

October 2023

Version 2.0

Welcome to Tummy Tamer, the Food Diary and Symptom Tracking app. Tummy Tamer is meant to be userfriendly and easy to use, but this User Guide will give an in-depth walkthrough of the app and its features for those that would benefit from it. This User Guide is designed for clients who may have little to no experience in iPhone/iPad/Android navigation.

We have also created a one-page <u>onboarding checklist</u> for clients who are familiar with iPhone/iPad/Android navigation and who may not need additional assistance. The checklist also provides the specific page number to review additional information if needed.

To assist you in navigating to areas of your interest, a Table of Contents is listed below:

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1 WHAT IS TUMMY TAMER?

Tummy Tamer is meant to help you uncover food sensitivities and triggers by making two things easy for you:

- 1) Entering your food, drink, and daily metrics.
- 2) Viewing historical data and charts to find trends and patterns.

Whether you're using the app your yourself to keep track of the effects of a new food plan (elimination, keto, carnivore, gluten-free, etc.), or you're using it to track symptoms of someone else (such as a child or nursing baby), Tummy Tamer is versatile enough for all your needs.

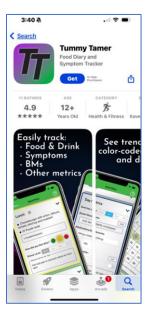
2 DOWNLOADING TUMMY TAMER

Tummy Tamer is available on both iOS (via the App Store) and Android (via the Google Play store). The following instructions are for Apple Products. Android users can follow instructions from their Android devices to download Tummy Tamer from the Google Play Store.

1. Find your "App Store" icon. You may also swipe down on your home screen to activate the search tab, and search for "App Store."



2. Once you are in the App Store, search for Tummy Tamer. (You may have to enter your Apple password to access the App Store).



3 FREE VERSION AND PRO VERSION

Tummy Tamer is free to download and provides basic features for free. There is a Pro tier that unlocks additional features. The free version of Tummy Tamer allows you to see how easily you can update your meals using the microphone or typing. There are touch icons to update feelings or stress, and a notes field to add more information. There is a daily metric section to allow you to track exercise, bowel movements, medication changes, etc. *All entries are optional* and are tied to a calendar where you can quickly determine trends or identify problems.

The Pro version (a few dollars for three months) provides additional powerful features:

- 1. If you are working with a nutritionist, trainer or other health professional, you can create and email date-range reports of your daily food/health entries for their analysis. This will allow your health professional to hone in on your food sensitivities/exercise and tailor tasks and goals to meet your specific needs.
- 2. You can also add up to 10 custom metrics to track your specific nutrition, wellness or exercise goals. You and your health professional can work together to create these metrics, which can be modified or deleted as your needs change.
- 3. The Pro version allows you to synch your Tummy Tamer to multiple devices (such as an iPad AND an iPhone). For example, if you usually prefer to use an iPad, it is also very helpful to be able to update your lunch meal on your iPhone and have synchronized Tummy Tamer data at your fingertips.

4 INTRODUCTION TO THIS USER GUIDE

The screenshots in this user guide are from an iPad, but the functionality and layout will be the same for whichever platform you are using (iOS or Android).

We have created test scenarios (and instructions) to describe how you can configure your version of Tummy Tamer. Please note, the "data" that is in the scenarios was inserted using the microphone feature—**no real need to type!** It's very easy to update your meals once you are familiar with Tummy Tamer's features and navigation.

In our market research, we realized a number of people may not be familiar with microphone (mic), and other data entry features on their devices. We have included a separate section at the end of this user guide (*Deep Dive*), to provide additional instructions if needed.

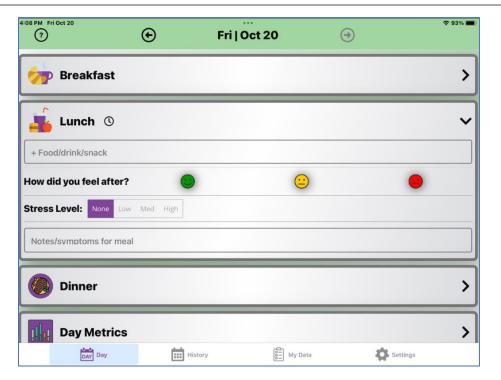
The Deep Dive section lists specific steps:

- 1. How to send PDF reports of your meals/activities to your health professional
- 2. How to take advantage of Daily Metrics and Custom Daily Metrics to meet your specific needs

Even if you are a power user, a brief review of the Deep Dive section may give you additional hints to allow you to take full advantage of Tummy Tamer.

Let's get started.

5 THE "DAY" TAB



Tummy Tamer defaults to today's meal update, on today's date.

We will discuss **History**, **My Data** and **Settings** screens later in this document.

6 THE "MEAL DIARY" SECTION (BREAKFAST EXAMPLE)

The breakfast screen is shown below: You can touch the icons (circled below) to update feelings and stress.

- **Icon status** also can be changed at any time. For example, Tummy Tamer allows you to track how you feel after breakfast (e.g., the green smiley face). If you start feeling bad, you can come back to breakfast, change the icon color and dictate your symptoms, and the color changes appear on the report and calendars.
- There is also a "**stress level**" indicator (which defaults to "none"). If you select a stress level, it will appear on the report.
- The "(?)" icon (upper left), is "activate help text." The screen on the next page shows embedded help text instructions within the page. Help text is available throughout the Tummy Tamer app.

