



October 2023

Version 2.0

Welcome to Tummy Tamer, the Food Diary and Symptom Tracking app. Tummy Tamer is meant to be user-friendly 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 [onboarding checklist](#) 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:

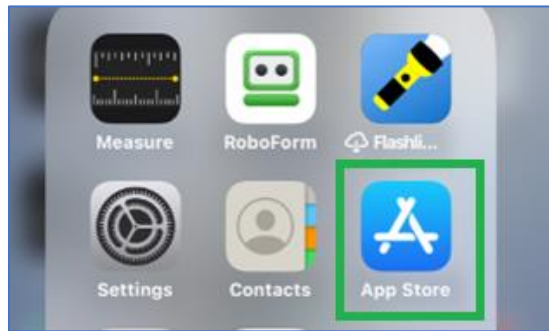
- 1) Entering your food, drink, and daily metrics.
- 2) Viewing historical data and charts to find trends and patterns.

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.

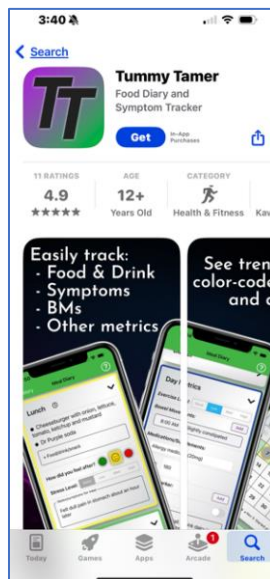
2 DOWNLOADING TUMMY TAMER

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.

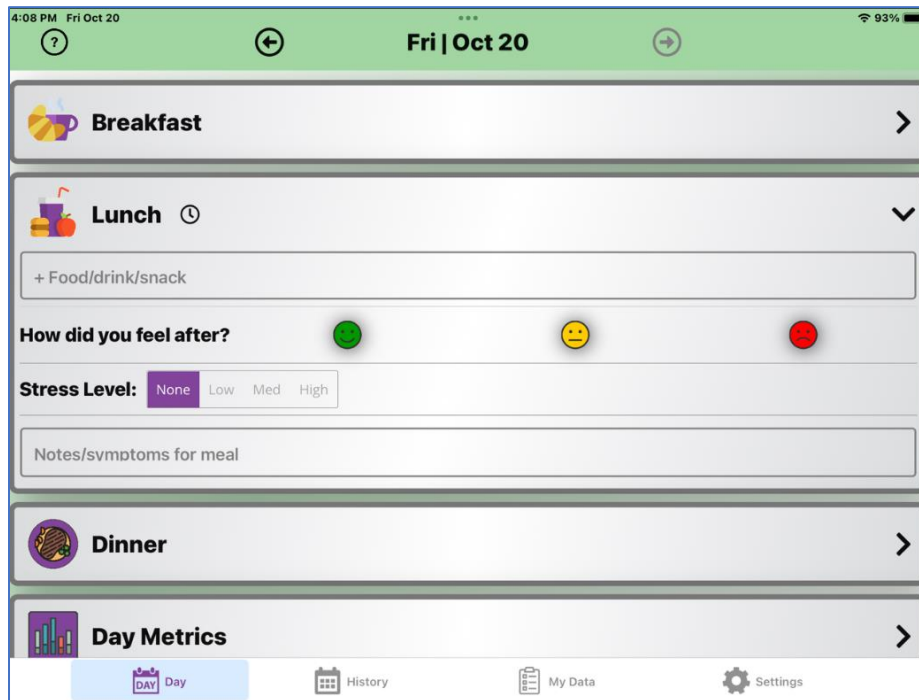
The Deep Dive section lists specific steps:

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



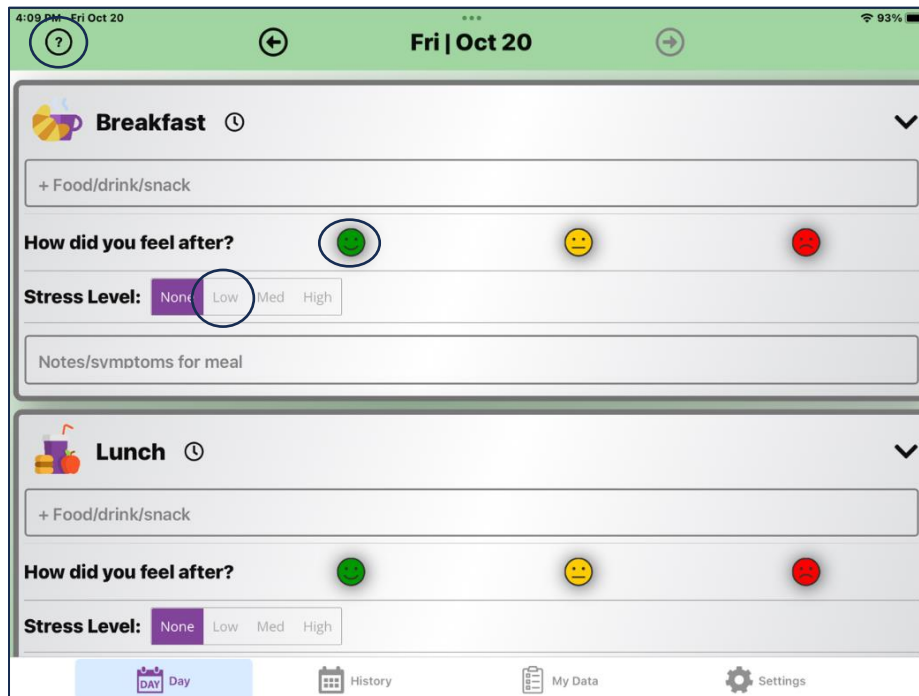
Tummy Tamer defaults to today’s meal update, on today’s date.

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

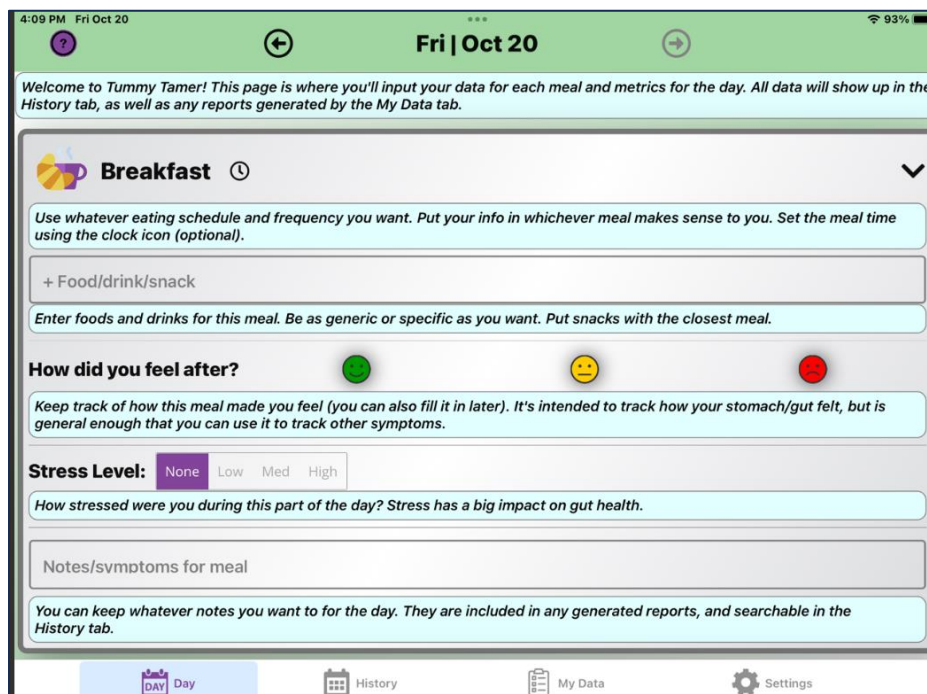
6 THE “MEAL DIARY” SECTION (BREAKFAST EXAMPLE)

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.



View with help text (?) activated.



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 exact foods 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 the details 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 critical 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 missing, which may be the source of your brain fog, stomach issues and cravings.

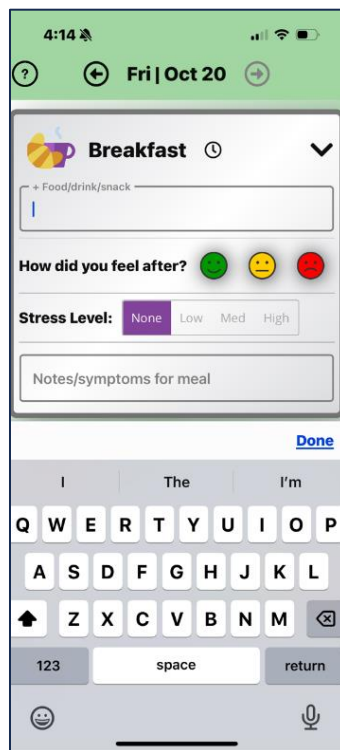
For clients who are familiar with Apple mic and text update features, we have provided instructions in the section below.

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.

