



An Online Fitness Tracking System
Users Guide to Getting Started

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[Home Page:](#)

The web address for Online Fitness Log is www.onlinefitnesslog.com. Once there you have the ability to read more about the features and benefits of using the Online Fitness Log health, exercise, and nutrition tracking system.

Recent studies published in the American Journal of Preventative Medicine have shown that keeping a “food diary” may double your weight loss efforts.

Online Fitness Log helps you achieve your goals by assisting you with setting up a customized plan and then tracking your daily caloric intake and exercise efforts.

Our philosophy is simple: Plan... Track... Achieve...

When you are ready to begin, press the “Sign Up Now!” button to get started!

Home | Register | Login | Contact

Online Fitness Log

personal health and fitness monitoring
keeping you on track to reach your goals

- ✓ Create a plan that works for you
- ✓ Make informed decisions
- ✓ Visualize your progress
- ✓ Stay motivated and energized
- ✓ Look and feel your best
- ✓ Lose weight and trim fat
- ✓ Stay healthy and vibrant
- ✓ Achieve your goals

FREE 7-DAY TRIAL!

Username

Password

[Forgot your password?](#)

Home Benefits Features Licensing Contact Join Now!

Planning

With *Online Fitness Log* we take the guess work out of weight loss. Create your own personal plan to see exactly what it will take and what day you can expect to achieve your goals. [read more](#)

Tracking

Record as much or as little data as you like in relation to your health, nutrition, and exercise. *Online Fitness Log* is flexible enough to allow you to track your fitness just the way you want. [read more](#)

Reporting

Compile your fitness data into manageable information that will help you see the overall picture and make better decisions. Rich colorful charts help you monitor your progress. [read more](#)

Personalization

With *Online Fitness Log* there's no need to try and fit your fitness tracking needs into a one-size-fits-all solution. Create your own custom fields to track the data you want. [read more](#)























Create an Account:

Creating your new Online Fitness Log account is as simple as 1,2 3:

- 1) Registration
- 2) Confirm your registration by an email generated certification
- 3) Login and start tracking

Registration –Fill in all the fields, certify that you have read and agree to the terms and conditions, then press “Create Account”.

Register New Account

 Email	<input type="text"/>
 Username	<input type="text"/>
 Password	<input type="text"/>
 Confirm Password	<input type="text"/>
 First Name	<input type="text"/>
 Last Name	<input type="text"/>
 Country	United States 
 State	Kentucky 
 Time zone	(GMT-5:00) Eastern Time (US & Canada) 
 Birth Date	4/8/1979 
 Gender	Male 
 Unit Preference	United States 
 Height	<input type="text"/> ft <input type="text"/> in
 Weight	<input type="text"/> lbs
 Activity Level	Sedentary - Little or no exercise and desk job 

I have read and agree to the [Terms and Conditions](#) of using this fitness application.

The material in the Online Fitness Log website is provided for educational and informational purposes only and is not intended as medical advice. The information contained in this website should not be used to diagnose or treat any illness, metabolic disorder, disease or health problem. Always consult your physician or health care provider before beginning any nutrition or exercise program. Use of the programs, advice, and information contained in this website is at the sole choice and risk of the reader.

Create Account

Cancel

If all the fields are correct and the request is received you should see the message box listed below:

Thank you for registering with Online Fitness Log. Before you can begin to use the service, you must first activate your account. Please check your email for a message titled "Online Fitness Log Registration" from system at onlinefitnesslog dot com. This message contains a link to activate your account. Simply click on that link and you will be able to login, create your customized plan and start tracking your fitness progress. Thank you for choosing Online Fitness Log!

Continue

Sample Email that you should receive within a few minutes. This email has the activation link necessary for you to finish the user account set up process. Simply click on the link or cut and paste into a web browser.

From: system@onlinefitnesslog.com
To: microsoft@primalegg.com
Cc:
Subject: Online Fitness Log Registration

Sent: Fri 2/6/2009 2:04 PM

Hi asdf,

Thank you for registering with Online Fitness Log. Before you can begin to use the service, you must first activate your account. To activate, simply click on the following link, or cut and paste it into the address field of your browser.

<http://www.onlinefitnesslog.com/Activate.aspx?key=OFL20092614418342>

Thank you,

Online Fitness Log Team

Activation Notice should be seen after activating your account. You are now ready to login to Online Fitness Log for the first time.

Thank you for activating your account with Online Fitness Log. You may now login and start monitoring your fitness progress. Please click the link below to login and begin using your account. Thanks again for choosing Online Fitness Log!