4:09.PM Eri Oct 20	\odot	Fri Oct 20	(•	? 93% —
breakfast	t ()				~
+ Food/drink/snack					
How did you feel aft	ter?		<u>.</u>		
Stress Level: None	Low Med High				
Notes/symptoms for	meal				
Lunch ©)				~
+ Food/drink/snack					
How did you feel aft	ter?		\bigcirc	•	
Stress Level: None	Low Med High				
Day Day	Hit	story	My Data	Settings	

View with help text (?) activated.

4:09 PM Fri Oct 20		***		? 93% 🗖
0	Ð	Fri Oct 20	\bigcirc	
Welcome to Tummy Tame History tab, as well as any		u'll input your data for each me he My Data tab.	al and metrics for the day.	All data will show up in the
breakfas	st ()			~
Use whatever eating sc. using the clock icon (op		ou want. Put your info in which	ever meal makes sense to	you. Set the meal time
+ Food/drink/snack				
Enter foods and drinks	for this meal. Be as gene	eric or specific as you want. Put	snacks with the closest m	neal.
How did you feel a	fter?		<u></u>	
	neal made you feel (you u can use it to track othe	can also fill it in later). It's inte er symptoms.	nded to track how your sto	omach/gut felt, but is
Stress Level: None	Low Med High			
How stressed were you	during this part of the o	lay? Stress has a big impact on	gut health.)
Notes/symptoms for	or meal			
You can keep whatever History tab.	notes you want to for th	e day. They are included in any	generated reports, and se	earchable in the
DAY Day		History	y Data	Settings

7 UPDATING MEALS AND NOTES

Reviewer Note:

In our market research, we found a number of food trackers require you to select food- *one item at a time*within a structured database, (*which is very time consuming*). Tummy Tamer was designed to focus on creating the **easiest** way for you to update your <u>exact foods</u> into your meals, using the mic (or typing). Why?

You don't have *the time* to put in *everything*--one at a time, but health professionals need to know <u>the **details**</u> of what you eat to provide you the best direction. Being able to dictate the entire meal allows you to add important information that is <u>critical</u> for your health professional.

- a. For example, "Coffee, bacon, eggs and toast" *is* **NOT the same as**, "Coffee with crème and two tsp sugar, two slices bacon, two eggs (fried in the bacon fat), toast with butter and jam."
- b. The sugar, salt and fat content in the first example are <u>missing</u>, which may be the source of your brain fog, stomach issues and cravings.

For clients who are familiar with Apple mic and text update features, we have provided instructions in the section below.

In addition, our market research indicates that a large number of Apple customers are *not* familiar with using the Apple mic and text navigation features. We have provided specific examples on how iPad/iPhone mic/text navigation works in the next sections. Customers familiar with these products can review this section quickly.

Note: Tummy Tamer screens (and logic) are identical for both iPhone and iPad, --*with the exception* of how Apple uses mic technology. These slight differences have been documented for you in this User Guide section, 7.1 and 7.2.

7.1 Using Apple mic and text features on the iPhone

iPhones have a single (combined screen) to use the mic or typing updates, as shown below.

⑦ (Ð	Fri	Oct 20))))
+ Food/drin			st ()			~
How did y Stress Lev Notes/sy	vel:	None	Low	Med	High	
					Do	
						one
I			The		l'm	one
I QWI	E	२ Т		U 1		P
		२ Т			0	
QWI	D	२ Т	Y G H	J	0	Р
Q W I A S	D	R T F C	Y G H	J	і О К	P L (X)

1. When you touch a meal or note box, the combined screen will appear (shown above).

4:15) ?	•	Fri	Oct	1 20		≎ 	
+ Food/dr	Bre		ast	0			~
How did	you fe	el af	ter?	0	(
Stress Le					led	High	
Notes/s	ympt	oms f	or me	eal	_	_	
						<u> </u>	Done
Q W	EI	R 1	r	r l	J I	0	P
AS	D	F	G	Η	J	к	L
★ Z	x	С	v	в	N	м	\otimes
123		,	space	,		ret	turn
					-		9

To dictate, touch the mic icon on the bottom right, (shown above) and then touch the area where you want to dictate. The mic icon appears in the box where you touched, and you can dictate your meal and touch "Done."

4:	16 🖄	ł				н	?	
?	(Ð	Fri	Oct	t 20	0)	
	d/drin	Brea k/snac s of ba	k		0			~
How	lid y	ou fe	el af	ter?	0	(
Stres	s Lev	vel:	None	Lo	w N	/ed	High	
Note	es/sy	/mpto	oms f	or me	eal			
							1	Done
u,	e"			egg			egg	5
qv	/ 6	e 1		t J	/ •	J	io	p
а	s	d	f	g	h	j	k	I
↔	z	x	C	v	b	n	m	\otimes
123				space	•		re	turn
								Ŷ

- If you prefer to type your meal, when you start typing, the middle (type screen) section activates, (shown above). It will "guess" what you are typing, so you don't always have to type the whole word, just type and "select the correct word" until you are finished, and then touch "Done."
 - a. **Note:** When I typed bacon, the iPhone "guessed" the next word might be eggs. You can touch "eggs" and it will update the text.

2. If you are not using an iPad, you can skip Section 7.2 and review Section 7.3 *Editing Meals/Notes* to get additional information on how to update/modify/delete meals and notes.

