



Now that you've reviewed the science behind weight control, nutrition, exercise and dietary supplements, it's time to learn how the dotFIT Me program works. In this section we'll cover the details behind creating and managing your client's programs. Remember, the only way to truly master the program is by applying the information in this course. Be sure to use the program regularly, just as your clients will be. The dotFIT home page is www.dotfit.com. Once you login, you can access your personal program or your trainer console options where you can add clients, manage their programs as well as access complete reference materials. Each time a new client is added, dotFIT will send them an email with their username and password.

Creating a new program is simple ([consumer video tutorial](#))– there are several questionnaires that take only a few minutes to complete. The program wizard will walk you through the process. On the Personal Statistics page, there are two key items: If you are a fitness professional working in either North Carolina or Ohio be sure to select “Yes” to the associated question if you will be personally working with the client. The Physicians Release parameters are specific to you in these states due to varying standards.

If you will be tracking your client's weight only, select “Weight Only.” Progress checks will occur every 7 days and you will be prompted to enter the client's scale weight. Feedback on how to stay on track will be provided. This feedback is based on changes in the client's total body weight only.

If you will be tracking your client's progress by using body fat percentage, select Weight and Body Fat. You will be prompted to enter the client's weight and body fat percentage every 14 days. The feedback is based on changes in pounds of fat if the goal is weight loss, and pounds of lean body mass, or muscle if the goal includes building muscle. Keep in mind, if you select weight and body fat; your client's body fat should be measured with the same device, at approximately the same time of day and by the same person. We recommend using skin-fold calipers due to their reliability and ease of use. If you're tracking weight only, the same scale should be used, at the same time of day and with similar clothing. This helps minimize weight fluctuations and any error in measurements.

The medical history questionnaire helps determine two things: 1) the health status of the client – either low, moderate or high risk and 2) dietary supplement recommendations. Only conditions that currently apply to the client should be selected. The physical activity readiness questionnaire is designed to assess whether exercise is appropriate for your client at this time. Clients should read and answer each question themselves.

The next set of questions helps determine their exercise experience, physical activity level and diet type. A lacto-ovo vegetarian consumes eggs, cheese and other dairy products while a vegan does not consume any animal products. The appropriate multi-vitamin will be recommended according to the diet type, activity level, gender, age and other factors.



The next step is setting the goal. If you selected to track “Weight only” and the goal is weight loss, enter a goal weight and the number of weeks to achieve the goal. The recommended weight loss rate is one to two pounds per week, but a faster rate may be set depending on the client’s starting weight. Heavier individuals can set a faster weight loss rate but the minimum calorie intake recommendation is 1000 calories per day. If the goal is weight or muscle gain, enter the amount of muscle the client wants to gain and the timeframe. The maximum rate is half a pound a week for males and a quarter of a pound a week for females. The amount a client actually gains depends on their experience, age, diet, resistance training workouts and other factors. Clients who have moderate or high health risk will not be able to proceed with the program until they complete the following steps:

- They print and sign one of two forms,
- They give the form to you to keep in your official club records, and
- You or a designated staff member gives them access to the program

There are two different forms the client can choose from - they can print and take a physician’s release form to their doctor to be completed and signed or they can choose not to see their physician and sign a waiver of physician permission. Clients with moderate or high health risk should be encouraged to see their physician. Either way, the form must be kept on file in your club records to be in compliance with safe weight control guidelines.

The final step in creating the client’s program is the Informed Consent. Each client should read this form in its entirety. To proceed, the client needs to check the box at the bottom, indicating he or she agrees with the terms of the program.

My Dashboard

The Dashboard contains the critical information your clients need to reach their goals ([consumer video tutorial](#)). Remember, to lose weight, you must create a calorie deficit, which means burning more calories than you consume. To gain weight, you need a calorie surplus which means eating more calories than you burn. The virtual body graph is a visual representation of 1) your calorie burn at any time of day, 2) your daily targets and 3) whether you’re on track to meet your goal that day **as long as you’re logging what you consume**.

The Calories Burned Daily Target is the number of calories you burn every day, on average. This was determined from your personal statistics and activity level. Calories Consumed is your daily calorie intake target to achieve your goal – this is the number of calories you should eat every day, on average. Your daily expected weight loss or weight gain when you hit your calorie intake target is also displayed in the Coaches Corner under Daily Goal.

So each time you log in, the “Burned” number changes to reflect the calories you’ve burned so far that day (represented by the flame icon). As you log food, you’ll see the number of calories you’ve consumed in relation to the calories you’ve burned which



means you'll know if you're gaining weight, losing weight, or maintaining. If the goal is weight loss – simply keep your calorie intake below your burn.

