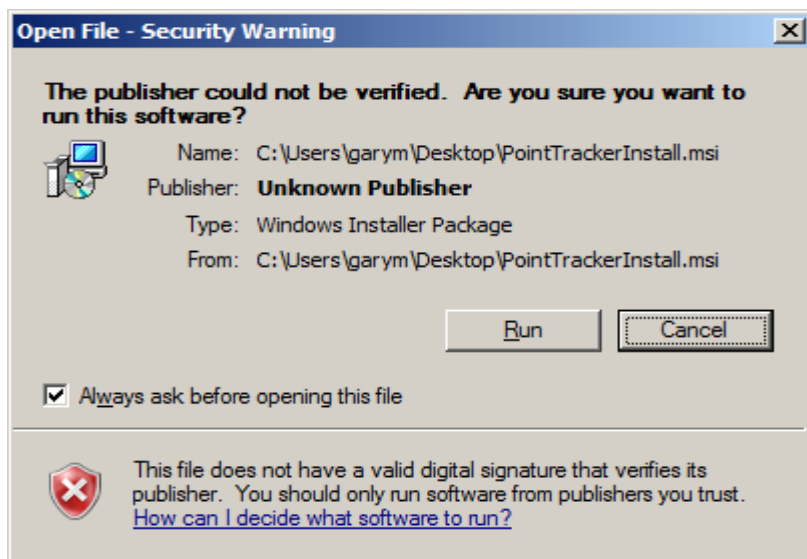


## Point Tracker User Guide

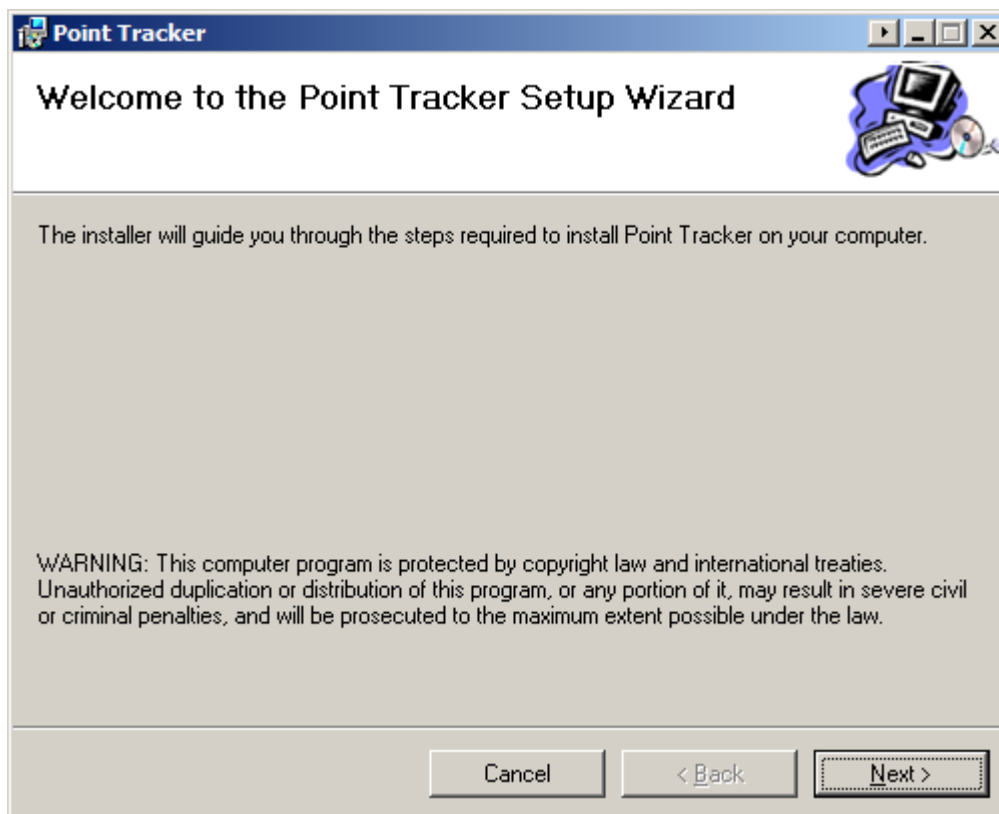
### Installation

Please download the file from <http://www.pointtracker.co.uk/download/PointTrackerInstall.msi>

