



# My Home Page

Welcome

My Choices Count



Date: Mar 09, 2011

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My Home Page

My Healthy Habits

My Physical Activities

My Food Choices

My Health Statistics

Log In...

### My Choices Count®

User Name :

Password :

### My Profile Page

**Contact Information**

My Name:    
( First ) ( Last )

My Email:

My Zip Code:

**Profile Settings**

My Gender:  Male  Female

My Birthday:  -   
MM YYYY

Date	My Height (ft)	My Height (in)	Taking Statins	Average Physical Activity Level
			<input type="checkbox"/>	<input type="text"/>

**Login Settings**

Set User Name:  Both User Name and Password are CASE SENSITIVE

Set Password:  (6 to 10 characters in length, containing at least 1 number)

Repeat Password:

Cancel Save



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## My Healthy Habits

<b>Actual</b>	<b>Goal</b>
0	100
percent	percent

## My Physical Activities

### My Stamina Exercises

<b>Actual</b>	<b>Goal</b>
0	30
minutes	minutes

### My Resistance Training

<b>Actual</b>	<b>Goal</b>
0	30
minutes	minutes

### My General Activities

<b>Actual</b>	<b>Goal</b>
0	100
kcals	kcals

Steps:

<b>Actual</b>	<b>Goal</b>
0	1,000

## My Food Choices

Dr. Roizen's YOUNGER YOU Nutrients: ■ Keep Eating ■ Eat w/ Caution

	Actual	Goal	20%	40%	60%	80%	100%
Fruits servings	0.0	4.0					
Vegetables servings	0.0	4.0					
Nuts ounces	0.0	1.0					
Fish ounces	0.0	0.5					
Fiber grams	0	25					
Flavonoids mgs	0	31					
Healthy Fats grams	0	25					
Lycopene servings	0.0	2.0					

Dr. Roizen's OLDER YOU Nutrients: ■ Eat w/ Caution ■ Aging Eating

	Actual	Goal	20%	40%	60%	80%	100%
Alcohol servings	0.0	1.0					
Aging Fats grams	0	< 20					
Simple Sugars grams	0	< 25					
Total Calories calories	0	2720					