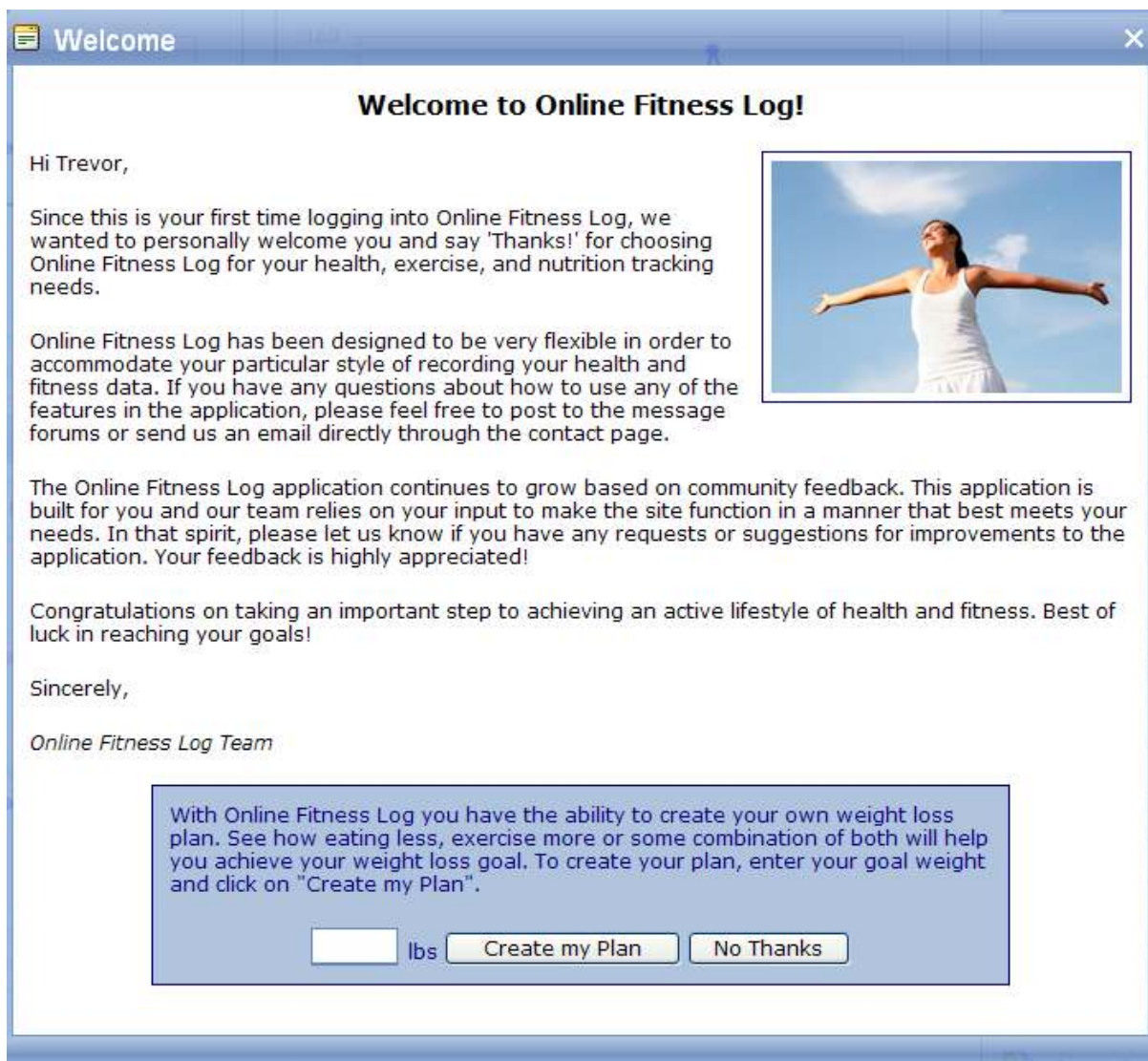
Login

Initial Login:

When you log into Online Fitness Log for the first time, you will be presented with the opportunity to create your weight loss plan (see the blue section in the image below).

This is a simple process that allows you to plug in your goal weight and then adjust the calculated caloric intake and weekly exercise hours. This will give a calculated goal date (when you should reach your goal weight). We highly suggest you take the opportunity to find out what it takes to achieve your weight loss goals and how long it should take...

Simply plug in your Goal Weight and press the "Create my Plan" button.




Welcome

Welcome to Online Fitness Log!

Hi Trevor,

Since this is your first time logging into Online Fitness Log, we wanted to personally welcome you and say 'Thanks!' for choosing Online Fitness Log for your health, exercise, and nutrition tracking needs.



Online Fitness Log has been designed to be very flexible in order to accommodate your particular style of recording your health and fitness data. If you have any questions about how to use any of the features in the application, please feel free to post to the message forums or send us an email directly through the contact page.

The Online Fitness Log application continues to grow based on community feedback. This application is built for you and our team relies on your input to make the site function in a manner that best meets your needs. In that spirit, please let us know if you have any requests or suggestions for improvements to the application. Your feedback is highly appreciated!

Congratulations on taking an important step to achieving an active lifestyle of health and fitness. Best of luck in reaching your goals!




