right corner.

Adding An Entry To Your Food Diary

In this section you will see how you can add an entry into your Food Diary for you to see.

The image shows a 'Food Entry' form with the following fields and buttons:

- 1**: Date field containing '15/07/11 20:35' with a dropdown arrow.
- 2**: Entry Type dropdown menu containing 'Snack'.
- 3**: Food Name text input field containing 'Walkers Pickled Onion 35g'.
- 4**: A group of four nutrient input fields: Protein (g) with '2', Carbs (g) with '17.3', Fat (g) with '11.3', and Fibre (g) with '1.4'.
- 5**: A 'Favourite' checkbox (unchecked) and a 'Delete' button.
- 6**: Points input field containing '5'.
- 7**: An 'Add' button.

To add a food entry to the diary is fairly straight forward where you can make it as simple or as detailed as you wish.

- **(1) Date** – This can either be typed in via the keyboard or you can click on the little arrow at the side to select a date from the calendar.
- **(2) Entry Type** – Choose from the drop down box one of the options (Breakfast, Lunch, Dinner, Snack or Activity).
- **(3) Food Name** – This is a description/title of the food entry, if you are going to add as a favourite try to keep it as short as possible so it can all fit inside the Favourites drop down box (we will speak about it later).
- **(4) Food Details** – This is the information you get from the packaging (Protein, Carbohydrates, Fat & Fibre all in grams)
- **(5) Favourite** – If the checkbox is ticked then it will save the details into the drop down box at the top of the picture above, so when you select something from the drop down box it will automatically fill in (3), (4), (5) & (6) for you, saving you having to type in your favourites over and over again. If you want to remove something from your favourites list then just select it in the drop down list and the click the delete button to the right of it, which will remove it from the list.
- **(6) Points** – This is the number of points in the food that you are entering. (Depending on the version you have chosen you can calculate the points using our calculator as in the previous section)

The underlined bullet points above (1), (2), (3) & (6) are the only items that are required before you will be allowed to add the food entry into the diary by clicking on the Add button (7). Once you have clicked on the add button and it successfully adds it to the diary you will see it appear in the table or the right hand side.

Again with the Points (6) & food information (4) they have to be in a number format and if it is not then they will be highlighted in red. The same will be true of any of the required information you have missed out.

Adding an activity

You may decide to do some exercise and have some activity points that you wish to add to your diary, this can be done very simply too.

The image shows a 'Food Entry' form with a green background. The form contains the following fields and controls:

- Favourite:** A dropdown menu and a 'Delete' button.
- Date:** A dropdown menu showing '15/07/11 13:30'.
- Entry Type:** A dropdown menu showing 'Activity', with a red circle '1' around it.
- Food Name:** A text input field containing 'Went for a run'.
- Protein (g):** A text input field.
- Carbs (g):** A text input field.
- Fat (g):** A text input field.
- Fibre (g):** A text input field.
- Favourite:** A checkbox.
- Points:** A text input field containing '-7', with a red circle '2' around it.
- Add:** A button.

All you have to do is select a date and time, select Activity in the drop down box (1), type in a description in the Food Name and then the crucial bit... In the points section (2) make sure you put in a negative number so that it can add the points to your daily points limit.

Deleting An Entry From Your Food Diary

There may be times where you add an item by mistake or incorrectly so you will want to delete it. This section will show you exactly how to do this.

Week No	Date	Day	Type	FoodName	Points	Daily Remaining	Weekly Remaining
1	14/07/2011 20:35	Thursday	Snack	Walkers Pickled ...	5	27	49
1	15/07/2011 07:15	Friday	Breakfast	Rice Crispies 30g...	3	29	49
1	15/07/2011 10:30	Friday	Snack	Apple Nutrigrain ...	3	26	49
1	15/07/2011 12:30	Friday	Lunch	M&S Club Sandw...	8	18	49
▶ 1	15/07/2011 13:30	Friday	Lunch	Oops delete me	25	0	42
1	15/07/2011 18:00	Friday	Dinner	Dominos CYD Piz...	18	0	24
1	15/07/2011 20:35	Friday	Snack	Walkers Pickled ...	5	0	19

Click here for website Update Table

- **(1)** Highlight the item you wish to delete on the table. Then press the delete key on your keyboard (**NOT** the back space key, the one that says delete on it. 😊)
- **(2)** Click the “Update Table” button – Once you have deleted your entry, clicking on the update table button will sort out your Daily & Weekly Points limit making sure you have the correct points once it has been deleted.

