

exerspy Activity Tracking System



CONNECT. DETECT. SUCCEED.

**WANT TO REACH YOUR
FITNESS GOALS FASTER?**

Don't guess about your success.
Track it with the exerspy. Monitor
your physical activity and caloric
burn to achieve your goals.



exerspy™



Your Fitness. Connected.

dotFIT™



ACTIVITY AND CALORIE TRACKING SYSTEM

It's a fact: the more you move, the more calories you burn. Activity is the key. exerspy gives you a true 360-degree view of your physical activity and caloric burn from 4 different physiological perspectives.

- Precise, real-time data guaranteed to maximize results
- Track your caloric expenditure by the minute
- View daily steps
- View physical activity—low, moderate, vigorous
- View your sleep efficiency
- Printable reports
- Set alerts based on your preferences



Connect. Detect. Succeed. Use it with the dotFIT Me program for the world's most complete fitness system ever developed — personalized for your lifestyle.



SEE A STAFF MEMBER FOR MORE INFORMATION



exerspy Activity Tracking System



Welcome Richard Stewart | My Account | Logout | View Cart



MY DASHBOARD

ACTIVITY TRACKER

MY NUTRITION

MY SUPPLEMENTS

MY EXERCISE

Fitness Vault

dotFIT STORE

Select Date: 3/17/2010 01

CALORIES CONSUMED

DAILY TARGET	2341
LEFT TO EAT	488
CONSUMED	1853

LOG FOOD
Last log: 3.17.2010 | 4:21pm



CALORIES BURNED

2841	DAILY TARGET
623	LEFT TO BURN
2218	BURNED

EXERSPY
Last sync: 3.17.2010 | 6:18pm

COACH'S CORNER

DAILY GOAL ↓ -0.14 lbs of weight
⊖ 500 Calorie Deficit

Current Daily Progress:

Based on the logged food, your current calorie deficit is 365.

Feedback

According to your weight/measurement change since the beginning of this program, you lost 2 lb(s) of weight, therefore you consumed an average of 438 fewer calories per day than you burned during this period. Your goal was to lose 2.3 lb(s). Keep in mind, body weight can vary based on rate/amounts of muscle/fluid gains or losses.

You chose to keep the program the same.

Progress check is in 7 days.

MY PROGRESS

PROGRESS CHART | MEASUREMENT LOG | PROGRESS CHECK | MY INFO | CREATE A NEW PROGRAM

GOAL: Lose Weight	HERE IS WHERE YOU ARE.	WHERE YOU SHOULD BE.
Start date: 3/1/2010 End date: 6/7/2010 14 Weeks Start weight: 244 lbs Goal weight: 230 lbs Lose 14 lbs	↓ -2 lbs of weight 170 calories logged per day on avg.	↓ -2.3 lbs of weight 2341 calorie intake target per day on avg.

exerspy Activity Tracking System



Select Date: 3/17/2010 01

CALORIES CONSUMED

DAILY TARGET	2341
LEFT TO EAT	2004
CONSUMED	337



CALORIES BURNED

2841	DAILY TARGET
1776	LEFT TO BURN
1065	BURNED

9:00 AM

LOG FOOD

Last log: 3.17.2010 | 7:00am

EXERSPY

Last sync: 3.2.2010 | 10:01am

Select Date: 3/17/2010 01

CALORIES CONSUMED

DAILY TARGET	2341
LEFT TO EAT	1374
CONSUMED	967



CALORIES BURNED

2841	DAILY TARGET
1257	LEFT TO BURN
1584	BURNED

1:00 PM

LOG FOOD

Last log: 3.17.2010 | 11:23am

EXERSPY

Last sync: 3.2.2010 | 10:01am

Select Date: 3/17/2010 01

CALORIES CONSUMED

DAILY TARGET	2341
LEFT TO EAT	488
CONSUMED	1853



CALORIES BURNED

2841	DAILY TARGET
669	LEFT TO BURN
2172	BURNED

6:00 PM

LOG FOOD

Last log: 3.17.2010 | 4:21pm

EXERSPY

Last sync: 3.2.2010 | 10:01am

Select Date: 3/17/2010 01

CALORIES CONSUMED

DAILY TARGET	2341
LEFT TO EAT	488
CONSUMED	1853



CALORIES BURNED

2841	DAILY TARGET
623	LEFT TO BURN
2218	BURNED

6:00 PM
EXERSPY

LOG FOOD

Last log: 3.17.2010 | 4:21pm

EXERSPY

Last sync: 3.17.2010 | 6:18pm






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My Activity Tracker

-  exerspy Data
-  exerspy Targets & Settings
-  Step Tracker

exerspy Data



Connect exerspy



Click here to upload data from your exerspy.