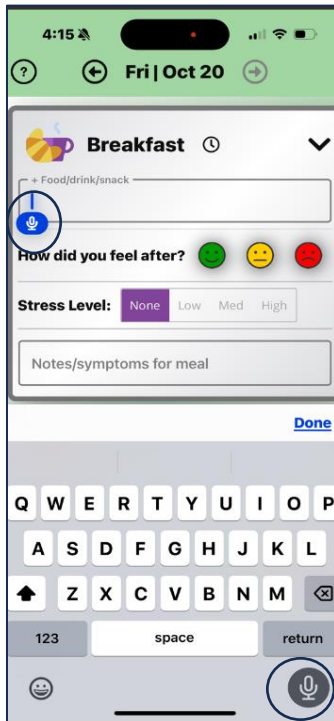
Note: Tummy Tamer screens (and logic) are identical for both iPhone and iPad, --with the exception of how Apple uses mic technology. These slight differences have been documented for you in this User Guide section, 7.1 and 7.2.

7.1 USING APPLE MIC AND TEXT FEATURES ON THE IPHONE

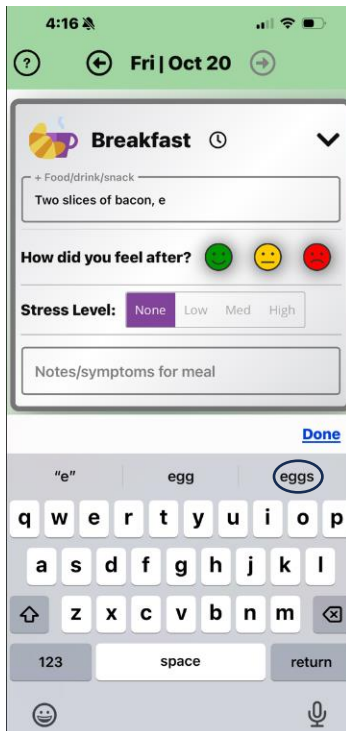
iPhones have a single (combined screen) to use the mic or typing updates, as shown below.



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



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.”

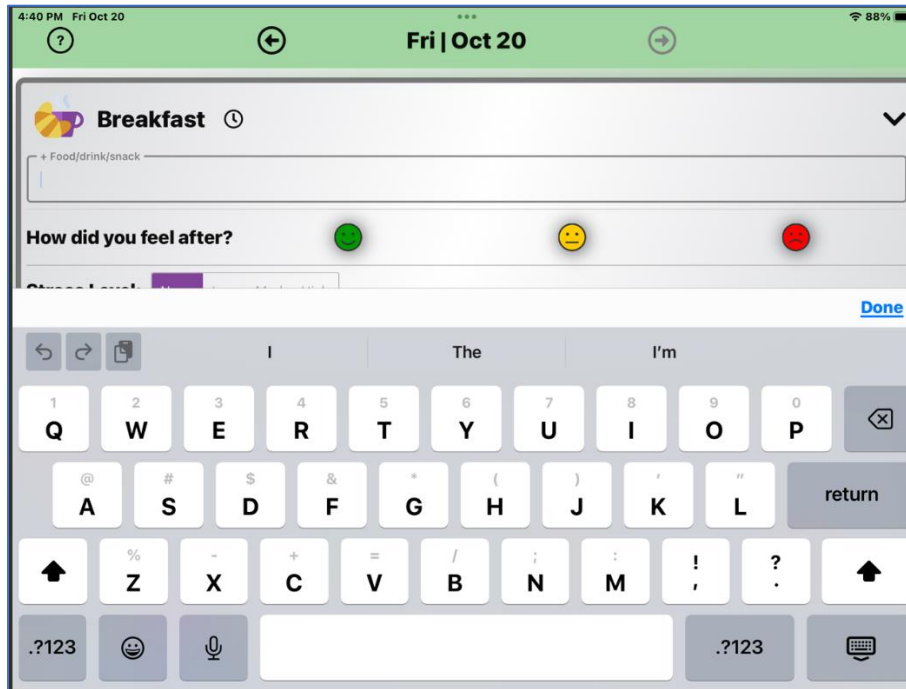


1. If you prefer to type your meal, when you start typing, the middle (type screen) section activates, (shown above). It will “guess” what you are typing, so you don’t always have to type the whole word, just type and “select the correct word” until you are finished, and then touch “Done.”
 - a. **Note:**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

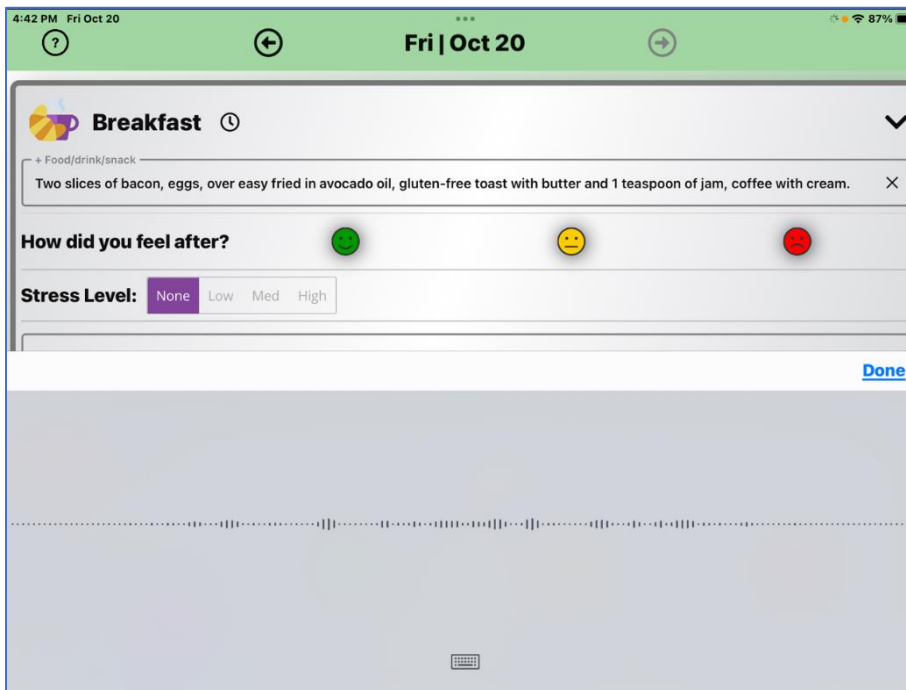
2. If you are not using an iPad, you can skip Section 7.2 and review Section 7.3 *Editing Meals/Notes* to get additional information on how to update/modify/delete meals and notes.

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).

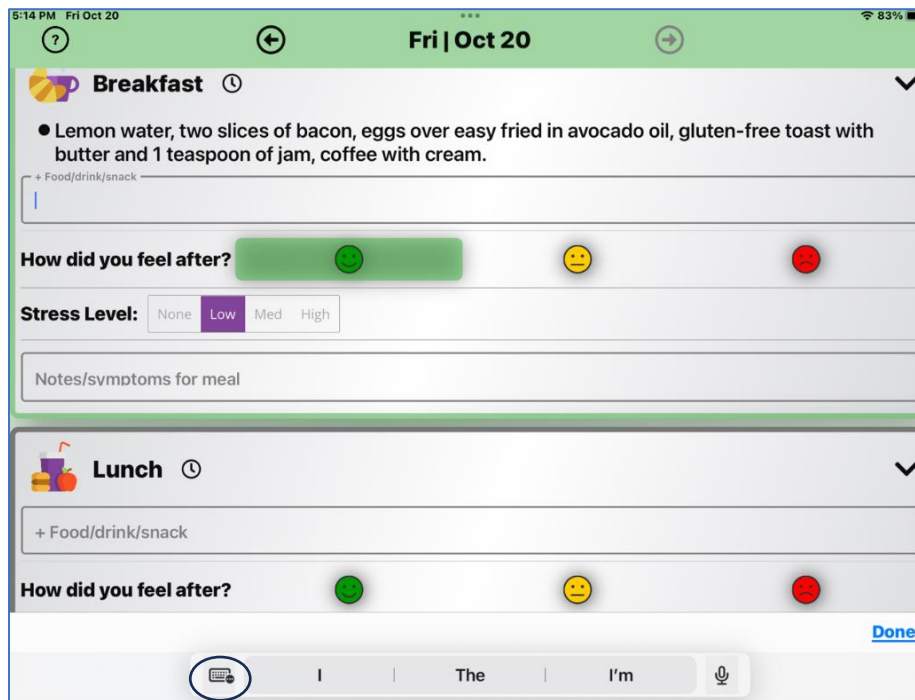


1. In this mode, when you touch the text box, the mic will activate, and you will see the update field using the "mic voice activated option" (shown below).



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 two update screens; the *keyboard touch update* (shown above) and the *text select update* screens, (shown below) and they both have slightly different properties.
 - b. Apple usually 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 *keyboard touch update* screen if you want to use the mic (recommended).

