

Exclusively from Dr. Tague & The Center for Nutrition & Preventive Medicine



Getting Started with Tague Tracker...

Tague Tracker is our software and smartphone app developed with leading obesity experts from Harvard University. It applies current research approaches to weight control in an easy to use tool. It has been designed to help you achieve long term weight loss by managing key factors that influence weight trends over time.

Why Tague Tracker is unique... There are lots of health apps out there, but no others have YOUR treatment plan built into its very core. Here are a few of the benefits of this ground-breaking tool:

- Increase self-awareness and accountability by monitoring key health factors every day.
- Built for efficiency. Takes less than 60 seconds per day.
- Communicates your information directly to your electronic medical record daily.
- Gives you computer access to your educational materials and lessons.

Getting Started:

Step 1: Download the App

To get started on your smart phone:

1. DOWNLOAD “HEALTHTRAC” MOBILE APP

FROM:

- » iPhone: [iTunes App Store](#)
- » Android: [Google App Store](#)

2. LOGIN: Enter your email address

3. PASSWORD: Password1

Links to the smartphone apps, and a helpful introductory video are available on our website at TagueNutrition.com/TagueTracker

Be sure to **update your password from a desktop computer** by logging into the web-based version of the application at TagueTracker.com. Click on the “My Account” link in the upper right hand corner of your screen and scroll down to the bottom of the page... Follow the instructions shown to update your password.

Step 2: Set Up “Activity Tracker”

Click the “Track” icon at the bottom of screen. Then select “Activity Tracker.” Use your current recommendations from your Personal Health Plan given to you at your initial (or more recent) visit and enter your:

1. **Weight Goal** (as discussed at your visit)
2. **Walking Steps Goal:** Example: **5000 steps** (5000 / day, unless otherwise instructed)
3. **Sleep Hours Goal:** **7.5 hours** (7.5 hours per day)
4. **Exercise (Fitness) Minutes Goal:** Example: **9 min** (minimum of 9 min / day, every day) It’s okay to go over some (or all days) but this is a daily minimum to stimulate your metabolism EVERY day.
5. **Daily Meal Replacements:** Example: **7 Meal Replacements** (will vary based on your customized nutrition plan, see your instruction sheet)
6. **Daily Vitamin Doses:** Example: **4 Doses** (Morning, Noon, Late Afternoon, and Supper are typical times, so if you take something at all four times, enter ‘4’. If just three times, enter ‘3’, etc.)
7. **Maximum Daily Calories:** Example: **1000 Calories** (Recommended calories will vary based on body size and goals.)

	Current	Goal
Weight	189	144
Walking Steps	3,462	6,500
Sleep Hours	7.5	8
Fitness Minutes	12	20
Daily Meal Replacements	3	7
Daily Vitamin Doses	2	4
Maximum Daily Calories	290	1,000

If you have questions about what goals you should enter, please ask your provider.

Step 3: Get Started Tracking!

Be sure to track all your information each day. The easiest way to do this is on your smart phone app, but there’s also an **amazing online application that you can access at TagueTracker.com**.

You can also access this at TagueNutrition.com/TagueTracker. Use the same username (your email address) and password that you use to access your smartphone app.

Quick Start Guide: See reverse side.

Getting Started with Tague Tracker...

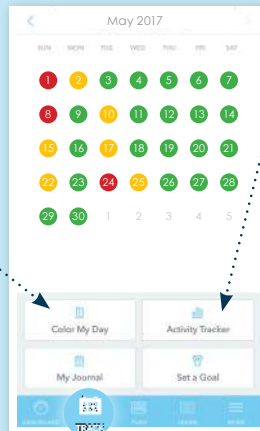
Tague Tracker Quick Start Guide:

How Do I Get Started

1. Log in to the HealthTrac phone app by entering your email address and password. *Note: Check "Remember Me" for quick future logins.*
2. Select "Track" at the bottom of the screen. You will now see Tracking options.

How Do I Record the "Color My Day" Measures?

From the "Track" screen, select "Color My Day". Then select the answer that is best for that day's experience. Select "Done" when completed.

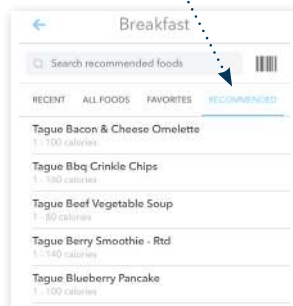
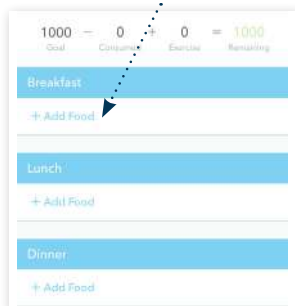


How Do I Set and Track Daily Activities in Tague Tracker?

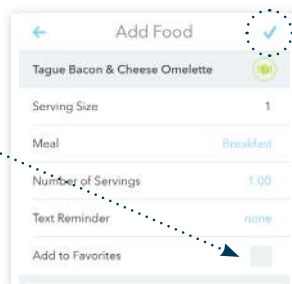
From the "Track" screen, select "Activity Tracker". This is the screen view that allows you to set your goals or update them as they change. You will enter your daily measures on this page, i.e. daily steps, sleep, etc. Simply enter your goals for initial set up in the appropriate box. Then, enter your daily measures at the end of each day. Select "Done" when completed.

How Do I use the Food Journal in Tague Tracker (for foods or Meal Replacements):

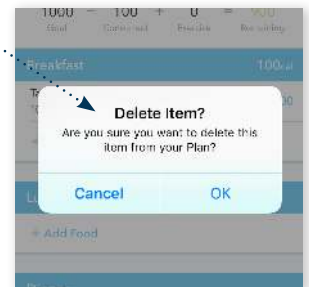
1. From the "Track" Screen, select "Plan" at the very bottom of the screen.
2. **Food Tracking:** Click on "Add Food" and select Tague Meal Replacement items from the "Recommended" list. Click the checkmark in upper right hand of screen.



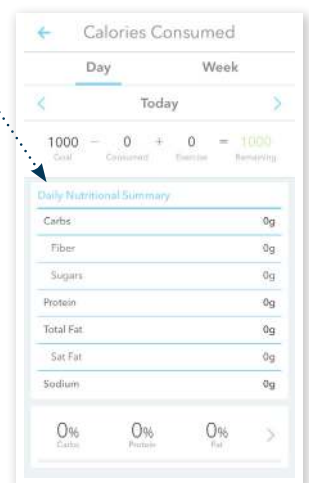
3. **Adding Favorites:** Check "Add to Favorites" so you can easily find the item in "Favorites" next time. Click the checkmark in upper right of screen to save.



4. **Deleting Food Items:** To edit or delete a food item from your day, touch and hold the screen where the item is listed. The "Delete Item" option will appear. From here, you will be able to select "OK" to delete the item from your day.



5. **Daily Nutrition Summary:** From the main journal page, scroll down until you see the box "Nutrition" to view the daily nutrition summary for the items entered for that day. This is also where you can update the Calorie Goal - simply click on the Calorie Goal (in this image it is 1000) to change it.



How Do I Sign Out?

Select the "More" icon in the lower right of your screen. Then select "Sign Out".

