General System Overview

For

Neoform itbook

a Microsoft Excel™ based Fitness Programming System

v2019

Program Design | Predictive Modeling | Progress Tracking

System Requirements:

Windows™ x64 PC

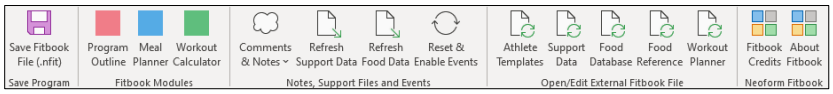
installed with

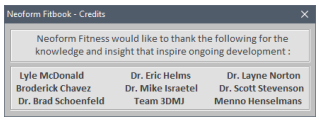
Office 365™ or Excel™ 2013 or greater

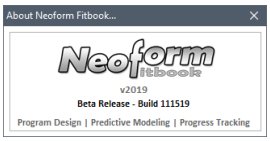
Neoform fitbook

Fitbook Ribbon Panel:

Save Program File (.nfit)
Program Outline View
Meal Planner View
Workout Calculator View
Update Support File Data
Easy Open/Edit External Fitbook Files
Fitbook Status via Excel Statusbar

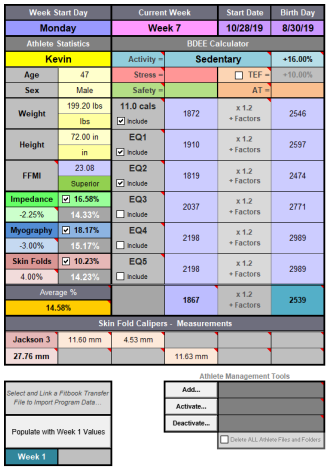


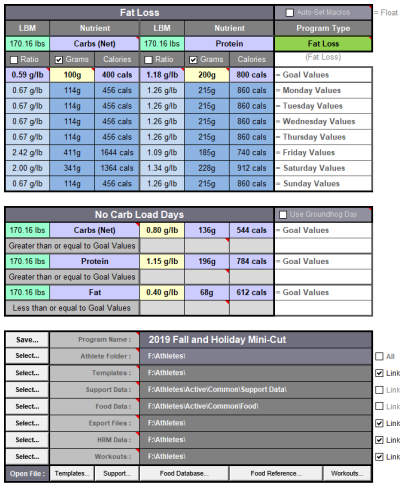


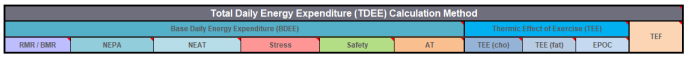


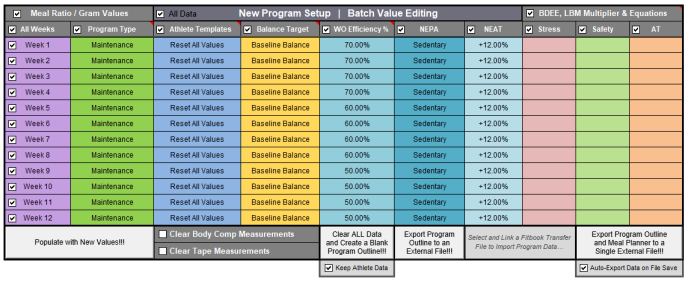
Incoming Worksheet:

Program Type, lbs. OR kg, BMI, FFMI and FFMI(a) adjusted
TDEE/BDEE Calculation Method:
BDEE includes RMR/BMR, NEPA, NEAT, Stress, Safety, and AT
Calculated with up to 6 different equations: LBM multiplier, Revised Harris-Benedict Mifflin-St. Jeor, Katch-Mcardle, Muller and Cunningham.
Include only the formulas you want in the final averaged value
TDEE is comprised of BDEE, TEE (cho, fat, EPOC), and TEF
Weight Loss/Gain, BF% and Fat Mass Prediction Modeling
Perfect tool for managing Carb Cycling/Loading Protocols such as Lyle McDonalds's Ultimate Diet 2.0
New Program Setup and Batch Value Editing
Program Clear, Import, and Export Options
Create Athlete Specific Templates for each Program Type





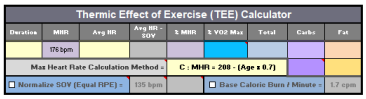


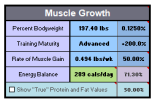


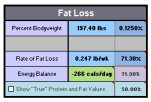
Use Athlete Specific or Common Support Files and Folders
Use Auto-Export for creating a back-up of Program Data

12 Weekly Worksheets:

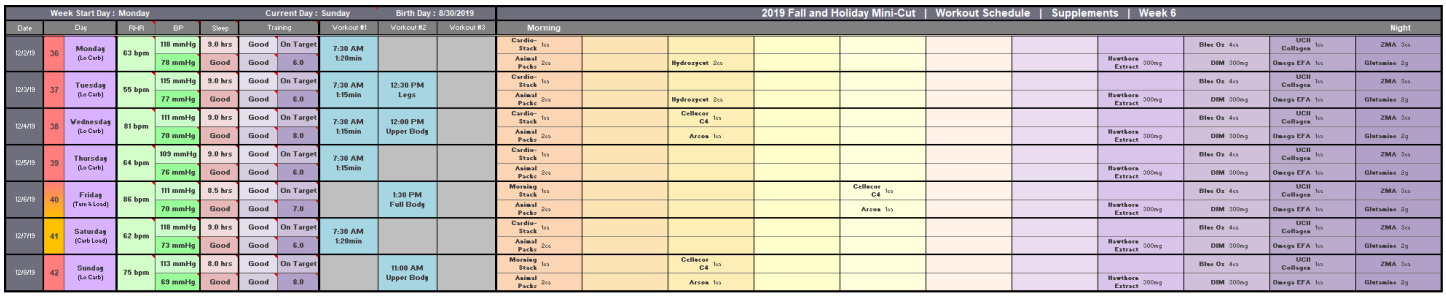
Weekly Program Types (customizable up to 10)
Weekly Reset or Cumulation of results
Weekly Goal Selection (Fat Loss/Maintenance/Muscle Growth) with
Weekly Goal Calculator to Determine Caloric Balance Requirement
Daily Supplement Selection and Planning