In the Coach's Corner you'll also see your daily goals and how much you're losing or gaining based on your food log. Under **My Progress** you will find a graph which displays your results ([consumer video tutorial](#)). You will also be able to view results since the last progress check as well as since the start of your program. If you log food you will also see a projected result based on that information. This area also provides access to the program summary, progress checks, measurements and questionnaires.

When it's time for a progress check, you will be prompted to enter either your weight only or both your weight and body fat depending on how the program was set up. You will then be presented with information and options to stay on track. For example, if your weekly goal is to lose 1 pound and your weight did not change, various options will appear. You can choose to learn why weight fluctuations occur, keep your program the same, increase your daily deficit, extend your goal date or start a new program. Once you make a selection, the Dashboard will update and you can compare your results to where you should be based on your goals.

The individualized feedback, food logging tool and the Dashboard are just a few of the many features that sets dotFIT apart from all other programs – as you log the calories you consume, you **see** the information you need to know to manage your weight and reach your goal – how many calories you have left to eat and the amount of weight you're expected to lose or gain that day. Remember, weight loss happens one day at a time - and if you can see your numbers, you can make minor adjustments to stay on track.

With the dotFIT Me program, logging food is fun, simple AND motivating ([consumer video tutorial](#)). Not only that, but research has shown that food logging improves weight loss success and maintenance. When people track what they eat, their awareness of the types and amounts of food they consume daily is enhanced and most people are surprised when they see the how many calories they take in daily and the calorie content in their favorite foods. Since weight control ultimately comes down to calories, logging food will become a vital learning experience and will help your clients make important decisions about what and how much to eat. Make sure you take the time to log the items you consume for at least week, so you become familiar with the process.

To get started, click the green Log Food icon. Type the item into the search field, locate it from the list and drag and drop it into the meal slot. You can adjust the time of the meal, the quantity and unit of measurement by clicking on the item. For items you consume frequently, make them a "Favorite" by clicking on the grey star next to the item. The star will turn purple indicating it was added to your list of Favorites. To deselect a Favorite, click on the star and it will turn grey. To create a meal you eat frequently, use the plate and utensil icon next to each meal slot. Each time you eat this meal, drag and drop it from your My Meals list. Once you have your list of Favorites and commonly consumed meals, food logging only takes a few minutes a day.



The dotFIT Me food database is powered by CalorieKing –the most extensive and widely used online food database. It contains over 50,000 items and hundreds of restaurants and brand names, plus – the database is continually updated with new items. If you can't find an item, you can quickly add it by using the My Food function. Once you're finished logging, click "Back to Dashboard" and the virtual body graph is updated. Your new food intake total and current calorie deficit or surplus appears. The amount of weight you can expect to lose is also displayed. As you can see, by using the dotFIT Me program, clients don't have to guess how to manage their weight – they can simply follow their numbers until they reach their goal.

There are several other features and functions under **My Nutrition** including several types of menus created by dietitians, the ability to customize menus, view detailed nutritional information on menus and your food log, set preferences and more.

My Activity Tracker contains the functionality for exerspy, the world's most complete activity and calorie tracking system ([consumer video tutorials](#)). With exerspy you can track precise energy expenditure by the minute, hour or day as well as physical activity, steps and sleep efficiency. This page also provides the ability to track steps and to maintain exercise logs with or without exerspy.

Personalized dietary supplement suggestions based on the client's exercise experience, diet type, goal, medical history, age, and sport are presented on the **My Supplements** page. Products are categorized as Highly Recommended, Goal Enhancing and Optional. Click on the item to get a detailed description, product facts, related articles, videos and reviews.

On the **My Exercise** page, you can create cardio, walking or resistance training programs. Resistance training programs are powered by the National Academy of Sports Medicine's Optimum Performance Training model and can be modified by deleting, adding or editing the sets, reps and intensity. You can watch a video of the exercise and choose either a male or female model. All programs can be printed for client use. The exercise calendar contains all the exercise programs you create. You can move the workouts around on the calendar and add or delete them using the mini calendar on the left.

The **Fitness Vault** contains several resources including videos, articles and frequently asked questions on weight loss, health, athletic performance, youth sports, women's health, senior health, disease prevention, general nutrition, supplements and more. Simply click on the area of interest to get started. For information you can't find, use the "Ask the Expert" function to contact a dotFIT expert.

As you can see, the dotFIT Me program is the total health and fitness resource combining the most effective tools and information your clients need to achieve and sustain success.

Trainer Resource ~ Mastering the dotFIT Me Program Application



dotFIT provides guidelines on how to effectively provide coaching sessions on this program. You can download sample session formats ([with Personal Training](#) / [without Personal Training](#)) but be sure to check with your facility for proper protocol.