

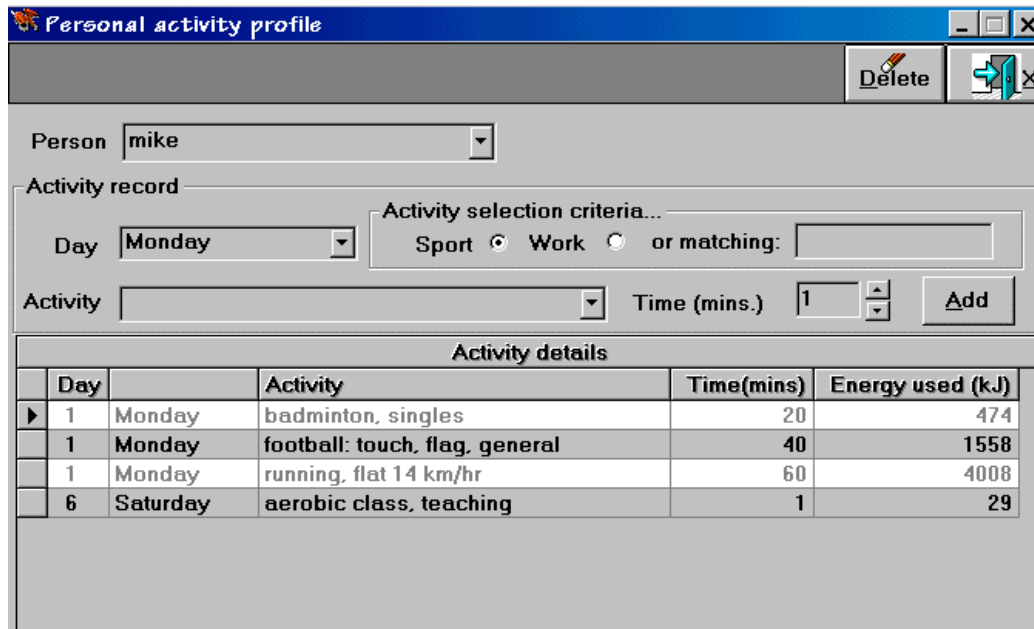
How do I find out how much energy is used in my daily activities?

From the main menu bar,



select **A**ctivities, then select **P**ersonal **A**ctivities.


A window as shown below is displayed:

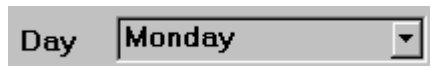


You can now record all the activities the person performs during the day by following the steps below:

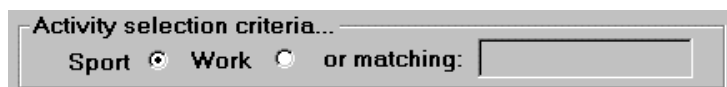
1. Identify the person the activity profile is for: Click the  and select the person from the drop-down list.



2. Select the day the activity was or is to be performed using the :



3. Specify the activity selection criteria:
You can choose sport or work, or enter a keyword to match on (e.g. run or ski) to refine the list of activities to select from:



4. Select the activity:



5. Type in the number of minutes spent doing the activity:




6. and click the  button.

The activity is added to the persons activity profile.

If the activity has already been added then the following message will be displayed.




Click the  button and the extra time will be added to the activity

The energy used by the person in performing the activity for the time specified is displayed as shown below:

Activity details					
	Day	Activity	Time(mins)	Energy used (kJ)	
▶	1	Monday	running, flat 14 km/hr	60	4008

Note you can change the time by typing in a new numebr of minutes, and the day by clicking on the day number and selecting from the drop down list.

Repeat steps 4, 5 and 6 to add more activities, changing the day (step 2) and type of activity (step 3) as required.

When you have finished recording activities click the  button to exit.

You can now print a list of your daily activities, or perform a comparison of the energy used in your daily activities with your food intake.