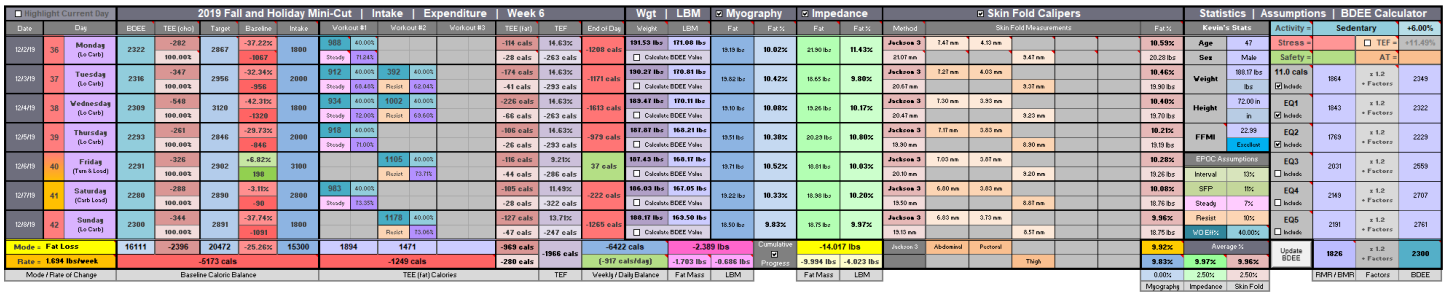






Daily Body Comp Measures and Calculation of BDEE / TEE / TEF
Daily Macro Tracking and Display to assist in Meal Preparation
Workout Integration with EPOC%, Cho% and Workout Efficiency% multipliers.
Thermic Effect of Exercise (TEE) Calculator with Base Caloric Burn Rate and SOV modifiers
Daily tracking of Resting Heart Rate, Blood Pressure and Sleep (quantity) PLUS the collection of "perception" data such as Sleep (quality) and Training (motivation, quality, volume and intensity [RPE])





Weekly Calculator Setup and New Program Simulation:

Simulate a 12-Week Program and predict potential outcome
Link Simulation values to Weekly Goal Calculators to greatly simplify New Program setup
Fat Loss, Maintenance and Muscle Growth modes with settings for Training Maturity, Growth Multiplier, % Body Weight and P-Ratio
Independent Fat Loss and Muscle Growth P-Ratios that can vary as metabolic conditions change over time
Calculate predictions for Body Weight, Body Fat %, Fat Mass, Total Weight, Tissue Weight and Energy Balance.

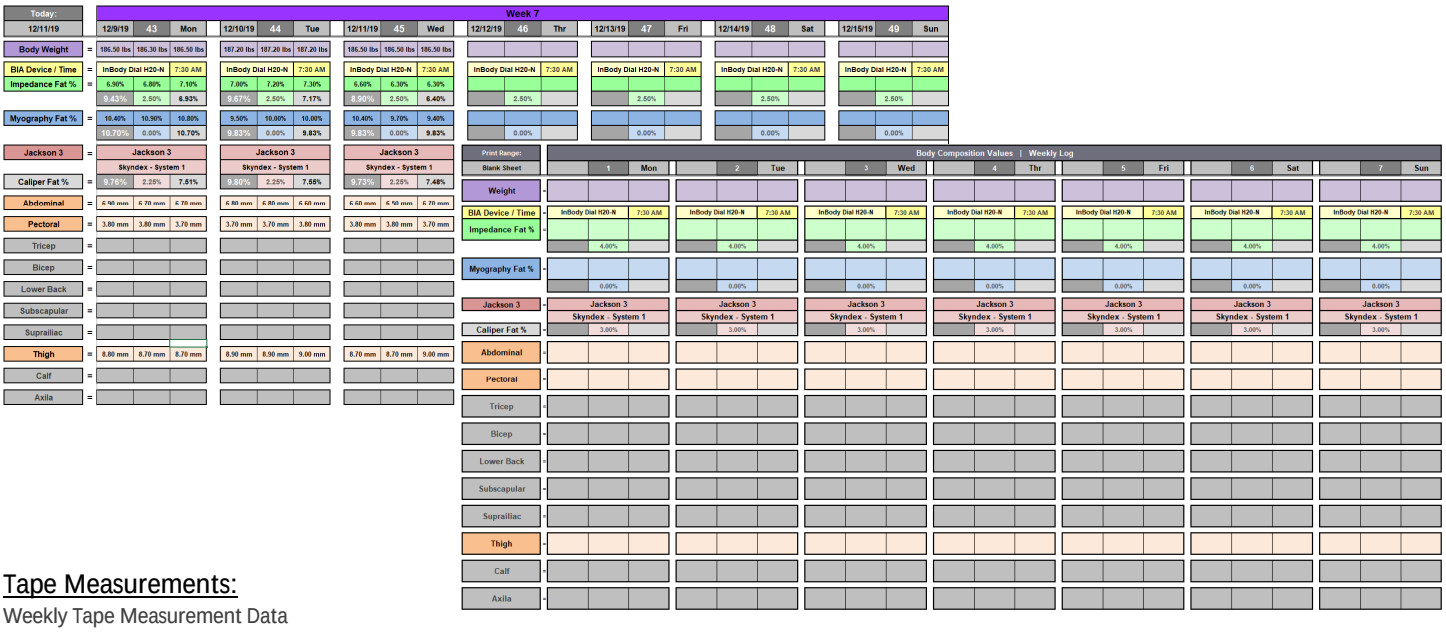
Auto-Calculate Daily Caloric Intake in two ways:
Average Calories across the week for a similar daily intake OR
Vary Calories daily so that caloric intake rises and falls
in consonance with training and exercise

Apply energy balance calculations in two ways:
End-of-Day – All calories expended are recovered
Baseline – All calories minus TEE (fat) are recovered

Weekly Calculator Setup and New Program Simulation			Body Weight	Body Fat %	Fat Mass	Show "True" Tissue Values		71.30%	50.00%	Enable Weekly Control
Weekly Goal	Training Maturity	Growth Multiplier	% Body Weight	185.00 lbs	19.25%	35.613 lbs	Tissue Diff	Weight Diff	P-Ratio	Balance	Enable Weekly Control...
Fat Loss			1.0000%	182.41 lbs	18.51%	33.763 lbs	-1.8500 lbs	-2.5947 lbs	71.30%	-997 cals/day	Use Average Intake
Fat Loss			1.0000%	179.85 lbs	17.76%	31.938 lbs	-1.8241 lbs	-2.5583 lbs	71.30%	-983 cals/day	Use Average Intake
Fat Loss			1.0000%	177.32 lbs	17.00%	30.140 lbs	-1.7985 lbs	-2.5224 lbs	71.30%	-969 cals/day	Use Average Intake
Fat Loss			1.0000%	174.84 lbs	16.22%	28.367 lbs	-1.7732 lbs	-2.4870 lbs	71.30%	-955 cals/day	Use Average Intake
Fat Loss			1.0000%	172.39 lbs	15.44%	26.618 lbs	-1.7484 lbs	-2.4521 lbs	71.30%	-942 cals/day	Use Average Intake
Fat Loss			1.0000%	169.97 lbs	14.65%	24.894 lbs	-1.7239 lbs	-2.4177 lbs	71.30%	-929 cals/day	Use Average Intake
Maintenance				169.97 lbs	14.65%	24.894 lbs					Use Average Intake
Maintenance				169.97 lbs	14.65%	24.894 lbs					Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%	170.39 lbs	14.73%	25.107 lbs	0.2125 lbs	0.4249 lbs	50.00%	124 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%	170.82 lbs	14.82%	25.320 lbs	0.2130 lbs	0.4260 lbs	50.00%	125 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%	171.25 lbs	14.91%	25.533 lbs	0.2135 lbs	0.4270 lbs	50.00%	125 cals/day	Use Average Intake
Muscle Growth	Advanced	+100.0%	0.1250%	171.67 lbs	15.00%	25.748 lbs	0.2141 lbs	0.4281 lbs	50.00%	125 cals/day	Use Average Intake

