Simplified User Manual

KcalMe
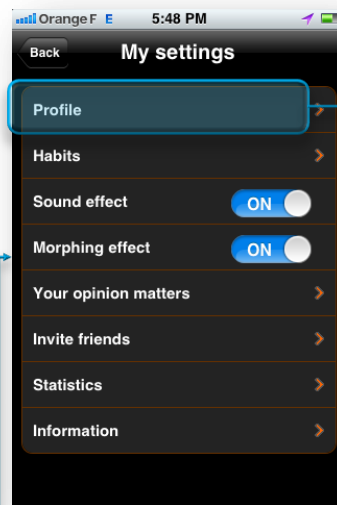
V8.0.0

www.kcalme.fr

KcalMe

805 Kcal

28%

Move | KcalMe | Food

Access my settings

My settings

Back

Profile

Habits

Sound effect — ON

Morphing effect — ON

Your opinion matters

Invite friends

Statistics

Information

Access my profile

Profile

My settings

For this target weight, daily calorie intake of the day should not exceed.

2487 Kcal

Gender	Male
Age	40
Height	6'0"
Current weight	190.4 lbs
Target weight	176.0 lbs
Activity level	Medium

BMI:

Display my BMI

My BMI

Profile

BMI=25.8

Height in feet and inches
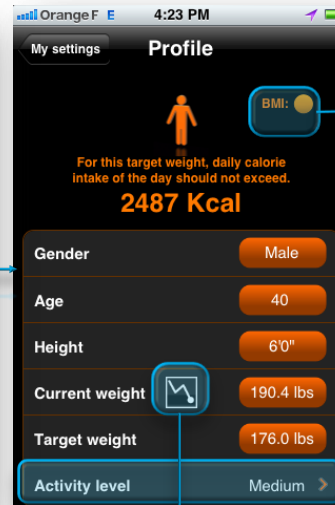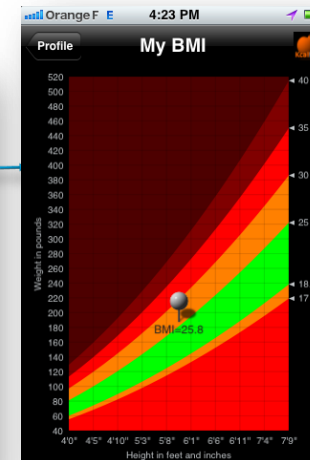
Define my physical activity

Activity level

Profile

Low

Less than 3 sessions of 30mn per week

Medium

30mn walk 5 times per week and a sustained activity twice a week

Intense

30mn walk 5 times per week and an intense activity twice a week
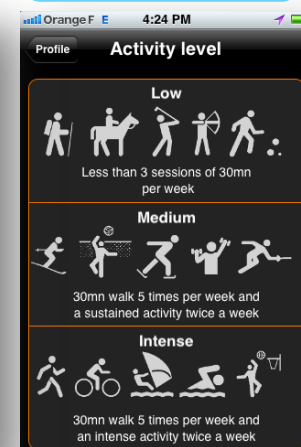
Display and Edit my weight curve