## My Health Statistics

### My Weight Management

last: 03-24-09

<b>Actual</b>	<b>Goal</b>
196	194
lbs	lbs

### My Waist Management

last: 12-12-08

<b>Actual</b>	<b>Goal</b>
34	35
inches	inches

### My Blood Pressure

last: 03-24-09

<b>Actual</b>	<b>Goal</b>
126 / 83	115 / 76
mmHg	mmHg

### My Blood Values

last: 03-24-09

<b>Actual</b>	<b>Goal</b>
49	45
mg/dl	mg/dl

Display: HDL

AM  Noon  PM  Night

**Modify Goals**

**My Healthy Habits**

Healthy Habits =  percent

**My Physical Activities**

Stamina Exercises =  minutes

Resistance Training =  minutes

General Activities =  kcals  
 steps

**My Food Choices**

YOUNGER YOU Nutrients

Fruits =  servings

Vegetables =  servings

Nuts =  ounces

Fish =  ounces

Fiber =  grams

Flavonoids =  mgs

Healthy Fats =  grams

Lycopene =  servings

OLDER YOU Nutrients

Alcohol =  servings

Aging Fats <  grams

Simple Sugars <  grams

Total Calories =  servings

**My Health Statistics**

Weight Management =  lbs

Waist Management =  inches

Blood Pressure =  mmHg /

HDL =  mg/dl

LDL =  mg/dl

Triglycerides =  mg/dl

C-Reactive Protein =  mg/l

**My Diabetes**

Glucose: AM =  mg/dl    Noon =  mg/dl    PM =  mg/dl    Night =  mg/dl

Lab: Fibrinogen =  mg/dl    HbA1C <  percent    Creatinine =  mg/dl



# Site Map

Welcome Tim

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Date: Mar 09, 2011

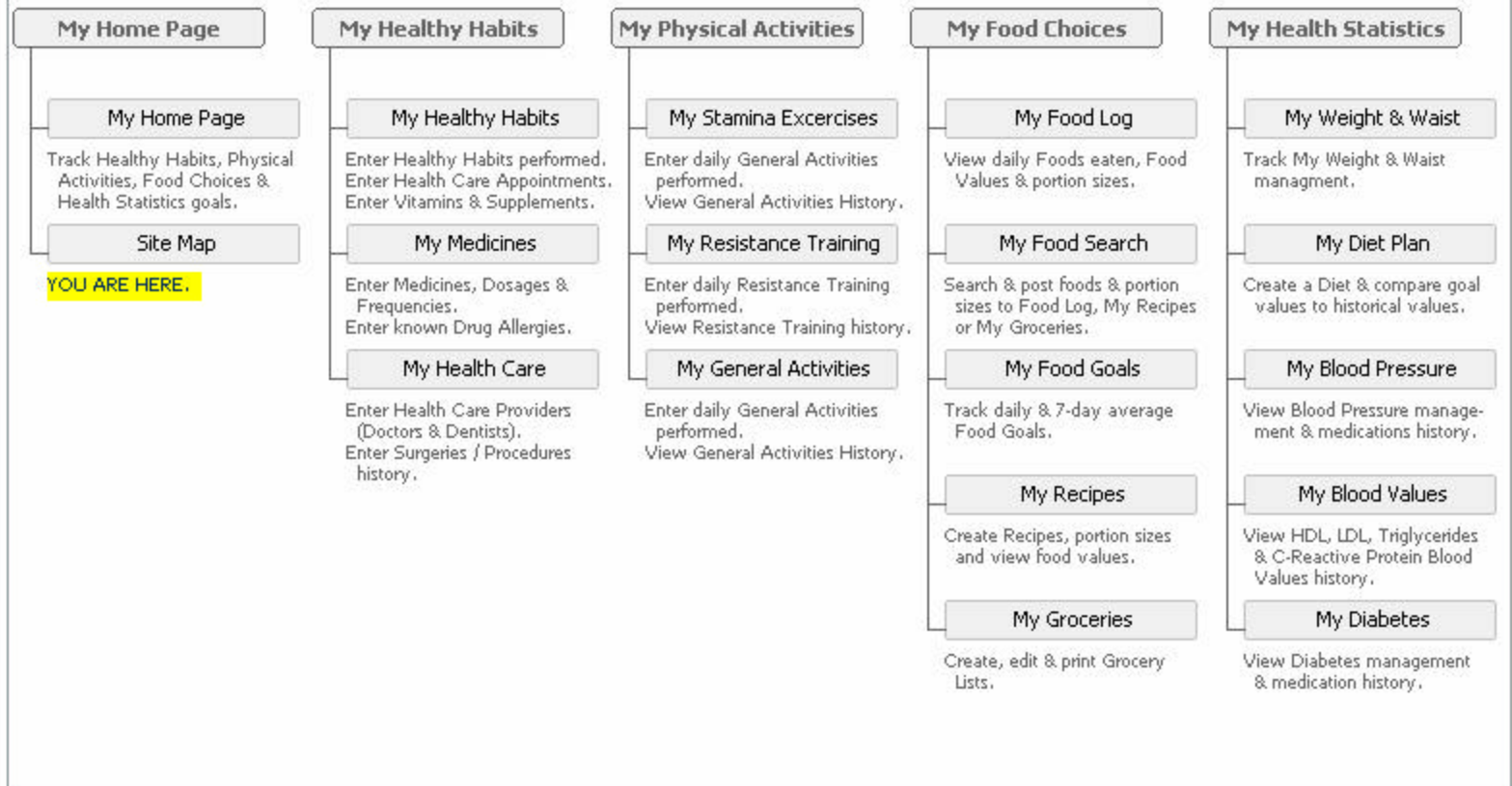
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## Site Map





# My Healthy Habits

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My Healthy Habits **My Medicines** My Health Care

## My To Do List

Add:

Nagging Task:

Add = Repeats Daily Nagging Task = Removed when Done

### My To Do List

- Take Aspirin
- Eat Breakfast
- Floss Teeth
- Take Vitamins
- Talk to Support Person
- Sleep->6.5 Hours

## My Vitamins

Add:  Dose:

Units:  Taken:

AM <span style="float: right;">All AM <input type="checkbox"/></span>	
<input type="checkbox"/>	Vitamin C 50 mg
<input type="checkbox"/>	Calcium 500 mg
<input type="checkbox"/>	Vitamin B12 25 mcg
<input type="checkbox"/>	Vitamin E 25 iu
<input type="checkbox"/>	Folic Acid 700 mcg
<input type="checkbox"/>	Magnesium 400 mg

Noon <span style="float: right;">All Noon <input type="checkbox"/></span>	
<input type="checkbox"/>	Vitamin C 50 mg
<input type="checkbox"/>	Vitamin E 25 iu