Sincerely,




Online Fitness Log Team

With Online Fitness Log you have the ability to create your own weight loss plan. See how eating less, exercise more or some combination of both will help you achieve your weight loss goal. To create your plan, enter your goal weight and click on "Create my Plan".

lbs

This will take you to the “Weigh Loss Plan” page having a weight loss rate = 1 lb /week. However, as seen below, a user can adjust the Daily Calories and Weekly Exercise Hrs to modify their plan. The final plan shows a 1.5 lb/week weight loss rate. Once satisfied with your Goal, press the “Save Goal” button.

Current Weight	171 lbs	
Daily Calories	2400 kcal	-  +
Weekly Exercise Hrs	6.5 hrs	-  +
Goal Weight	165 lbs	-  +
Weekly Weight Loss Rate	1.0 lbs/week	
Goal Weight Date	May 20, 2009	

Current Weight	171 lbs	
Daily Calories	2400 kcal	-  +
Weekly Exercise Hrs	9.5 hrs	-  +
Goal Weight	160 lbs	-  +
Weekly Weight Loss Rate	1.5 lbs/week	
Goal Weight Date	May 29, 2009	

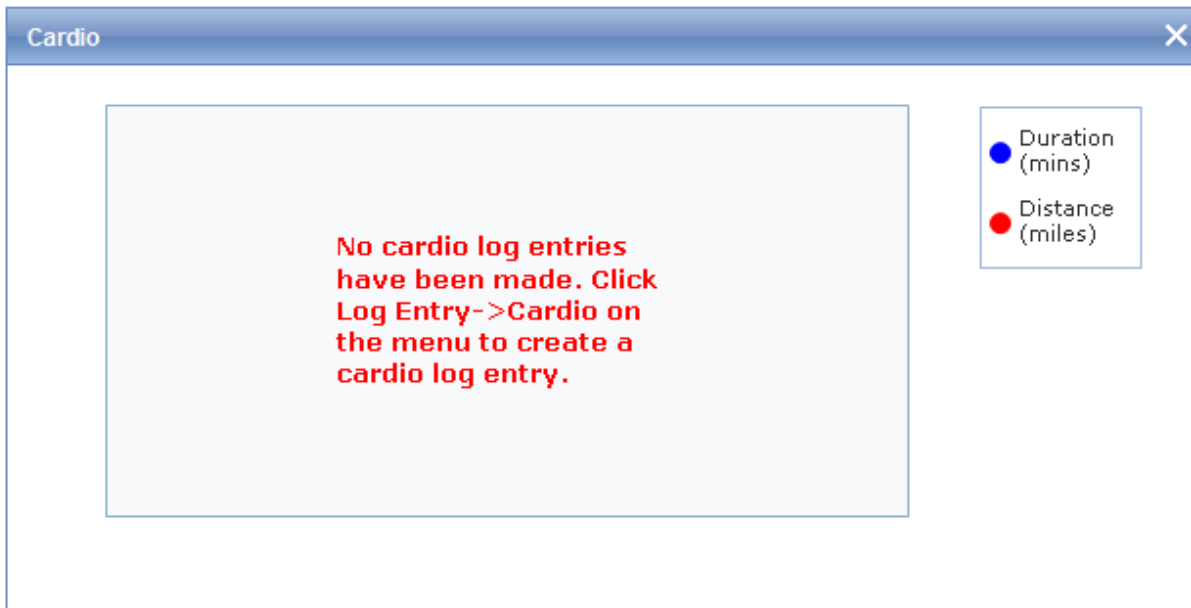
This should bring you to the “Home Page” with a summary of your Plan presented in the Weight graphic in the top left position.

You have created an account, setup your plan... Now what... All that is needed is to start tracking your activities and calories...

Cardio

No cardio log entries have been made. Click Log Entry->Cardio on the menu to create a cardio log entry.

- Duration (mins)
- Distance (miles)

