WWDiary User Guide

for Version 4.1.1

This guide assumes that you have downloaded the WWDiary app from the android marketplace and installed it on your phone. This guide also assumes that you are familiar with the Weight Watchers program, either the former Momentum plan or the current PointsPlus plan. This guide is designed to assist you with implementing and using the WWDiary app on your android phone to track your daily food intake and your weekly weights in the weight log, not teach you how the Weight Watchers program works.

Setting Up WWDiary

What's New

The first time you execute WWDiary after the initial installation and again after each installed update, you will see an Intro screen that outlines what is new in the current version as well as other important information. You can recall this screen at any time by pressing the menu button and selecting What's New. Press the back button on your phone to exit this display.

Settings

To set up the app initially or to adjust settings as necessary, press the menu button on your phone, then tap Settings.

Point Allowance
> **Use Old Calculator** - tap to enable if you are following the old Momentum plan.
> **Point Allowance** - tap the pencil to manually set your Daily Points Allowance (DPA) or tap the calculator to answer questions to set your DPA. Calculator questions will vary based on Momentum or PointsPlus; be sure you have the correct setting for "Use Old Calculator" before proceeding.
> **Use DPA Calc** - tap to enable the calculated DPA figure to be used if you did not manually enter your DPA in the previous option. If you manually entered your DPA, do not select this checkbox.
> **Weekly Point Allowance** - tap to manually enter your Weekly Points Allowance (WPA) based on the WW plan you are following. *See your WW plan materials for more information.*

Point Calculator
> **Activity Point Calculator**
>> **Use old activity calc** - tap to enable the Momentum plan Activity Point (AP) calculator.
> **Food Point Calculator**
>> **Custom food point calc** - tap to enable a custom calculation. Selecting this option will enable you to access the following options:
>>> **Edit Formula** - enter your custom food point calculation. See this thread on the

forum http://forum.canofsleep.com/discussion/132/wwdiary-new-ww-plan-and-how-to-keep-using-the-old-one for more information.

Calories - tap to select if you are using calories in your custom formula.

Carbs - tap to select if you are using carbs in your custom formula.

Fat - tap to select if you are using fat in your custom formula.

Saturated Fat - tap to select if you are using satfat in your custom formula.

Fiber - tap to select if you are using fiber in your custom formula.

Protein - tap to select if you are using protein in your custom formula.

Week starts on... - tap to select the day of the week that your WPA resets.

When I go over... - tap to select whether your APs or WPAs are used first when you exceed your DPA.

Pointlog Font - tap to choose between Handwriting font or System Default font for your food diary.

Default unit of weight - tap to choose between kg, lb or st as your default weight measurement for your weight log.

Sort favorites by name - tap to sort your favorites list alphabetically. Default sort is by most frequently used.

Database

Backup Database - tap to manually save a copy of your database to the SD card. Databases are saved in the com.canofsleep.wwdiary folder.

Restore Database - tap to restore your database from the SD card.

Restore Database... - before each WWDiary database (not app) version update, your database is saved to the SD card. Use this option to restore a database from a previous version.