PM <span style="float: right;">All PM <input type="checkbox"/></span>	
<input type="checkbox"/>	Vitamin C 50 mg
<input type="checkbox"/>	Calcium 500 mg

Night <span style="float: right;">All Night <input type="checkbox"/></span>	
<input type="checkbox"/>	Vitamin B6 4 mg
<input type="checkbox"/>	Vitamin C 50 mg

## My Medicines

Add:

AM All AM

Noon All Noon

PM All PM

Night All Night



# My Medicine

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## My Medicines

Start Date	Stop Date	Condition	Medication	Dose	Units	Frequency

## My Allergies

Drug Allergy	Reaction
Aspirin	Grogginess



# My Health Care

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My Healthy Habits | My Medicines | **My Health Care**

## My Doctors & Dentists

Activate

MD / Dentist	Specialty	Address	City	State	Zip	Tel - Office	Tel - Emergency
Dr Smith	Podiatrist	1313 Mockingbird Lane	Southfield	MI	48111	(225) 355 - 6555	(455) 332 - 1222
Dr Petrovitch	Anesthesiology	123 Main Street	Birmingham	MI	48009	(248) 646 - 2989	(248) 646 - 5532

## My Surgeries

Surgery / Procedure	Date	Hospital / Clinic
Arthroscopic	11-11-08	Detroit Mercy
Tonsillectomy	12-15-83	Providence Hospital





# My Stamina Exercises

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## My Stamina Exercise Search

Add

Search:

Description	kcal / min
aerobics, land	11.2
aerobics, water	14.0
basketball, half-court	11.2
basketball, full-court	15.4
bicycling, for pleasure	5.6
bicycling, racing	14.0
canoeing, racing	16.8
general calisthenics	8.4

Intensity: Intense=1.4  Minutes:

## My Stamina Exercise Log

Description	Mins	Intensity	kcal / min	Total kcal
basketball, full-court	60	Intense=...	15.4	924

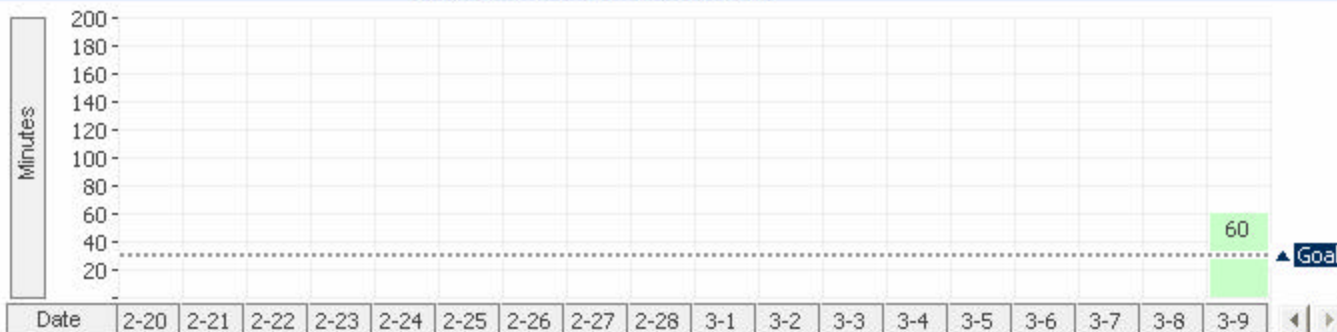
General Activity	0	minutes	0	kcal
Resistance	0	minutes	0	kcal
<b>Stamina</b>	<b>60</b>	<b>minutes</b>	<b>924</b>	<b>kcal</b>
<b>Total</b>	<b>60</b>	<b>minutes</b>	<b>924</b>	<b>kcal</b>

## My Stamina Exercise Progress

Display My Progress In:

minutes

kcal





# My Resistance Training

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## My Resistance Training Search

Add

Search:

Description	kcal / min
Squat	8.5
moving furniture	8.0
weight lifting	7.0

Intensity: Moderate=...

