CalCounter

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COLLABORATORS			
	TITLE : CalCounter		
ACTION	*NAME*	*DATE*	*SIGNATURE*
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REVISION HISTORY			
NUMBER	DATE	DESCRIPTION	NAME

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CalCounter

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        CALORIE COUNTER DIARY © 1994
        -----------------------------

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```

1.2 preface

```
              Preface
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```

Program writing is challenging and fun to do. Writing documents, is like, after having ate your favourite meal, you're told that now you have to wash the plates after you.

1.3 introduction

```
              Introduction
              --------------
```

Calorie Counter Diary is a program intended to be used by anyone, dieting or not, wishing to keep to a calorie controlled diet.

If you're dieting, to lose or gain weight, this program is definitely for you. Whatever diet you are using, requires you to count

the calories consumed in some form or other. This program will do all
that for you, plus more.

        If you are one of the lucky ones   not requiring to diet, this
program will be helpful to you as well, as it will allow you to keep an
eye on the type of nutrients that you are consuming. It's not enough that
the calories you consume are low, it is very important to know what type
of nutrients these calories are made of.

        This program can be used by several people at the same time,
since it keeps an individual record for each user. Ideal for use in
health clubs.

1.4 conditions

                            Conditions

        Calorie Counter Diary is released under the SHAREWARE conditions.
The registered version can only be obtained from me, the programmer, and
you are not allowed to make copies of the program except for yourself,
the registered user. Each copy contains a ten digit number hidden within
the program which makes it easy to identify where any copies being spread
originated from.
        The unregistered version is freely distributable as long as all
files listed below are copied together with the main program. No
modification must be done to any of the files.
        PD collectors are invited to include the unregistered version of
Calorie Counter Diary in their library, as long as the same conditions
mentioned above are met.
        These files must be left as they are:-
                    CalCount   Program
                    CalCount.guide   Docs using AmigaGuide or Multiview
                    CalCount.txt   Docs using ppmore
                      Things/   Directory
                        B.Shape | These files
                        Food.data | are needed by
                        Sweet | the program

1.5 disclaimer

                            Disclaimer

        All risks, damages, incidental or otherwise, arising through the
use or misuse of this program are entirely at the responsibility of the
user.

        While considerable effort has been made to provide you with a
reliable product, there is no guarantee that this program is 100% "bug-
free". Any problem arising will be corrected when and if feasible.

Upgrade releases will be made available in order to correct potential bugs within the program and if feasible added functions suggested by you, the users of this program. This does not guarantee future versions or upgrades of this product.

1.6 What does it do

```
                What does it do?
                ------------------
```

Calorie Counter Diary, breaks down and totals your daily calories consumed, into four important nutrients, needed for a healthy body. These nutrients are, proteins, carbohydrates, fats and fibre.

On the amount of calories consumed, the program, makes a recommendation on the amount of nutrients that should be consumed for a healthy diet. Your daily totals, consumed and recommended, are recorded. Up to 365 days (one year), are kept, after which the program starts to delete the first day's recorded and replaces it by the present day's totals. In this way, after a year, using the program, you always have a year of recorded data to look back to.

The program, also keeps a daily list of foods consumed. This list is updated daily. A weekly check of your weight is also requested and recorded by the program.

1.7 Configuration

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                 Configuration
                 -----------------
```

This program requires Workbench 2.0 or higher and at least 1 meg of memory. It has been tested on an Amiga 600, 1200, 2000 and 3000.

Once loaded the program checks, automatically, for PAL or NTSC, and adjusts all displays to that environment.

1.8 version

```
                Evaluation Version
                ---------------------
```

In the evaluation/unregistered version, you have limited access to some of the options.

1) Contains a reminder page, reminding the user to register .

2) This version contains about 300 products only. The full version contains nearer to 1000 products.

3) Adding Products, although allowed to be made by the system,
   cannot be saved.

1.9   usage

```
                         Usage
                        -------
```

Calorie Counter Diary, does not presume to tell you how to lose
or gain weight, but leaves that to learned nutritionists.

If you're already on a diet, continue to use your preferred diet,
and use this program to count your calories for you.

This is an intelligent program, in so much as it checks and
instruct the user how to enter the required information and if a mistake
is made, it informs the user of his/her mistake. But, it also requires
and expects the user to have some intelligence in return. When entering
your data, be truthful and don't try to enter exaggerated values.
Remember, 'garbage in garbage out'.