Reporting

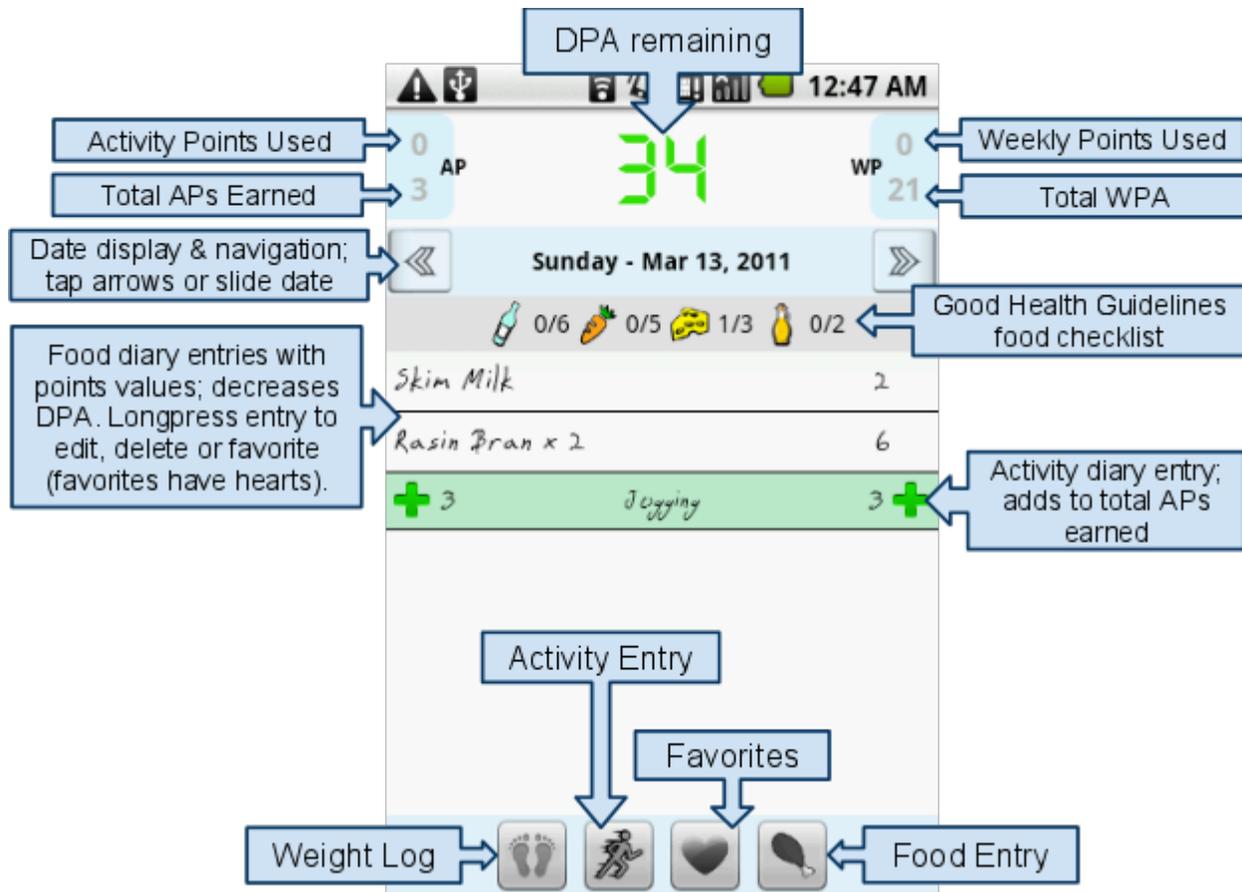**Send data** - tap to allow the app to send anonymous usage data to the developer.

Submit database - tap to email your database to the developer if requested.

Hacks

No decimal key - tap to select if you have trouble entering decimal numbers.

Using WWDiary

The app opens to the food log display for the current date.

DPA remaining: This number will change from green to yellow as you enter food and your points remaining decrease throughout the day. If you eat beyond your Daily Points Allowance, this number will remain at 0, your AP Used or WPA Used number will automatically increase, and you will see a notation at the bottom of your food diary indicating total APs or WPAs used (see "**When I go over...**" setting). If you have no APs or WPAs left to pull from, the DPA number will become negative and turn orange then red as you continue to eat beyond your allowed points.

Date navigation: Tap the arrows to decrease or increase the date by one day. Slide or flick the date to quickly navigate across many days. Longpress the date to jump to today.

Food diary entries: Entries with hearts are from the Favorites list. Longpress an item to add it to your favorites, delete the entry from your food diary, or edit the entry.
**NOTE**: If you delete an entry from your food diary and it is the only entry for that particular food, it will be deleted from your favorites list as well as your food description prefill drop down list.

Buttons: Tap the **Weight Log** button to enter the weight log and view your weight history or

record your current weight. Tap the **Activity** button to record activity to your daily diary. Tap the **Favorites** button to see your favorites database (see **Sort favorites by name** setting). Tap the **Food Entry** button to enter a food into your food diary.