7.2 USING APPLE MIC AND TEXT ON THE IPAD

1. Touch a text box to start dictation. You will want to be in the Apple touch *keyboard touch update* mode (shown below).

4:40 PM Fri O	et 20	(Ð	Fr	i Oct 2	D	€			중 88% ■
	Breakfa	st 🕓								~
+ Food/drin	k/snack —									
How did	you feel a	after?							•	
			1							Done
50	٩		1		The		l'm			
1 Q	2 W	з Е	4 R	5 T	6 Y	7 U	8	9 0	° P	\otimes
@ A	# S	s D	° ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■ ■	Ğ	(H) J	, K	". L		return
	% Z	X	÷ C	- V	/ B	; N	: M	! ,	?	•
.?123		Ŷ						.?123	3	Û

1. In this mode, when you touch the text box, the mic will activate, and you will see the update field using the "mic voice activated option" (shown below).

4:42 PM Fri Oct 20	-	•••	~	* = 🗢 87% 🔳
()	Œ	Fri Oct 20	(\rightarrow)	
Breakfast (J			~
- + Food/drink/snack				
	ar easy fried in aver	cado oil, gluten-free toast with butter	and 1 teaspoon of iam or	offee with cream. X
Two sinces of bacon, eggs, ove	er easy med mavod	cado oli, giuten-free toast with butter	and i teaspoon of jam, co	inee with cream.
How did you feel after?)	8
Stress Level: None Low	w Med High			
				Done
			•••••••••••••••••••••••••••••••••••••••	

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- 2. When you see the mic icon on the text box you touched, simply dictate your breakfast, and when you are finished, touch "Done." Your meal will be saved and Apple will go back to the keyboard touch update option shown above.
 - a. **Note;** Apple on the iPad has <u>two update screens</u>; the *keyboard touch update* (shown above) and the *text select update* screens, (shown below) and they both have slightly different properties.
 - b. Apple <u>usually</u> defaults to the *keyboard touch update* screen (shown above). On occasion, (if you use a Bluetooth keyboard and press the Enter key), it may revert to *the text select update* screen, (shown below).
 - i. Apple has not yet repaired the mic feature on the text select update screen, and you will need to go back to the <u>keyboard touch update</u> screen if you want to use the mic (recommended).

c. To return to the *keyboard touch update screen,* simply touch the keyboard (circled) on the bottom left, select "show keyboard" and you will be back in *keyboard touch update* mode.

5:14 PM Fri Oct 20	¢	Fri Oc	t 20	(\rightarrow)	중 83% ■
breakfast					~
 Lemon water, two sli 		, eggs over eas	v fried in avoca	ado oil aluten	-free toast with
butter and 1 teaspoo				die en, graten	
+ Food/drink/shack					
How did you feel after?	6		$\overline{\mathbf{\cdot}}$		
					-
Stress Level: None Low	Med High				
Notes/symptoms for mea	I				
Lunch ©					~
+ Food/drink/snack					
How did you feel after?	(<u></u>		
-			<u> </u>		Done
		The	'	′m ⊉	
C				T	

7.3 EDITING MEALS/NOTES ON THE IPAD AND IPHONE

Now that you are familiar with navigating to *keyboard touch* and *text select* options, it's easy to edit your meals and notes.

Editing: Touching a completed meal or note text on the screen will bring up "Edit Food" mode, (shown below) where you can add/modify/delete items. You can either dictate or type edits.

4:44 PM Fri Oct 20		•••		? 87% 🔳
(7)	\odot	Fri Oct 20	(→	
-				
breakfas	st 🕓			\sim
		easy fried in avocado oil, glu	uten-free toast with	butter and 1
teaspoon of jar	n, coffee with crea	am.		
1				
		Edit Food		
F + Food/drink/snack	egg's			
Lemon water, two slices	s of bacon, eggs over eas	y fried in avocado oil, gluten-free toasi	t with butter and 1 teaspoon	of jam, coffee with
cream.				
]
		Delete Done		
12				
Lunch (J)			~
+ Food/drink/snack				
				Done
	eggs"	900	eggplant 🔮	
	eggs	egg	eggpiant 👳	

The original dictated text was pretty close-- but in this example, I want to add a new item, "Lemon water" and remove a comma. When complete, press the purple Done. The completed breakfast entry is shown below: You can also add snacks later, (put snacks with whatever meal they are closest to).

3 PM Fri Oct 20	A	Eril	 Oct 20	9	중 849
0	G	FUL	00120	G	
ᅏ Breakfast	0				
• Lomon water tw	aliana of ha		any fried in aver	ada ail alutan f	ires togst with
 Lemon water, two butter and 1 teas 				ado oli, giuteri-i	ree toast with
+ Food/drink/snack					
	-		0		•
ow did you feel afte	er?	U			6
tress Level: None	Low Med Hi	ap			
a cas Level. None	Low Med Th				
Notes/symptoms for meal ———					
t's important for you to kno					
rends. Most people do not		otoms for each meal – ι	nless they have to come	back and update be	cause there was a
problem or reaction to a me	eal or snack.				
•					
Lunch 🕓					
+ Food/drink/snack					
		-	<u> </u>		
					-
					Do
	B	ut T	'he ∣ T	his 🌵	Do

8 DAY METRICS

Day Metrics help you summarize daily areas that may affect your gut health: bowel movements, medication/supplement changes that affect your body etc. Everything is OPTIONAL, so you don't have to enter it unless it's important to you. The example below has sample (optional) data included.