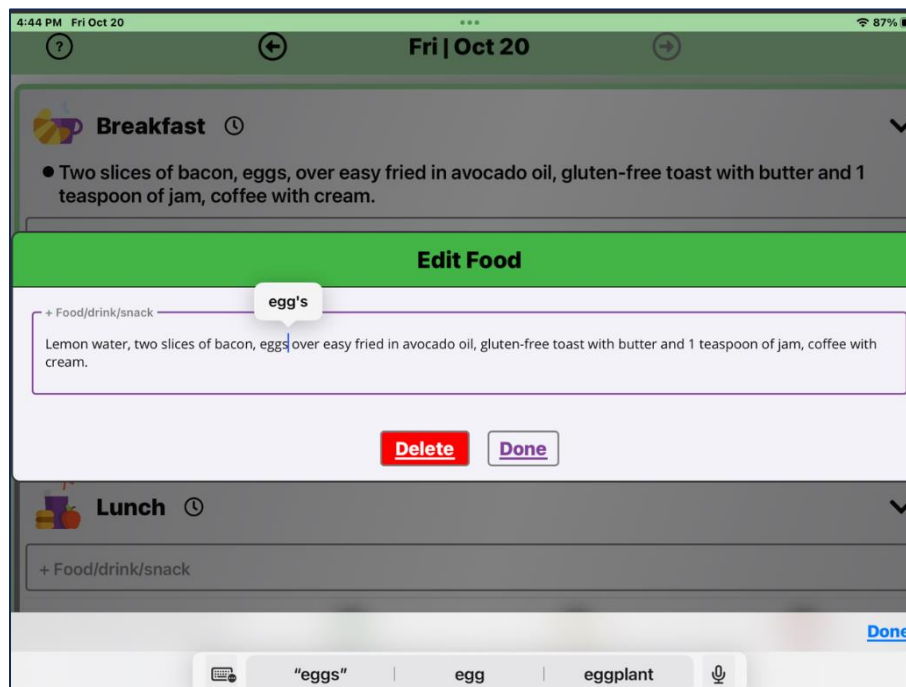
- c. To return to the *keyboard touch update screen*, simply touch the keyboard (circled) on the bottom left, select “show keyboard” and you will be back in *keyboard touch update mode*.



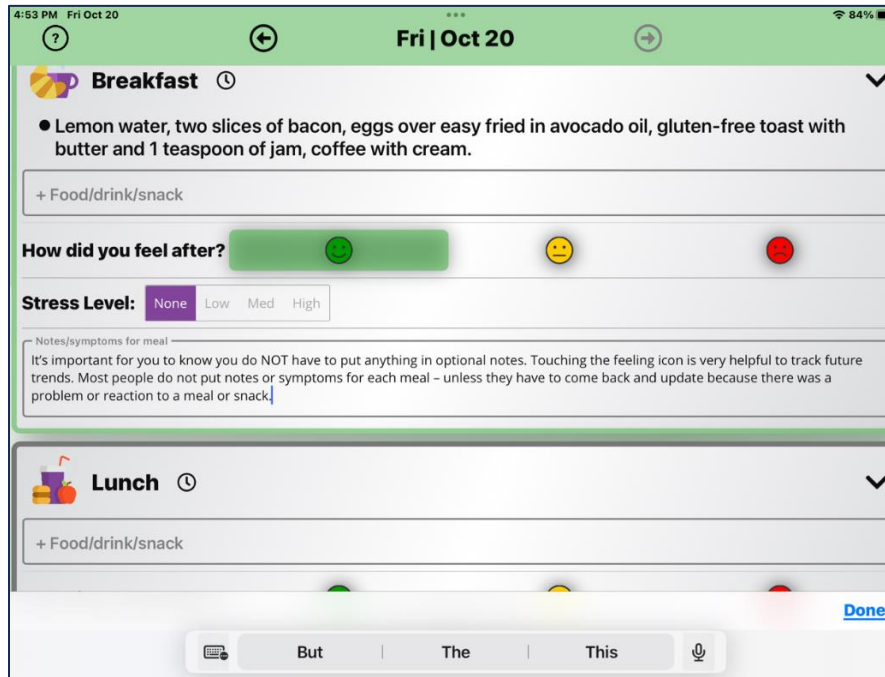
7.3 EDITING MEALS/NOTES ON THE IPAD AND IPHONE

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.

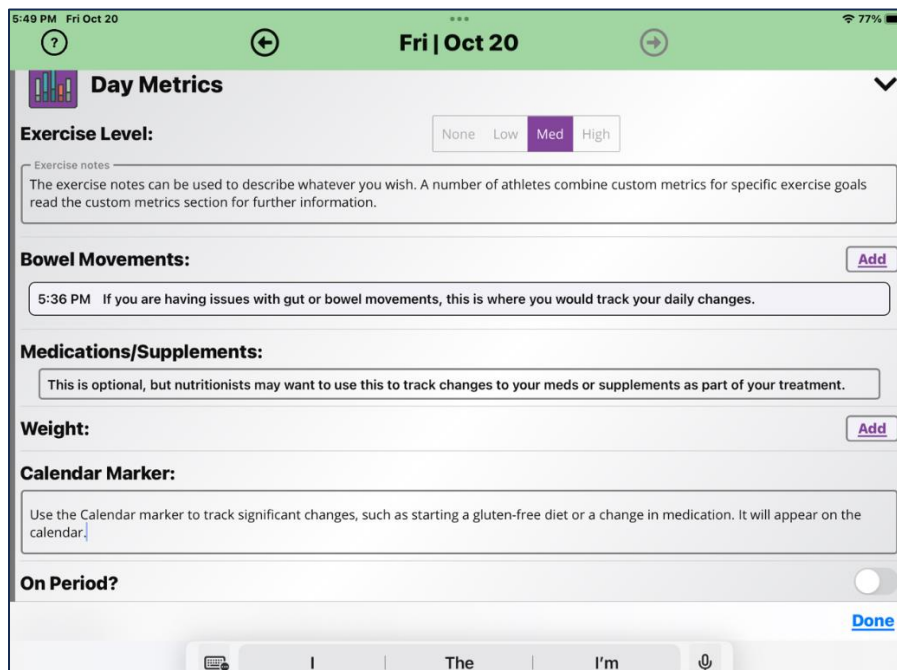


The original dictated text was pretty close-- but in this example, I want to add a new item, "Lemon water" and remove a comma. When complete, press the purple Done. The completed breakfast entry is shown below: You can also add snacks later, (put snacks with whatever meal they are closest to).

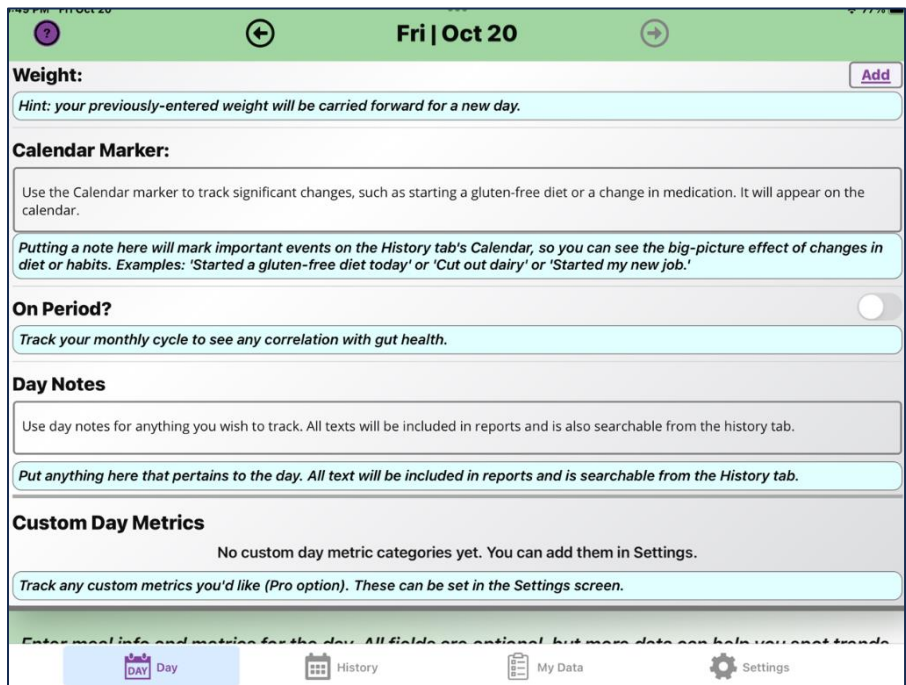


8 DAY METRICS

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.