Weight Log

Tap the Weight Log button to view your weight history and/or record your current weight. You can also brag about your progress by SMS, on Twitter, etc.
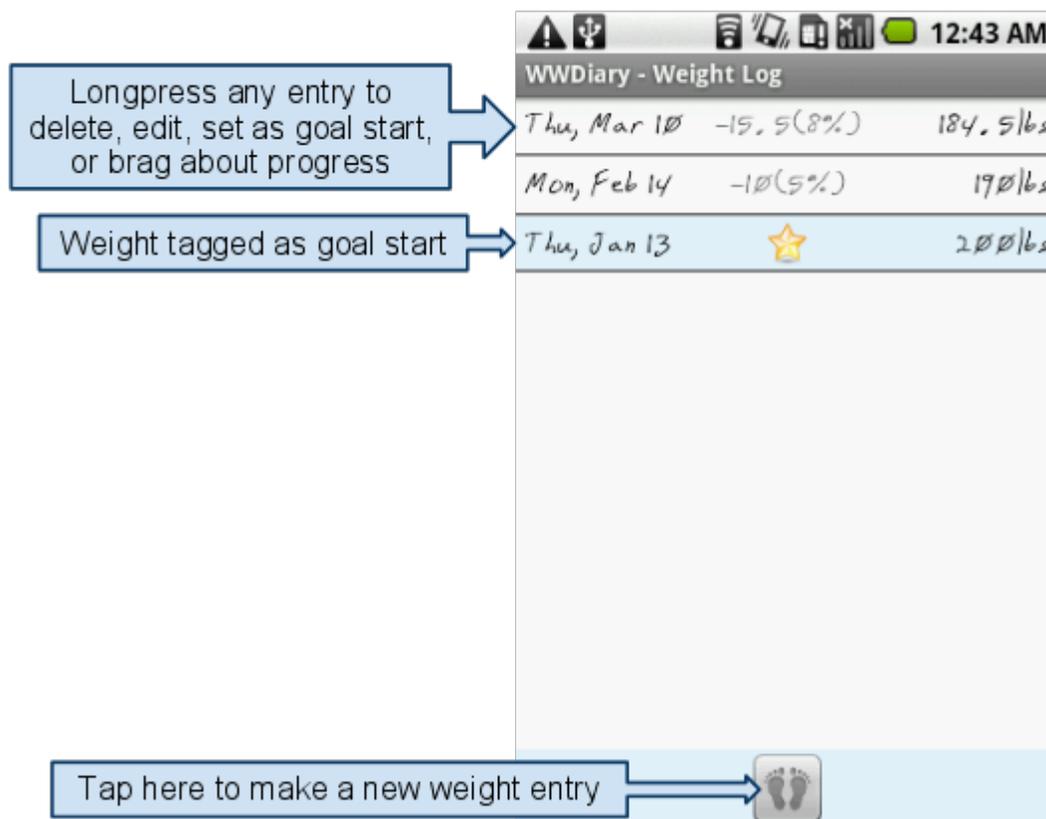

Activity Entry

Tap the Activity button to record your activity in your daily diary and earn Activity Points (APs). If you are using the Activity Calculator to determine your APs, please be sure you have the correct settings under **Point Calculator**, **Activity Point Calculator**. All activity entries are shown in green in your food diary for the day.

Favorites

You can save your frequently-eaten foods to your favorites list. To add a food to your favorites, longpress on an existing food entry and tap "**Add to favorites**" on the popup. Your favorites will all be tagged with a heart. To remove a food from your favorites list, go into your favorites and longpress on the food you wish to remove. Tap "**Remove from favorites**" on the popup.