~	0	and the second second second second second second	0	
(7)	Œ	Fri Oct 20	(\Rightarrow)	
🚺 👖 Day Met	rics			~
xercise Level:		None Low Med	High	
	e used to describe whatev section for further inform	er you wish. A number of athletes cor ation.	nbine custom metrics for spec	ific exercise goals
Sowel Movements	5:			Add
		and a second and a second s		
5:36 PM If you are ha	ving issues with gut or bo	wel movements, this is where you wo	uld track your daily changes.	
5:36 PM If you are ha	ving issues with gut or bo	wel movements, this is where you wo	uld track your daily changes.	
		wel movements, this is where you wo	uid track your daily changes.	
Medications/Supp	plements:	wel movements, this is where you wo		our treatment.
Medications/Supp	plements:			
Aedications/Supp	plements:			
Medications/Supp	plements:			
Medications/Supp This is optional, but r Weight: Calendar Marker:	plements: hutritionists may want to u		s or supplements as part of yo	Add
Medications/Supp This is optional, but r Neight: Calendar Marker: Use the Calendar marke calendar.	plements: hutritionists may want to u	se this to track changes to your med	s or supplements as part of yo	Add
Medications/Supp This is optional, but r Neight: Calendar Marker: Use the Calendar marke	plements: hutritionists may want to u	se this to track changes to your med	s or supplements as part of yo	Add

Note: Using day metrics and custom metrics, you can track a number of areas important to you, or leave them blank if they are not important. Sample information is included in the screen above. Please remember to touch the Help version (?) on a screen if you aren't sure whether you want or need to use a particular feature, (shown below).

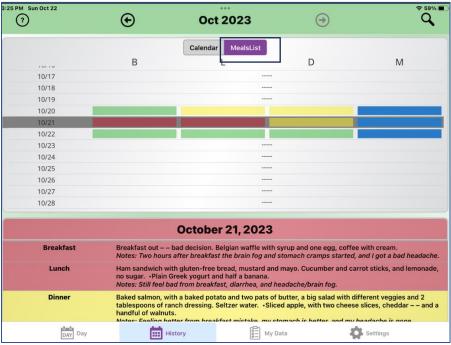
0	٠	Fri Oc	ct 20	\bigcirc	~ ////
Weight:					Add
Hint: your previously-entered	ed weight will be o	carried forward for a r	new day.		
Calendar Marker:					
Use the Calendar marker to to calendar.	ack significant cha	nges, such as starting a	gluten-free diet or	a change in medicatio	on. It will appear on the
Putting a note here will man diet or habits. Examples: 'St					ure effect of changes in
On Period?					
Track your monthly cycle to	see any correlati	on with gut health.			
Day Notes					
Use day notes for anything yo	ou wish to track. All	texts will be included in	n reports and is als	o searchable from the	history tab.
Put anything here that perta	ains to the day. Al	l text will be included	in reports and is s	searchable from the	History tab.
Custom Day Metrics					
		metric categories y	et. You can add t	hem in Settings.	
Track any custom metrics y	ou'd like (Pro opti	ion). These can be set	t in the Settings s	creen.	
Enter mod info and m DAY Day	atriaa far tha	History	My Data		Settings

9 THE "HISTORY" TAB

History allows you to go back to a previous day (or days) to update meals if you were not able to update meals on a particular day. It also helps show trends (and problems you may have had over the month). Example of a "bad day" (Calendar view) is shown below. On the calendar view, it shows you the "worst" color selected for a meal. Touching the "Meals List" tab shows the <u>exact meal</u> that had the problem.

The "Meals List" history shows details (by meal) where you can easily see specific problem meals.

)	•	∍ _	Oct 2023	(€	\$ 609 Q
			Calendar <mark>M</mark> ealsList			
s	м	т	w	т	F	s
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
29	30	31	1	2	3	4
Oct 20: Started	transition to gluten	• Calend free and low sugar of		n Period		
Oct 20: Started Breakfa	ist Brea	free and low sugar o	diet. tober 21, 202 ecision. Belgian waffle	23 with syrup and one		
	ist Brea Not Han nos	free and low sugar of CC akfast out – – bad de es: Two hours after in n sandwich with glut sugarPlain Greek y	tober 21, 202	23 with syrup and one g and stomach cran rd and mayo. Cucur na.	nps started, and I go mber and carrot stick	t a bad headach
Breakfa	ist Bree Not Han no s Not r Bak tabl	free and low sugar of control of the second	diet. tober 21, 202 cision. Belgian waffle breakfast the brain fog en-free bread, mustar rogurt and half a bana	23 with syrup and one g and stomach cran rd and mayo. Cucur na. and headache/brai ats of butter, a big e •Sliced apple, with	mps started, and I go mber and carrot stick in fog. salad with different y n two cheese slices, o	t a bad headach ks, and lemonad yeggies and 2 cheddar – – and



10 THE "ΜΥ DATA" TAB

My Data is the area where you will generate reports (a Pro feature). You can filter for dates, and insert twoweek check-in data (if you are working with a nutritionist who tracks your issues and symptoms).