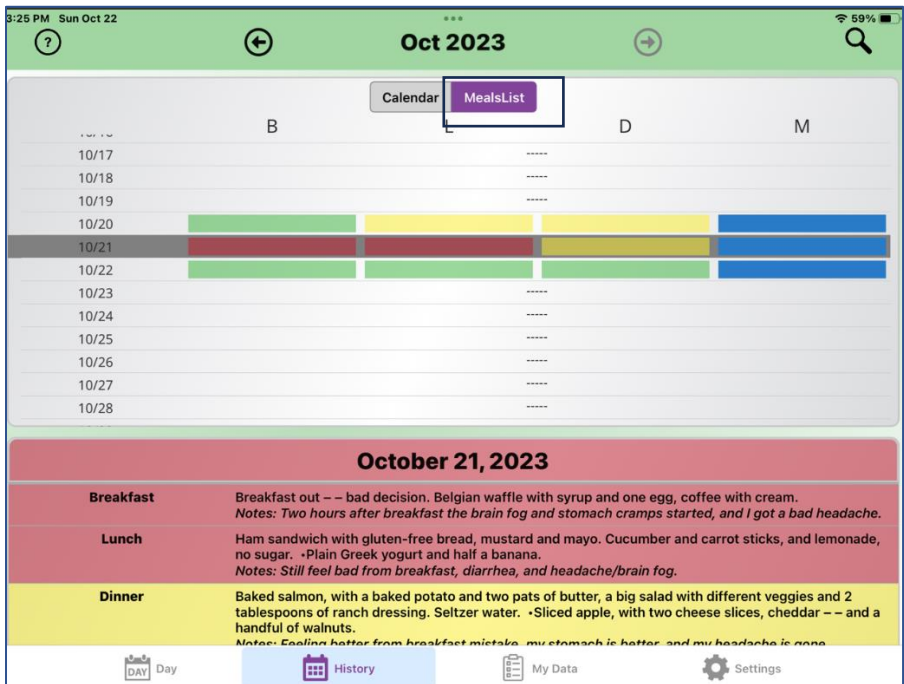
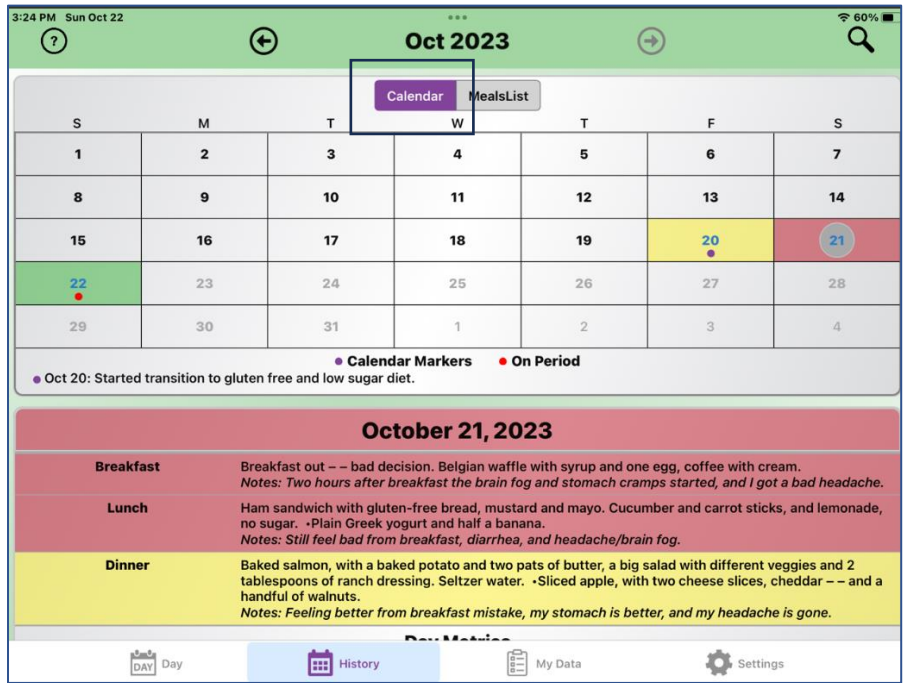
Note: Using day metrics and custom metrics, you can track a number of areas important to you, or leave them blank if they are not important. Sample information is included in the screen above. Please remember to touch the Help version (?) on a screen if you aren't sure whether you want or need to use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



9 THE “HISTORY” TAB

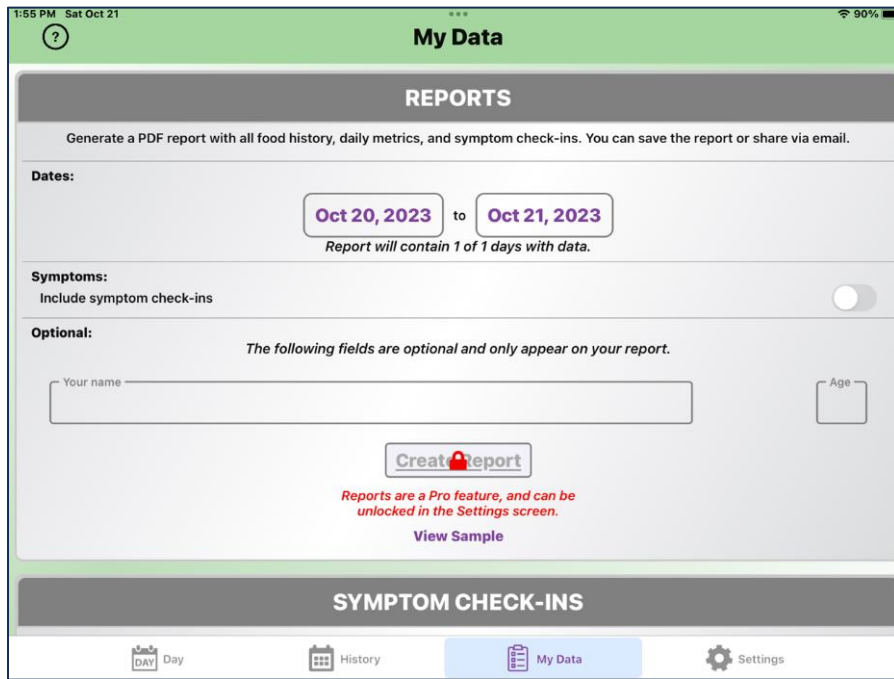
History allows you to go back to a previous day (or days) to update meals if you were not able to update meals on a particular day. It also helps show trends (and problems you may have had over the month). Example of a “bad day” (Calendar view) is shown below. On the calendar view, it shows you the “worst”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

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

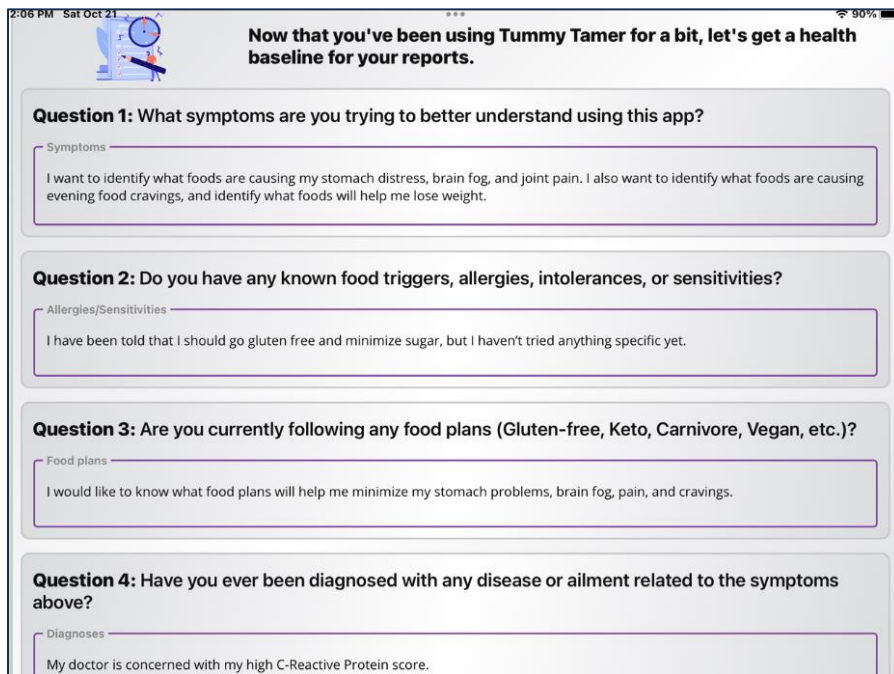


10 THE "MY DATA" TAB

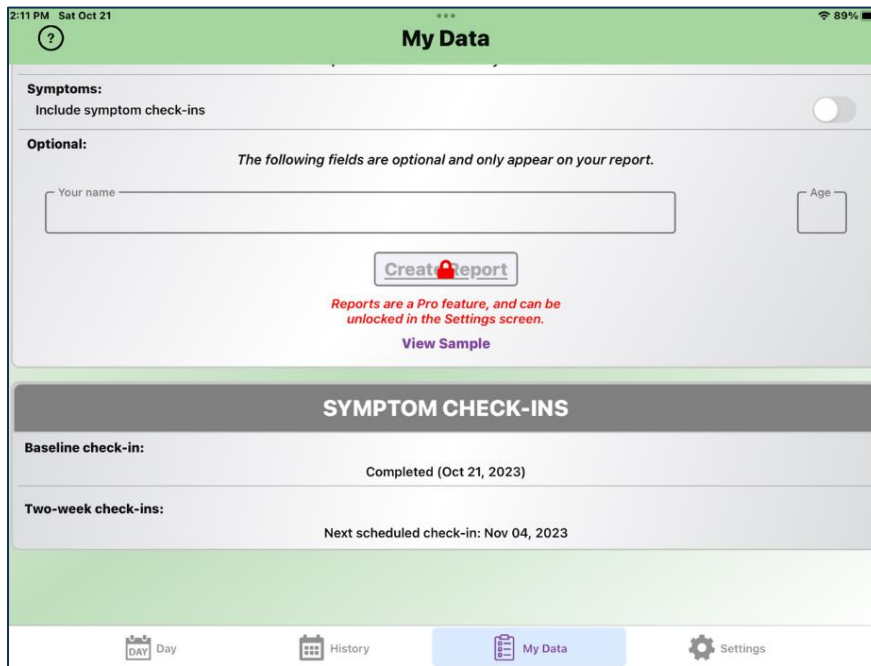
My Data is the area where you will generate reports (a Pro feature). You can filter for dates, and insert two-week check-in data (if you are working with a nutritionist who tracks your issues and symptoms).