Using The Filter Function

This section will show you how to use the filter function.

The filter function is split into two sections – on the left hand side you can select a specific date and time range and on the right hand side there is the option to select 4 predefined date ranges.

The screenshot shows a green-bordered box titled "Filter". On the left, there is a "Date Range" section with two dropdown menus labeled "From" and "To", both containing the text "18/07/11 09:18". A red circle with the number "1" is placed above the "From" dropdown. To the right of these dropdowns is a "Filter" button, with a red circle and the number "2" above it. On the right side of the box, there are four radio button options: "Today", "Last 7 Days", "Last 30 Days", and "All". A red circle with the number "3" is placed above the "Today" option. Below these options is a "Show" button, with a red circle and the number "4" above it.

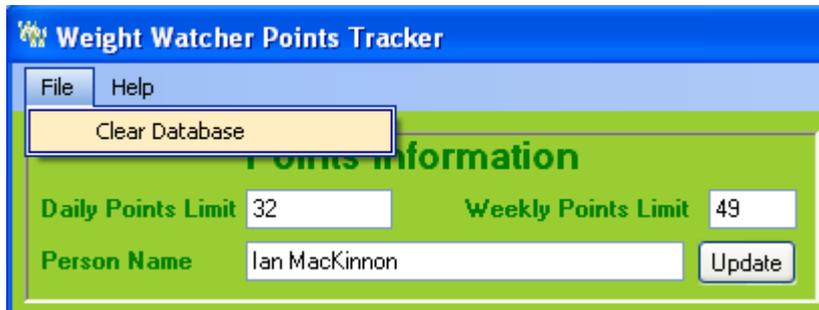
- **(1) Date Range** – Here you can specify a date and time range, once you do that click on the Filter Button **(2)**.
- **(3) Predefined Dates** – Here you can select a predefined date range, just select the one you want and then click the Show button **(4)**.

Once you have selected the appropriate filter and click the button it will filter out all the other diary entries in the table.

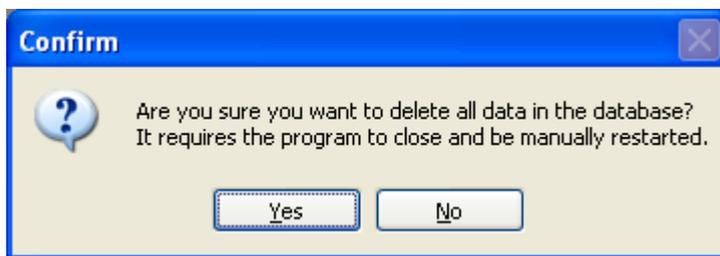
It will also save that date range as the default range when you close the program. So for example if you select the "Last 7 Days" in **(3)** and then click the Show button **(4)** it will show the last 7 days when you next open the program. This will update every time you use the filter function.

Clear the Database

There may be times that you want to just start afresh, on a clear database. This section will tell you how to do this.



Simply click on “File → Clear Database” on the top menu, you will then get a confirm message making sure this is what you want to do:



If you click “Yes” it will clear all the data stored in the database and will then close the program. The reason why the program is closed is because there is data stored which can only be edited when nothing else is using it. Next time you open the program it will be like it was when you installed the program for the very 1st time.

***** WARNING – IF YOU CLEAR THE DATABASE YOU WILL NOT BE *****
***** ABLE TO GET THE DATA BACK. *****

Future Releases

Here I will list some of the improvements that are planned for the Weight Watcher Tracker program. A timescale has not been provided and this is by no means a guarantee that they will happen, it is just some things I would like to add and think would make it better and more useful. If you have ideas or improvements that you think would be good to see in the program or indeed anything else then please do not hesitate to visit my website <http://sites.google.com/site/ianmackinnon2> and contact me.

- Export Table to Excel (CSV file)
- Some reports which can show some interesting information such as most used food, average points used, most/least points used etc.
- Have a graph detailing useful data.
- Add a Daily Points Limit Calculator.
- Add an option to track you weight as well as your points too.
- Give users the option to customise their program i.e. change background colour, fonts etc.

Contact Me

If there is anything that you want to contact me about then please do not hesitate to visit my website <http://sites.google.com/site/ianmackinnon2> where my email address is on the home page.