55 PM Sat Oct 21	М	y Data	२ 90% ■
	RE	PORTS	
Generate a PDF report wi	th all food history, daily metrics, a	nd symptom check-ins. You can	save the report or share via email.
Dates:	Oct 20, 2023 Report will cont	to Oct 21, 2023 <i>Join 1 of 1 days with data.</i>	
Symptoms: Include symptom check-ins			
Optional:	The following fields are optic	onal and only appear on your re	eport.
Your name			Age
		ntereport	
	unlocked in	the Settings screen.	
	Vie	ew Sample	
	SYMPTO	M CHECK-INS	
DAY Day	History	My Data	Settings

At the bottom of the My Data tab is the area where you can enter your (optional) initial symptoms. Listed below is an example of a client's baseline symptoms. They can be added to the generated report, (or not).

PM Sat Oct 21	\sim 90 Now that you've been using Tummy Tamer for a bit, let's get a health baseline for your reports.
•	mptoms are you trying to better understand using this app?
	ods are causing my stomach distress, brain fog, and joint pain. I also want to identify what foods are causing d identify what foods will help me lose weight.
Question 2: Do you - Allergies/Sensitivities	have any known food triggers, allergies, intolerances, or sensitivities?
I have been told that I sho	buld go gluten free and minimize sugar, but I haven't tried anything specific yet.
Question 3: Are you	currently following any food plans (Gluten-free, Keto, Carnivore, Vegan, etc.)?
I would like to know what	food plans will help me minimize my stomach problems, brain fog, pain, and cravings.
Question 4: Have yo above?	ou ever been diagnosed with any disease or ailment related to the symptoms
– Diagnoses –	ith my high C-Reactive Protein score.

When the symptoms are completed, you will get a two-week reminder to update symptoms (optional) if your health provider wants that feedback. All data from the baseline check-in and periodic check-ins will be available on the PDF report.

1 PM Sat Oct 21	My Data		ç 89% -
Symptoms: Include symptom check-ins			
Optional:	The following fields are optional and only a	appear on your report.	
Your name			[Age]
	Createport		
	Reports are a Pro feature, and unlocked in the Settings so	d can be	
	View Sample		
	SYMPTOM CHECI	K-INS	
aseline check-in:	Completed (Oct 21, 202	23)	
wo-week check-ins:			
	Next scheduled check-in: Nov	04, 2023	
Day Day	History	My Data	Settings

11 THE "SETTINGS" TAB—ACCESS TO PRO FEATURES

2:09 PM Sat Oct 21		Settings		≎ 90% ■
PRO FEATURES				
Pro features are locke	b			>
CUSTOM DAY METRICS				
Manage custom metrics				>
REMINDERS (TO ENTER MEALS)			
Once a day				
After meals	Morning 9:00 AM	Afternoon	Evening 7:00 PM	
ACCOUNT (CLOUD SYNC)				
An a	Sig	t data between differen	<u>1</u>	nc.
Day Day	History		My Data	Settings

- 1. **Settings** gives you the ability to set reminders, access more information, and get support if needed. How to unlock the Pro feature and manage custom metrics will be described in the next section.
- 2. If you want a notification to remind you to update meals, you can activate it in the Settings screen. You can turn off reminders, have only one per day, or by specific times which you can modify. (See above).
 - a. **Note:** This feature is also used by parents tracking their child's reactions to food. For example, they can set the reminders to alert them two hours after their child normally eats, to see if any changes have taken place with their child.

2:10 PM Sat Oct 21	Set	tings	\$ 90% ■)
ACCOUNT (CLOUD SYNC)			
An	account lets you sync data betw	een different devices via clo	ud sync.
	Sige Up Cloud sync i	Log In s a Pro option.	
SUPPORT			
Web	D E	mail	×
	User Guide (PDF)	Leave a Review	
ABOUT			
App version: 2.0 (111) OS: iOS 16.7.1 (iPad6,11) Last sync: Oct 21, 2023 @2:09PM Support ID: DAF238/A4			
	Terms of Use	Privacy Policy	
	Health Disclaimer	Delete My Data	
Day Day	History	My Data	Settings

- 3. The bottom section of Settings, (shown above) gives you access to the website, this User Guide, and other information of interest.
 - a. In the event you no longer want to use Tummy Tamer, you have the option of deleting your data from the Tummy Tamer Server. Touch "Delete My Data" and follow the directions. If you Delete your Data, it **CANNOT** be undone.

11.1 PRO FEATURES SIGN-UP PROCESS AND COST

We suggest you first read through this User Guide, (which explains all of Pro Features), before you actually sign up for Pro. Once you have decided to sign up for Pro, touch "Pro Features Locked" line on the Settings Screen to access the sign in screens, (see below).

09 PM Sat Oct 21				奈 90%
(?)		Settings		
PRO FEATURES				
Pro features are locked				
CUSTOM DAY METRICS				
Manage custom metrics				:
REMINDERS (TO ENTER MEALS)				
Once a day				
After meals				
	Morning	Afternoon	Evening	
	9:00 AM	1:00 PM	7:00 PM	
ACCOUNT (CLOUD SYNC)				
An ac	count lets you sync	data between different	t devices via cloud sy	nc.
	Sig	Log In		
		loud sync is a Pro option		
Day Day	History		My Data	Settings

You will get the screen below. Touch the Pro feature time you wish to purchase, and follow the steps.