## My Resistance Training Log

Description	Mins	Intensity	kcal / min	Total kcal
weight lifting	54	Moderat...	7	378

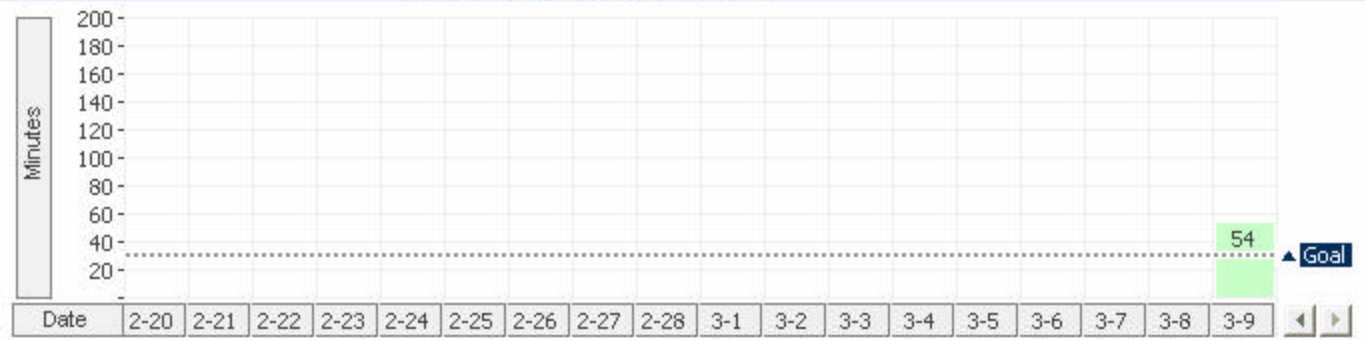
General Activity	0	minutes	0	kcal
Resistance	54	minutes	378	kcal
Stamina	60	minutes	924	kcal
<b>Total</b>	<b>114</b>	minutes	<b>1302</b>	kcal

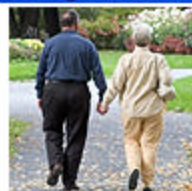
## My Resistance Training Progress

Display My Progress In:

minutes

kcal





# My General Activities

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### My General Activity Search

Search:

Description	kcal / min
carpentry	4.8
chopping wood	9.6
cooking	3.2
driving a car	1.6
fishing in stream	4.8
gardening	7.2
house cleaning	4.0
mowing the lawn, propelled mower	4.0

Intensity: Mild=0.8  Minutes:

### My General Activity Log

Description Mins Intensity kcal / min Total kcal

Description	# of	Total
Steps	<input type="text"/>	0

General Activity	0 minutes	0 kcal
Resistance	54 minutes	378 kcal
Stamina	60 minutes	924 kcal
<b>Total</b>	<b>114 minutes</b>	<b>1302 kcal</b>

### My General Activity Progress

Display My Progress In:  
 minutes  
 kcal  
 steps



Date 2-20 2-21 2-22 2-23 2-24 2-25 2-26 2-27 2-28 3-1 3-2 3-3 3-4 3-5 3-6 3-7 3-8 3-9



# My Food Log

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- My Recipes
- My Groceries

## My Daily Diet Log

Add

Delete

Show Composition

Meal	Food Description	Serving Size	Qty	Calories
Breakfast	Cereals, wheat: mb=GENERAL MILLS, CHEX WHEAT , pp=ready to eat , usda=#08082	1 cup	2.0	207
Breakfast	Milk, 3.25% milkfat, whole: mb= , pp= , usda=#01077	1 cup, 8 fl oz	1.0	146

Lunch	0	Calories
Dinner	0	Calories
Snacks	0	Calories
<b>Total</b>	<b>353</b>	Calories



# My Food Log

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**My Food Log** [My Food Search](#) [My Food Goals](#) [My Recipes](#) [My Groceries](#)

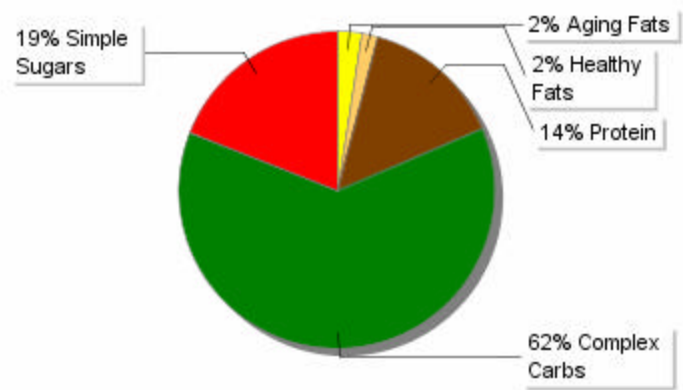
## My Daily Diet Log

[Add](#) [Delete](#) [Hide Composition](#)