My weight curve

Profile

Slide your finger horizontaly to delete a value or click on it to edit it

178.0 lbs

Target weight

Click on the value to edit it

Apr 5, 2013
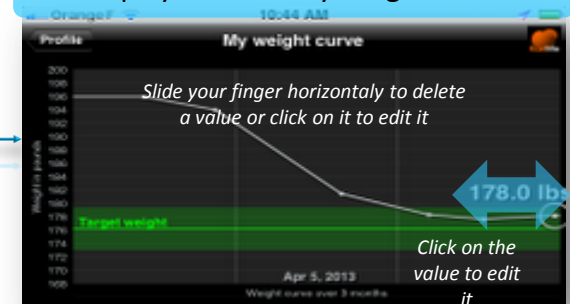
KcalMe
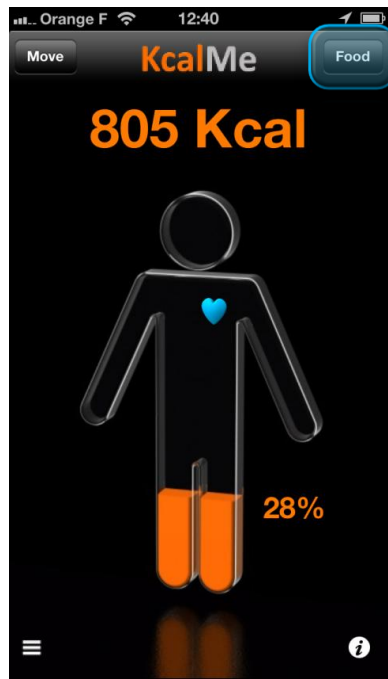
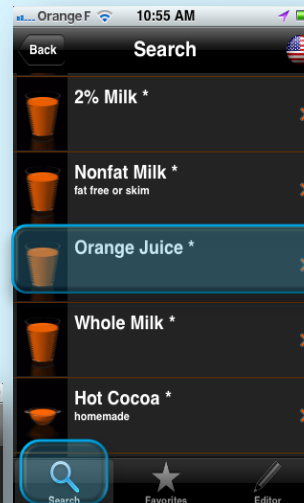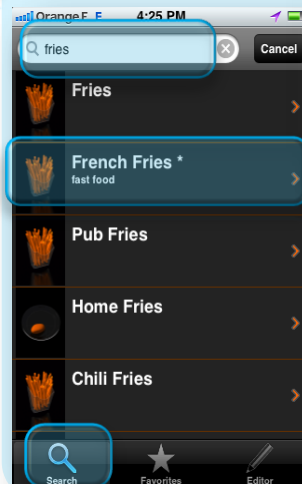## Search for a food or a beverage

➔ *In the standard default list*
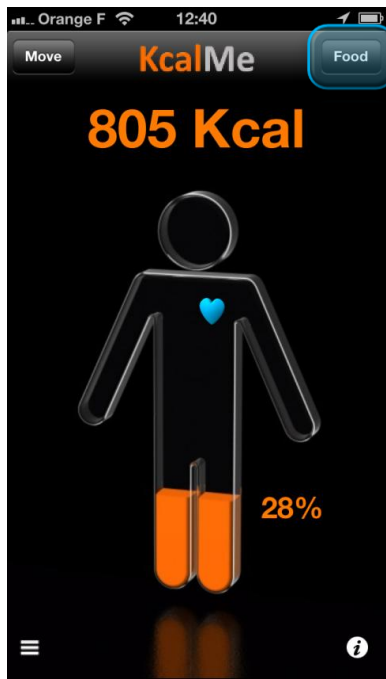
➔ *Using the search engine*
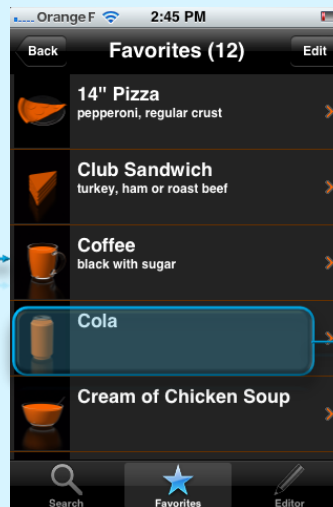
Define the quantity and container type dynamically

*Slide your finger **vertically** to select a quantity or amount or **horizontally** to change container pictogram*

Select a favorite

Define the quantity

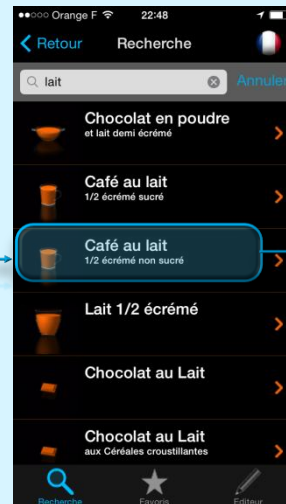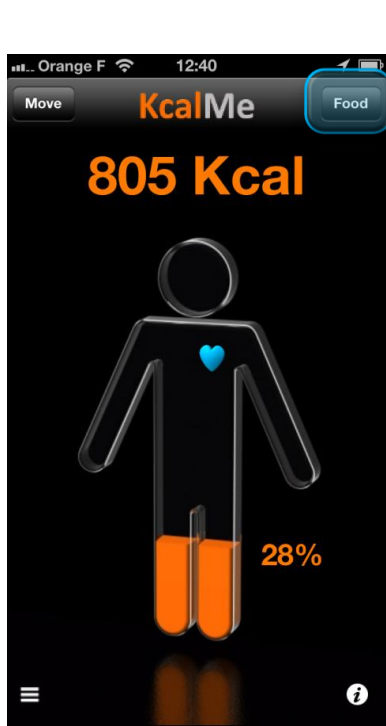*Slide your finger **vertically** to select a quantity or amount or **horizontally** to change container pictogram*