2:18 PM Sat Oct 21		88% 🔳
<	Pro Features	
	Locked 👑	
	Purchase Pro to unlock these great features of Tummy Tamer:	
PDF	PDF Reports Generate reports in PDF format with all your data. Great for sharing with your health professional!	
	Custom Day Metrics Track up to 10 additional custom metrics for each day. They'll also be included in reports.	
۵	Cloud Sync Sync your data between multiple devices, and backup/restore your data to the cloud.	
	<u>3 months for \$2.99</u>	
	<u>12 months for \$9.99</u>	
	Lifetime for \$19.99	
Subscriptions are a	auto-renewing and can be cancelled at any time. If cancelled, Pro features will be available for the origin subscription length.	nal
	Restore Purchases Enter Promo Code	
DAY D	Manage Subscriptions	

Pro Features Cost: See the above cost plans by month, or lifetime. When you select the plan you want, you will be asked to provide your Apple password (so that your account will be charged for the option you purchased). It will automatically renew unless you follow Apple instructions to cancel a subscription. To *cancel a subscription*, from the Pro Features screen (shown above), touch "Manage Subscriptions" to access the Apple support page, and follow the instructions provided.

Note: subscriptions are managed through Apple and/or Google, not Tummy Tamer. Canceling a subscription must be done through those official channels.

2:52 PM Sat Oct 21			🗢 83% 🔳
<	Creat	e Account	
	1	TT	
Creating a Tummy		e your data between mul w phone.	tiple devices or restore it to a
This	is optional and can be com	pleted from the Setting	gs screen later.
Tester@Test.com			
example@domain.com			
Password must contain at lea	ist 6 characters		
(Create		Cancel
		~	
DAY Day	History	My Data	Settings

When your subscription is approved, you will be asked to create an account (for Cloud Synch) and put in your email and password (shown above). This will allow you to synch the Tummy Tamer account to another device, described in Section 11.4, Cloud Synch. The next sections describe the Pro features.

22 PM Sat Oct 21	Му	Data	হ 79
	REF	ORTS	
Generate a PDF report v	vith all food history, daily metrics, an	d symptom check-ins. You car	n save the report or share via email.
Dates:	Oct 20, 2023 Report will contai	to Oct 21, 2023	
Symptoms: Include symptom check-ins			•
Optional:	The following fields are option	al and only appear on your r	eport.
Your name			Age -
	Creat	e Report	
	View	Sample	
	SYMPTON	CHECK-INS	
Baseline check-in:	Completer	(Oct 21 2023)	
Day Day	History	My Data	Settings

11.2 PRO FEATURE: PDF REPORTS (MY DATA TAB)

- 1. When you select **"Create Report,**" Tummy Tamer creates the report, and you have the option of sending it to any email account. If you plan to send this report to a Physician, Trainer or Nutritionist, you can put your name in and it will appear on the report. (For instructions on sending reports, please review Deep Dive Section 13).
- 2. "Include Symptom Check-ins" can be selected and it will list your status on two-week check-ins. You can also select custom days (such as two weeks or a month) of meals to appear on the report.
- 3. Note: The report on the next page was generated from an iPad. It was for a three-day period, and includes the check-in data. The report would look the same if it were generated from an iPhone. Again, speaking into the microphone was used to generate the data. No typing on small keyboards!
 - Additional Note: The example below has five custom metrics, and a great deal of information included in the text and meal boxes. As these are OPTIONAL, you do not need to provide this detail unless your nutritionist requests!



Tummy Tamer

Food Diary Report: Oct 20, 2023 - Oct 22, 2023 Name: Tester One | Age: 40

Symptom Checkins

Baseline Check-in (10/21/2023)

Initial Symptoms: I want to identify what foods are causing my stomach distress, brain fog, and joint pain. I also want to identify what foods are causing evening food cravings, and identify what foods will help me lose weight.

Known food allergies, sensitivities, intolerances, etc: I have been told that I should go gluten free and minimize sugar, but I havent tried anything specific yet.

Current diets: I would like to know what food plans will help me minimize my stomach problems, brain fog, pain, and cravings.

Existing diagnoses: My doctor is concerned with my high C-Reactive Protein score.

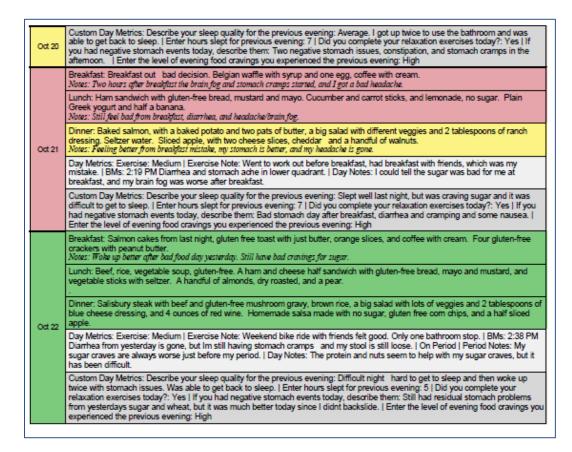
History (Calendar)