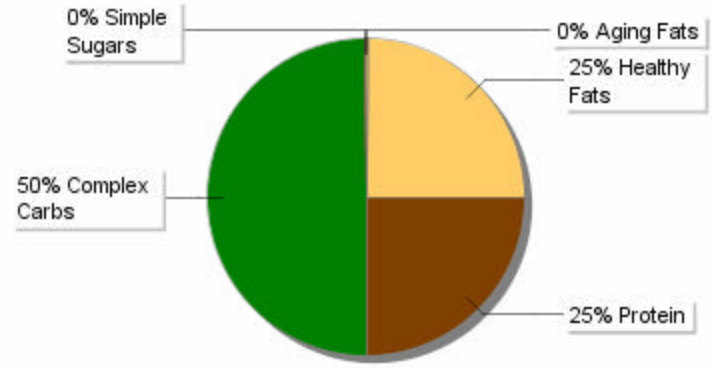
My Food Composition

Breakfast	Lunch	Dinner	Snacks
	Data Not Available	Data Not Available	Data Not Available

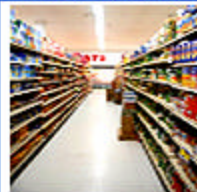
### Actual - My Food Composition



### Goal - My Food Composition



■ Aging Fats    
 ■ Healthy Fats    
 ■ Protein    
 ■ Complex Carbs    
 ■ Simple Sugars



# My Food Search

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## My Food Search

[Add New](#)

1. Database:  All Foods  My Foods  Recipes
 2. Search:  
 3. View:  List  Tree

- cheese, cottage
- cheese, mozzarella
- cheese, ricotta
- milk, filled
- whipped cream, substitute
- milk, substitute
- milk, whole
  - Milk, 3.25% milkfat, whole: mb= , pp= , usda=#01077
- milk, other
- milk, low fat

4. Portion: 
 5. Quantity: 
 6. Meal:

Dr. Roizen's YOUNGER YOU Nutrients:

### My Food Values & Impact

Dr. Roizen's OLDER YOU Nutrients:

	Fruits	Vegetables	Nuts	Fish	Fiber	Flavonoids	Healthy Fats	Lycopene		Alcohol	Aging Fats	Simple Sugars	Total Calories
	servings	servings	ounces	ounces	grams	mgs	grams	servings		servings	grams	grams	calories
Item Value:	0	0	0	0	0	0	0	0	Item Value:	0	0	0	0
Item:									Item:				
Actual:	0.0	0.0	0.0	0.0	6	0	3	0.0	Actual:	0.0	4	18	353
Goal:	4.0	4.0	1.0	0.5	25	31	25	2.0	Goal:	1.0	< 20	< 25	2720
Impact:	0	0	0	0	0	0	0	0	Impact:	0	0	0	0



# My Food Goals

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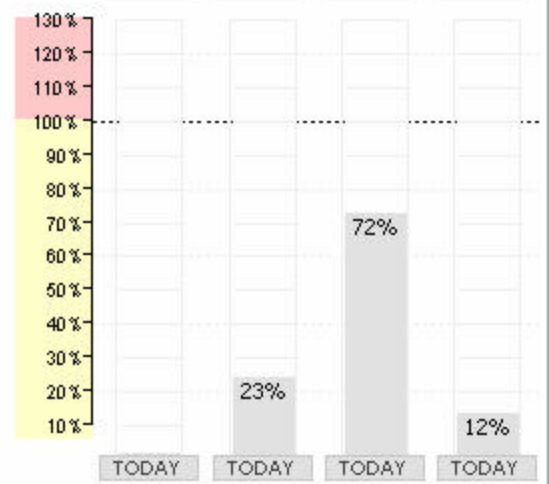
Dr. Roizen's YOUNGER YOU Nutrients:

## My Food Values & Impact

Dr. Roizen's OLDER YOU Nutrients:

	Fruits	Vegetables	Nuts	Fish	Fiber	Flavonoids	Healthy Fats	Lycopene
	servings	servings	ounces	ounces	grams	mgs	grams	servings
Item:								
Actual:	0.0	0.0	0.0	0.0	6	0	3	0.0
Goal:	4.0	4.0	1.0	0.5	25	31	25	2.0
	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG
	0%	0%	0%	0%	3%	0%	1%	0%

	Alcohol	Aging Fats	Simple Sugars	Total Calories
	servings	grams	grams	calories
Item:				
Actual:	0.0	4	18	353
Goal:	1.0	< 20	< 25	2720
	7 DAY AVG	7 DAY AVG	7 DAY AVG	7 DAY AVG
	0%	3%	10%	1%