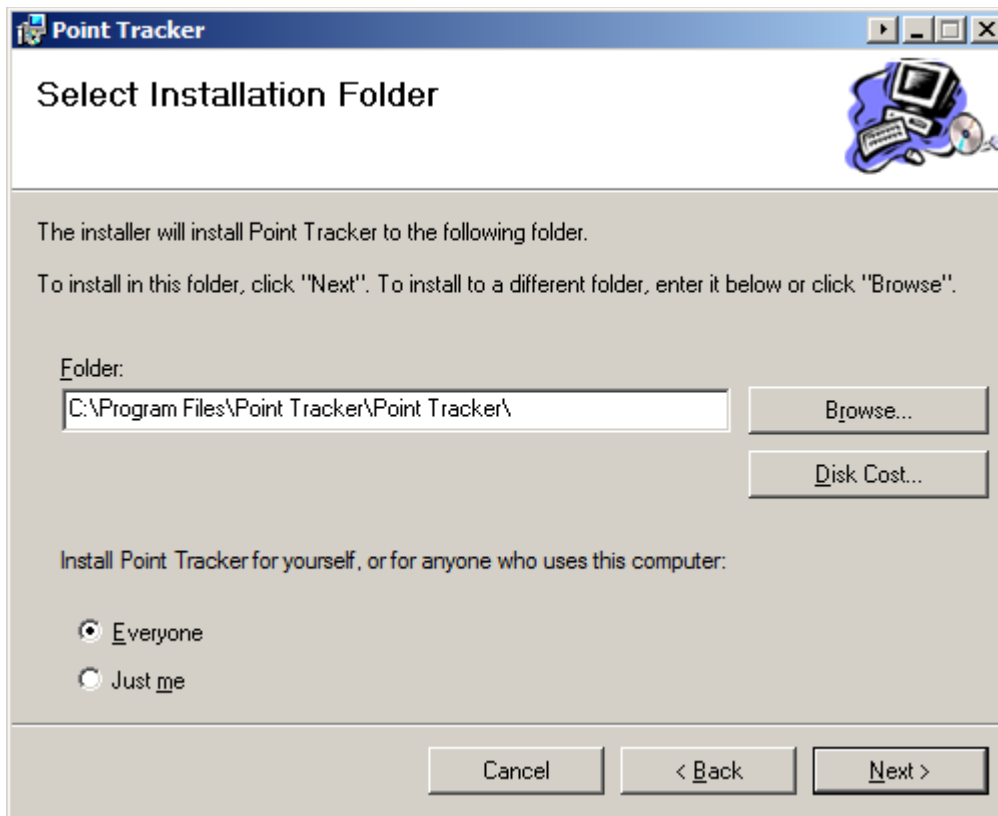
Double click the downloaded file (Vista/Windows 7 users; right click and “Run as Administrator”) to start the setup process.



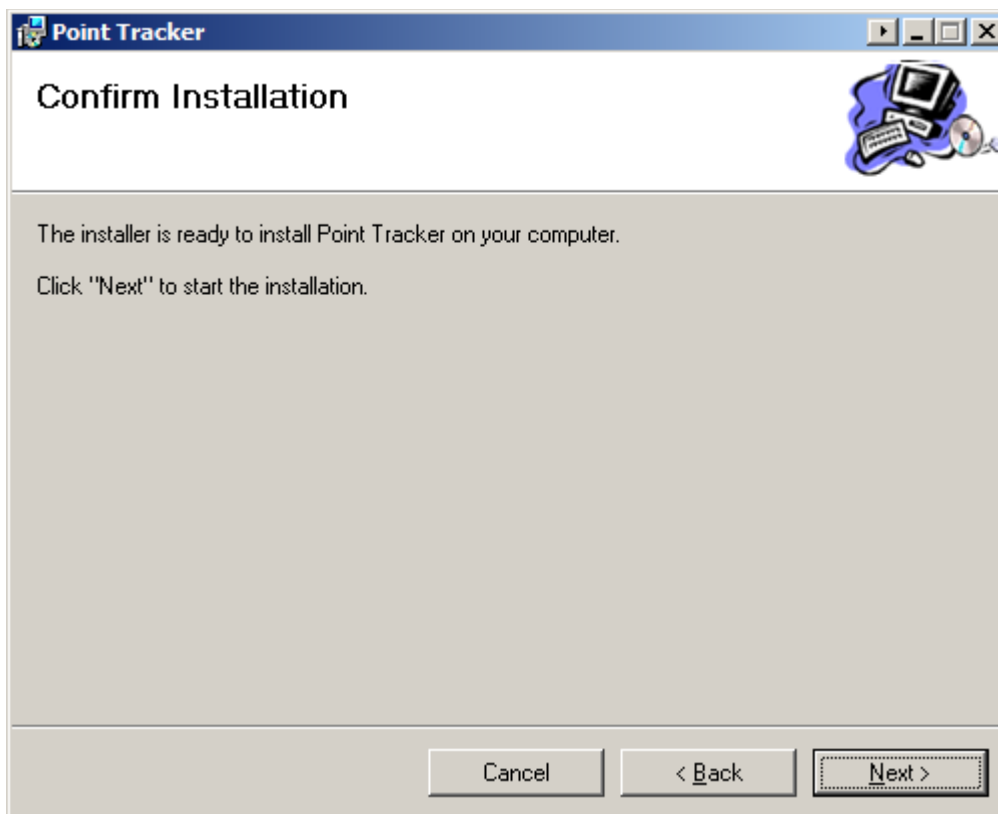
Select the Run button to process to the next step.



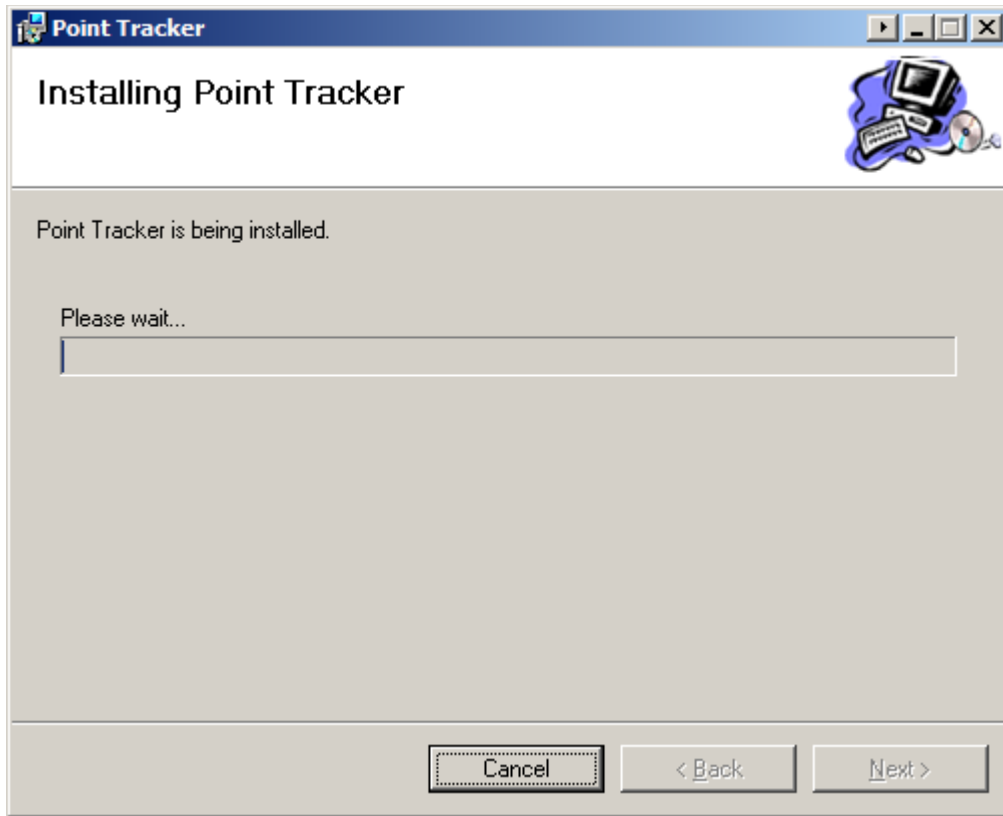
Click Next to continue the installation.