1.10   started

```
                      Getting started
                     -----------------
```

Having loaded the program, press the 'Return' key or the 'OK'
button to clear the info window. If you are using the evaluation copy,
the program will open another window informing you on how to obtain a
full copy. Press the 'Return' key or the 'OK' button to clear this
window.

This program is divided into three main editors. These are,
the   Main Editor   the Products Editor and the Confess Editor .

The data is interchangeable between editors, that is you can
change from editor to editor without losing the data.

When you first load the program, the Main Editor is entered. You
will notice that most of the menu function are switched off. These will
become functional after you create or load a user's file. You can enter
the Products Editor at any time.

1.11   The Main Editor

```
                       The Main Editor
                     -----------------
```

The Main Editor deals with the setting of preferences, entering
and accessing user files, and the access to the user's progress.

        When you enter this editor the program displays the user's name
and the date at all times. If you haven't created or loaded a user's
file, 'none' loaded is indicated. If you have a clock on your system the
correct date will be shown. If on the other hand you are using a machine
without a clock you have to set the date manually.
        Before a new user's record is opened, it is recommended that the
preferences are set, as these are saved with the user's file. The reason
for this, is, so that each user can choose his or hers preferred type of
values for height and weight. See Set Height and Set Weight .

1.12 Main Editor Menu

```
                      Main Editor Menu Layout
                      -----------------------

  Project             File              Analysis               Preferences
   Products Editor     New User          Day By Day              Change Date
   Confess Editor      Edit Details      Progress to-Date        Height
   Info                Special Day       Desired Weight          Weight
   Quit                Load
                       Save
```

1.13 jp_products

[Project/Products Editor]

        Used to enter the products editor. See section about this editor
for more information.

1.14 jp_confess

[Project/Confess Editor]

        Used to enter the confess editor. This editor is only functional
if a user's record has been loaded in memory. See section about this
editor for more information.

1.15 jp_info

[Project/Info]

        Who wrote this program

1.16   jp_quit

[Project/Quit]

Exit the program. If any changes have been made to either the user's file or to the food.data, the program will ask you if you wish to save the changes are not. Two types of data saving is required. One for the user's records and one for the products data. The system informs which is which.

1.17   jp_new

[File/New User]

A new window opens showing a form to be filled. This information is needed to calculate your desirable weight.
Enter your name and age. State your sex, male or female, followed by entering your height and weight in your chosen value format. Inform the program, the type of body you have, small, medium or large, by pressing the appropriate button. When all the informations has been entered press the "Done" button.
To use the help button, place the cursor on the button or window required and press the help button. The program will give you the required information, try it on name and sex.
Pressing the "Done" key will take the program to the next stage, asking you to select a 'Special Day'. A special day is a day selected by you as the day you wish to be reminded by the system to weigh yourself.
According to your weight the program will assess your progress. For now select a day by pressing one of the buttons, Sun(day) – Sat(urday). See command 'Special Day' for more information.
Your individual 'Height-Weight Chart' is now drawn, showing your weight and what desirable weight should be. Full information is given by the system on screen.

1.18   jp_edit

[File/Edit Detail]

This function allows you to make changes to previously entered user's information. The same procedure as for "New User" is followed, except that, after pressing "Done", the program does not ask for a special day, and does not show you the 'Height-Weight Chart'. Remember to save any changes made.

1.19   jp_special

[File/Special Day]

Once a week the program will ask you to weigh yourself and

according to your weight it assesses your progress. The program keeps a
list of up to 52 weeks, after which, it will delete the first week
entered, moves all the weeks back by one week and inserts your new
weight at the top of the record, therefore after a year in use, there
will always be a year of information to look back at.
        Select a special day by pressing one of the buttons, Sun(day) –
Sat(urday). This day can be changed at any time. Remember to save your
changes.

1.20   jp_load

[File/Load]

        Allows you load a user's file. When the file selector opens, if
you are using a Workbench 2, the program only shows directories and files
ending with .name. If you are using any other Workbench, please select
the file with this ending (.name) to load.
        If it is not a new record the program checks when it was used
last, and displays a message saying when it was last used and the date
showing as today's date. Select the appropriate button.
        'Use Old Date', to continue using the old date. This gives you
the freedom to enter what you consumed at intervals. Using this button
allows you to continue to report your day's confession.
        'Use Date Showing'. when you have finished entering last day's
confession, select this button to move to a new date.
        'Change Date' allows you to enter a date of your choice. You
cannot enter a date older than your the last date entered.
        If you have been on holiday, or have not used the program for
more than a day, the program will fill the day/s with an average. This
will be reflected in the 'Day by Day' list.
        When a user's record is loaded the system loads and sets the
preferences for that user as well.