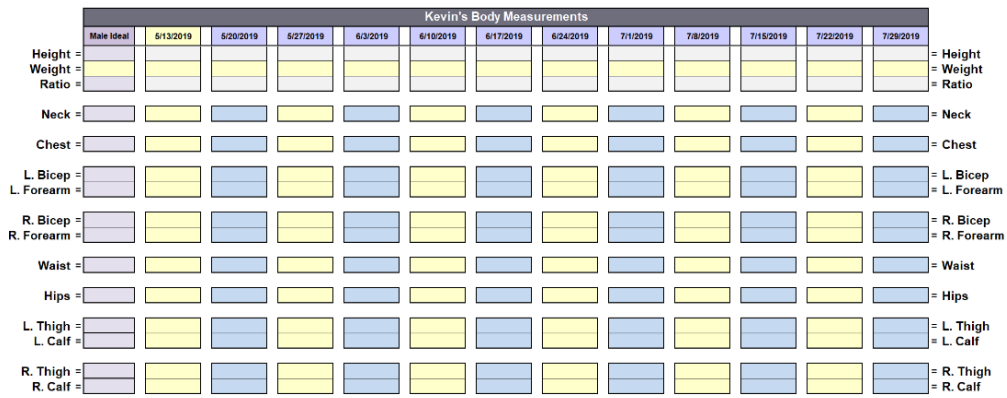
Body Composition Measurements:

Log Daily Body Composition Data
Track Body Weight and Body Fat (Impedance, Myography, Skin Folds)
3 Measurements of each metric (averaged for greater reliability)
Multiple Skin Fold Formulas built-in (Durnin-4, JP-3, JP-4, JP-7, Yuhasz-6 and Parillo-9)
Skin Fold Error Adjustment Value (-3.50% to +5.00%)
Print Body Composition Data for a specific week or generate a blank Body Composition worksheet for easy logging



Tape Measurements:

Weekly Tape Measurement Data
See Comparison of Values relative to the "Weider Ideal" for your Height to Weight Ratio



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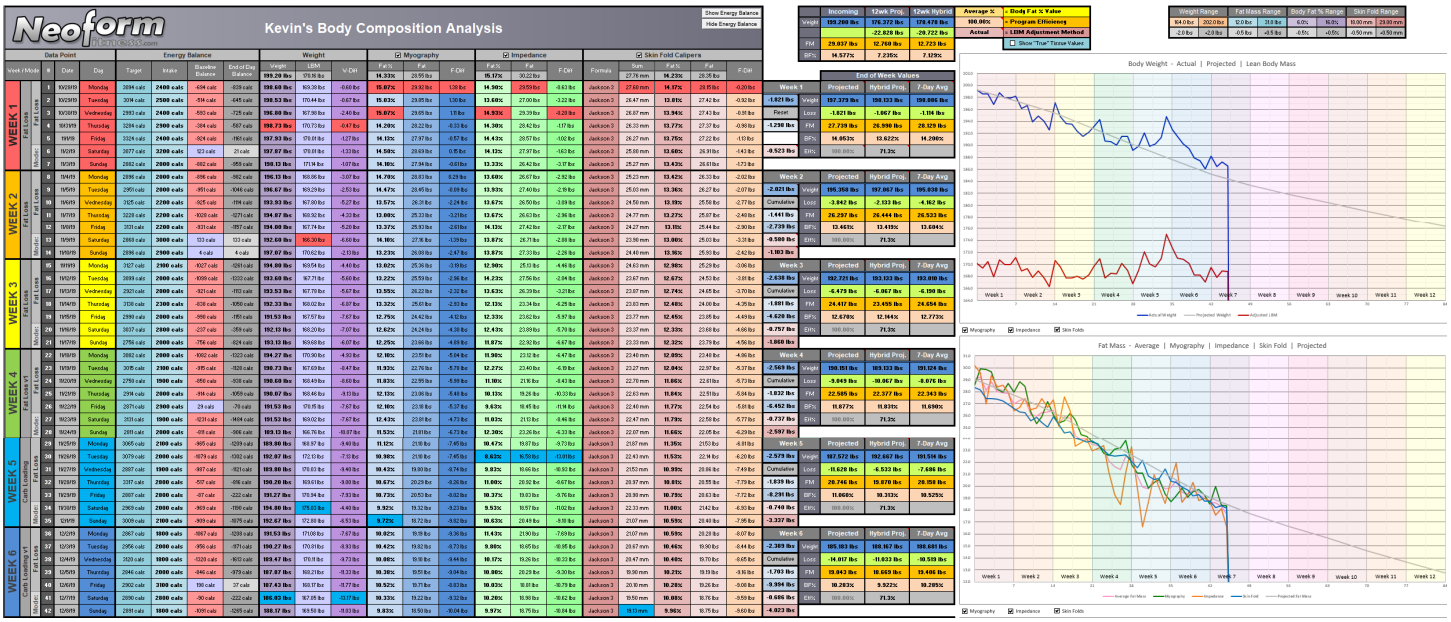
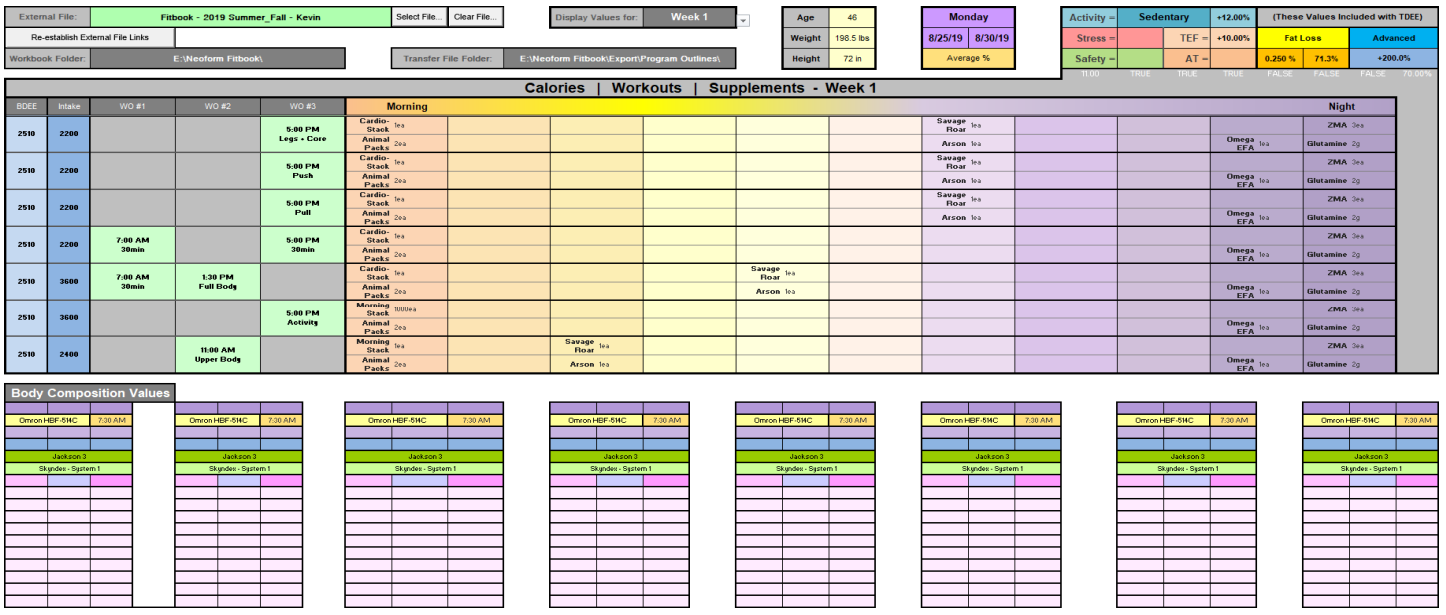
Program / Body Composition Analysis:

See results of current Program protocols in a 12 week format
Analysis of measured Body Composition Data with Predictive Modeling
Two Projection Types for Body Weight, Body Fat%, and Fat Mass:
Pure Projection: Pure projection forward (from start to finish) using ONLY assumed program values
Hybrid Projection: Pure Projection forward that is based on real data as it accumulates
7-Day Average: 7-Day Average of measured data for each week
Weekly Fat mass and Muscle mass changes are tracked independently using adjustable P-ratio values
Graphical Analysis Overlay of Real Data vs. Projection



Outline Transfer:

Make use of existing Program Designs via Outline Transfer
Easily create and save Base Programs for later use
Auto-Export feature to save a backup copy of the current program



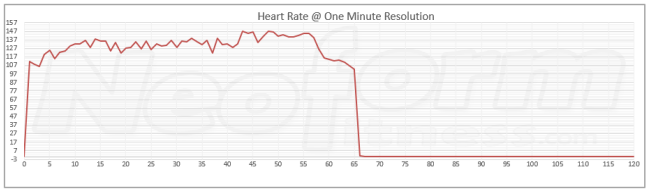
Workout Calculator (HRM Analysis):

Perform post processing and analysis of Workout HRM Data
Four built-in MHR Calculation formulas to choose from
Standard and Karvonen range types available
Heart Rate Data Analysis shown in both 1 minute and 1 second resolutions
Displays Heart Rate zone times for the entire workout (up to 2 hours in length)
Adjust for Base Caloric Burn Rate (calories burned regardless of the workout)
Adjust for stimulant usage with a Stimulant Offset Value derived using an empirically known heart rate (in a well-trained state) for a specific RPE
HRM Data 1, HRM Data 2, and HRM Data 3 sync with workouts in the Program Outline for the date stamp in the imported .CSV file allowing final results to be pasted directly into the appropriate workout slot in the Program Outline

Heart Rate Dataset	
HRM Data 2	Resist
>Import .csv Heart Rate file<	
>Copy Values to Program<	
>Use Alt Weight<	195.00 lbs
Actual Weight =	201.07 lbs
Workout Date =	7/2/19
Tuesday	Week 8
HRM 1	HRM 2 / HRM 3
>Clear All HRM Data<	

Normalized Average BPM Target =	130 bpm
Stimulant Offset Value (Equal RPE) =	2 bpm
Base Caloric Burn / Minute =	1.8 cpm
Use Program Outline	

HRM App & Cell Positions	
FITIV Pulse HRM	
Workout Date	Heart Rate
A2	B2



Personal Stats	
Age	46
Weight	201.07 lbs
Sex	Male
RHR	65
MHR	176
HRR	111
MHR Calc	C : MHR = 208 - (Age x 0.7)
Units	lbs

Range Type
Standard

Fat Calories
3500 cals/lbs

Workout Summary

BPM Range		%MHR Range		Zone Times		Total Cals	Carbs	Carbs %	Fat	Fat %	Fat (lbs)
0	87	0%	49%	0:02:29	3.82%	17.1	7.8	45.74%	9.3	54.26%	0.0026 lbs
88	105	50%	59%	0:14:16	21.94%	125.8	64.4	51.18%	61.4	48.82%	0.0176 lbs
106	122	60%	69%	0:33:37	51.69%	421.9	281.3	66.68%	140.6	33.32%	0.0402 lbs
123	140	70%	79%	0:14:40	22.55%	230.7	187.7	81.37%	43.0	18.63%	0.0123 lbs
141	157	80%	89%	0:00:00	0.00%	0.0	0.0	0.00%	0.0	0.00%	0.0000 lbs
158	176	90%	100%								
130 = Avg		154 = Max		1:05:02 = Total		795.5	541.3	68.04%	254.3	31.96%	0.0726 lbs

Heart Rate Analysis - 1 Second Resolution

Reading	Time	Cumulative	MHR	Rate	Rate	%VO2	Energy Expenditure (%)			Energy Expenditure (cals)			Fat Utilization	
seconds	h:mm:ss	Calories	bpm	bpm	% mhr	max	cals/sec	carbs	fat	total	carbs	fat	cals/lbs	lbs
1	0:00:01	0.14	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020
2	0:00:02	0.27	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020
3	0:00:03	0.41	176	109	62.0%	38.4%	0.1348	49.2%	50.8%	0.1348	0.0663	0.0685	3500	0.000020
4	0:00:04	0.54	176	108	61.4%	37.5%	0.1323	48.7%	51.3%	0.1323	0.0645	0.0678	3500	0.000019
5	0:00:05	0.67	176	106	60.3%	35.7%	0.1272	47.9%	52.1%	0.1272	0.0609	0.0663	3500	0.000019
6	0:00:06	0.79	176	105	59.7%	34.8%	0.1247	47.4%	52.6%	0.1247	0.0592	0.0656	3500	0.000019
7	0:00:07	0.92	176	105	59.7%	34.8%	0.1247	47.4%	52.6%	0.1247	0.0592	0.0656	3500	0.000019
8	0:00:08	1.05	176	107	60.8%	36.6%	0.1298	48.3%	51.7%	0.1298	0.0627	0.0671	3500	0.000019
9	0:00:09	1.18	176	108	61.4%	37.5%	0.1323	48.7%	51.3%	0.1323	0.0645	0.0678	3500	0.000019
10	0:00:10	1.32	176	110	62.5%	39.2%	0.1373	49.6%	50.4%	0.1373	0.0681	0.0692	3500	0.000020
11	0:00:11	1.45	176	112	63.7%	41.0%	0.1314	49.1%	50.9%	0.1314	0.0646	0.0669	3500	0.000019
12	0:00:12	1.58	176	113	64.3%	41.9%	0.1354	49.4%	50.6%	0.1354	0.0668	0.0685	3500	0.000020
13	0:00:13	1.72	176	113	64.3%	41.9%	0.1354	49.4%	50.6%	0.1354	0.0668	0.0685	3500	0.000020
14	0:00:14	1.86	176	114	64.8%	42.8%	0.1393	49.7%	50.3%	0.1393	0.0692	0.0701	3500	0.000020
15	0:00:15	2.00	176	114	64.8%	42.8%	0.1393	49.7%	50.3%	0.1393	0.0692	0.0701	3500	0.000020
16	0:00:16	2.14	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020
17	0:00:17	2.28	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020
18	0:00:18	2.43	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020
19	0:00:19	2.57	176	115	65.4%	43.6%	0.1432	50.1%	49.9%	0.1432	0.0717	0.0715	3500	0.000020