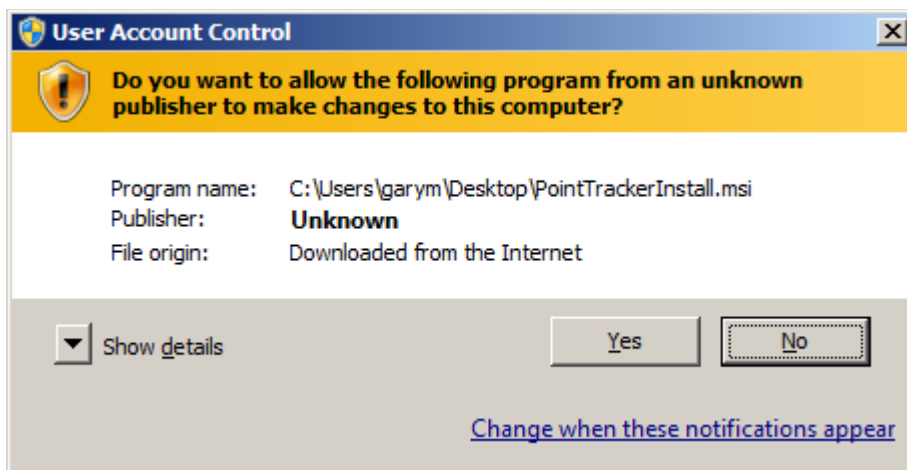
Choose an installation folder or keep the default location and press Next to proceed.



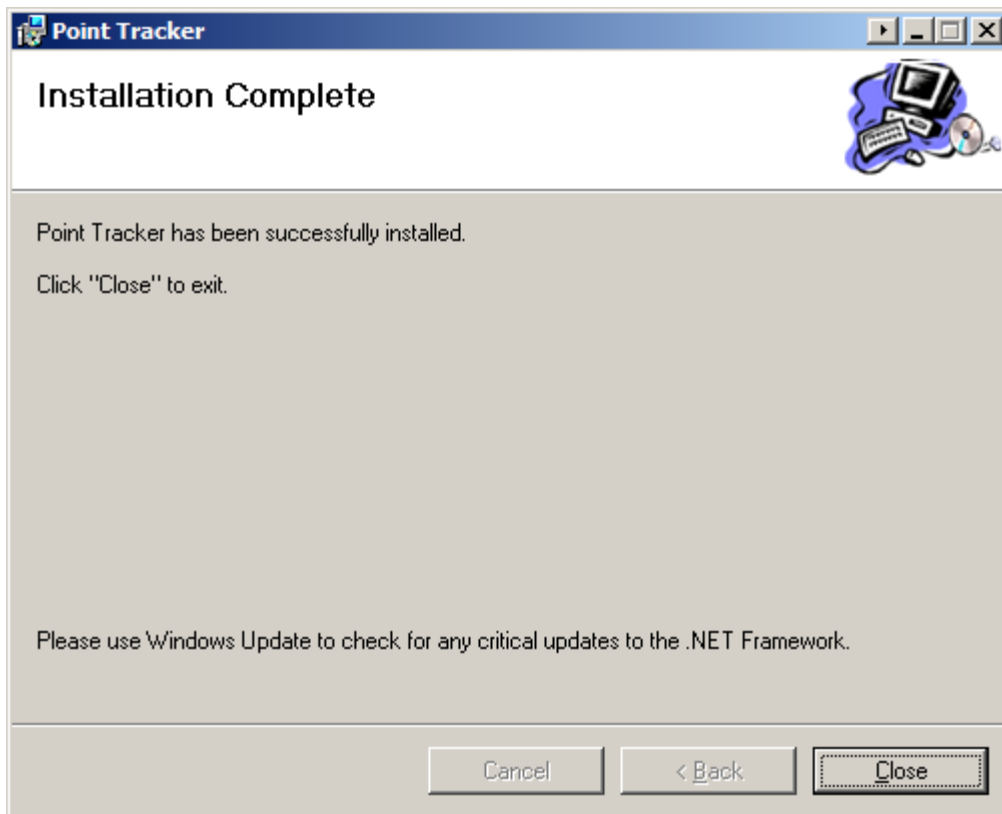
Click Next to install Point Tracker.



Installation will begin...

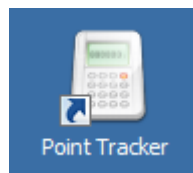


You may be prompted to allow Point Tracker to make changes to your computer. This will just allow the required files to be installed.

