

calpal™

ADVANCED DIGITAL CALORIE TRACKER

IMPORTANT: IF YOUR CAL PAL IS EVER FLASHING WHEN YOU OPEN IT UP PRESS THE +FOOD BUTTON OR THE -EXERCISE BUTTON TO STOP IT.

1. SET BUTTON - The SET button is used to SET or REVISE your settings for TIME and your BMR. To SET or REVISE the TIME or BMR you will simply press and hold the SET button until the display flashes. Adjust the number using the toggle. When finished press SET again to complete.

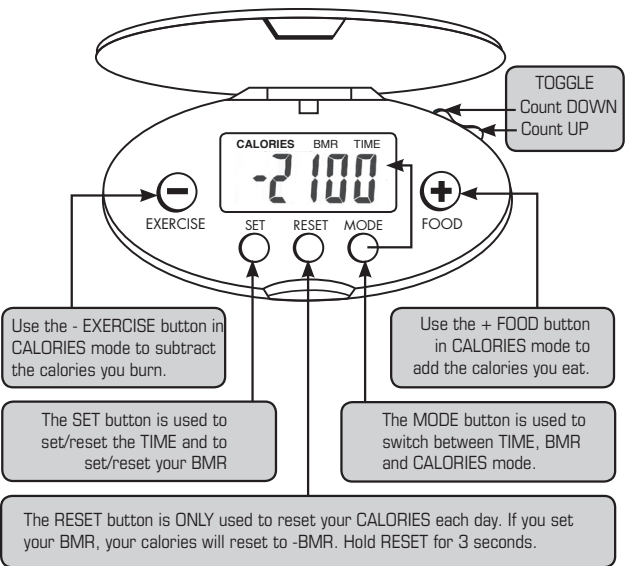
2. RESET BUTTON - The RESET button is ONLY used in CALORIES mode to reset your Calories each day to start over. If you did not set your BMR and you press and hold RESET in CALORIES mode it will reset to 0. If you SET your personal BMR and you press and hold RESET in CALORIES mode it will reset your calories to the negative number of your BMR.

3. MODE BUTTON - Use the MODE button to switch between the three different modes on your Cal Pal. These three different modes are TIME, BMR, and CALORIES.

4. TIME MODE - Press the MODE button until you are in the TIME mode. SET the TIME by pressing and holding the SET button. The display will start flashing. Adjust HOUR by using the TOGGLE on upper right edge of your Cal Pal. Press SET again to SET the MINUTES. When finished press the SET button again. You will notice a small PM in the lower right corner of the display to designate PM. While in TIME mode you can switch between a 24 HR clock and 12 HR clock by pressing the +FOOD button.

5. BMR MODE - BMR stands for Basal Metabolic Rate. This is the number of calories your body burns in steady state not accounting for exercise. **IMPORTANT:** Based on how you want to use your Cal Pal to track your calories will determine whether or not you will SET your BMR or leave it at "0". You can choose either the Traditional Calorie Counting method or the Cal Pal exclusive 24 HR Calorie Countdown method which is explained below.

SETTING YOUR BMR FOR TRADITIONAL CALORIE COUNTING - To use Cal Pal as a traditional Calorie Counter DO NOT set your BMR, leave it at 0. If you leave your BMR at "0" you will notice in CALORIES MODE it will show +0. You will start at +0 each day and ADD the calories you eat with the +FOOD button and subtract the calories you burn through activity or exercise with the -EXERCISE button. Depending on how many calories you eat or burn in a day will determine your total calorie intake for the day. Every morning you will need to press and hold the RESET button in CALORIES mode to reset your calories to +0, allowing you start all over again.



SETTING YOUR BMR FOR THE 24 HR CALORIE COUNTDOWN METHOD

The 24 HR Calorie Countdown method allows you to use your Cal Pal to track your calories in a certain fashion so that you know you are losing weight every 24 hours. In order to do this you must SET your BMR. Once again, your BMR is your Basal Metabolic Rate or the number of calories your body burns each day based on your weight not accounting for exercise or activity. The quick way to determine your BMR is to take your body weight times ten. For example if you weighed 172 pound your BMR would be 1720 (172 x 10 = 1720). For a more accurate way to estimate your BMR based on your gender, age, height, and weight go to calpal.com and use the BMR calculator. To SET your BMR press the MODE button until you are in the BMR mode. In this mode you can SET the BMR by pressing the SET button. You will notice that the 0 will start flashing. Use the TOGGLE to adjust the number to your desired BMR number. Once you have reached your desired number press SET again and you are finished. Every time you lose ten pounds you should change your BMR. To change the number of your BMR go to BMR mode and press the SET button and use the toggle to readjust the number. Press the SET button again when you are finished.