Select data range

Start Date: 2/26/2010 15

End Date: 2/26/2010 15

Edit Off-body Data

My Calories Burned

Target
2943 Calories

Actual
3375 Calories



Calories Burned Per Hour

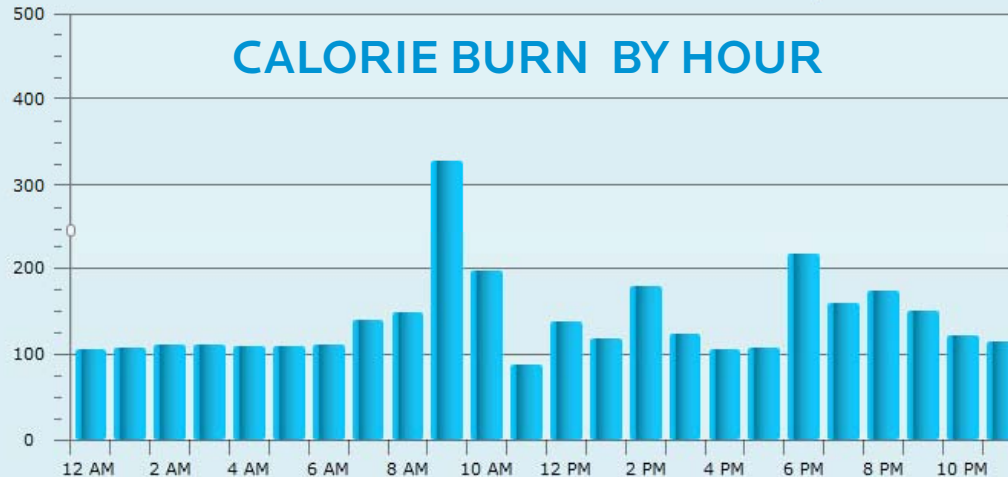
Zoom In Zoom Out

From: 2/26/10 12:00 AM

To: 2/27/10 12:00 AM

Calories: 3375.3

Avg Mets: 3.57



Physical Activity

Target
0:30 (HRS:MINS)

Actual
1:17 (HRS:MINS)



Sleep Time

Target
8:00 (HRS:MINS)

Actual
7:54 (HRS:MINS)



Number of Steps




Target
10000 Steps

Actual
8508 Steps






My Activity Tracker


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-  Step Tracker

exerspy Data

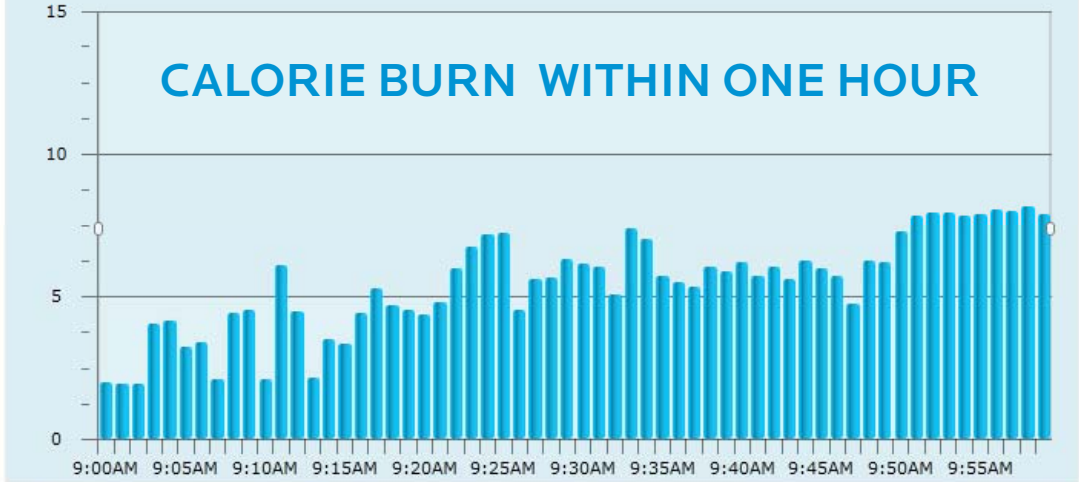


Connect exerspy  Click here to upload data from your exerspy. 