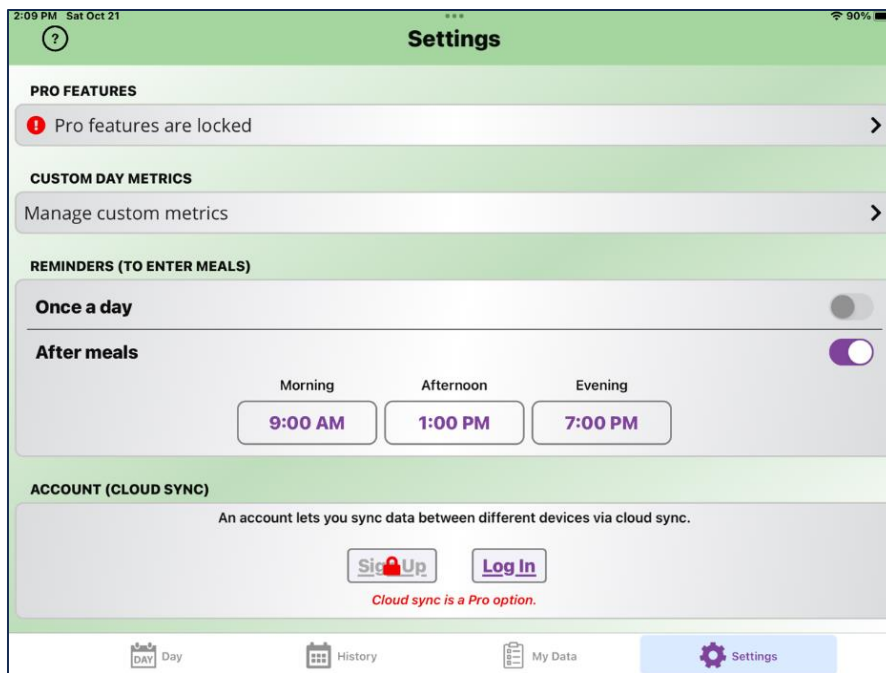
At the bottom of the My Data tab is the area where you can enter your (optional) initial symptoms. Listed below is an example of a client’s baseline symptoms. They can be added to the generated report, (or not).



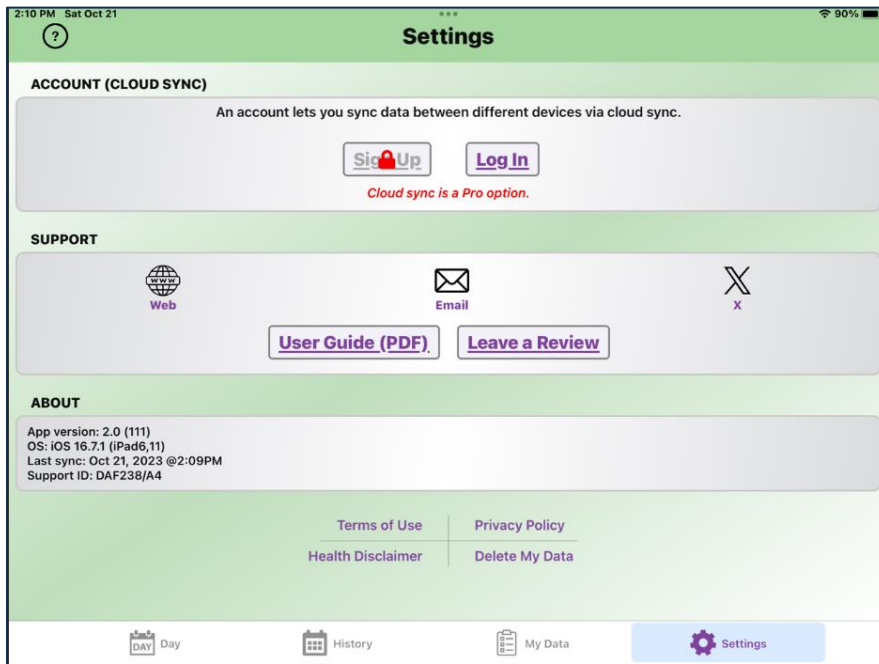
When the symptoms are completed, you will get a two-week reminder to update symptoms (optional) if your health provider wants that feedback. All data from the baseline check-in and periodic check-ins will be available on the PDF report.



11 THE “SETTINGS” TAB—ACCESS TO PRO FEATURES



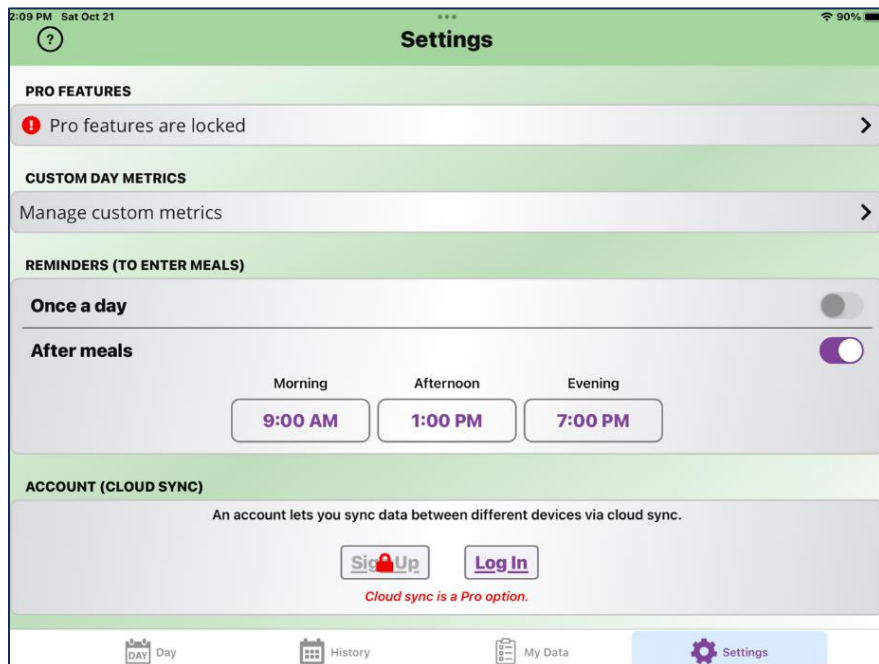
1. **Settings** gives you the ability to set reminders, access more information, and get support if needed. How to unlock the Pro feature and manage custom metrics will be described in the next section.
2. If you want a notification to remind you to update meals, you can activate it in the Settings screen. 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.



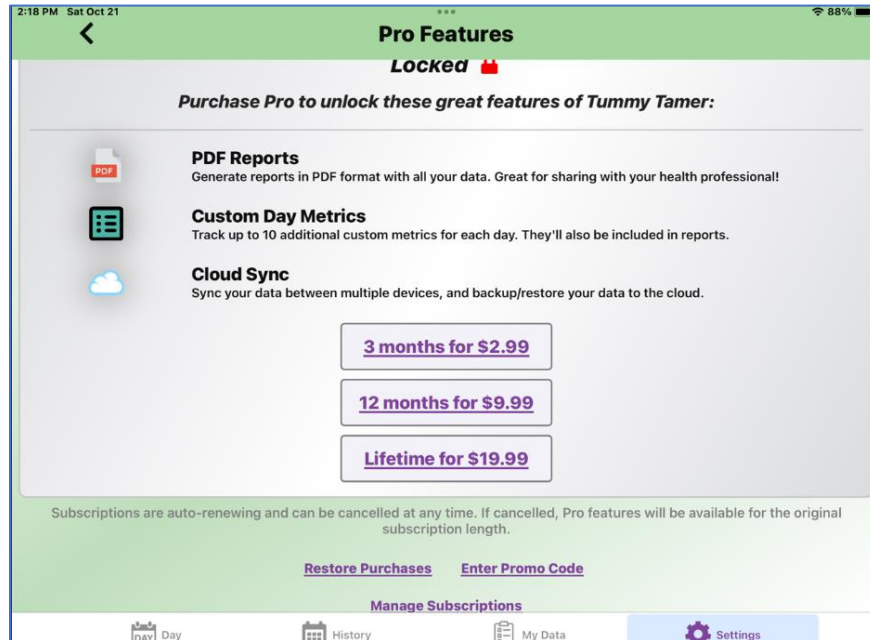
3. The bottom section of Settings, (shown above) gives you access to the website, this User Guide, and other information of interest.
 - a. In the event you no longer want to use Tummy Tamer, you have the option of deleting your data from the Tummy Tamer Server. Touch "Delete My Data" and follow the 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).

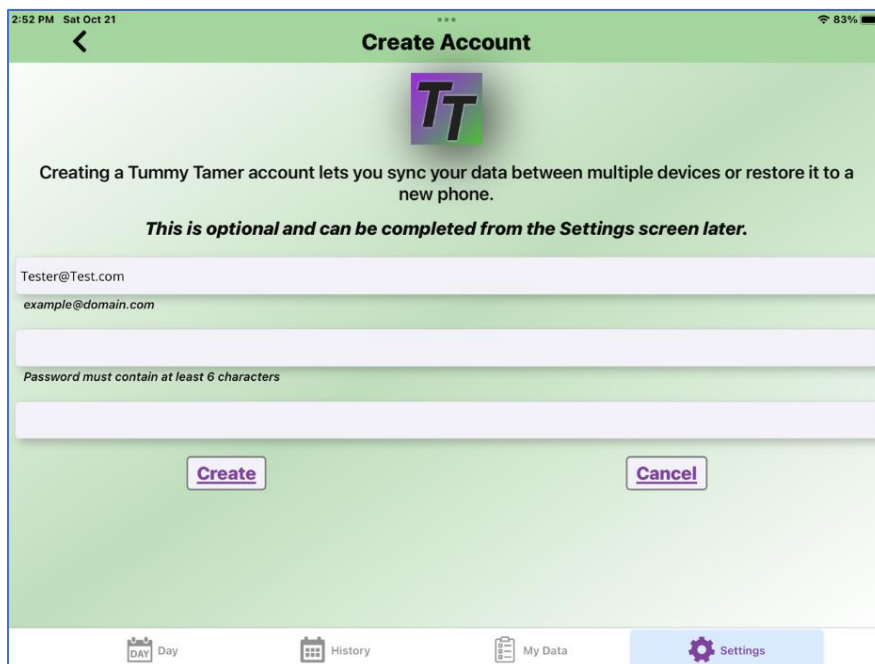


You will get the screen below. Touch the Pro feature time you wish to purchase, and follow the steps.