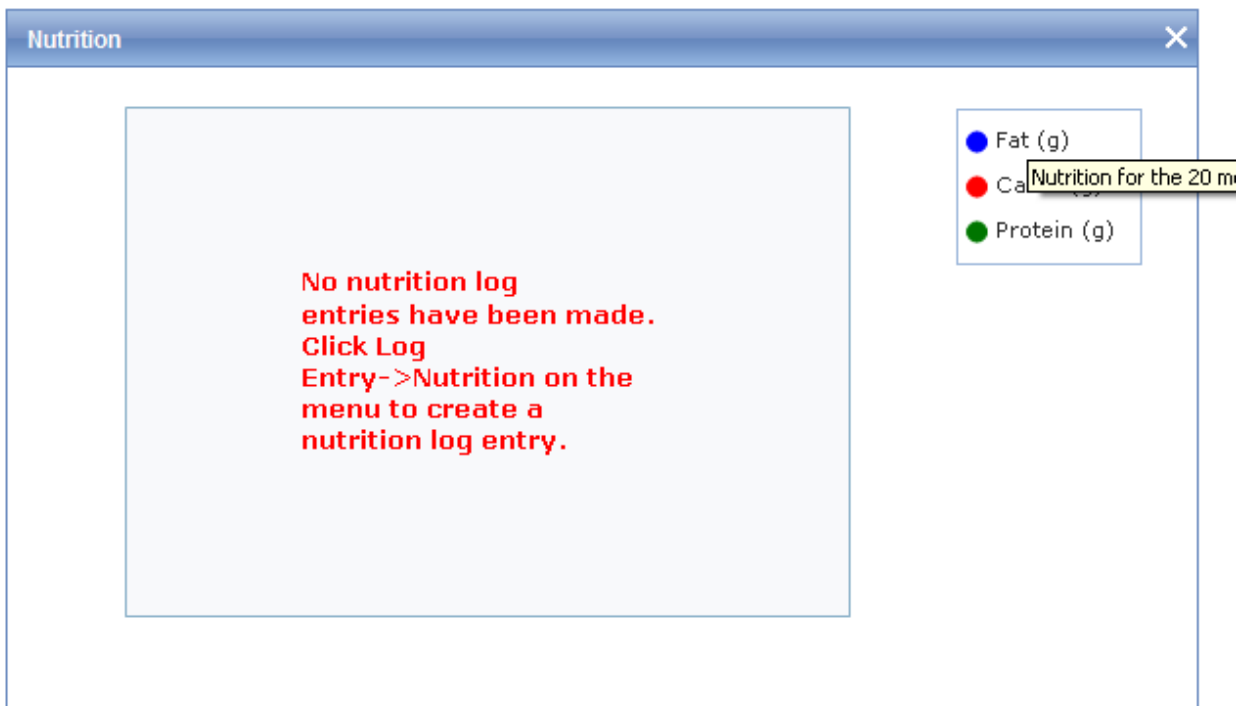


Nutrition

No nutrition log entries have been made. Click Log Entry->Nutrition on the menu to create a nutrition log entry.

- Fat (g)
- Calories
- Protein (g)

Nutrition for the 20 m



Weight Loss Goal:

Note: At any time you can revisit your Weight Loss Plan by selecting the Goals->Weight menu item. You can play around with the sliders and review different ways to achieve your goal. Nothing will be saved unless you select the "Save Goal" button.

If you make desired changes and want to update your plan, just select the "Save Goal" button and the updated information will be saved and reflected on the Home Page Weight graphic.



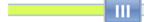


Trevor Stith
Wednesday, April 08, 2009

[Home](#) | [Contact](#) | [Logout](#)

Home	Calendar	Log Entry	Goals	Reports	Personalization	Forums	Account	Admin
------	----------	-----------	-------	---------	-----------------	--------	---------	-------

Create your personal plan to achieve your goal.

Revise your daily calories and weekly exercise hours to calculate when you will achieve your goal weight.

Current Weight	171 lbs	
Daily Calories	2400 kcal	-  +
Weekly Exercise Hrs	6.5 hrs	-  +
Goal Weight	165 lbs	-  +
Weekly Weight Loss Rate	1.0 lbs/week	
Goal Weight Date	May 20, 2009	

Log Entry Tab:

All of the logging is basically the same throughout Online Fitness Log. On the Log Entry page you will have the ability to log your Nutrition, Cardio, Strength, Metrics, Measurements and Notes.

We will present information and a screen shot of each tab:

Home My Plan Calendar **Log Entry** Reports Personalization Account

Wednesday, February 25, 2009

February 2009

S	M	T	W	T	F	S
5	23	24	25	26	27	28
6	1	2	3	4	5	6
7	8	9	10	11	12	13
8	15	16	17	18	19	20
9	22	23	24	25	26	27
10	1	2	3	4	5	6

Unit Converter

mi lb
 km kg 0.00 mi
 yd oz 0.00 km
 m g 0.00 yd
0.00 m

Copy/Move/Delete

Nutrition Measurements
 Cardio Notes
 Strength All
 Metrics

Copy/Move To:

Or Load Meal

Servings

Can't find your food in our database?
Try the search below.

NutritionData
know what you eat

Get an instant food analysis
from NutritionData.com

All food categories

Did You Know...
Up to 88% of the sodium in your diet
comes from packaged foods.
[Find out more >>](#)

Cardio:

Just like Nutrition, to initiate adding a Cardio entry click on the “Add an Exercise to this Cardio Log Entry” located just under the tabs as seen below:

Nutrition **Cardio** Strength Metrics Measurements Notes

[Add an Exercise to this Cardio Log Entry](#) Refresh

Exercise	Duration (hh:mm:ss)	Distance (mi)	Average Speed (mph)	Pace (min/mi)	Calories (kcal)
No records to display.					

Ready

Once there you can select an exercise by selecting the dropdown selection. The only two required fields are “Exercise” and “Duration”. All other fields are optional – but calories will be calculated if initially left blank. Repeat for every cardio entry for that day.

Nutrition **Cardio** Strength Metrics Measurements Notes

[Add an Exercise to this Cardio Log Entry](#) Refresh

Exercise	Duration (hh:mm:ss)	Distance (mi)	Average Speed (mph)	Pace (min/mi)	Calories (kcal)
No records to display.					