Select data range ▼ Start Date: 2/26/2010  End Date: 2/26/2010  [Edit Off-body Data](#)

My Calories Burned Target **2943** Calories Actual **3375** Calories 




Calories Burned Per Hour [Zoom In](#) [Zoom Out](#)
 From: 2/26/10 09:00 AM To: 2/26/10 10:00 AM Calories: 327.87 Avg Mets: 3.02



Physical Activity	Target 0:30 (HRS:MINS)	Actual 1:17 (HRS:MINS)	
Sleep Time	Target 8:00 (HRS:MINS)	Actual 7:54 (HRS:MINS)	
Number of Steps	Target 10000 Steps	Actual 8508 Steps	



My Activity Tracker


-  exerspy Data
-  exerspy Targets & Settings
-  Step Tracker

exerspy Data



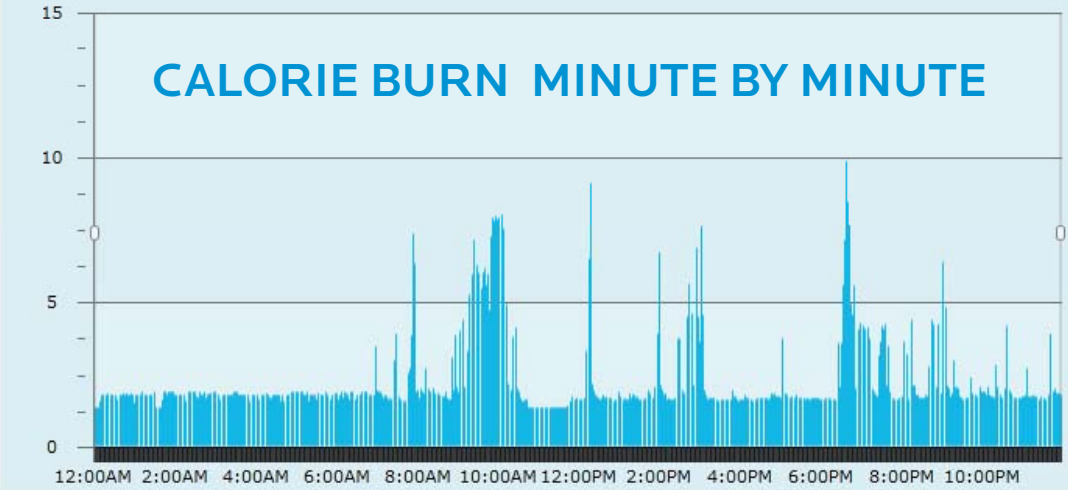
Connect exerspy 
Click here to upload data from your exerspy. 

Select data range Start Date: 2/26/2010  End Date: 2/26/2010  Edit Off-body Data

My Calories Burned
Target 2943 Calories
Actual 3375 Calories


Calories Burned Per Hour Zoom In Zoom Out

From: 2/26/10 12:00 AM To: 2/27/10 12:00 AM Calories: 3375.3 Avg Mets: 1.31



> Physical Activity	Target 0:30 (HRS:MINS)	Actual 1:17 (HRS:MINS)	
> Sleep Time	Target 8:00 (HRS:MINS)	Actual 7:54 (HRS:MINS)	
> Number of Steps	Target 10000 Steps	Actual 8508 Steps	



exerspy Activity Tracking System



Nutrition Center

- Food Log
- Reference Menus
- Saved Menus
- Preferences

February 2010

S	M	T	W	T	F	S
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6
7	8	9	10	11	12	13

Log Food

Summary

Detailed View

Time	Food Items	Calories
Breakfast		
7:00 AM	Chicken Egg, whole, hard-boiled	39
7:00 AM	dotBAR Iced Oatmeal Blueberry	220
7:00 AM	Banana	72
7:00 AM	dotFIT ActiveMV - Multivitamin & Mineral Formula	0
Morning Snack		
10:00 AM	dotSTICK Iced Lemon Vanilla Cream	380
Lunch		
1:00 PM	Ultimo, Charbroiled Chicken, without tortilla chips	880
Afternoon Snack		
5:00 PM	dotSTICK Iced Lemon Vanilla Cream	190
Dinner		
7:00 PM	Edamame	85
7:00 PM	Sushi, Caterpillar Roll	380
7:00 PM	Sashimi	264

Recommended Calorie Intake: 2341



Total Calorie Intake:

2510 Cal

Legend

- Proteins
- Carbs
- Total Fat



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