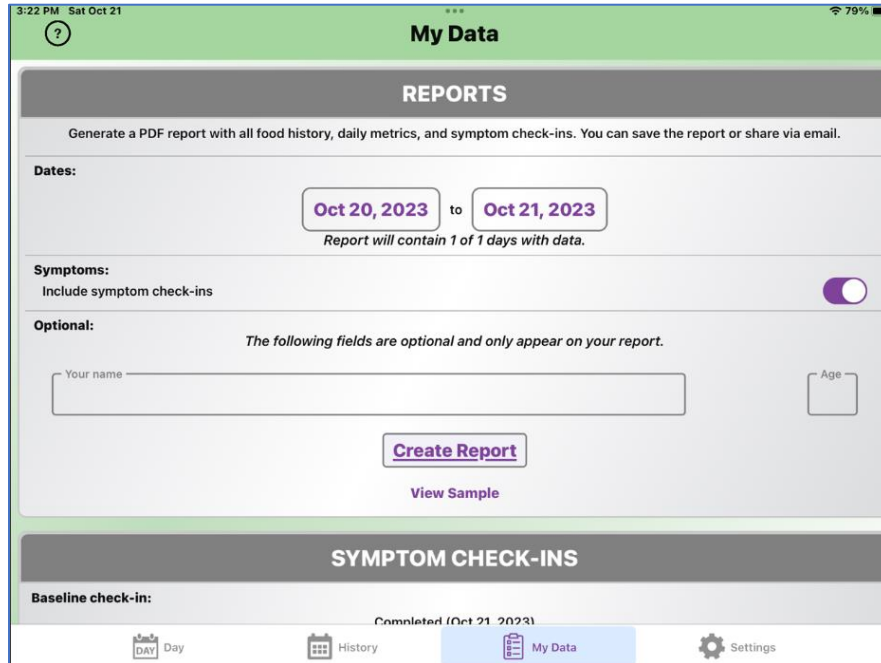
Pro Features Cost: See the above cost plans by month, or lifetime. When you select the plan you want, you will be asked to provide your Apple password (so that your account will be charged for the option you purchased). It will automatically renew unless you follow Apple instructions to cancel a subscription. 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.



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.

11.2 PRO FEATURE: PDF REPORTS (MY DATA TAB)



The screenshot shows the 'My Data' app interface. At the top, there's a green header with a question mark icon and the text 'My Data'. Below this is a dark grey bar with the word 'REPORTS' in white. Underneath, a light grey box contains the text: 'Generate a PDF report with all food history, daily metrics, and symptom check-ins. You can save the report or share via email.' The 'Dates:' section shows a date range from 'Oct 20, 2023' to 'Oct 21, 2023' with a note: 'Report will contain 1 of 1 days with data.' The 'Symptoms:' section has a toggle for 'Include symptom check-ins' which is currently turned on. The 'Optional:' section includes a note: 'The following fields are optional and only appear on your report.' and two input fields: 'Your name' and 'Age'. A 'Create Report' button is centered below these fields, with a 'View Sample' link underneath. Below the reports section is a dark grey bar with the text 'SYMPTOM CHECK-INS'. Underneath, it says 'Baseline check-in: Completed (Oct 21, 2023)'. At the bottom, there's a navigation bar with four icons: 'Day', 'History', 'My Data' (which is highlighted), and 'Settings'.

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	M	T	W	T	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

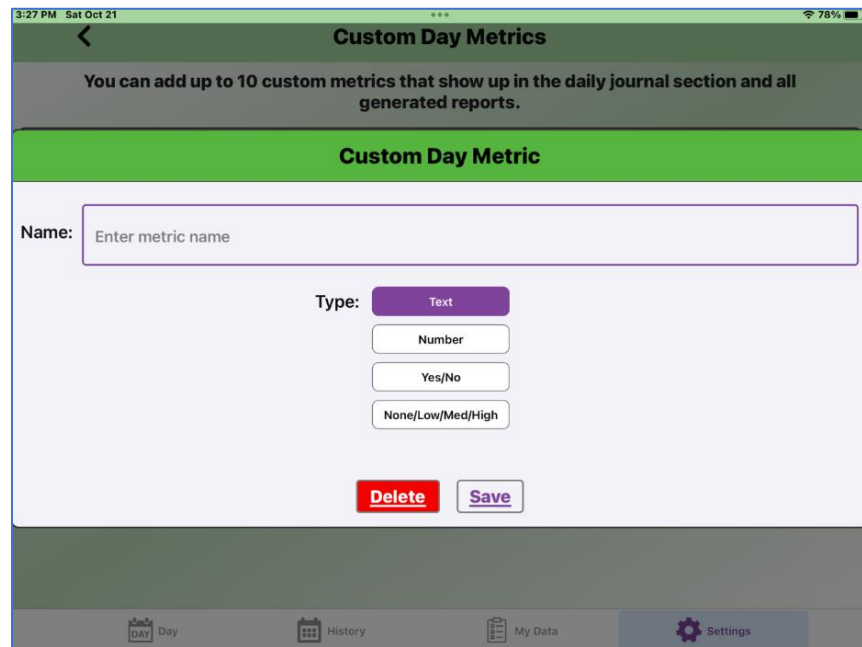
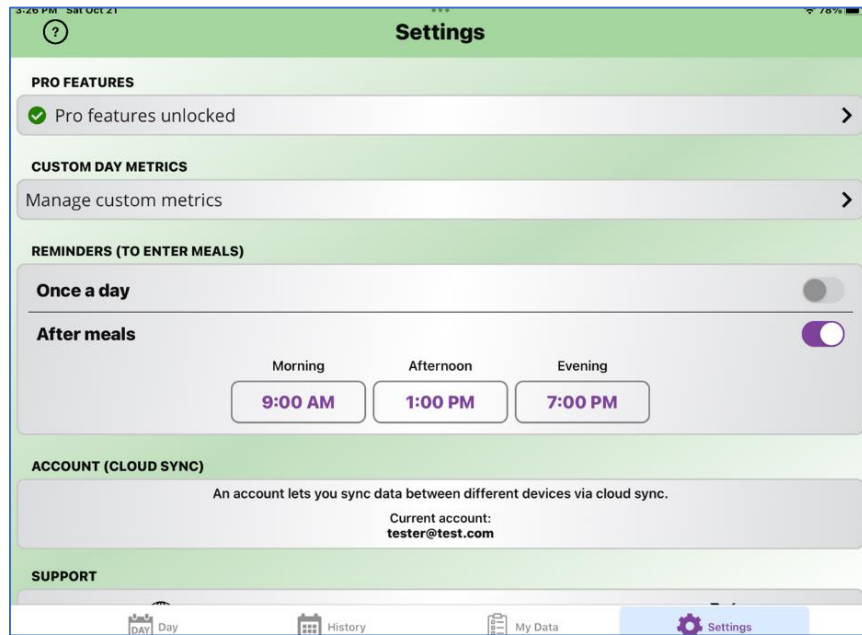
	Started transition to gluten free and low sugar diet.
	Breakfast: Scrambled eggs with ham chunks, gluten free toast with butter and half teaspoon of honey, coffee with cream. Plain greek yogurt with blueberries. <i>Stress: Medium</i> <i>Notes: Starting transition to a higher protein, less sugar, and gluten free breakfast. Stress is medium(work).</i>
Oct 20	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. <i>Stress: Low</i> <i>Notes: Sugar craves are getting worse. Will drink more water this afternoon.</i>
	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. <i>Stress: Low</i> <i>Notes: Sugar craves are very difficult right now. Have a slight headache.</i>
	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.