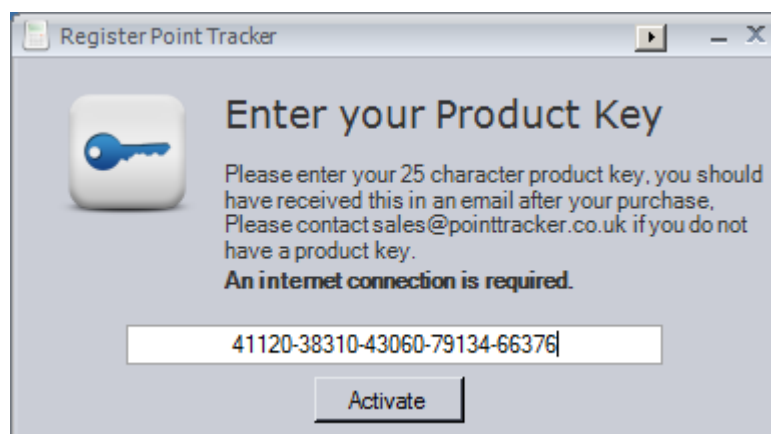


Installation will be complete and a new Desktop icon will appear, A start menu icon will also be created.

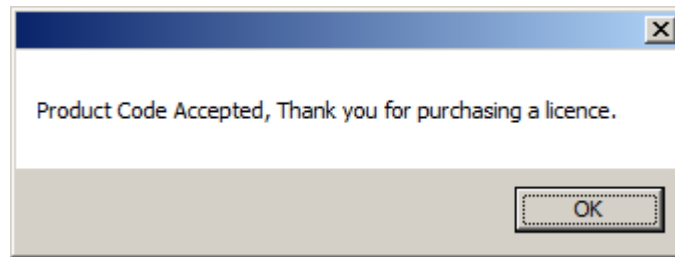
## First Run



Double click on the Point Tracker shortcut icon.

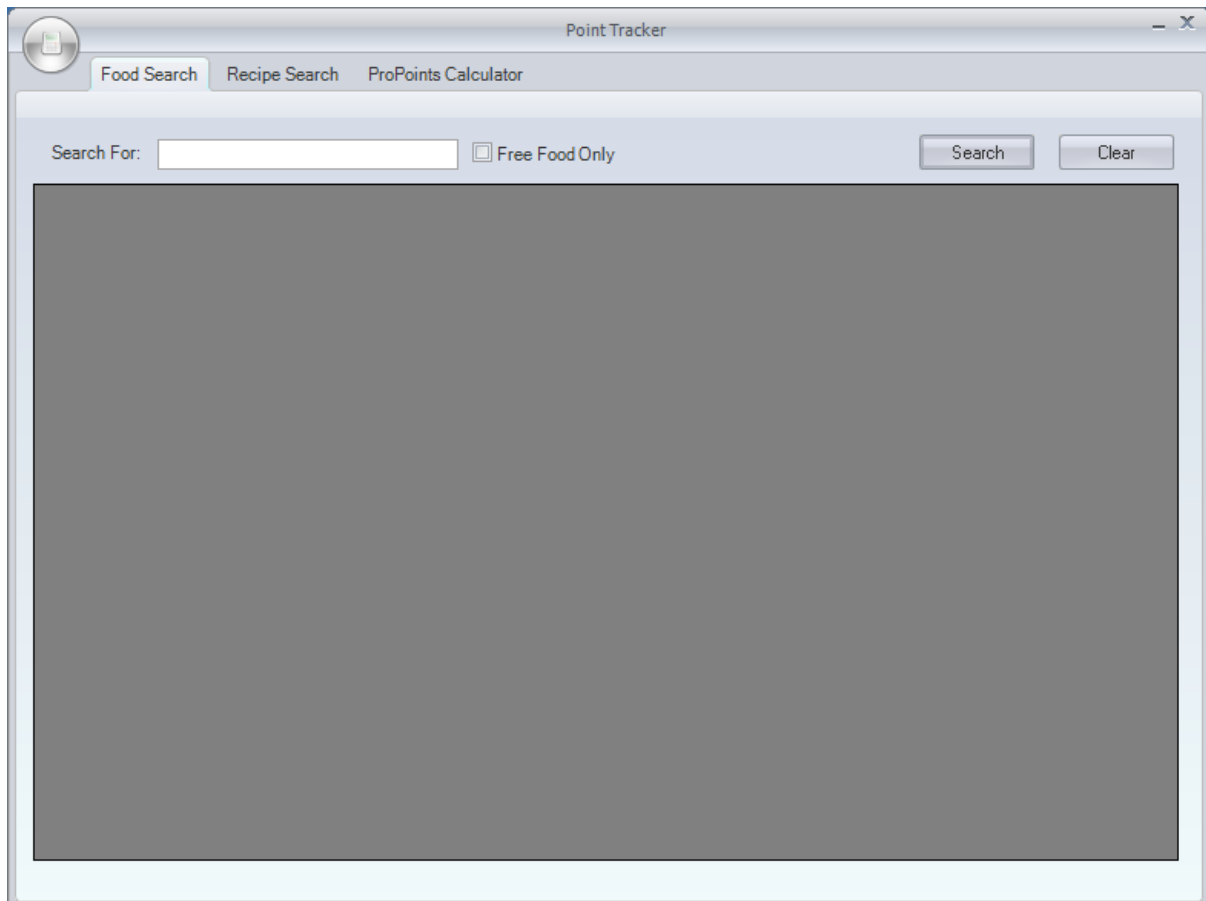


If this is your first run, you will be prompted to enter the License Key contained in the email sent when you purchased a license (Please contact [sales@pointtracker.co.uk](mailto:sales@pointtracker.co.uk) if you did not receive the email)



This step requires an internet connection to validate your License Key, (This is only required once). Once your license key is validated with the Point Tracker servers you will not be prompted for this again.