Use Augmented Reality
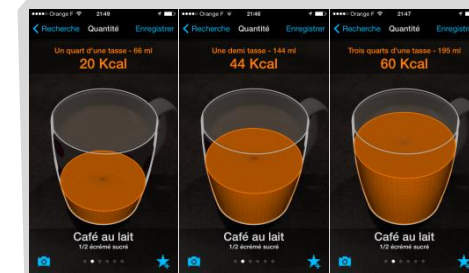
Search for a food or a beverage

Focus in 3D the container, take a picture, and define in 3D the quantity

Overlay the white 3D focus with the container

*Slide your finger **vertically** to select a quantity*
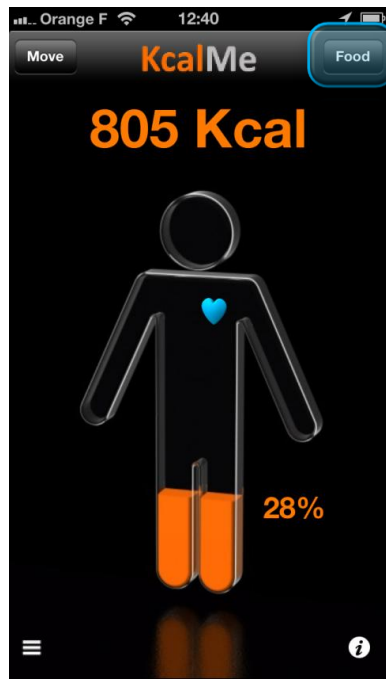
Choose a pictogram

➜ *Display list*

Fill in the various fields

➜ *Display icons*

Entrer a name and a brand (optional)

Enter calorie values
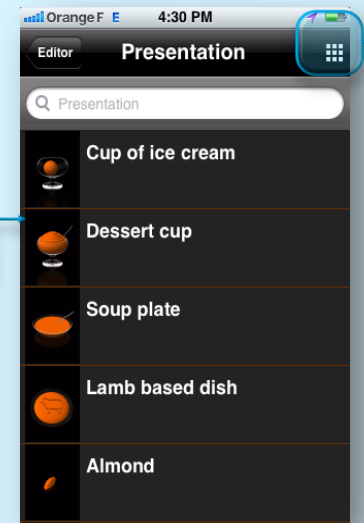
Manage your history

Slide your finger horizontally over your avatar to pass from one day to the next
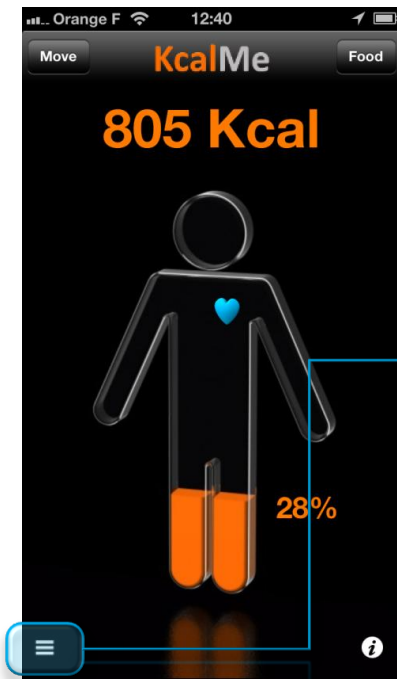
Display your history as a histogram
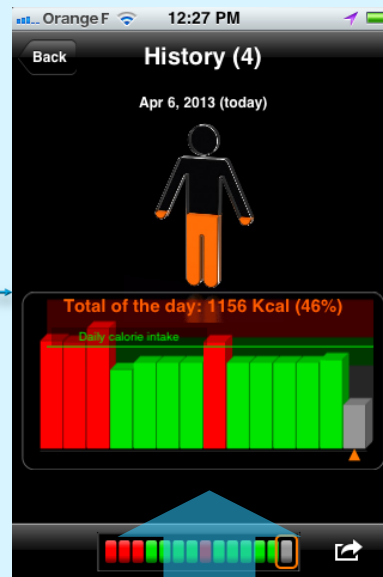
Display your history as a list