1.21   jp_save

[File/Save]

        Allows you to save a user's file. It is recommended that the
file's name should be that of the user. ie John, Mary etc.,
        When you open a new record the program opens four files and
ending them with .ate, .days, .pro, .name.
        The one of interest to you is the one ending with (.name). Do not
try to load any of the other files when asked to load a user's file as
this may give you a visit from Mr. Guru.

1.22   jp_dbyd

[Analysis/Day By Day]

        Using bar-charts, this functions displays your daily progress,

day by day. Green bar-charts represent what the program recommended and
the red bar-chart what you actually consumed.

        Use the left arrow button to view previous day, and right arrow
button to view next days food consumed.   The double arrow buttons are
used to move to the first or last day input. Left or right keyboard keys
can be used as well. Use shift and left or right key to move to first day
or last day.

1.23 jp_prog

[Analysis/Progress to-Date]

        Selecting this function, the program will display your progress
to-date. All your weigh-ins (up to 52 weeks) are listed. Your energy
consumed since your last weigh-in and an average calories consumed since
you started to use the program.

1.24 jp_dis

[Analysis/Desired Weight]

        This function, displays a chart, showing your present weight and
height in comparison to what your desirable weight should be.

1.25 jp_cdate

[Preferences/Change Date]

        Enter the date as instructed by the program. The date entry
format must be day/mount/year. Once entered the new date will show on the
Main editor's window. If a user's record is in memory, the system will
not accept a date lower then the present date.

1.26 jp_height

[Preferences/Height/]

        Select choice of values in 'Metres' or 'Feet & Inches'. Once
selected the program will display and expect height input values in the
selected format.

1.27 jp_weight

```
[Preferences/Weight/]
```

Select 'Kilograms', 'Stones & Pound' or 'Pounds'. Once selected the program will display and expect values in the selected format. This only effects the values for the user's weight. The food nutrients are not effected and are always shown in grams.

1.28 The Products Editor

```
                    The Products Editor
                    -------------------
```

This editor is used to view the products, together with the brand name and nutrients values. This program can hold up to 10,000 products in memory. This obviously depends on how much memory you have on your computer. An average of 45 bytes of memory is required for every product entered. A quick sum will show that, to use all 10,000 places, requires 450,000 bytes.

You will be surprised to find, that an average person eats about 300 different types food and no more. Therefore if you haven't a lot of memory on your computer, you will be able to delete some of the products that you do not use and replace them by the ones you eat.

When you enter this editor you will be given a list of products in alphabetical order. For each food item, the program displays the Product's Name, Brand's Name and the values for calories, proteins, carbohydrate, fat and fibre. All values are calculated on either 100 grams, 100 millilitres or portions. This is indicated by a g, m, or p in the appropriate column.

1.29 pro-menu

```
                    Products Editor Menu Layout
                    ---------------------------


  Project              Products
   Main Editor          Add                 Cursor Movements
   Confess Editor       Edit
   Info                 Delete
   Quit                 Find
             Next
             Top
             Bottom
             Save
```


1.30 p_curs

```
Cursor Movements
```

To move from product to product, use the up and down cursor keys

or press the up or down buttons.

        Shift/up or shift/down keys to move a page up or down or press
the double up or down buttons.

        Ctrl/up or Ctrl/down to move to start or bottom of products list
or use up/line or down/line buttons.

        The square button in the middle is not functional.

1.31 p_main

[Project/Main Editor]

        Used to enter the Main editor. See section about this editor for
more information.

1.32 p_add

[Products/Add]

        This command allows you to add new food items to the products
list. When chosen the program displays a form to be filled.
        Enter the name of the product followed by the product's brand
name, if any.
        The nutrition information must be entered in 100 grams, 100
millilitres or portions depending on the product. Portions can be, for
example, a slice of bread, a bar of chocolate, and so on. These values
can be found on most tins, packets, bottles, etc. For items that are not
packaged, you might consider buying one of the many calorie counter books
available. For example, Collins Gem, Calorie Counter or Dr. Amanda
Roberts, Count your Calories.
        If a value is not known, just press return, the program will
change this to n/a, not available. Remember, you do not enter n/a, just
press the return key. Same goes to 0 value, you enter 0 and the program
will display this as 'nil'.
        Taking a tin of 'HP Baked Beans' as an example, you will see that
the nutrition information given on tin reads:-

                    100g provides:

                    Energy   290kj/68kcal

                    Protein   4.6g

                    Carbohydrate   11.2g
                    (of which sugars   6.3g)

                    Fat   0.6g
                    (of which saturates   0.15g)

                    Sodium   0.47g

```
                     ----------------------------
                     Dietary Fibre            7.3g
                     ----------------------------
```

From this information we will enter, Product's Name=Baked Beans,
Brand's Name=HP, Calories=68, Protein=4.6, Carbohydrate=11.2, Fat=0.6 and
Dietary Fibre=7.3. Since these values are taken from a 100 gram value,
press the appropriate button.