## Using Point Tracker



Once registration is complete, you will be prompted with the above screen, this is the search screen where you can search for over 30,000 foods. Typing "Tesco" would find all foods with the word Tesco in...

Point Tracker

Food Search    Recipe Search    ProPoints Calculator

Search For:      Free Food Only    Search    Clear

Title	Pro-Points	Portion Size	Portion Type	Portion Amount	Quantity
Tesco Almond Fingers	5	1	individual	46g	1
Tesco Finest Carrot & Orange Cake, large	6	1	slice(s)	52g	1
Tesco Chery Bakewell Tarts	5	1	individual	44g	1
Tesco Chocolate Caterpillar Cake	7	1	slice(s)	58g	1
Tesco Football Cake	11	100	g	100g	100
Tesco Fresh Cream Meringues	3	1	individual	35g	1
Tesco Custard Slice	9	1	individual	107g	1
Tesco Fresh Cream Choux Buns	9	1	individual	85g	1
Tesco Apple & Blackcurrant Juice Drink, No Added Sugar	0	1	carton(s)	288ml	1
Tesco Syrup Sponge Pudding	13	1	portion(s)	125g	1
Tesco Classics Beef Casserole & Dumplings	10	1/2	pack(s)	250g	0.5
Tesco British Cuisine Beef Stew & Dumplings, Frozen	12	1	pack(s)	450g	1
Tesco Cauliflower Cheese, Frozen	14	1	pack(s)	400g	1
Tesco Sweet & Sour Chicken with Rice	20	1	pack(s)	500g	1
Tesco Sun Dried Tomato & Cheese Focaccia	4	1	individual	50g	1
Tesco Garlic & Coriander Naan	6	1	individual	81g	1
Tesco Cheese & Onion Quiche	6	1/4	portion(s)	82g	0.25
Tesco Cooked Chicken Breast Slices	1	2	slice(s)	23g	2

682 Item(s) found.

682 Items have been found with the Pro Points value calculated for each food item. You can order the columns as needed or tick "Free Food Only" to display zero Point foods.

Point Tracker

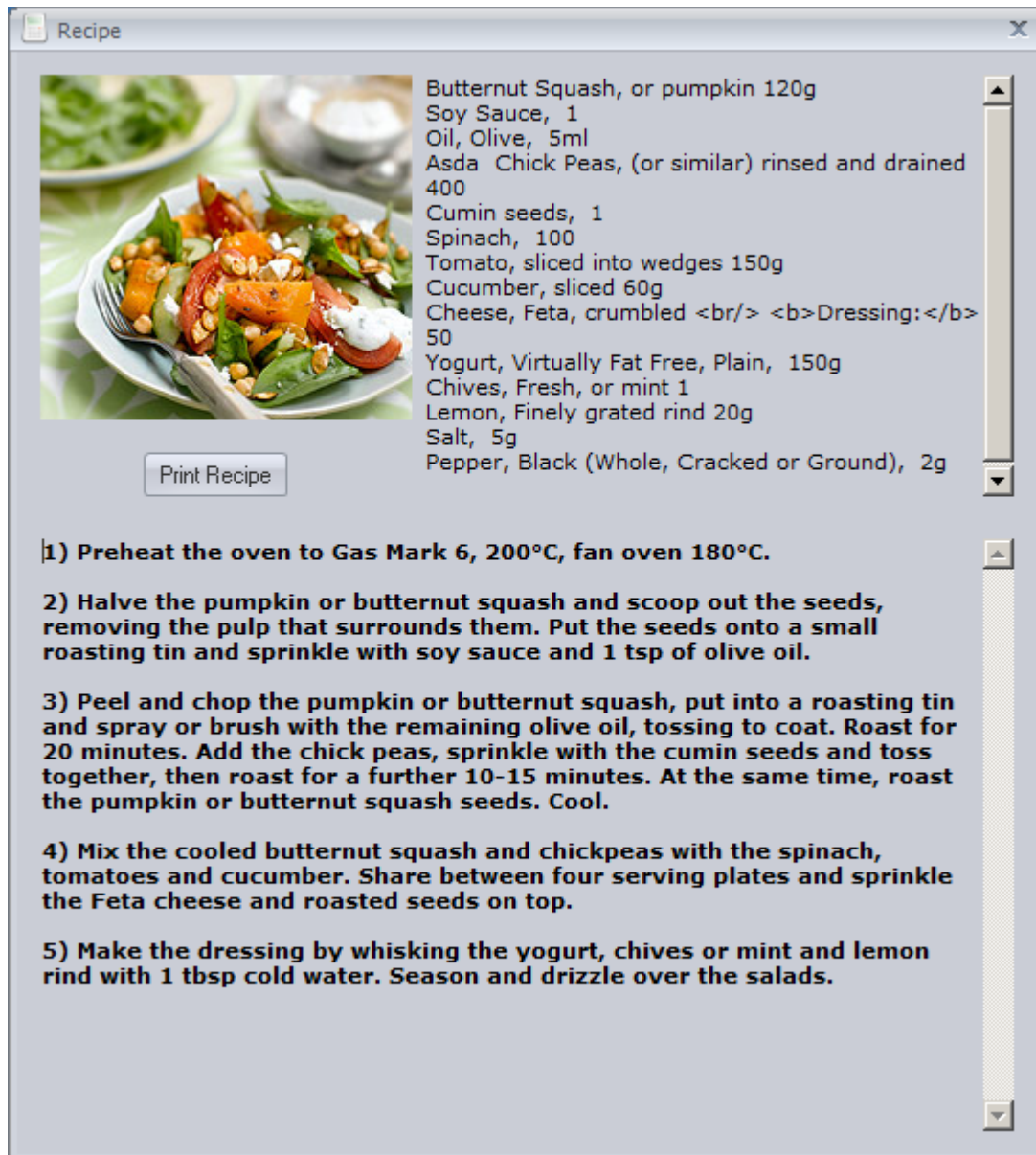
Food Search    Recipe Search    ProPoints Calculator