Delete an entry

Slide your finger vertically over the gauge

Email your history

KcalMe

805 Kcal
28%
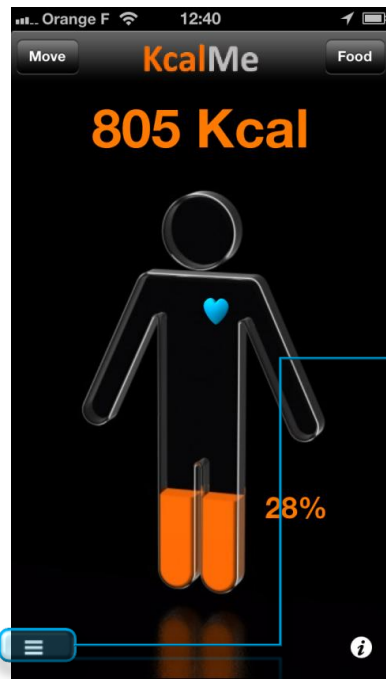
Select the Send pushbutton
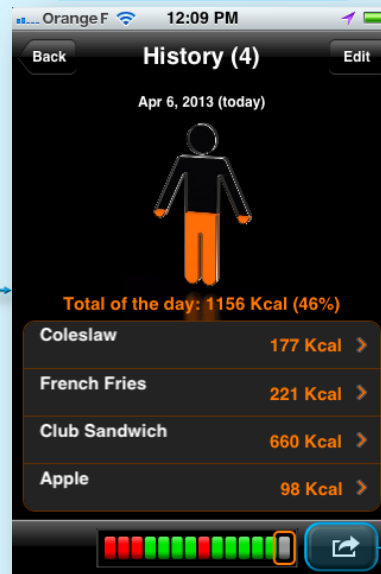
Select 'send history'
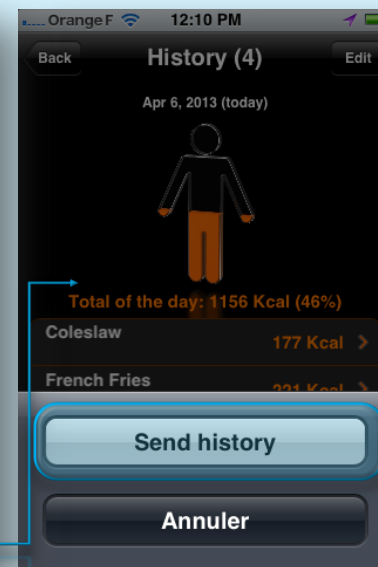
Add the Email address and push on 'Send'

Connection to Withings Scale

KcalMe

Select the « Withing body scale » option

Enter your Withing connection parameters and push on 'Sign in'

Select your profile & select the merging option at first time

Now, each time you launch in KcalMe the data import will run. In that configuration, only missing data will be updated