Oct 20	<p>Custom Day Metrics: Describe your sleep quality for the previous evening: Average. I got up twice to use the bathroom and was able to get back to sleep. Enter hours slept for previous evening: 7 Did you complete your relaxation exercises today?: Yes If you had negative stomach events today, describe them: Two negative stomach issues, constipation, and stomach cramps in the afternoon. Enter the level of evening food cravings you experienced the previous evening: High</p>
	<p>Breakfast: Breakfast out bad decision. Belgian waffle with syrup and one egg, coffee with cream. Notes: Two hours after breakfast the brain fog and stomach cramps started, and I got a bad headache.</p>
	<p>Lunch: Ham sandwich with gluten-free bread, mustard and mayo. Cucumber and carrot sticks, and lemonade, no sugar. Plain Greek yogurt and half a banana. Notes: Still feel bad from breakfast, diarrhea, and headache/brain fog.</p>
Oct 21	<p>Dinner: Baked salmon, with a baked potato and two pats of butter, a big salad with different veggies and 2 tablespoons of ranch dressing. Seltzer water. Sliced apple, with two cheese slices, cheddar and a handful of walnuts. Notes: Feeling better from breakfast mistake, my stomach is better, and my headache is gone.</p>
	<p>Day Metrics: Exercise: Medium Exercise Note: Went to work out before breakfast, had breakfast with friends, which was my mistake. BMs: 2:10 PM Diarrhea and stomach ache in lower quadrant. Day Notes: I could tell the sugar was bad for me at breakfast, and my brain fog was worse after breakfast.</p>
	<p>Custom Day Metrics: Describe your sleep quality for the previous evening: Slept well last night, but was craving sugar and it was difficult to get to sleep. Enter hours slept for previous evening: 7 Did you complete your relaxation exercises today?: Yes If you had negative stomach events today, describe them: Bad stomach day after breakfast, diarrhea and cramping and some nausea. Enter the level of evening food cravings you experienced the previous evening: High</p>
	<p>Breakfast: Salmon cakes from last night, gluten free toast with just butter, orange slices, and coffee with cream. Four gluten-free crackers with peanut butter. Notes: Woke up better after bad food day yesterday. Still have bad cravings for sugar.</p>
	<p>Lunch: Beef, rice, vegetable soup, gluten-free. A ham and cheese half sandwich with gluten-free bread, mayo and mustard, and vegetable sticks with seltzer. A handful of almonds, dry roasted, and a pear.</p>
Oct 22	<p>Dinner: Salisbury steak with beef and gluten-free mushroom gravy, brown rice, a big salad with lots of veggies and 2 tablespoons of blue cheese dressing, and 4 ounces of red wine. Homemade salsa made with no sugar, gluten free corn chips, and a half sliced apple.</p>
	<p>Day Metrics: Exercise: Medium Exercise Note: Weekend bike ride with friends felt good. Only one bathroom stop. BMs: 2:38 PM Diarrhea from yesterday is gone, but Im still having stomach cramps and my stool is still loose. On Period Period Notes: My sugar craves are always worse just before my period. Day Notes: The protein and nuts seem to help with my sugar craves, but it has been difficult.</p>
	<p>Custom Day Metrics: Describe your sleep quality for the previous evening: Difficult night hard to get to sleep and then woke up twice with stomach issues. Was able to get back to sleep. Enter hours slept for previous evening: 5 Did you complete your relaxation exercises today?: Yes If you had negative stomach events today, describe them: Still had residual stomach problems from yesterdays sugar and wheat, but it was much better today since I didnt backslide. Enter the level of evening food cravings you experienced the previous evening: High</p>

11.3 PRO FEATURE: CUSTOM METRICS

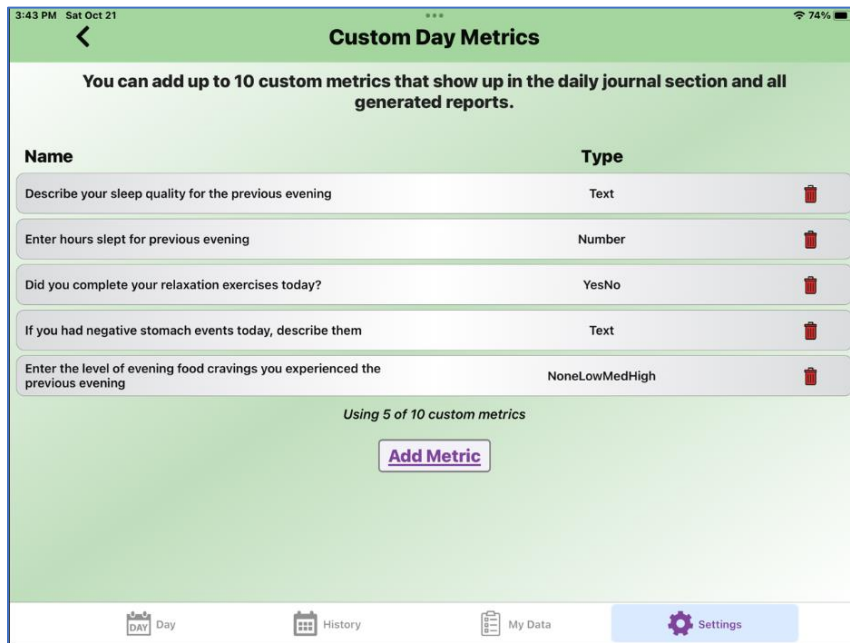
Tummy Tamer health professionals use a combination of the daily metrics and custom metrics to tailor a specific program for each of their clients. These are also helpful for the customer who wishes to track progress, or analyze trends on their own.

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.”

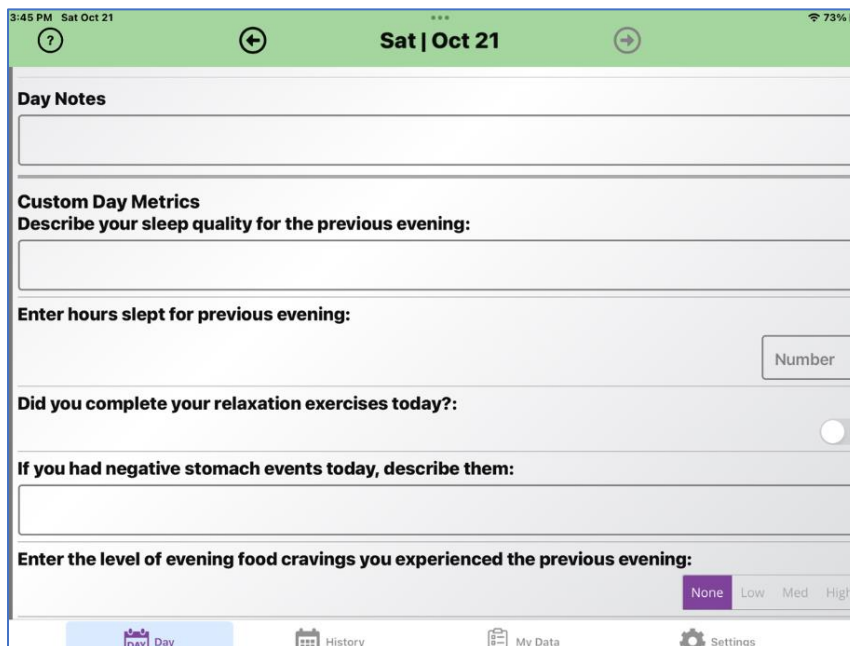


Custom Metrics (shown above) can be added to track an infinite number of issues, (limited to 10 active metrics at a time), and the metrics can be text, a number, a yes/no, or a None/Low/Med/High indicator.

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.

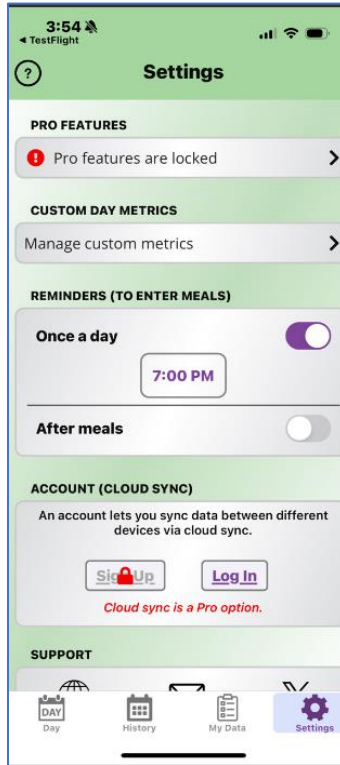


These custom metrics appear just below the day metric section, on the day meal tab. The updated data will also appear in the PDF reports, below the day metrics.

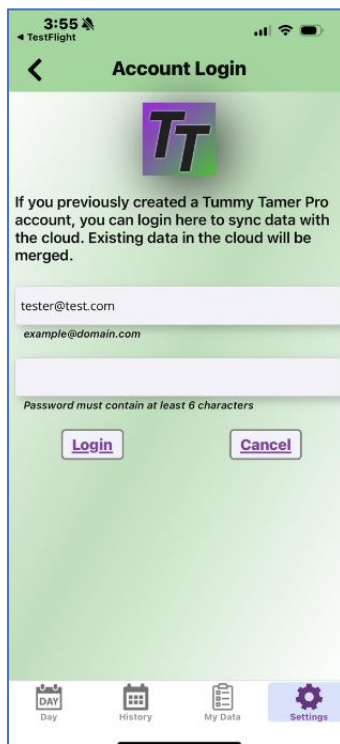


11.4 PRO FEATURE: CLOUD SYNC (SHARE TUMMY TAMER BETWEEN MULTIPLE DEVICES)

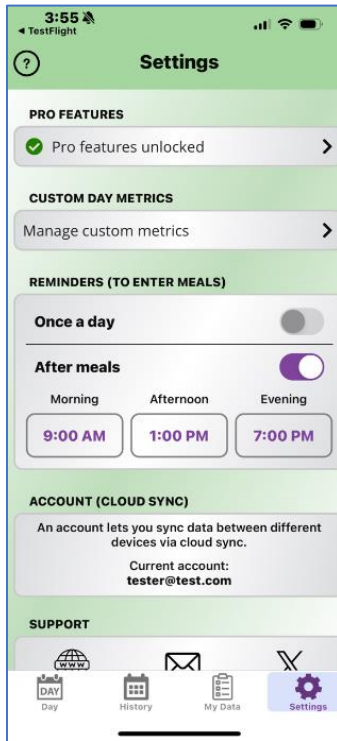
1. When you install Tummy Tamer on a second device, (such as an iPhone), follow the download instructions in Section 2.
2. Then, go to the Settings Screen on the iPhone and touch "Log in." (Note that "Pro" features are locked).
3. Enter the same email and password as the one you created on the first 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.