Search For:     Points:     Course:     Prep Time:     Difficulty:     Search    Clear

Title	Pro-Points	Course
Asian Beef Salad	8	Light Meals.
Asian Chicken Noodle Salad with Mint and Peanuts	11	Main Meals
Asian Crab and Prawn Salad	3	Main Meals.
Bacon, Sugar Snap and Mixed Leaf Salad	5	Light Meals.
Avocado and Orange Salad with Tomato and Tarragon Dressing	6	Light Meals.
Banana Salad	5	Salads & Sid
Bream with Lemon Grass, Ginger Stuffing and Fennel Salad	1	Main Meals
Brown Rice Biryani Salad	11	Light Meals.
Bulgur Wheat, Parsley and Feta Salad	6	Light Meals.
Chargrilled Chicken and Barley Salad	8	Light Meals.
Chargrilled Vegetable Salad	0	Salads & Sid
Chick Pea, Goat's Cheese and Rocket Salad	6	Main Meals.
Chicken and Bulgur Wheat Salad	14	Light Meals.
Chicken and Mango Salad	5	Salads & Sid
Chicken Caesar Salad	5	Light Meals.
Chicken, Lime and Ginger Salad with Coconut Dressing	4	Main Meals.
Chicken Salad with Creamy Green Chilli Dressing	6	Light Meals
Chicken Salad with Wholewheat Pasta	11	Light Meals.
Chicken Tandoori with Mint, Cucumber and Coriander Salad	6	Main Meals
Chicken-Apple Salad with Raspberry Vinaigrette	7	Light Meals

103 Item(s) found.

Clicking the Recipe tab gives you access to over 1000 recipes, You can search for a recipe and/or select criteria from the drop down lists.



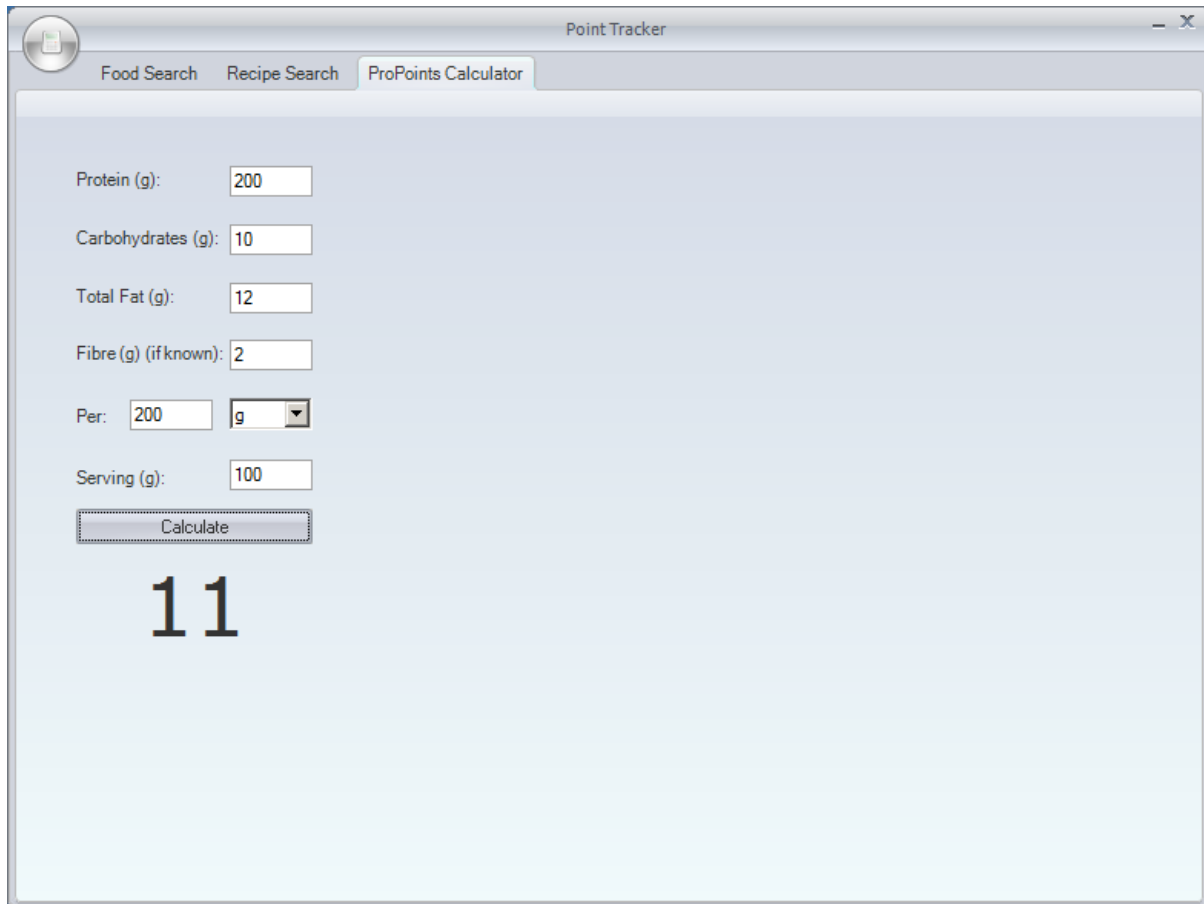
The screenshot shows a web browser window titled "Recipe". On the left side, there is a photograph of a vibrant salad in a white bowl, featuring roasted butternut squash, chickpeas, spinach, tomatoes, and cucumbers, topped with crumbled feta cheese and a dressing. Below the image is a button labeled "Print Recipe". To the right of the image is a list of ingredients:

