

The Value of the 24-Hour Activity Intake Capability

Most nutrition and fitness software packages allow you to record a client's daily calorie intake and expenditures by asking you to estimate the client's "Activity Level." Is this client Sedentary, Moderately Active, or Very Active. Based on your estimates of the client's activity level, the software estimate calorie expenditures for that client. NutriBase supports this method, as does the top nutrition and fitness software packages.

But NutriBase has another way of recording your client's daily nutrition and fitness. It's called the 24-hour Activity Intake. When you select this option, NutriBase asks you to record a 24-hour activity intake for the client. (Actually, one is already completed for you... you just need to edit it for accuracy.)

The 24-hour activity intake records the hours of sleep, the hours in front of a computer, the time the client spends on eating, walking, etc. NutriBase stores this as a typical day. When the client exercises, you record the exercises into the daily 24-hour activity intake.

At the end of the day, you have two important numbers: the number of calories expended in activity and exercise and the number of calories taken in from the foods they've eaten. By comparing these two numbers, you will most often come up with a deficit or a surplus. And from this information, you can forecast future weights based on today's behavior.

NutriBase is the only high-end nutrition and fitness software package that offers this capability.