When ready, you can press the NEXT button to enter another
product or ALL DONE when you have finished. The program will place the
new entries in alphabetical order when the ALL DONE key is pressed
otherwise it places the last entry at the top of the list. These new
entries are stored in memory and you must remember to save them on disk
before you exit the program.

1.33   p_edit

[Product/Edit]

Place the cursor line over the product you wish to edit and press
the return key. Use same procedure as Add Product.

1.34   p_delete

[Product/Delete]

Place the cursor line over the product you wish to delete and
press the return key.

1.35   p_find

[Product/Find]

Enter any part of the product in question and press the return
key. If found the program will indicate the product found by placing the
cursor key over it. You can use this command as well, by placing the
mouse button over the find window and pressing the left mouse button. You
may now enter the products name.

1.36   p_next

[Product/Next]

The program always remembers the last product found. Selecting
this menu command or pressing the equivalent button will force the
program to search for the product in question.

1.37 p_top

`[Product/Top]`

Forces the program to go to the top of the list.

1.38 p_bottom

`[Product/Bottom]`

Forces the program to go to the bottom of the list.

1.39 p_save

`[Product/Save]`

This should not be confused with File/Save. This command saves the food.data in its appropriate directory under its predetermined file name. This procedure is only available to registered users. If you haven't registered, why not do so now?

1.40 The Confess Editor

```
                 The Confess Editor
                 ------------------
```

The confess editor is where you tell the program what you have eaten. This editor is only functional if a user's file is loaded in memory. When you enter this editor the program displays the list of products and their brand names. On the top right hand side of the screen the food consumed totals are also displays. If it's your first confession of the day, these totals will show zero, otherwise they will show the last totals.

In this editor the 'find' and 'next' commands are very useful. To confess, move the cursor line over the product in question and press return. The centre square button can be used instead of the return key. The program will now display a small window asking for the amount consumed. Enter the amount in grams, millilitres or portions, as instructed and press the return key followed by another hit of the return key or the Except button. The program will calculate the nutrients and adds them to the totals.

You do not need to enter the full days confession. You may if you wish, enter what you had up to say lunch, and then afterwards enter the rest of the day's food eaten, its up to you.

1.41   con-menu

```
                    Confess Editor Menu Layout
                    --------------------------

        Project              Products              Consumed
         Main Editor          Add                   List & Edit
         Products Editor      Find                  Print List
         Info                 Next                  Save Changes
         Quit                 Top
                   Bottom
                 Save
```

1.42   c_list

[Consumed/List & Edit]

This command takes you to another window and displays your confessed list in more detail. It is also used to delete a wrongly confessed food item. To delete a confessed item, move the cursor line over the product in question and press return.

1.43   c_print

[Consumed/Print List]

Allows you to send the confessed list to a printer.

1.44   c_save

[Consumed/Save Changes]

Used to save your confession. Confessions only are saved, and if you have done any changes to the food data they are not effected. To save the food data you must use the products/save.

1.45   Final Comments

```
                     Final Comments
                     --------------
```

Well, there you have it. I hope you find this program useful to use and as bug free as possible. If you have any comments to make about the program, good or bad, I would like to hear from you. Address can be found on the registration form .

Finally, I would like to thank Robert Thompson and Alan Wilson

for beta testing this program.

                        ----- Be Kind To Animals -----

1.46   register

                                Registration Form

   If you use Calorie Counter on a regular basis, you must register
your version. The registration fee 10 pounds sterling. This will help
support and encourages future releases. For your money you will receive
the latest versions of Calorie Counter Diary and will be informed of any
future updates of this program.

   Please send Check or (UK only) Postal Order to:

        John J. Cassar
        31, St. Mungo Avenue
        Townhead
        Glasgow G4 OPG
        Scotland

   You may like to print out on your printer this registration form,
fill it out, and send it to me at the address listed above. Please use
block letters.

 Name:_____

 Address:_____

 City:_____Country:_____

 Computer Type:_____

 Date_____   Signature_____