Food Entry

To enter foods into your daily food diary, tap the chicken leg button.
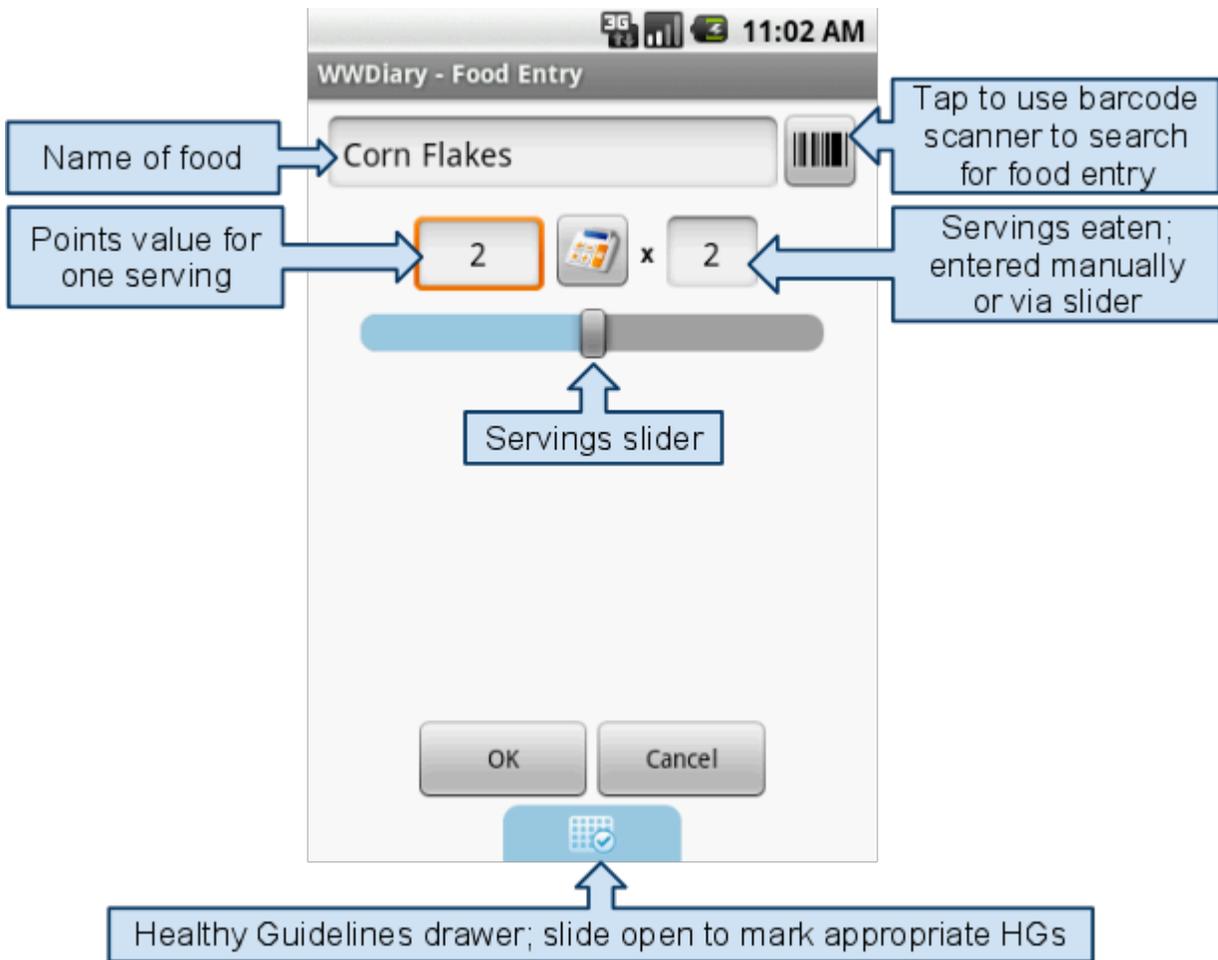
Name of food: As you start typing the name of the food, a prefilled drop down list will appear as the app tries to match this food with your previous entries. You can tap to select a food from the drop down list or you can finish typing the name of the food. Alternatively, you can search for the food using the barcode scanner (separate barcode scanner app must already be installed from the market) to scan the UPC code on the package.

Points value: Enter the points value for one serving either manually or by tapping the calculator button and filling in the appropriate values (see **Food Point Calculator** setting).

Servings: Enter the number of servings eaten. This can be done manually by typing a number in the box or by dragging the servings slider to indicate the appropriate amount.
**NOTE**: Partial serving sizes are allowed; i.e., ¼ serving = .25; half serving = .5; serving and a half = 1.5, etc.

Healthy Guidelines (HGs) aka Good Health Guidelines (GHGs): If this food fits one of the WW Healthy Guidelines (liquid, fruit or veggie, dairy, oil), slide the drawer open and select the appropriate number of water bottles (liquid), carrots (fruit or veggie), cheese (dairy), or oil bottles (oil) for one serving. Slide the drawer closed when finished. Foods tagged in this manner will automatically update your GHG checklist bar.