Heart Rate Analysis - 1 Minute Resolution (Averaged)

Reading	Time	Cumulative	MHR	Rate	Rate	%VO2	Energy Expenditure (%)			Energy Expenditure (cals)			Fat Utilization	
minutes	h:mm	Calories	bpm	bpm	% mhr	max	cals/min	carbs	fat	total	carbs	fat	cals/lbs	lbs
1	0:01	8.49	176	112	63.5%	40.7%	8.49	50.4%	49.6%	8.49	4.28	4.22	3500	0.001204
2	0:02	16.51	176	109	61.7%	38.0%	8.02	49.0%	51.0%	8.02	3.93	4.09	3500	0.001169
3	0:03	24.13	176	106	60.2%	35.7%	7.62	47.8%	52.2%	7.62	3.65	3.98	3500	0.001136
4	0:04	33.82	176	120	68.0%	47.7%	9.69	52.9%	47.1%	9.69	5.12	4.57	3500	0.001305
5	0:05	44.65	176	125	70.8%	52.0%	10.83	58.0%	42.0%	10.83	6.28	4.55	3500	0.001300
6	0:06	53.27	176	115	65.4%	43.7%	8.61	50.1%	49.9%	8.61	4.32	4.30	3500	0.001228
7	0:07	63.62	176	123	69.6%	50.2%	10.35	55.7%	44.3%	10.35	5.77	4.58	3500	0.001310
8	0:08	74.29	176	124	70.4%	51.4%	10.68	57.2%	42.8%	10.68	6.11	4.56	3500	0.001304
9	0:09	86.42	176	130	73.9%	56.8%	12.13	64.1%	35.9%	12.13	7.77	4.35	3500	0.001243
10	0:10	99.12	176	132	75.3%	58.9%	12.70	66.9%	33.1%	12.70	8.49	4.21	3500	0.001203
11	0:11	111.69	176	132	74.9%	58.4%	12.56	66.2%	33.8%	12.56	8.32	4.25	3500	0.001214
12	0:12	125.25	176	136	77.3%	62.1%	13.56	70.9%	29.1%	13.56	9.62	3.94	3500	0.001127
13	0:13	136.84	176	128	72.6%	54.8%	11.60	61.6%	38.4%	11.60	7.15	4.45	3500	0.001272
14	0:14	150.76	176	138	78.2%	63.4%	13.92	72.6%	27.4%	13.92	10.11	3.81	3500	0.001089
15	0:15	164.21	176	136	77.0%	61.7%	13.45	70.4%	29.6%	13.45	9.46	3.98	3500	0.001138
16	0:16	177.54	176	135	76.8%	61.3%	13.33	69.9%	30.1%	13.33	9.31	4.02	3500	0.001149
17	0:17	188.15	176	124	70.2%	51.1%	10.60	56.9%	43.1%	10.60	6.03	4.57	3500	0.001306
18	0:18	201.20	176	134	76.1%	60.2%	13.05	68.5%	31.5%	13.05	8.94	4.11	3500	0.001174
19	0:19	211.35	176	122	69.1%	49.4%	10.15	54.8%	45.2%	10.15	5.56	4.59	3500	0.001312

Workout Planner (Stand-alone workbook):

Master Exercise List: Create entries for your favorite lifts and exercises.
Designate the way in which the lift is performed and assign weights for specific set/rep schemes

Master Exercise List | **Exercise Details & Setup | Weight for Specific Sets & Reps**

	Exercise Details & Setup						Weights for Specific Sets & Reps								
---Warm Up---	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Rotator Cuff Warm-up	Resist Bands	-	-	-	Band (20#)	Dynamic	-	-	-	-	-	-	-	-	-
Progressive Row Followed by Sprint	Rower														
---Chest---	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Incline Press	Smith Machine	15	1	4	-	False Grip	50	55	65	65	75	85	95	105	60
Decline Press	Smith Machine	9	Decline	4	-	False Grip	120	120	130	140	160	180	200	200	120
Flat Press	Smith Machine	8	Flat	-	-	False Grip	70	75	80	85	95	105	115	125	70
Cable Pullover	Cable Machine	-	4	2	Straight Bar	Pronated	30	35	40	45	45	50	55	60	30
Dumbbell Pullover	Dumbbell	-	Flat	-	-	Neutral	65	75	80	85	90	90	90	90	65
Cable Flye	Cable Machine	18	1	4	Pull Strap	Neutral	60	65	70	75	80	85	90	95	60
---Shoulders---	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Shoulder Press	Cable Machine	15	4	2	Pull Strap	Pronated	40	45	50	55	60	65	70	75	40
Military Flye	Cable Machine	15	3	2	Pull Strap	Pronated	50	55	60	65	70	75	80	85	50
Arnold Press	Dumbbell	-	-	-	-	Dynamic	15	20	25	30	30	35	40	45	15
Lateral Raise	Dumbbell	-	-	-	-	Neutral	20	20	20	25	25	25	30	30	20
Front Raise	Dumbbell	-	-	-	-	Dynamic	15	20	20	25	25	30	30	35	15
Rear Delt Flye	Dumbbell	-	-	-	-	Neutral	20	25	25	30	30	35	35	40	20
---Back and Traps---	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Shoulder Shrug	Cable Machine	1	-	-	Pull Handle	Neutral	120	130	140	150	160	170	180	190	120
Lat Pulldown	Weight Machine	7	Flat	1	Lat Bar (Pro)	Neutral	120	135	140	145	150	155	160	165	120
Lat Pulldown - One Arm	Cable Machine	31	-	-	Pull Strap	Dynamic	100	110	115	120	125	130	135	140	100
Seated Row	Cable Machine	-	Decline	2	Pull Handle	Neutral	130	145	155	165	175	185	195	205	130
Dumbbell Row - One Arm	Dumbbell	-	Flat	-	-	Neutral	45	50	55	60	60	65	70	75	45
T-Bar Row	Barbell	-	-	-	Row Handle	Neutral	80	90	105	115	125	125	135	150	80
---Triceps and Biceps---	Method	Height	Bench	Seat	Attachment	Hand Grip	WU	25	20	15	12	10	8	6	OPT
Tricep Extension (Overhead)	Cable Machine	31	-	-	Double Rope	Neutral	105	110	115	120	125	130	135	140	105
Tricep Pressdown	Cable Machine	31	-	-	Double Rope	Neutral	100	120	125	130	135	140	145	155	100

Up to 8 workouts can be designed in the Workout tab
Each exercise appears in a drop-down list in the “Exercise” column
Once the exercise is selected the assigned weight is filled-in automatically for each of the sets based on the number of designated reps
Volume is calculated based on Weight x Sets x Reps
Equipment specific setup values can be customized in the “Data Lists” tab
Equipment values appear in drop-down lists in the “Master Exercise List” tab