- Butternut Squash, or pumpkin 120g
- Soy Sauce, 1
- Oil, Olive, 5ml
- Asda Chick Peas, (or similar) rinsed and drained 400
- Cumin seeds, 1
- Spinach, 100
- Tomato, sliced into wedges 150g
- Cucumber, sliced 60g
- Cheese, Feta, crumbled
- Dressing:**
- 50
- Yogurt, Virtually Fat Free, Plain, 150g
- Chives, Fresh, or mint 1
- Lemon, Finely grated rind 20g
- Salt, 5g
- Pepper, Black (Whole, Cracked or Ground), 2g

Below the ingredients list are five numbered steps for the recipe:

- 1) Preheat the oven to Gas Mark 6, 200°C, fan oven 180°C.**
- 2) Halve the pumpkin or butternut squash and scoop out the seeds, removing the pulp that surrounds them. Put the seeds onto a small roasting tin and sprinkle with soy sauce and 1 tsp of olive oil.**
- 3) Peel and chop the pumpkin or butternut squash, put into a roasting tin and spray or brush with the remaining olive oil, tossing to coat. Roast for 20 minutes. Add the chick peas, sprinkle with the cumin seeds and toss together, then roast for a further 10-15 minutes. At the same time, roast the pumpkin or butternut squash seeds. Cool.**
- 4) Mix the cooled butternut squash and chickpeas with the spinach, tomatoes and cucumber. Share between four serving plates and sprinkle the Feta cheese and roasted seeds on top.**
- 5) Make the dressing by whisking the yogurt, chives or mint and lemon rind with 1 tbsp cold water. Season and drizzle over the salads.**

Clicking a recipe will display the recipe window, Here you can view the ingredients and steps to make the meal. You can also print the recipe using the Print button.

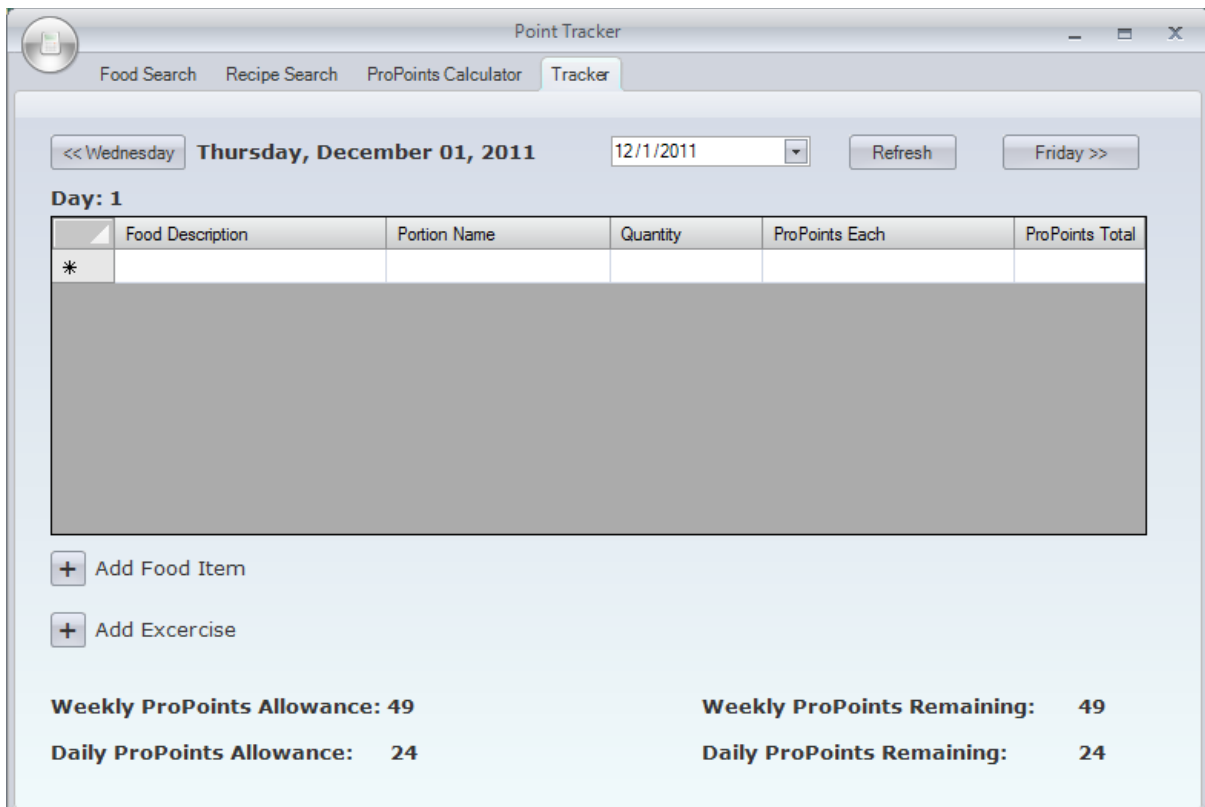


The screenshot shows the 'ProPoints Calculator' window in the Point Tracker application. The window has a title bar with 'Point Tracker' and standard window controls. Below the title bar are three tabs: 'Food Search', 'Recipe Search', and 'ProPoints Calculator'. The calculator form includes the following fields and controls:

- Protein (g):
- Carbohydrates (g):
- Total Fat (g):
- Fibre (g) (if known):
- Per:
- Serving (g):
- 

Below the form, the result '11' is displayed in a large, bold, black font.