WWDiary Widgets

There are two widgets associated with WWDiary: A points widget and a weight widget.
NOTE: In order to use the widgets, WWDiary must be installed on the phone, not the SD card.
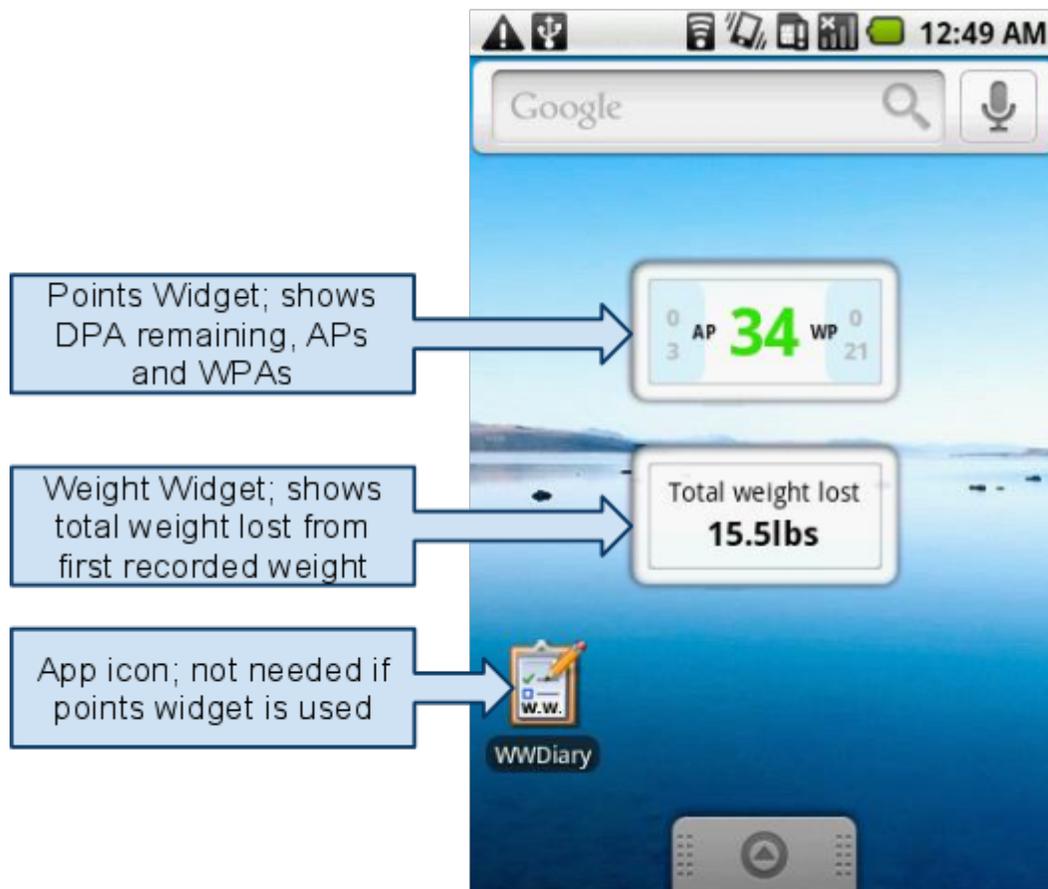
To use a WWDiary widget, longpress on an empty slot on your home screen. Select "Widget" from the list. Scroll through the list of all available widgets and select the appropriate WWDiary widget to add. If you use the points widget, it provides a shortcut to the WWDiary app so you don't need an additional slot for the WWDiary app icon.

Tips, Tricks, Hints

Here are a few tips, hints and tricks from other WWDiary forum users:

● To quickly populate your favorites list, scroll back into the past and enter your favorites on a day that will not interfere with your actual food diary.

● Another option to populate your favorites without affecting your current DPA is to enter the food with a zero portion size. The food should enter into your food diary as zero regardless

of the points value for one serving.

- To divide your food by meals and snacks, make zero-point entries for "   BREAKFAST", "   LUNCH", "   SUPPER", and "   SNACK" in your favorites list, without the quotes. Note the leading spaces! If your favorites are sorted alphabetically, having the spaces at the beginning will ensure that your "meal dividers" are always listed at the top of your favorites list.

Forum

If you have any questions or comments, please come to the WWDiary forum at http://forum.canofsleep.com/discussions

You can ask questions, make suggestions for improvements to WWDiary, find out when the latest updates are available in the android market, and help identify and clean up the barcodes list for scanned items!

Please Donate

If you have not done so, please consider donating! All donations are greatly appreciated. :)