October 2023

s	м	т	w	т	F	s
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
29	30	31				

October 2023

started transition to gluten free and low sugar diet Breakfast: Scrambled eggs with ham chunks, gluten free toast with butter and half teaspoon of honey, coffee with cream. Plain greek yogurt with blueberries Stress: Medium Notes: Starting transition to a higher protein, less sugar, and gluten free breakfast. Stress is medium(work). Lunch: Chicken salad with a bit of ranch dressing, lots of different veggies, four gluten-free crackers, and lemonade, no sugar. A sliced apple, and two slices of cheese, cheddar. Stress: Low Oct 20 Notes: Sugar craves are getting worse. Will drink more water this afternoon. Dinner: Roast pork, mashed potatoes with chicken broth and butter, steamed carrots with tarragon and 4 oz red wine, water. Two ham and cream cheese roll ups, and an orange. Drank a seltzer. Stress: Low Notes: Sugar craves are very difficult right now. Have a slight headache. Day Metrics: Exercise: Low | Exercise Note: Walked a half hour at lunch. | BMs: 2:00 PM Yesterday, typical constipation. | Meds/Supplements: Blood pressure/statin meds, adding tumeric today. | Weight: 145 | Calendar Marker: Started transition to gluten free and low sugar diet. | Day Notes: Average day at work, stress- wise. the walk was nice. The previous evening food craves were pretty tough last night.



11.3 PRO FEATURE: CUSTOM METRICS

Tummy Tamer health professionals use a combination of the daily metrics and custom metrics to tailor a specific program for each of their clients. These are also helpful for the customer who wishes to track progress, or analyze trends on their own.

From the Setting screen (shown below), once you have activated Pro, touch "Manage custom metrics" and at the next screen touch "touch icon to start."

3:26 PM Sato	oct 21			৵ /8% ■		
?		5	ettings			
PRO FEAT	TURES					
🛛 Pro f	features unloc	ked		>		
CUSTOM	DAY METRICS					
Manage	custom metric	s		>		
REMINDE	ERS (TO ENTER ME	ALS)				
Once a						
Aftern	neals					
		Morning	Afternoon Evening			
		9:00 AM	1:00 PM 7:00 PI	M		
ACCOUN	T (CLOUD SYNC)		hatwaan difforant dawigaa wa a	audaura		
		Cu	between different devices via c rrent account:	oud sync.		
		tes	ter@test.com			
SUPPORT	T					
	DAY Day	History	My Data	Settings		
3:27 PM Sat O	oct 21		***	중 78% ■		
<		Custon	n Day Metrics			
Y	/ou can add up		hat show up in the daily rated reports.	journal section and all		
		Custo	m Day Metric			
ſ]		
Name:	Enter metric na	me				
Ľ				J		
		Туре:	Text			
			Number			
			Yes/No			
		Non	e/Low/Med/High			
	Delete Save					
	DAY Day	History	My Data	Settings		

Custom Metrics (shown above) can be added to track an infinite number of issues, (limited to 10 active metrics at a time), and the metrics can be text, a number, a yes/no, or a None/Low/Med/High indicator.

In the example below, the client is also having sleep disturbances and difficulty getting/staying asleep, and has frequent stomach problems and stress. She wants to identify foods consumed during the day which cause problems at night. She worked with her nutritionist to develop the custom metrics and these metrics will be reviewed and updated during their next visit.

Custom	may Metrics ^{⇔74%}
	at show up in the daily journal section and all ted reports.
Name	Туре
Describe your sleep quality for the previous evening	Text
Enter hours slept for previous evening	Number
Did you complete your relaxation exercises today?	YesNo
If you had negative stomach events today, describe them	Text
Enter the level of evening food cravings you experienced the previous evening	NoneLowMedHigh
	0 custom metrics <u>d Metric</u>
Day History	My Data

These custom metrics appear just below the day metric section, on the day meal tab. The updated data will also appear in the PDF reports, below the day metrics.

:45 PM Sat	Oct 21	Ð	Sat Oct 21	\bigcirc	₹ 73% ■
Day Not	tes				
	n Day Metrics De your sleep quali	ty for the p	revious evening:		
Enter he	ours slept for prev	ious evenir	ng:		
					Number
Did you	complete your rel	axation exe	ercises today?:		0
lf you h	ad negative stoma	ch events	today, describe them:		
Enter th	ne level of evening	food craviı	ngs you experienced th	e previous evening	J:
					None Low Med High
	DAY Day		History	ly Data	Settings

11.4 PRO FEATURE: CLOUD SYNC (SHARE TUMMY TAMER BETWEEN MULTIPLE DEVICES)

- 1. When you install Tummy Tamer on a second device, (such as an iPhone), follow the download instructions in Section 2.
- 2. Then, go to the Settings Screen on the iPhone and touch "Log in." (Note that "Pro" features are locked).
- 3. Enter the <u>same email and password</u> as the one you created on the first device. If you have not created an account on the first device (but DID purchase Pro on it), go to that device and use the "Sign Up" option to create a Tummy Tamer account.

3:54 TestFlight	A	al 🕈 🗩
?	Settings	
PRO FEA	TURES	
Pro f	eatures are locked	>
CUSTOM	DAY METRICS	
Manage	custom metrics	>
REMINDE	RS (TO ENTER MEALS)	
Once a	day 7:00 PM	
After n	neals	
ACCOUN	T (CLOUD SYNC)	
An acco	unt lets you sync data betw devices via cloud sync	
	Sige Up Log I	-
SUPPOR	T	
		N/A
Day	History My Data	Settings

4. In the example below, once I installed the free version of Tummy Tamer onto my iPhone, I used the exact email and password (created on my iPad) to sign into my iPhone from the Settings Tab.