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.



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.



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.

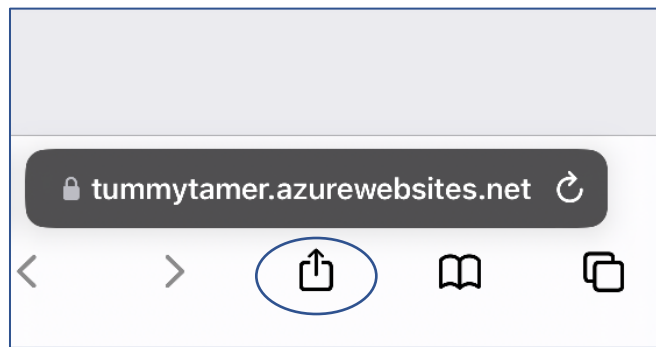
Good luck tracking those tricky tummy troubles!

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

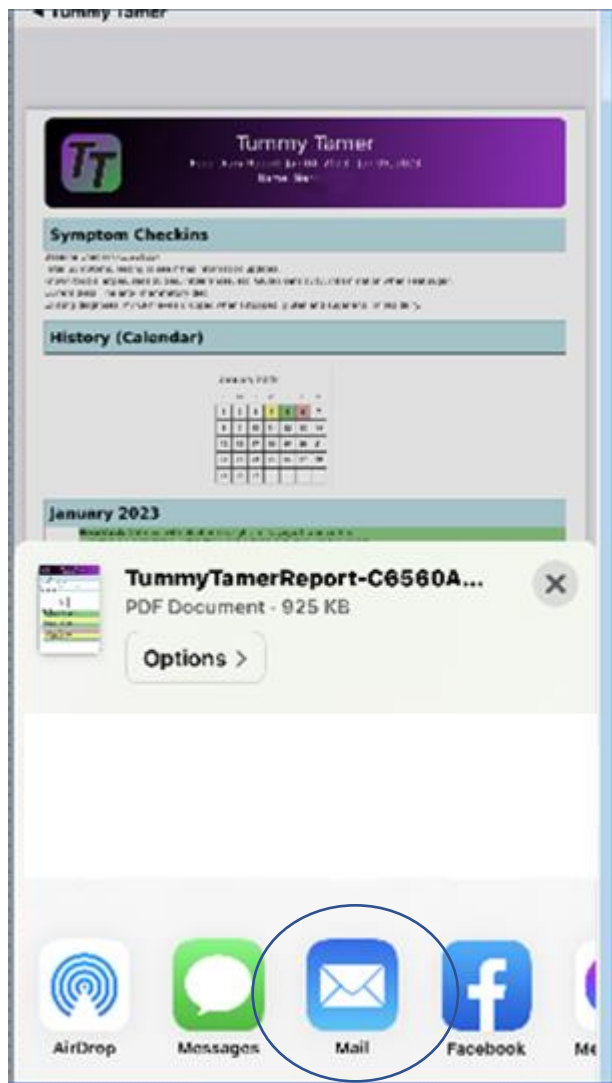
13.1 SENDING REPORTS TO YOUR EMAIL (TO FORWARD TO OTHERS)

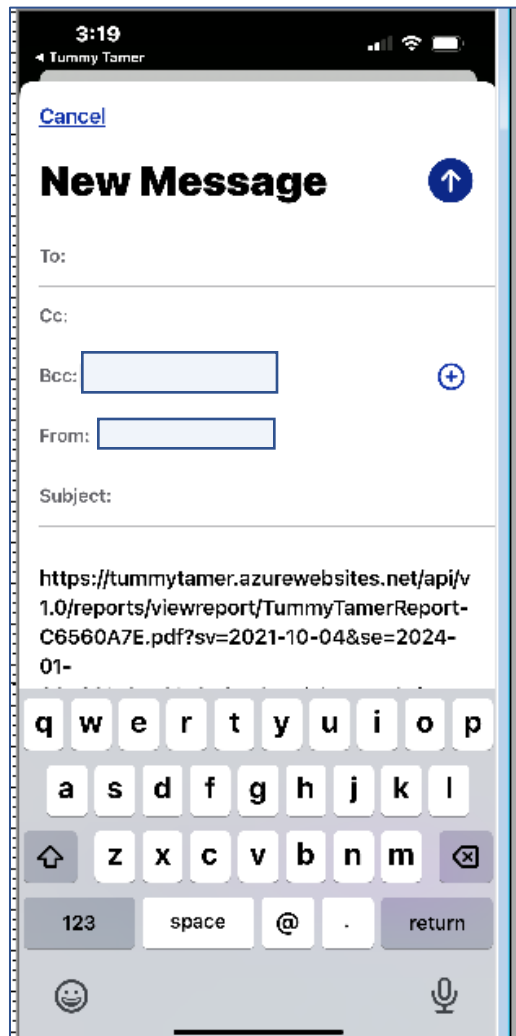
Using your iPhone:

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."

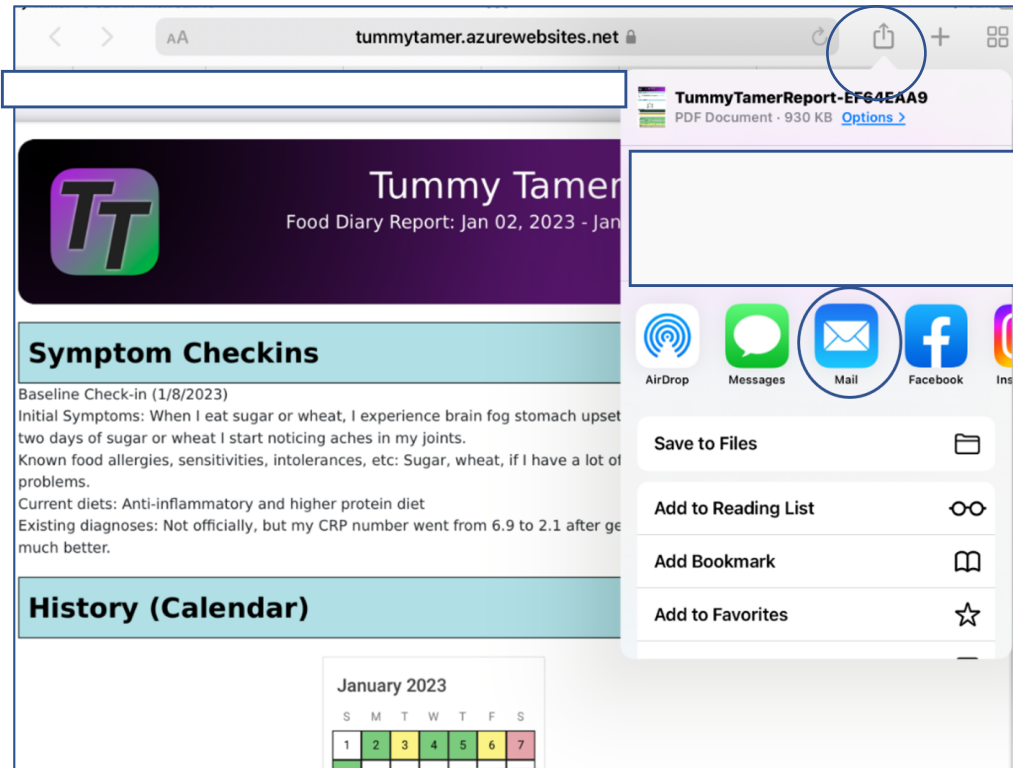




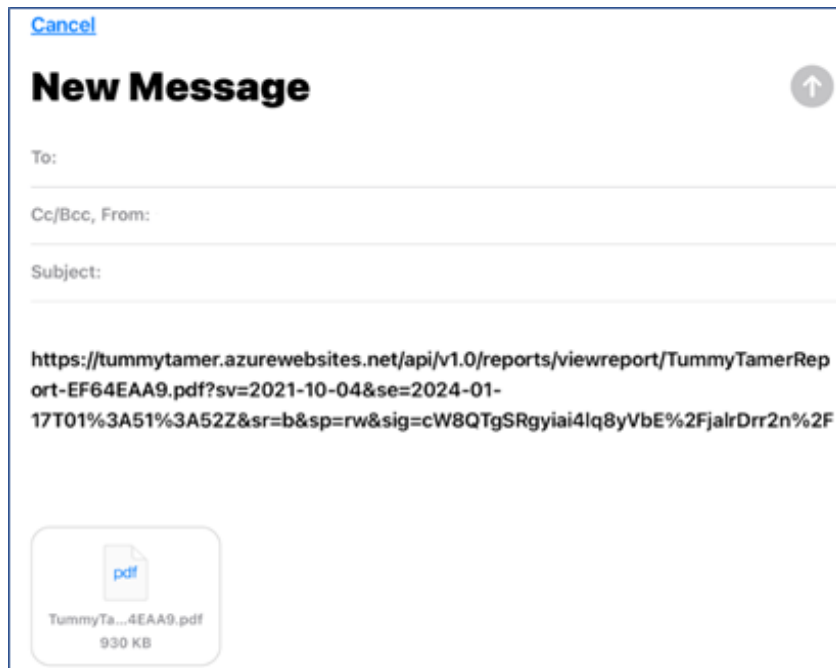
3. Enter your email address in the “to” area--and if you want to cc your trainer or nutritionist, you could add them as well. When you receive the email, click on the link to see (and print) the report if you want to share with others.

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.



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 not) 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!