KcalMe
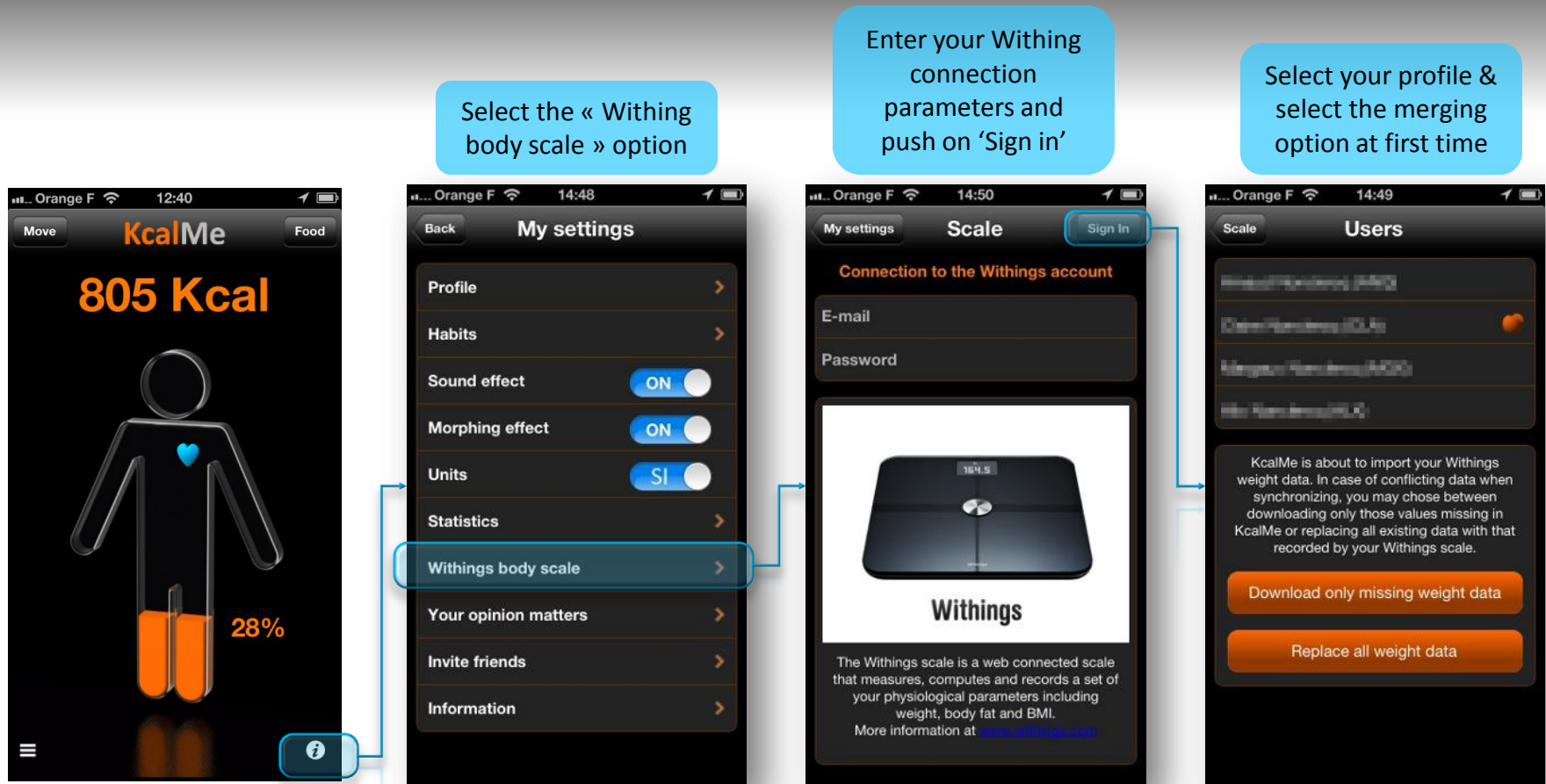
Search for an activity

Define the duration and the level of effort

➔ *With search engine:*

➔ *In the standard default list*

*Slide your finger **vertically** to select a duration or **horizontally** to define level of difficulty*

Questions & Answers

KcalMe

How long will it take to reach my target weight?

No formula actually exists to calculate an approximate time to reach a given target weight. The only existing formula is Harris and Benedict's which allows you to compute recommended daily calorie intake based on your gender, age, weight and physical activity. In KcalMe we use this formula to determine the calorie intake required for a given weight objective (target weight). If you don't exceed this intake level, you will progressively reach your weight objective. Obviously progress may not always be steady as your calory intake may vary from day to day as may your level of physical activity. Finally, weight loss or gain may vary significantly from one person to another. Unfortunately, some things can't be modelled or put into equations, and this explains why we can't indicate how long it will take you to reach your target weight.

How do I delete an incorrect food or beverage entry ?

You first need go to your consumption history by clicking on your avatar. You then select the food or beverage that you want to delete and slide your finger over it (swipe) from right to left as if you wanted to delete an email or a text message. Confirm deletion by clicking on 'Delete'.

Is KcalMe available on devices other than iPhone, iPad and iPod ?