# My Recipe

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### Recipe Search

Search:

- My Recipes
- RealAge Recipes

### My Recipe Log

Recipe Name:

Qty	Portion	Full Food Description	Grams	Calories

Preparation: 
 Serving Sizes: 
 Serves: 
 Total Recipe:  Grams  Calories

### My Food Search

1. Database:  All Foods  My Foods  Recipes
 2. Search:  
 3. View:  List  Tree

Food Description	Fruit	Veg's	Nuts	Fish	Fiber	Flav
Butter oil: mb= , pp=anhydrous , usda=#01003	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, blue: mb= , pp= , usda=#01004	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, brick: mb= , pp= , usda=#01005	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, brie: mb= , pp= , usda=#01006	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, camembert: mb= , pp= , usda=#01007	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, caraway: mb= , pp= , usda=#01008	0.0	0.0	0.0	0.0	0.0	0.0
Cheese, cheshire: mb= , pp= , usda=#01010	0.0	0.0	0.0	0.0	0.0	0.0
Cheese colby: mb= , pp= , usda=#01011	0.0	0.0	0.0	0.0	0.0	0.0

4. Portion: 
 5. Quantity:





# My Grocery

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## My Groceries

[New Grocery List](#)

[Delete Item](#)

Buy	Portion	Grocery Item	Comments

## Post To Grocery

1. Database:  All Foods  My Foods  Recipes
 2. Search:  [Search](#)
 3. View:  List  Tree

Food Description	<i>values per 100 grams of food item</i>						
	Fruit	Veg's	Nuts	Fish	Fiber	Flav	
My New Recipe	0.0	0.0	0.0	0.0	0.0	0.0	▲
Curried Vegetable	0.0	0.88	0.0	0.0	1.586	2.163	■
Butter, made w/ salt: mb= , pp= , usda=#01001	0.0	0.0	0.0	0.0	0.0	0.0	
Butter, made w/ salt: mb= , pp=whipped , usda=#01002	0.0	0.0	0.0	0.0	0.0	0.0	
Cheese, cheddar: mb= , pp= , usda=#01009	0.0	0.0	0.0	0.0	0.0	0.0	
Milk, 3.25% milkfat, whole: mb= , pp= , usda=#01077	0.0	0.0	0.0	0.0	0.0	0.0	▼

4. Portion: 
 5. Quantity: 
 6. Comment: 
[Clear](#) [Post](#)



# My Weight & Waist

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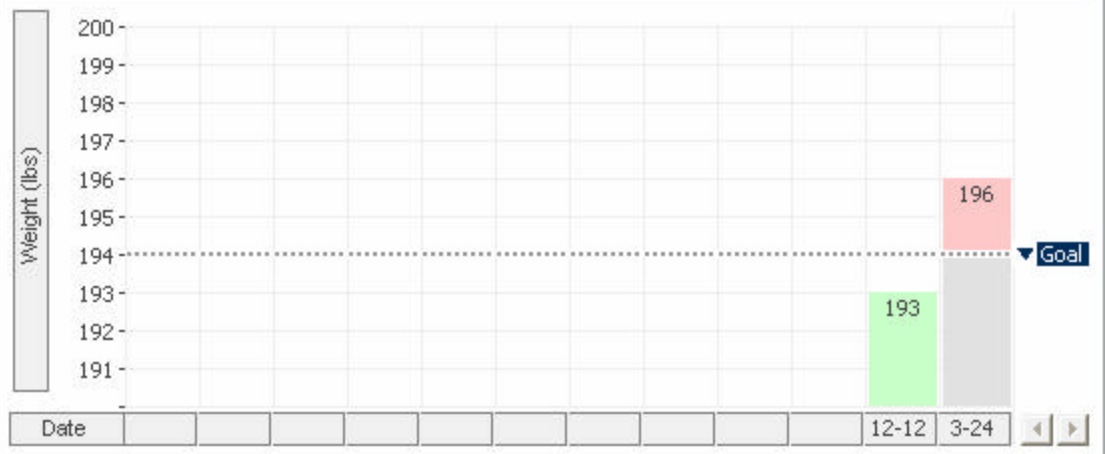
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## My Weight & Waist Logs

