

Complete Endocrine Care

Endocrinology • Diabetes • Metabolism • Weight Management



HOW TO USE CRONOMETER

- ✓ Go into www.loseit.com/download the app Lose It! and click "Sign-up" in the top right hand corner.
- ✓ Enter in your details (height, weight, etc.) and select to "maintain" your weight to avoid calorie adjustments.
- ✓ Enter a username, your email and select a password – write this down so you don't forget! *JohnnyDoe15, johndoe@gmail.com, healthy eater
- ✓ Now every time you log in you need to provide your username and password
- ✓ Once logged in, go to the settings tab
 - ✓ Select an activity level of "none " (regardless of true status) to ensure no calorie adjustments are made
- ✓ In order to change your calorie and macronutrient goals you need to:
 - ✓ Click Settings
 - ✓ Click the Targets button to adjust your macronutrients, micronutrients, etc. This is where you can adjust your Calories and your Macronutrients to the appropriate calories and percentages. **Unless otherwise recommended by your physician/specialist, please fill in these percentages beside the Macronutrients in the Daily Nutrition Goals chart:
 - ✓ Carbohydrates: (40%)
 - ✓ Protein: (30%)
 - ✓ Fat: (30%)
 - ✓ Fibre: (30grams)
- ✓ You are now ready to start tracking!
- ✓ On the app, to add a food, click the large + button in the bottom-middle – you can add the food manually or with a barcode
- ✓ On the website, to add a food, click the "add food" button under the "Diary " tab
- ✓ On both the app and website, you can go to the "Foods" tab to add common foods you consume and homemade recipes!
- ✓ After adding foods, you will start to see the target bars in the Diary tab fill up
- ✓ Click on any of these targets bar/nutrients to access your daily report and see the complete nutrient breakdown for the day



cronometer

Tips

- We ask that you do not enter exercise into Cronometer as it adjusts the "allowed" caloric intake.
- As we eat similar foods, the app will have saved various mixed dishes and ingredients to make the process easier overtime!