Handle	Height	Bench	Seat	Method	Grip
-	-	-	-	-	-
Pull Strap	1	Decline	1	Weight Machine	False Grip
Pull Handle	2	Flat	2	Smith Machine	Pronated
Y Handle	3	1	3	Cable Machine	Neutral
Row Handle	4	2	4	Squat Machine	Suppinated
Single Rope	5	3		Weight Sled	Dynamic
Double Rope	6	4		Extension Stand	
Nunchuck	7			Bench	
EZ Curl Bar	8			Floor	
Straight Bar	9			Barbell	
Lat Bar (Std)	10			Dumbbell	
Lat Bar (Pro)	11			Loose Plate	
Leg Bench	12			Body Weight	
Preacher	13			Rower	
Ab Crunch	14			Bicycle	
Ankle Strap	15			Elliptical	
Foot Strap	16			Strider	
Leg Sling	17			Treadmill	
Red	18			Stair Stepper	
Blue	19			TRX Trainer	
Black	20			BOSU Trainer	
Grey	21			Resist Bands	
Green	22				
Red (H)	23				
Black (H)	24				
	25				
	26				

Power - Legs and Core

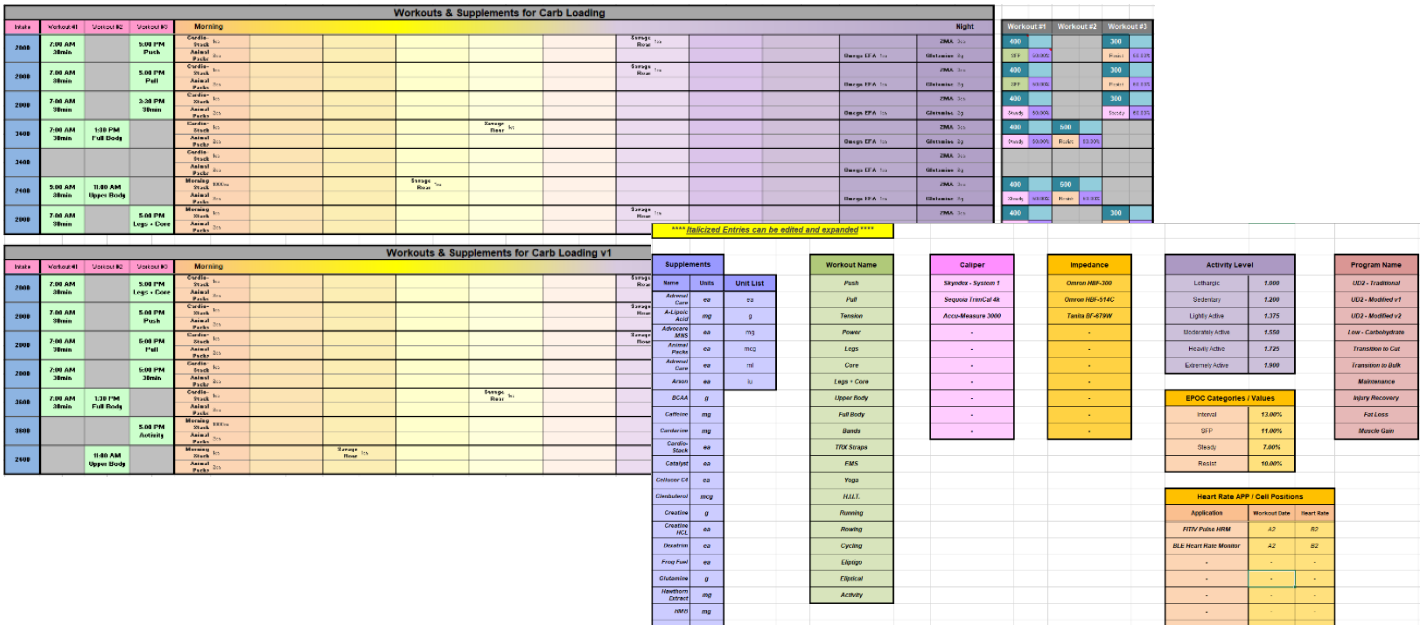
Exercise	Method	Height	Bench	Seat	Attachment	Hand Grip	Sets & Reps 12	10	8	VOL
Dead Lift	Smith Machine	4	-	-	-	Pronated	200	220	240	6520
Leverage Squat	Squat Machine	-	-	-	-	-	270	320	360	9320
Leg Press	Weight Sled	-	-	-	-	-	360	400	440	11840
Leg Curl	Cable Machine	-	Decline	2	Leg Bench	-	70	75	80	2230
Leg Extension	Cable Machine	-	3	2	Leg Bench	-	90	95	100	2830
Hyper Extension	Extension Stand	-	-	-	-	-	15	20	25	580
Abdominal Crunch	Cable Machine	-	3	3	Ab Crunch	-	140	145	150	4330
Hanging Leg Raises	-	-	-	-	-	-	-	-	-	
Oblique Bend	Cable Machine	1	-	-	Pull Handle	Neutral	145	155	165	4610
Ab Vacuum	-	-	-	-	-	-	5	10	10	240
									Total Volume =	42500

Power - Upper Body

Exercise	Method	Height	Bench	Seat	Attachment	Hand Grip	Sets & Reps 12	10	8	VOL
Rotator Cuff Warm-up	Resist Bands	-	-	-	Band (20#)	Dynamic	-	-	-	
Decline Press	Smith Machine	9	Decline	4	-	False Grip	160	180	200	5320
Dumbbell Pullover	Dumbbell	-	Flat	-	-	Neutral	90	90	90	2700
Cable Flye	Cable Machine	18	1	4	Pull Strap	Neutral	80	85	90	2530
Lat Pulldown	Weight Machine	7	Flat	1	Lat Bar (Pro)	Neutral	150	155	160	4630
Seated Row	Cable Machine	-	Decline	2	Pull Handle	Neutral	175	185	195	5510
T-Bar Row	Barbell	-	-	-	Row Handle	Neutral	125	125	135	3830
Military Flye	Cable Machine	15	3	2	Pull Strap	Pronated	70	75	80	2230
Rear Delt Flye	Dumbbell	-	-	-	-	Neutral	30	35	35	990
Lateral Raise	Dumbbell	-	-	-	-	Neutral	25	25	30	790
Tricep Pressdown	Cable Machine	31	-	-	Double Rope	Neutral	135	140	145	4180
Tricep Pressdown - One Arm	Cable Machine	31	-	-	-	-	40	45	50	1330
Combination Curl	Dumbbell	-	-	-	-	Dynamic	40	45	50	1330
Preacher Curl	Cable Machine	3	Flat	1	Straight Bar	Suppinated	55	60	65	1780
Hammer Curl	Dumbbell	-	-	-	-	Neutral	45	50	55	1480
									Total Volume =	38630