Ready

Exercise:

Duration (hh:mm:ss): : :

Distance (mi):

Maximum Speed (mph):

Average Heart Rate (bpm):

Maximum Heart Rate (bpm):

Steps:

METS (override):

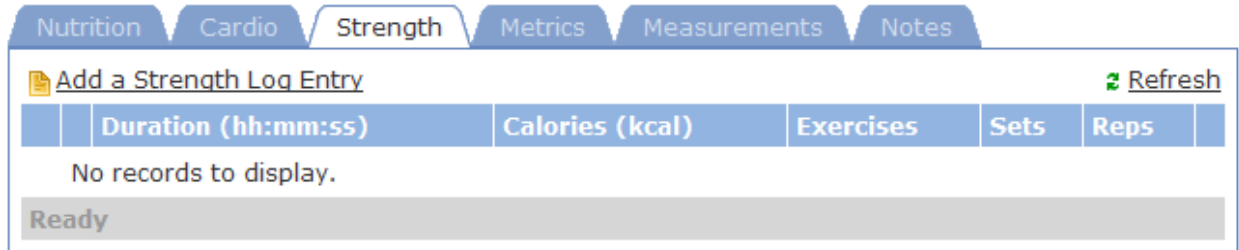
Calories (kcal):

Notes:



Custom Fields:

Strength:

Following the same design, to initiate adding a Strength entry click on the “Add a Strength Log Entry” located just under the tabs as seen below:



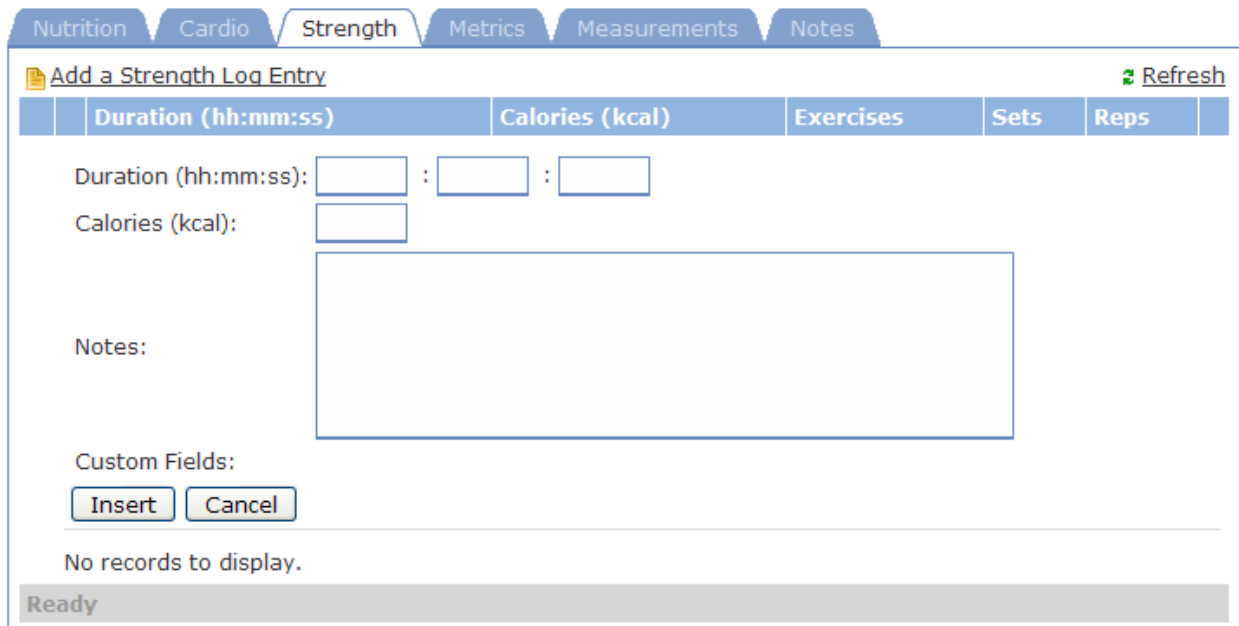
Nutrition Cardio **Strength** Metrics Measurements Notes

 [Add a Strength Log Entry](#)  [Refresh](#)



Duration (hh:mm:ss)	Calories (kcal)	Exercises	Sets	Reps
No records to display.				

Ready

The only required field on the Strength tab is Duration. Calories are optional and will be calculated if not inserted.



Nutrition Cardio **Strength** Metrics Measurements Notes

 [Add a Strength Log Entry](#)  [Refresh](#)

Duration (hh:mm:ss)	Calories (kcal)	Exercises	Sets	Reps
Duration (hh:mm:ss): <input type="text"/> : <input type="text"/> : <input type="text"/>	Calories (kcal): <input type="text"/>			
Notes: <div style="border: 1px solid #ccc; height: 80px; width: 100%;"></div>				
Custom Fields: <input type="button" value="Insert"/> <input type="button" value="Cancel"/>				

No records to display.