3:55 🔌 TestFlight			奈 ●
<	Accou	nt Login	
	7	T	
account, yo	u can login	ed a Tummy T here to sync a in the cloud	data with
tester@test.c	om		
example@dom	ain.com		
Password mus		ast 6 characters	ncel
Day Day	History	My Data	Settings

5. Your two devices (iPad and iPhone) are now joined to the same Tummy Tamer account, (and Pro features are unlocked). You can now update/modify your meals/notes from either device.

3:55 ¾ ◀ TestFlight	8	al 🗢 🔳
?	Settings	
PRO FEATU	IRES	
🔮 Pro fea	atures unlocked	>
CUSTOM D	AY METRICS	
Manage cu	stom metrics	>
REMINDER	S (TO ENTER MEALS)	
Once a d	ay	
After me	als	
Morning	Afternoon	Evening
IA 00:0	M 1:00 PM	7:00 PM
ACCOUNT	(CLOUD SYNC)	
An accoun	It lets you sync data by devices via cloud sy Current account tester@test.com	nc.
SUPPORT		
		X
DAY Day	History My D	ata Settings
	-	_

12 NEED ADDITIONAL HELP?

You can contact us through the Settings screen (web, email, or Twitter/X). We'd love to hear your feedback and suggestions on how to improve Tummy Tamer.

Good luck tracking those tricky tummy troubles!

13 DEEP DIVE- (DETAILED INSTRUCTIONS ON SPECIFIC TUMMY TAMER FEATURES)

$13.1\,$ Sending reports to your email (to forward to others)

Using your iPhone:

1. Once the report generates, touch on the circled icon at the bottom of the report (shown below):



2. You have several options, but most of you will choose "Mail."

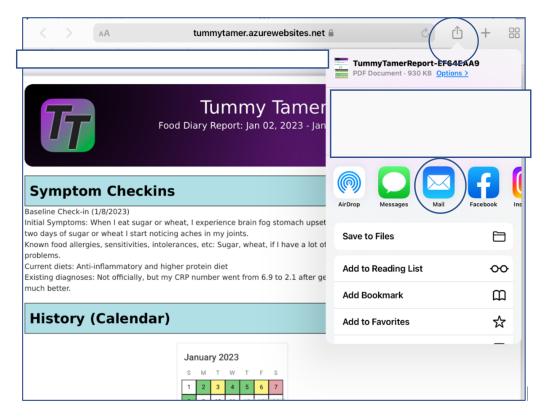


3:19 • Tummy Tame		-1	1 🗢 🗖		
<u>Cancel</u>					
New	Mess	age	0		
To:					
Cc:					
Bcc:			Ð		
From:					
Subject:					
1.0/report	s/viewreport	zurewebsites /TummyTam 21-10-04&se	erReport-		
qw	ert	y u i	i o p		
a s	d f g	g h j	k I		
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123	space	@ ·	return		
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3. Enter your email address in the "to" area--and if you want to cc your trainer or nutritionist, you could add them as well. When you receive the email, click on the link to see (and print) the report if you want to share with others.

Using your iPad:

1. At the top of the report, tap on the "Share" icon circled icon below, then select "Mail" (this will be the most common way of sharing reports):



2. Once you tap on "Mail" you will get the following screen.

Cancel	
New Message	•
То:	
Cc/Bcc, From:	
Subject:	
https://tummytamer.azurewebsites.net/api/v1.0/reports/ ort-EF64EAA9.pdf?sv=2021-10-04&se=2024-01- 17T01%3A51%3A52Z&sr=b&sp=rw&sig=cW8QTgSRgyi	
pdf TummyTa4EAA9.pdf 930 KB	

3. Enter your email address in the "to" area--and if you want to cc your trainer or nutritionist, you could add them as well. When you receive the email, click on the link to see (and print) the report if you want to share with others.

13.2 SETTING UP DAY METRICS AND CUSTOM DAY METRICS: USING EXAMPLES FROM OTHER CUSTOMERS

Reviewer note: The primary audience for Tummy Tamer is-- people who want to feel better, improve their energy, performance and quality of life.

- Some may be working with nutritionists or health professionals to identify specific food allergies/intolerances and gastric distress triggers;
- Some may be working with performance trainers and want to identify foods/activities which improve athletic performance;
- Some may be parents who are trying to identify which foods negatively impact their child;
- Some may want to identify (on their own) foods that cause brain fog, cravings or pain.

Nutritionists/health professionals will recommend supplements or diet changes, which can be flagged on the calendar, and based on the "color codes" in subsequent meals can determine if an intervention strategy is helpful (or not). They can recommend specific strategies (and create custom metrics to track those activities). Examples include: (in addition to food tracking) sleep pattern analysis, stress reduction, positive socialization activities, energy level tracking and a myriad of functions.

Performance trainers work with clients (who may not understand the close relationship between food quality and performance) to show how easy it is to identify which foods do (and do <u>not</u>) promote peak performance. Using the custom day metrics, they can design alternate exercises and activities to get their clients into peak performance.

Parents use the notifications to "remind" them to check in with their child at a specific time (after meals) to see if the food they ate that morning is causing a negative reaction.

People who want to find out what food or food groups are causing problems, and they can review their "color codes" and quickly identify patterns and possible culprits within their meal choices. For example, clients who start on the Elimination Diet, find Tummy Tamer is extremely helpful when they start adding food back into their diet, to identify what specific foods cause problems, and what foods work for them. Food choices that may not work for others may work for them.

Good luck finding your triggers through Tummy Tamer!