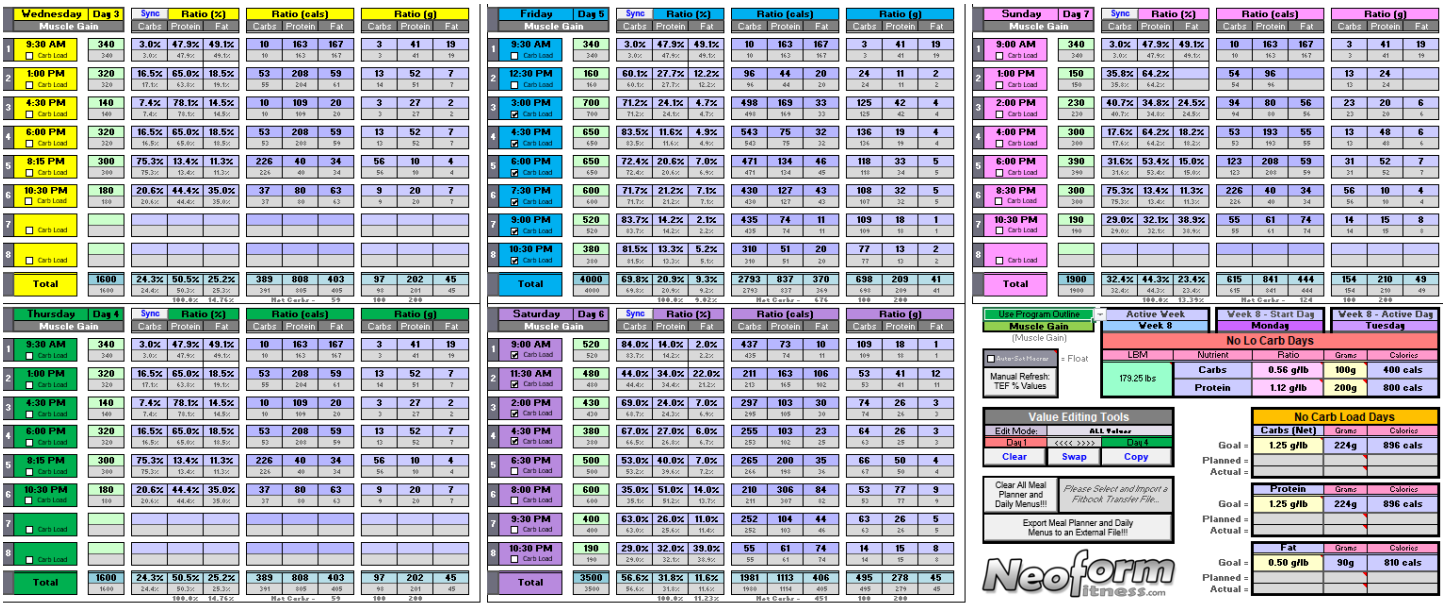
Support Data and Program Templates (Stand-alone workbooks):

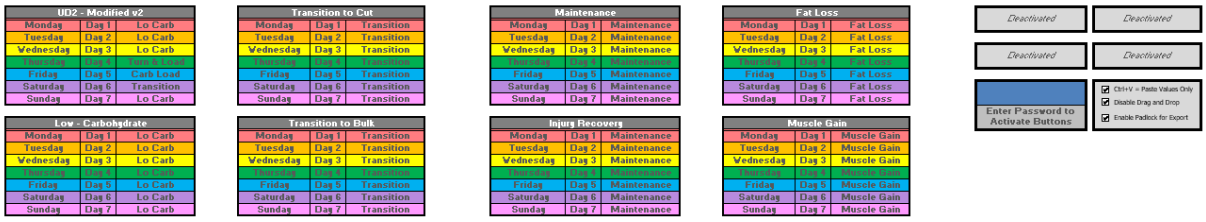
Athlete Templates, Program Names, Workout Names, Supplements, Caliper Devices, BIA (Impedance) Devices, Activity Level Multipliers, EPOC % Values, and Heart Rate APP / cell positions are stored here and can be customized.



Meal Planner:

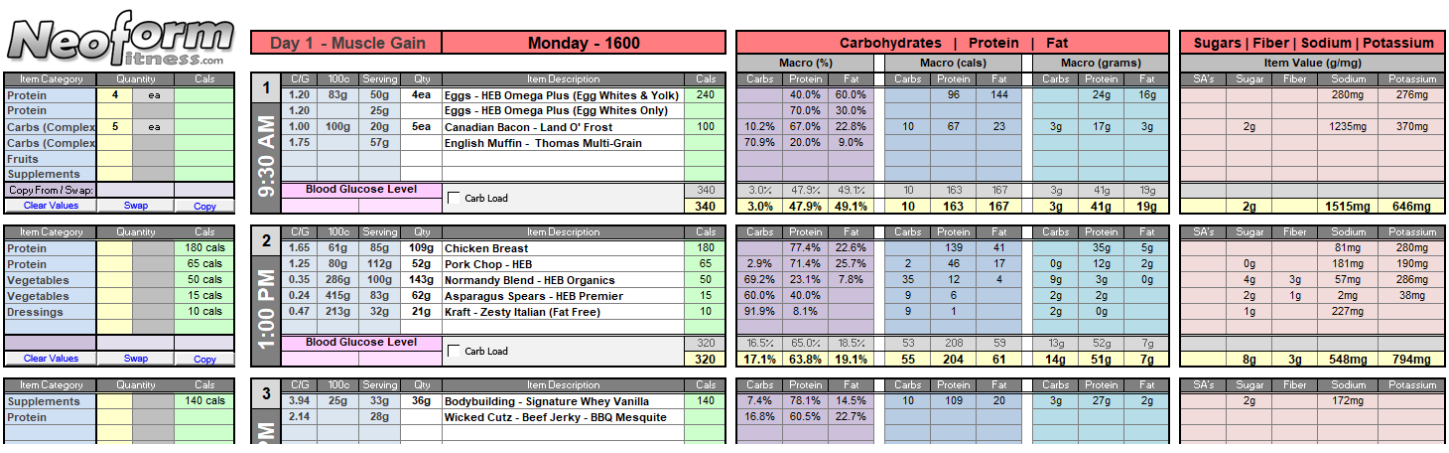
Provides a Daily Menu Overview used for overall planning
Meal Setup: Times, Calories, Macro Percentage, Carb Load Flags, Batch Value Editing, and Sync with Daily Meals
"Ghost" values for currently configured Daily Meals appear in tandem to offer guidance while planning
Macro Target Values driven by current Lean Body Mass taken from the Program Outline
Receive Visual feedback for Daily Menu adherence relative to Macro Target values
Define Daily Menu Categories for each Program Type that drive how Macro target values are applied





Daily Menus (7 days plus Groundhog Day):

Provides a Detailed interface for constructing a full daily meal plan. Up to 8 meals per day
Daily Meal Worksheets interface with the *Neoform Fitbook – Food Database* (a stand-alone food manager)



Select *Item Category* to narrow item list to a specific food category
Select Item from the *Item Description* drop down list to set as the active item
Set food quantity as each, g/mg/ml, or use a set calorie amount to calculate line item values
Clear meals, Copy or Swap complete meals within the same day or Copy complete meals from different days
Copy entire Menus from one day to another or from an external file referenced in the Meal Transfer worksheet
Set Protein/Carb/Fat thresholds to ensure you never go above or below a specified amount
Check and record post-meal blood glucose levels

Off-menu values calculated are Total calories, Macro% of total calories or Macro total grams, Thermic Effect of Food (TEF), Net Carbs, Fiber, Sugar, Sugar Alcohols, Sodium, Potassium and Carb load Values (if applicable)

Carb load flags are shown (per meal) and can be set locally to be reflected in both the Carb Load window (Meal Planner worksheet) and corresponding weekly Carb Load window in the Program Outline. Know ahead of time if you need to adjust meals and macros for current LBM

