

Instruction of “My Wellness Tracker HK”

1. First Registration

1.1. Please select “Registration” on first page

1.2. Input datas following “Step1, 2 & 3”. Input an valid email with password and then select “Submit”

1.3. If your registration has been successfully completed, a message would pop up, and please check your email to activate your account.

1.4. You will be receiving an email sent by CUDMT.

1.5. Click “here” to activate your account

1.6. Your account will appear on screen as verified.

1.7. Use the email and password that you have registered to login

2. My Wellness Tracker

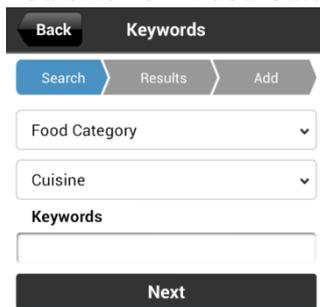
2.1. Your BMI status, daily energy requirement, daily tip and weekly reminder will be shown after login

2.2. You can input sleep, food and exercise record on this page or “Lifestyle”

2.3. Select “Sleep Diary” to input sleep duration of the previous night

2.4. Select “Food Diary” to input the amount of water drank (including any fluid and non-thick soup) and food eaten (including breakfast, lunch, dinner, supper and snacks)

2.4.1. When updating your menu, you may type in “keyword” ” or use either “Cuisine” or “Food Category” to help searching. Then select “Next”



The screenshot shows a mobile application interface for searching keywords. At the top, there is a dark header with a 'Back' button and the title 'Keywords'. Below the header, there are three tabs: 'Search' (active), 'Results', and 'Add'. Under the 'Search' tab, there are two dropdown menus: 'Food Category' and 'Cuisine'. Below these is a text input field labeled 'Keywords'. At the bottom, there is a dark 'Next' button.



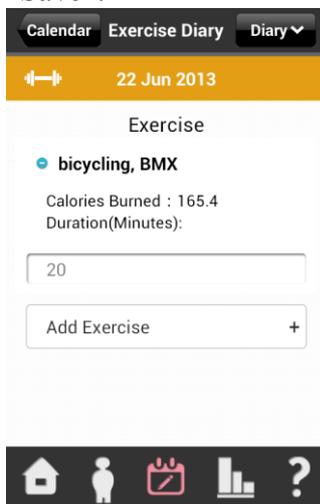
2.4.2. Select and input the amount of the food that you have eaten. Finally select “Save”

2.4.3. If you cannot find the food you have, please select the best alternative

2.5. Select “Exercise Diary” to input exercise done

2.5.1. When you are updating your exercise, you may type in “keywords” or use either “Category” or “Activity” to help searching. Then select “Next”.

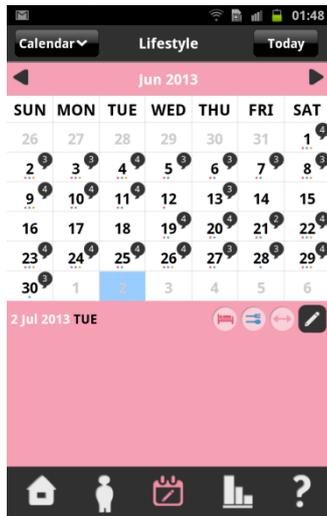
2.5.2. Select the activity you have done and input the duration, then select “Save”.



The screenshot shows the 'Exercise Diary' screen. At the top, there is a dark header with 'Calendar', 'Exercise Diary' (selected), and 'Diary' (dropdown). Below the header, there is a date selector showing '22 Jun 2013'. The main content area is titled 'Exercise' and shows a selected activity: 'bicycling, BMX'. Below this, it displays 'Calories Burned : 165.4' and 'Duration(Minutes):'. There is a text input field for duration with the value '20'. Below the input field is a button labeled 'Add Exercise' with a plus sign. At the bottom, there is a dark navigation bar with the same five icons as in the previous screenshot.

3. Lifestyle

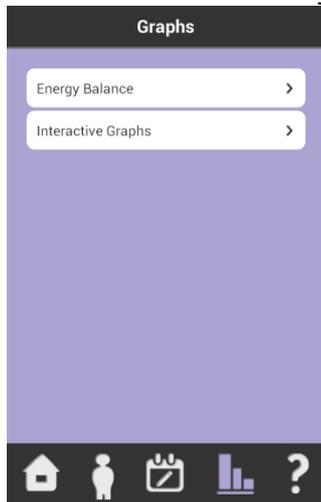
- 3.1. Your Diary has been updated! Those 3 dots in the calendar showed what data types have been entered, including: Red – Sleeping time, Blue – Dietary record, Yellow – Exercise record



- 3.2. The black number at the top right corner shows how many daily reminders you've received. If you continue to record for the whole week, an extra advice on exercise, weight and waist circumference update, and weekly energy balance would appear at the end of the week.
- 3.3. Sleep, food and exercise could be input by selecting the pen at the bottom right corner of calendar

4. Graph

- 4.1. By selecting “Energy Balance” and “Daily Graph”, daily energy balance of the whole week will be shown or the trend of the month’s weekly energy balance will be shown by selecting “Weekly Graph”



- 4.2. Select “Interactive Graphs” and then choose different types of data
- 4.3. Different graph period could be shown by selecting ”Daily”, “Weekly” or “Start Date” which shows data of the following 8 weeks