Selecting the Pro Points calculator tab displays the calculator window; here you can enter the basic details of the food/drink item to calculate the Pro Points value.



The screenshot shows the 'Tracker' window in the Point Tracker application. The window has a title bar with 'Point Tracker' and standard window controls. Below the title bar are four tabs: 'Food Search', 'Recipe Search', 'ProPoints Calculator', and 'Tracker'. The tracker interface includes the following elements:

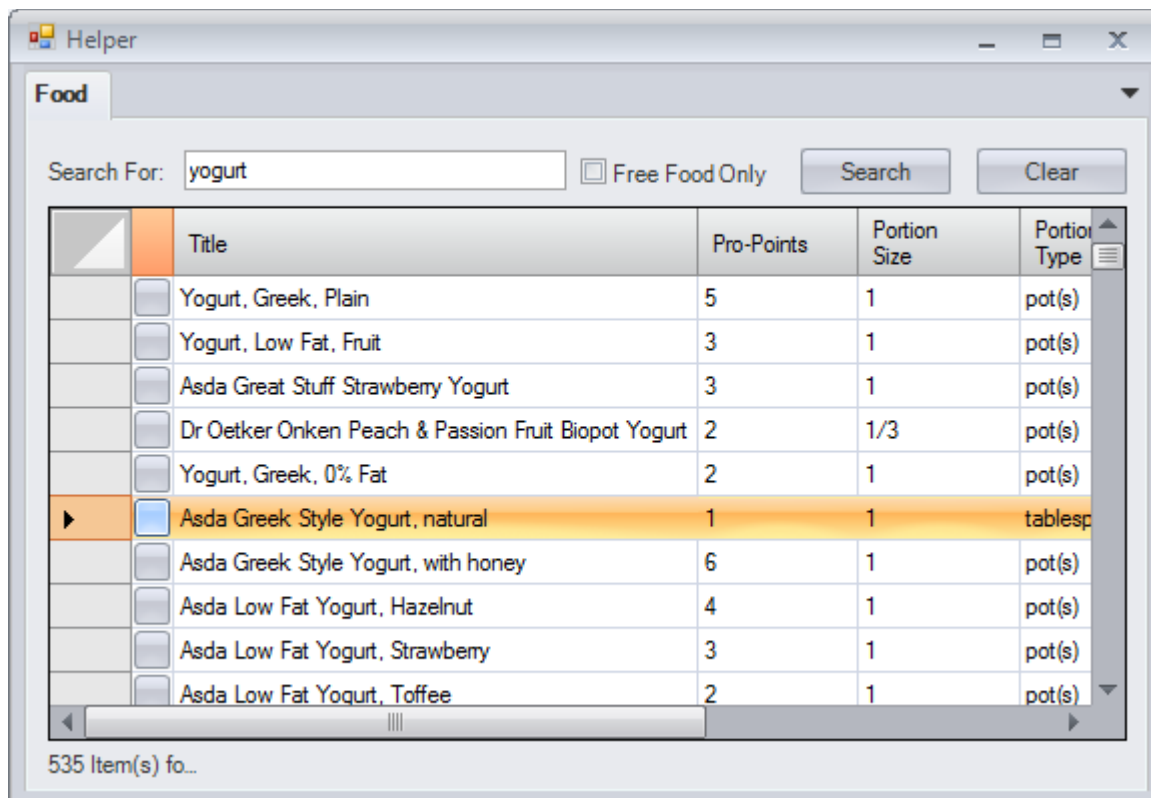
- Navigation: << Wednesday, Thursday, December 01, 2011, 12/1/2011, Refresh, Friday >>
- Day: 1
- Table with columns: Food Description, Portion Name, Quantity, ProPoints Each, ProPoints Total. The table is currently empty, showing only a header row and a single row with an asterisk (\*).
- Buttons:
- Summary: Weekly ProPoints Allowance: 49, Weekly ProPoints Remaining: 49, Daily ProPoints Allowance: 24, Daily ProPoints Remaining: 24



Clicking on the Tracker tab will display the daily tracker window. This will list the food items you have consumed each day and show you your daily total and weekly total.

When you first run Point Tracker you will be asked to enter your daily Pro Point allowance and your week start day. The week start day is used to calculate your weekly Pro Point usage.

To add a food item to the diary, click on the food item button...



Use the helper window to select your food item and click the button to add this to the diary, You will be asked how many portions you consumed and be shown the entry on the Tracker tab...

The screenshot shows the 'Point Tracker' application window. At the top, there are navigation tabs: 'Food Search', 'Recipe Search', 'ProPoints Calculator', and 'Tracker'. Below the tabs, the current date is 'Thursday, December 01, 2011' with a date picker set to '12/1/2011'. There are 'Refresh' and 'Friday >>' buttons. The main section is titled 'Day: 1' and contains a table with the following data:

	Food Description	Portion Name	Quantity	ProPoints Each	ProPoints Total
▶	Asda Greek Style Yogurt, natural	tablespoons	2	1	2
	Costa Coffee Coffee - Iced Vanilla Latte - Full Fat Milk - Massimo	portion(s)	1	8	8
*					

Below the table, there are two buttons: '+ Add Food Item' and '+ Add Exercise'. At the bottom, the summary statistics are:

<b>Weekly ProPoints Allowance:</b> 49	<b>Weekly ProPoints Remaining:</b> 49
<b>Daily ProPoints Allowance:</b> 24	<b>Daily ProPoints Remaining:</b> 14

You can see the new food items have been added and the daily Pro Point values updated.

## Feedback

We appreciate any feedback you have, You can fill this in by selecting the menu image and choosing feedback.

Thanks again for your purchase and we hope you enjoy using the product.