KcalMe is currently available only on these 3 devices. An Android version is under development, but its date of availability is still unknown at this stage.

What is the "Habits" section of my profile used for ?

The "Habits" section lets you define at what time you usually have breakfast, lunch, afternoon snack or dinner. It is in no way a constraint and you may off course have your meals at any other other time. It just enables KcalMe to display different default lists of foods and beverages based on time of day (even though all other items available in the database will of course remain accessible through the search function). For instance, pasta won't be displayed in the default list when it's breakfast time.

What is morphing effect in my profile ?

When this function is actived, your avatar will inflate and turn red if you exceed recommended calorie intake values. It can be deactivated if you don't wish this to be highlighted.

How can I display my weight curve ?

To display a curve, you need to have recorded several weight points. Each time you modify your current weight, you create a new point that will be added on to the curve. To display your weight curve, you just need to click on the small curve shaped icon located in your profile. In portrait mode a 14 day history is displayed. A 3 month history is displayed in landscape mode. The curve is interactive and it is possible to edit it by clicking on it to add a weight point for instance.

KcalMe

Where can I find my BMI ?

BMI or Body Mass Index can be found in the My Settings / Profile section. It is automatically computed as soon as you enter your weight and height. Color changes based on BMI value. To access the BMI value, you need to click on the colored dot. Your BMI appears on a graph, which helps you to see where you stand compared to reference values.

I use KcalMe on my iPhone and my iPad. Can I synchronize data between the two devices ?

This feature is currently unavailable but is under development.

Can I take into account an unusual physical activity?

In its current version, KcalMe only manages 3 levels of activity: low, medium and intense. When your level of activity varies over a given period, you need to modify this parameter in the My Settings / Profile section so that recommended daily calorie intake can be updated. The possibility to take into account individual physical activity sessions is a feature that is under development.

Several members of my household use KcalMe. Is it possible to define several user profiles ?

KcalMe currently manages only one user profile. A multi user function is being developped and will be available in a future release of of KcalMe HD for iPad.

How can I create a favorite ?

Once you've selected a food or beverage in the database, all you need to do is click on the small star located at the righthand bottom of the screen. The item is then automatically added to your list of favourites.

How can I delete a favorite?

All you need to do is to go to the list of favorites. Favorites are ranked by alphabetic order. Select the favorite you want to delete and erase it by sliding your finger (swipe) from right to left as if you wanted to delete an email or a text message. Confirm by clicking on 'Delete'.

How can I create a food or beverage item I can't find in KcalMe ?

You first need to click on the + symbol located on the top right hand corner of your screen and then select 'Editor' in the bar menu located at the bottom of your screen. We recommend that you first select the pictogram (representation) best depicting your item, brand (if applicable), portion weight (or volume), number of calories per 100g (or per 100ml). Finally, validate the data by clicking on 'Save'. The newly created food or beverage item is automatically added to your favorites.

I can't find an answer to my question in this user manual

The *"Your opinion matters" function available in* "My Settings enables you to contact KcalMe for support. You can address your questions or provide improvement suggestions by mail through this function. No commercial use will be made of your mails.

How can I follow KcalMe ?

There are several ways you may follow KcalMe:

- Two blogs, an english language one www.kcalme.com for our North American or english speaking users and a french language one at www.kcalme.fr .

- A regularly updated KcalMe Facebook page (don't hesitate to indicate that you like KcalMe ☺)

- Finally French speaking users may also keep track of KcalMe and various nutrition news on Twitter *@KcalMe1*.

I'm under 16 and can't find my age in the profile section. Why is that?

So as to avoid the risk of inducing abnormal eating behaviours during adolescence, the minimum age that may be entered in KcalMe to compute recommended daily calorie intake has been set to 16.

Why are there two weights : current weight and target weight ?

The current weight help you to keep track regularly of your actual weight and how it changes. Its evolution is displayed over a period of 14 days (portrait mode) or 3 months (landscape mode) on your weight curve. Target weight is used to compute recommended calorie intake that should not be exceeded if you want to reach a given weight objective. If you want to lose weight, recommended calorie intake will diminish, and increase if you wish to put on weight. You may change the target weight to test how recommended daily calorie intake changes.