Ready

Metrics and Measurements:

These two tabs are slightly different since they are single updates per day (not multiple entries).
Examples for both Metric and Measurements are listed below (all are optional):

Nutrition Cardio Strength **Metrics** Measurements Notes

Resting Heart Rate bpm

Blood Pressure / mmHg

Hours of Sleep hrs

Body Weight lbs

Body Fat Percentage %

Notes

Save Metrics Cancel

Nutrition Cardio Strength Metrics **Measurements** Notes

Neck	<input type="text"/>	in	Shoulders	<input type="text"/>	in
Bicep (Left)	<input type="text"/>	in	Bicep (Right)	<input type="text"/>	in
Forearm (Left)	<input type="text"/>	in	Forearm (Right)	<input type="text"/>	in
Chest	<input type="text"/>	in	Waist	<input type="text"/>	in
Abdomen	<input type="text"/>	in	Hips	<input type="text"/>	in
Thigh (Left)	<input type="text"/>	in	Thigh (Right)	<input type="text"/>	in
Calf (Left)	<input type="text"/>	in	Calf (Right)	<input type="text"/>	in

Notes

Save Measurements Cancel

Home and Calendar:

Once you have logged several days of Nutrition, Exercise, and Weight Measurements data will begin to appear on your Home and Calendar pages. Samples having more than 10 days are shown below:



Sample Calendar: Selecting any graphic will take to the Log Entry page for that type. Selecting the icon on that looks like a Page with the Magnifying Glass (🔍) will take you a Daily Summary.



Daily Summary:

This is a detailed view of the daily activities that have been logged for a given day. Again found by selecting the Magnifying Glass (🔍) icon on the Calendar view.


Notice in the Metrics area that your **Body Mass Index (BMI)** is automatically calculated.

Also notice in the Calories area that your **Basal Metabolic Rate (BMR)** is added to your daily activities and compared against your Total Calories Consumed to give you a **Caloric Difference** for the day.


To proceed to different days, simply press the 'Next Day' or 'Previous Day' buttons or to select a specific day use the Calendar icon located just to the left of the day of the week.

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account	
------	---------	----------	-----------	---------	-----------------	---------	--

< Previous Day 📅 Monday, February 16, 2009 Next Day >

**Metrics**

Body Weight:	129.00 lb(s)
Body Mass Index (BMI):	22.7

**Cardio**


Total Cardio Exercises:	2
Total Cardio Duration:	1:00:00 hh:mm:ss
Total Cardio Calories:	313 kcal

Walking


Duration:	0:30:00 hh:mm:ss
Calories:	107 kcal

Elliptical Machine


Duration:	0:30:00 hh:mm:ss
Calories:	206 kcal

**Strength**


Total Strength Exercises:	0
Total Strength Duration:	0:15:00 hh:mm:ss
Total Strength Calories:	59 kcal

**Measurements**


No measurements were recorded for this date.

**Notes**

No notes were recorded for this date.

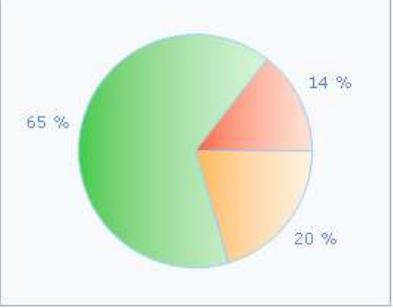
**Calories**

Basal Metabolic Rate (BMR):	1912 kcal
Total Cardio Calories:	313 kcal
Total Strength Calories:	59 kcal
Total Calories Expended:	2284 kcal
Total Calories Consumed:	1510 kcal
Calorie Difference:	-774 kcal

**Nutrition**

Total Foods:	6
Total Servings:	6.0
Total Calories:	1510 kcal
Total Fat:	58 g
Total Carbs:	185 g
Total Protein:	41 g

Fat, Carbs, and Protein



Fat	20 %
Carbs	65 %
Protein	14 %

Reports:

As seen below, all areas have a Reporting Feature: Metrics, Cardio, Strength, Nutrition and Measurements. All basically follow the same design: Summary and Detailed Views.

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account	
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Metrics Reports

[Metrics Summary](#)

Shows aggregate data including minimums, maximums, and averages for metrics log entries in a given date range.

[Metrics Detail](#)

Shows a detail grid of all metrics data in a given date range. Also shows a chart tied to the grid.



Nutrition Reports

[Nutrition Summary](#)

Shows aggregate data including minimums, maximums, and averages for nutrition log entries in a given date range.

[Nutrition Detail](#)

Shows a detail grid of all nutrition data in a given date range. Also shows a chart tied to the grid.



Cardio Reports

[Cardio Summary](#)

Shows aggregate data including minimums, maximums, and averages for cardio exercise log entries in a given date range.

[Cardio Detail](#)

Shows a detail grid of all cardio exercise data in a given date range. Also shows a chart tied to the grid.



Measurements Reports

[Measurements Summary](#)

Shows aggregate data including minimums, maximums, and averages for measurements log entries in a given date range.

[Measurements Detail](#)

Shows a detail grid of all measurements data in a given date range. Also shows a chart tied to the grid.