### My Weight Log

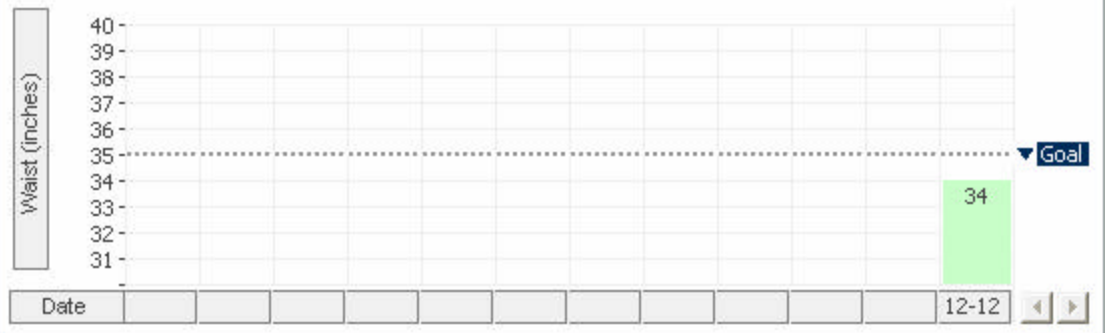
Date	Actual	Goal	Gap
03-09-11		194.0	
03-24-09	196.0	194.0	2.0
12-12-08	193.0	194.0	-1.0

## My Weight & Waist Management Progress



### My Waist Log

Date	Actual	Goal	Gap
03-09-11		35.0	
12-12-08	34.0	35.0	-1.0







# My Blood Pressure

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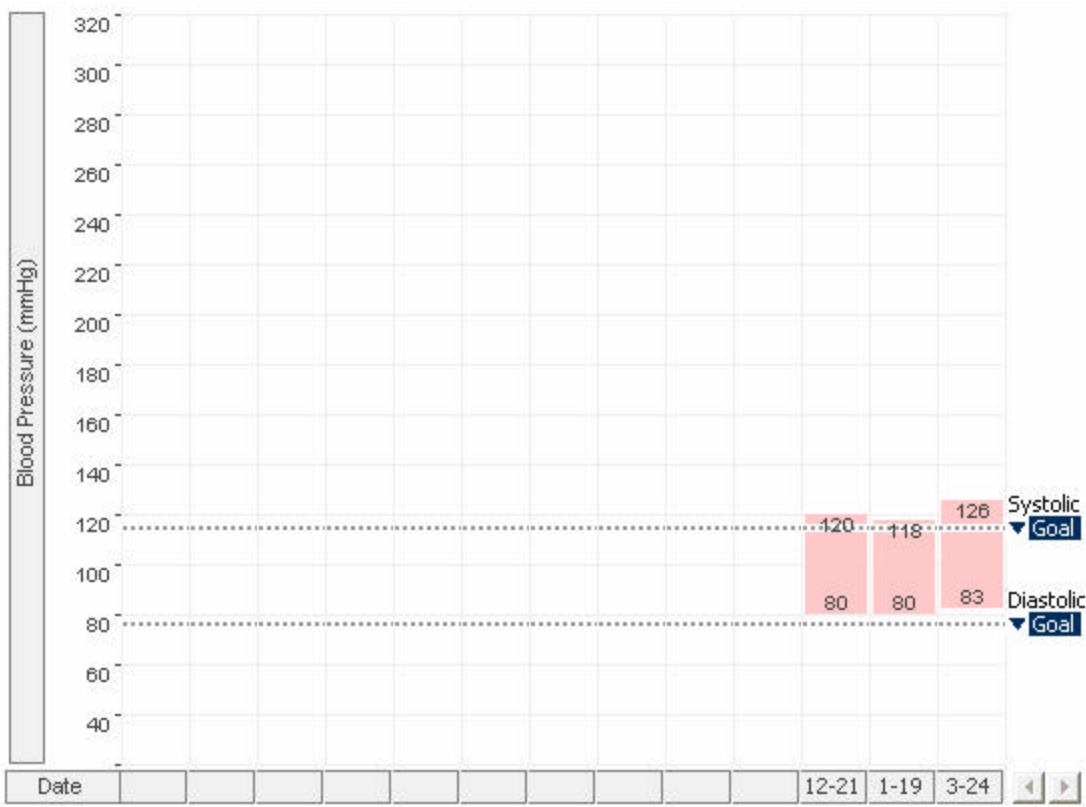
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- My Weight & Waist
- My Diet Plan
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## My Blood Pressure Log