Cals	Carbs	Protein	Fat	Carbs	Protein	Fat	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium
1600	24.3%	50.5%	25.2%	389	808	403	97g	202g	45g					
1600	**24.4%**	**50.3%**	**25.3%**	**391**	**805**	**405**	**98g**	**201g**	**45g**	**6g**	**19g**	**36g**	**2852mg**	**2145mg**

(Daily Carb Value) (Carb Load Values)

Thermic Effect of Food =	14.76%	Net Carbs =	59g		
Sugars =	6g / 19g	Sodium =	2.85g	Fiber =	36g
@5% = 20g @15% = 60g		2g - 3g (max 8g)		16g / 48g	
				Potassium =	2.15g

Food Database and Food Reference (Stand-alone workbooks):

Provides a detailed interface for inputting and referencing food items. This is your virtual Pantry

Food Groups: Protein, Dairy, Carbs (Simple), Carbs (Complex), Fruits, Vegetables, Legumes, Nuts, Oils, Dressings, Condiments, and Supplements. Up to 100 items in each group

Utilize the included *Food Reference* workbook (contains over 6000 food items) or reference any online database for values of common foods and well-known brands.

Recipe Builder interface coming soon! Build an entire meal using any number of items and distill it all down into a set of numbers to be used as a single line item in a daily meal.

	Description	Unit	Serving	Carbs	Protein	Fat	SA's	Sugar	Fiber	Sodium	Potassium	Serving Cal	Cals/G	Carbs	Protein	Fat	G/100	G/Srvg
					Protein													
1	Chicken Breast	g	85g	0.0g	27.0g	3.5g				63mg	218mg	140 cal	1.647	0.0%	77.4%	22.6%	60.714	85.000
2	Chicken Breast - HEB Canned	g	33g	0.5g	9.5g	0.5g				270mg	80mg	45 cal	1.364	4.5%	85.4%	10.1%	73.333	33.000
3	Chicken Tender - Zaxby's	g	44g	2.0g	18.5g	2.0g						100 cal	2.273	8.0%	74.0%	18.0%	44.000	44.000
4	Beef Fajitas - Hill Country Fare	g	70g	1.0g	18.4g	9.1g				930mg		160 cal	2.286	2.5%	46.1%	51.3%	43.750	70.000
5	Ground Beef - 96% Lean	g	65g	0.0g	13.7g	2.8g						80 cal	1.231	0.0%	68.2%	31.8%	81.250	65.000
6	Slider Patty - Ground Beef - 96% Lean	g	50g	0.0g	12.0g	2.4g						70 cal	1.400	0.0%	68.5%	31.5%	71.429	50.000
7	Better'n Eggs	g	46g	0.0g	6.3g	0.0g						25 cal	0.543	0.0%	100.0%	0.0%	184.000	46.000
8	Shrimp - Great Catch Peeled	g	84g	0.0g	17.8g	1.0g						80 cal	0.952	0.0%	88.8%	11.3%	105.000	84.000
9	Tuna Fish - Solid White Albacore (Kevin)	g	56g	0.0g	16.4g	0.5g					110mg	70 cal	1.250	0.0%	93.6%	6.4%	80.000	56.000
10	Tuna Fish - Solid White Albacore (Shannon)	g	250g	0.0g	81.8g	2.6g						350 cal	1.400	0.0%	93.4%	6.6%	71.429	250.000
11	Tuna Fish - Starkist Albacore (Kevin)	g	42g	0.0g	13.9g	0.5g						60 cal	1.429	0.0%	92.4%	7.6%	70.000	42.000
12	Tuna Fish - Starkist Albacore (Shannon)	g	55g	0.0g	13.9g	0.5g						60 cal	1.091	0.0%	92.4%	7.6%	91.667	55.000
13	Tuna Salad - Solid White Albacore	g	157g	7.4g	40.5g	1.5g						205 cal	1.306	14.5%	79.0%	6.5%	76.585	157.000
14	Tuna Salad - Starkist Albacore	g	312g	15.0g	63.0g	2.0g						330 cal	1.058	18.2%	76.4%	5.5%	94.545	312.000
15	Turkey - Hormel Smoked Deli	g	56g	1.0g	11.5g	1.1g						60 cal	1.071	6.7%	76.6%	16.6%	93.333	56.000
16	Turkey Chili w/ Beans - Wolf	g	254g	33.4g	17.0g	5.4g						250 cal	0.984	53.4%	27.2%	19.4%	101.600	254.000
17	Pork - Center Loin	g	85g	0.0g	25.9g	5.2g						150 cal	1.765	0.0%	69.0%	31.0%	56.667	85.000
18	Filet Mignon - Omaha Steaks	g	226g	0.0g	52.8g	15.1g						347 cal	1.535	0.0%	60.9%	39.1%	65.130	226.000
19	Flat Iron Steak - Tastemakers	g	82g	3.4g	25.2g	1.7g						130 cal	1.585	10.6%	77.5%	11.9%	63.077	82.000
20	Pork Chop - HEB	g	112g	1.0g	25.0g	4.0g		1.0g		390mg	410mg	140 cal	1.250	2.9%	71.4%	25.7%	80.000	112.000
21	Real Egg Whites - HEB	g	50g	0.8g	5.4g	0.0g						25 cal	0.500	12.9%	87.1%	0.0%	200.000	50.000
22	Egg Whites - Abbotsford Farms	g	46g	1.0g	5.2g	0.0g						25 cal	0.543	16.7%	83.3%	0.0%	184.000	46.000
23	Eggs - HEB Omega Plus (Egg Whites & Yolk)	g	50g	0.0g	6.0g	4.0g				70mg	69mg	60 cal	1.200	0.0%	40.0%	60.0%	83.333	50.000
24	Eggs - HEB Omega Plus (Egg Whites Only)	g	25g	0.0g	5.3g	1.0g				55mg	54mg	30 cal	1.200	0.0%	70.0%	30.0%	83.333	25.000
25	Sardines - Crown Prince in Tomato Sauce	g	55g	1.1g	8.5g	2.4g						60 cal	1.091	7.4%	56.4%	36.2%	91.667	55.000

Food Values Calculator

Ctrl+V = Paste Values Only | Disable Drag and Drop

Pasta - Barilla Protein Plus

Total Calories:	**190**	Input Mode
Serving Size:	108g	g
Total Fat:	**2.0g**	9%
Sodium		
Potassium		
Total Carbs:	**33g**	69%
Dietary Fiber		
Sugars		
Sugar Alcohol		
Total Protein:	**10g**	21%

Carbs (Complex) no. 25

Haiku - Rice Vermicelli Noodles
Orzo - Semolina - Plain, Tomato and Spinach
Pasta - Whole Wheat Angel Hair
Pasta - Barilla Protein Plus
Pasta - Barilla Spaghetti
Pasta - Ronzoni Super Greens
Pasta - Lasagna HEB

Save Values | Load Values
Clear Values | Empty Current Location

Meal Transfer:

Make use of existing Meal Plans and recipes via Meal Transfer
Easily create and save Base Meal Plans for later use
Auto-Export feature to save a backup copy of the current meal plan