Strength Reports

[Strength Summary](#)

Shows aggregate data including minimums, maximums, and averages for strength exercise log entries in a given date range.

[Strength Detail](#)

Shows a detail grid of all strength exercise data in a given date range. Also shows a chart tied to the grid.

Summary Report:

Sample Report Cardio Summary View (can be adjusted by Date Range):

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account	
------	---------	----------	-----------	---------	-----------------	---------	--

Date Filters

Date Range
Last 30 days

Start Date
1/26/2009

End Date
2/25/2009

Cardio Summary Report

	Total	Average	Maximum	Minimum
Duration (hh:mm:ss)	30:19:00	1:47:00	3:30:00	0:30:00
Distance miles	300.08	17.65	60.00	0.00
Average Heart Rate (bpm)		0	0	0
Maximum Heart Rate (bpm)		0	0	0
Average Speed mph		8.97	19.00	0.00
Maximum Speed mph		0.00	0.00	0.00
Pace min/mi		9.86	28.63	0.00
Steps	0	0	0	0
Calories (kcal)	25140	1478	2800	396

Apply Reset

Detail Report:

The Detailed View gives the options for Field Selections, Chart Options, and Export features:

Home My Plan Calendar Log Entry Reports Personalization Account

Date Range

Date Range
Last 30 days

Start Date
1/26/2009

End Date
2/25/2009

Fields

- Exercise
- Duration
- Distance
- AHR
- MHR
- Avg Speed
- Max Speed
- Pace
- Steps
- Calories
- Notes

Apply Reset

Cardio Detail Report

Date	Exercise	Duration (hh:mm:ss)	Distance (miles)	Calories (kcal)	Notes
01/26/2009	Swimming	1:15:00	2.39	894	
01/26/2009	Running	1:00:00	7.00	1028	
01/27/2009	Cycling	0:30:00	9.00	400	
01/27/2009	Cycling	1:00:00	19.00	900	
01/28/2009	Running	1:00:00	7.00	1100	Hills and speed - 3 3:00 intervals at 10 or higher, 5 5:00 intervals at 10% incline or higher
01/29/2009	Cycling	1:00:00	19.00	700	
01/29/2009	Elliptical Machine	0:30:00		306	
01/30/2009	Swimming	1:05:00	2.27	759	
01/31/2009	Cycling	3:30:00	60.00	2800	
02/01/2009	Running	2:00:00	14.00	1450	

Reports Detailed View: Chart Options

Chart

Chart Size

Small Large

Chart Type

Spline Line

Show data labels

Get Chart Reset

Reports Detailed View: Export Features

Export

-  [Export to CSV \(.csv\)](#)
-  [Export to Excel \(.xls\)](#)
-  [Export to Word \(.doc\)](#)
-  [Export to Acrobat \(.pdf\)](#)

Personalization:

With Online Fitness Log there's no need to try and fit your fitness tracking needs into a one-size-fits-all solution. Create your own custom fields to track the data you want.

If you desire, Online Fitness Log allows you to your own custom Exercise Type, Meals, Workout, etc... Listed below are examples of creating a common meal and a favorite workout...

Example - Creating a Custom Meal:

In this example we are going to create a meal named "Common Lunch Meal". First start by select the Personalization Menu item and select "Meals":

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account
------	---------	----------	-----------	---------	-----------------	---------

[Add New Meal](#) [Refresh](#)

Meal	Servings	Calories (kcal)	Fat (g)	Carbs (g)	Protein (g)
No records to display.					

Ready

Select the "Add New Meal" link and put in the information for "Common Lunch Meal" and select Insert:

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account
------	---------	----------	-----------	---------	-----------------	---------

[Add New Meal](#) [Refresh](#)

Meal	Servings	Calories (kcal)	Fat (g)	Carbs (g)	Protein (g)
Meal:	<input type="text" value="Common Lunch Meal"/>				
Description:	<input type="text" value="Common Lunch Meal"/>				
Servings:	<input type="text" value="1.0"/>				
<input type="button" value="Insert"/> <input type="button" value="Cancel"/>					
No records to display.					

Ready

On the Meal List, select the + icon to add foods to the Common Lunch Meal:

Add New Meal Refresh							
	Meal	Servings	Calories (kcal)	Fat (g)	Carbs (g)	Protein (g)	
+	Common Lunch Meal	1.0					
Ready							

Select the “Add New Food to this Meal” link, and then add the food entries just like you do when logging food entries on a given day.