Date	Blood Pressure	BP Medications
Date: 03-09-11	BP: <input type="text"/>	
Date: 03-24-09	BP: 126 / 83	
Date: 01-19-09	BP: 118 / 80	
Date: 12-21-08	BP: 120 / 80	

## My Blood Pressure Progress





# My Blood Values

Welcome Tim

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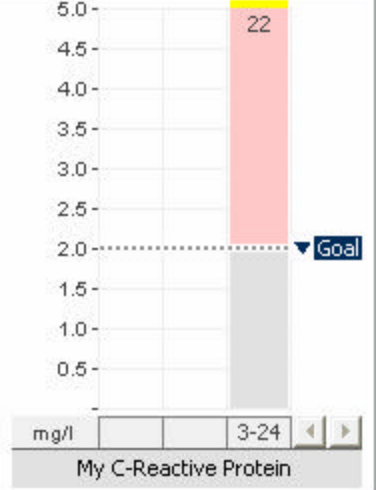
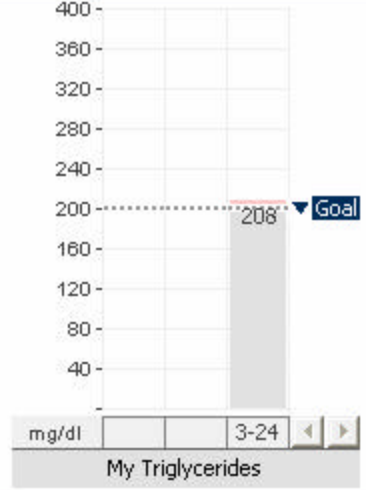
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## My Blood Values Progress



## My Blood Values Management

My HDL Log		
Date	Actual	Goal
03-09-11		≥ 45
03-24-09	49	

before eating

My LDL Log		
Date	Actual	Goal
03-09-11		≤ 134
03-24-09	141	

before eating

My Triglycerides Log		
Date	Actual	Goal
03-09-11		≤ 200
03-24-09	208	

before eating

My C-Reactive Protein Log		
Date	Actual	Goal
03-09-11		≤ 2.0
03-24-09	22.0	

testing varies



# My Diabetes

Welcome Tim

My Choices Count

Date: Mar 09, 2011

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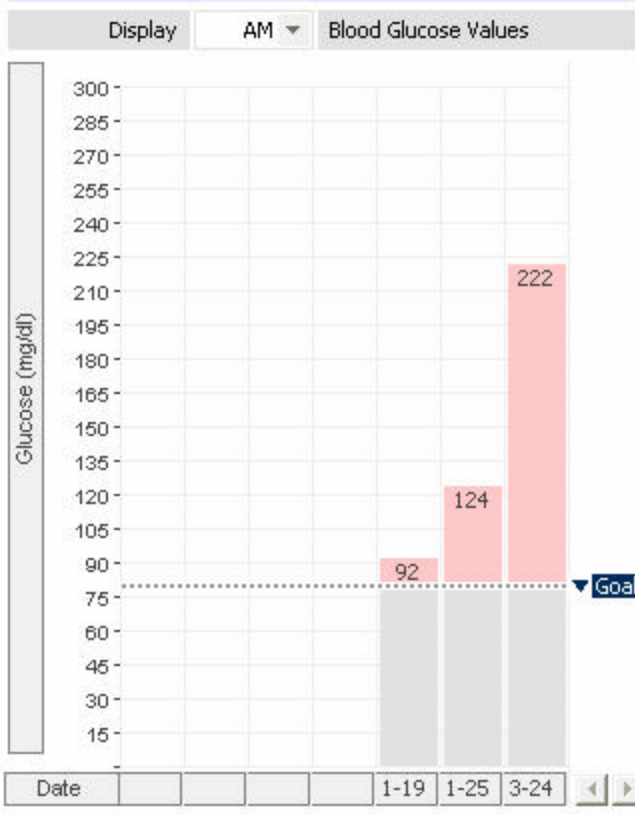
### My Diabetes Treatment Log

Blood Glucose Date / Time	Diabetes Medications
Glucose: Date: 03-09-11 Time: AM	
Glucose: 222 Date: 03-24-09 Time: AM	
Glucose: 124 Date: 01-25-09 Time: AM	
Glucose: 92 Date: 01-19-09 Time: AM	

### My Diabetic Lab Values

Date	Values	Goal	Actual
03-09-11	HbA1C	6.0	
03-24-09	HbA1C	6.0	5.5

### My Diabetes Treatment Progress



### My Lab Values Progress