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account	
Add New Meal Refresh							
	Meal	Servings	Calories (kcal)	Fat (g)	Carbs (g)	Protein (g)	
-	Common Lunch Meal	1.0					
Add New Food to this Meal Refresh							
	Food	Serving Size	Servings	Calories (kcal)	Fat (g)	Carbs (g)	Protein (g)
Food:	Start typing to select a food <input type="text"/>						
Servings:	<input type="text"/>						
<input type="button" value="Insert"/> <input type="button" value="Cancel"/>							
	SaraLee Wheat Bread	2 slices	1.0	90	1	18	5
Ready							

After all food entries have been entered, the Common Lunch Meal can be used in your daily entries by using the Load this meal:

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account																																																	
Wednesday, February 25, 2009																																																							
<div style="display: flex; justify-content: space-between;"> February 2009 Navigation icons </div> <table border="1" style="width: 100%; text-align: center;"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td>5</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td></tr> <tr><td>6</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>8</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>9</td><td>22</td><td>23</td><td>24</td><td style="background-color: #e0ffe0;">25</td><td>26</td><td>27</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>							S	M	T	W	T	F	S	5	25	26	27	28	29	30	6	1	2	3	4	5	6	7	8	9	10	11	12	13	8	15	16	17	18	19	20	9	22	23	24	25	26	27							
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8	15	16	17	18	19	20																																																	
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Add a Food to this Nutrition Log Entry Refresh																																																							
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Or Load Meal <input type="text" value="Select a meal"/>																																																							
Servings <input type="text" value="Select a meal"/>																																																							
<input type="button" value="Load Meal"/> <div style="border: 1px solid #ccc; padding: 2px; margin-top: 5px;">Common Lunch Meal</div>																																																							

All food entries associated with “Common Lunch Meal” will be added to the Nutrition Log.

NOTE: All other Personalization items follow a similar pattern.

[Account Settings:](#)

To revise your Account Information, Change Password, or modify your preferences use the options under the Account menu item.

Account Information:

Please Note: Changing your Activity Level will change the calculation of your BMR

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account
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Account

Please modify your account information as necessary. If you need to modify your weight, please make a metrics entry [here](#).

Email


First Name

Last Name

Country ▼

State ▼

Time zone ▼

Birth Date 

Gender ▼

Unit Preference ▼

Height ft in

Weight [Change Weight](#)

Activity Level ▼

Change Password: Standard screen

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account
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Change Password

Old Password

New Password

Re-enter New Password

Account Preferences:

The default settings within Online Fitness Log have been carefully considered to display the most information in a user friendly format. However, we want you to be aware that there are additional options to show a Metrics chart that can display HR, Body Fat, Blood Pressure, etc as seen below.

Also there are additional information that can be displayed on the Cardio and Nutrition chart. Just select the features you want to see and press the "Save" button and your Home Page will reveal the information you have chosen.

Home	My Plan	Calendar	Log Entry	Reports	Personalization	Account
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Home Page Chart Preferences

<p>Columns</p> <p><input type="radio"/> 2 Columns Best for 1024 x 768 resolution and below</p> <p><input checked="" type="radio"/> 3 Columns Best for higher than 1024 x 768 resolution</p>	<p>Charts</p> <p><input type="checkbox"/> Show Metrics Chart</p> <p><input checked="" type="checkbox"/> Show Cardio Chart</p> <p><input checked="" type="checkbox"/> Show Nutrition Chart</p> <p><input checked="" type="checkbox"/> Show Calories In/Out Chart</p>	<p>Other</p> <p><input type="checkbox"/> Show Upcoming Goals</p> <p><input type="checkbox"/> Show Recent Forum Messages</p>
<p>Metrics Chart</p> <p><input checked="" type="checkbox"/> Show Resting Heart Rate (RHR)</p> <p><input checked="" type="checkbox"/> Show Sleep</p> <p><input checked="" type="checkbox"/> Show Systolic Blood Pressure (BPS)</p> <p><input checked="" type="checkbox"/> Show Diastolic Blood Pressure (BPD)</p> <p><input checked="" type="checkbox"/> Show Body Weight</p> <p><input checked="" type="checkbox"/> Show Body Fat</p>	<p>Cardio Chart</p> <p><input checked="" type="checkbox"/> Show Duration</p> <p><input checked="" type="checkbox"/> Show Distance</p> <p><input type="checkbox"/> Show Average Heart Rate (AHR)</p> <p><input type="checkbox"/> Show Maximum Heart Rate (MHR)</p> <p><input type="checkbox"/> Show Maximum Speed</p> <p><input type="checkbox"/> Show Average Speed</p> <p><input type="checkbox"/> Show Pace</p> <p><input type="checkbox"/> Show Steps</p>	<p>Nutrition Chart</p> <p><input checked="" type="checkbox"/> Show Total Fat</p> <p><input type="checkbox"/> Show Saturated Fat</p> <p><input type="checkbox"/> Show Trans Fat</p> <p><input type="checkbox"/> Show Polyunsaturated Fat</p> <p><input type="checkbox"/> Show Monounsaturated Fat</p> <p><input type="checkbox"/> Show Cholesterol</p> <p><input type="checkbox"/> Show Sodium</p> <p><input type="checkbox"/> Show Potassium</p> <p><input checked="" type="checkbox"/> Show Total Carbohydrate</p> <p><input type="checkbox"/> Show Dietary Fiber</p> <p><input type="checkbox"/> Show Sugars</p> <p><input checked="" type="checkbox"/> Show Total Protein</p>