6. CALORIES MODE AND HOW TO USE THE +FOOD BUTTON & THE -EXERCISE BUTTON

While in the CALORIES MODE you will be able to add the calories you eat and subtract the calories you burn through activity or exercise. You will also be able to see your cumulative total of calories throughout the day. You will add and subtract calories the same way whether you are using your Cal Pal as a Traditional Calorie counter or as a 24 HR Calorie Countdown counter. To use the CALORIES function press the MODE button until you are in CALORIES mode. To add calories from the food you eat press the +FOOD button, you will notice a flashing "0".

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— CALORIES MODE *continued*

Use the TOGGLE to reach the desired number of calories you have eaten. Once you reach this number press the +FOOD button again. You will notice that this amount has been added to your daily calorie total. Be sure to ADD the calories you are about to eat BEFORE you eat them. This forces you to read the label of what you are about to eat to figure out the calorie content. You can find calorie contents of the food you eat using the enclosed Calorie Guides. To subtract calories that you burn through exercise press the -EXERCISE button while you are in CALORIES mode. You will notice a flashing “0”. Use the TOGGLE to adjust the number to the amount of calories you have burned. Once you reach the desired number, press the -EXERCISE button again and you will notice the number of calories you have burned have been subtracted from your daily calorie total. To understand how many calories you burn with exercise or activity refer to the exercise section of the enclosed calorie guides. Visit CalPal.com as an additional resource.

7. REMOVABLE BELT CLIP - Your Cal Pal has a removable belt clip for your convenience. You'll notice a small plastic piece above the belt clip with small ridges on it. Simply slide this piece out and then remove the belt clip by sliding it up. Once the clip is removed, replace the small plastic piece.

8. BATTERY REPLACEMENT - You can easily replace the battery in your Cal Pal. First, remove the belt clip. Second, remove the large blue rubber piece that covers the back of the Cal Pal. Then remove the two small screws using a very small phillips screwdriver. Carefully lift the back white plastic cover away from the device. You'll see the round battery on the right side. Using a small flat screwdriver, slide the battery out of its housing. Replace with a new watch button battery model number A389. Reassemble the device following the steps above in reverse and you are finished.

UNDERSTANDING THE CAL PAL 24 HR CALORIE COUNTDOWN METHOD TO WEIGHT LOSS.

The first step to being able to lose weight every 24 hours is to understand that every day you give your body LESS calories than it can burn you will absolutely LOSE weight. This is based solely on the science of how your body works. Because when you give your body less calories than it can burn in a day it forces your body to burn stored fat to get the additional calories it needs. This type of weight loss is also referred to as a calorie deficit. Basically there are 3500 calories in a pound of fat. So if you were to give your body -500 calories LESS than it needs each day you would lose 1 pound every seven days. The general consensus for a daily calorie deficit is between -300 and -500 calories per day. But we recommend that prior to starting any weight loss plan you consult with your physician first. In order to determine if you are in a calorie deficit each day you need to know the following three things:

1. KNOW YOUR BMR - This is the number of calories you burn each day based on your body weight not accounting for exercise or activity. The quick way to estimate this number is to take your weight times ten. Refer to step 5 to set your BMR.

2. TRACK HOW MANY CALORIES YOU EAT - Use the enclosed Calorie Guides and the Calorie Genius on calpal.com to determine how many calories are in the food you eat. Be sure to enter the calories for the food you are about to eat BEFORE you eat. This forces you to determine the calorie content for what you are going to eat BEFORE you eat it.

3. TRACK HOW MANY CALORIES YOU BURN - Use the Exercise Calculator on CalPal.com or the reference sections on Exercise in the enclosed Calorie Guides to determine how many calories you burn with activity or exercises. If you work out on modern exercise equipment like a treadmill, stationary bike, elliptical machine, etc. the machine will calculate how many calories you burn during your workout as long as you input your weight BEFORE you begin.

ONE THING TO REMEMBER: TO LOSE WEIGHT YOU NEED TO HAVE A DAILY CALORIE DEFICIT.

The good news is your Cal Pal makes it simple and easy for you to calculate a calorie deficit each day. First, follow step 5 to set your BMR. You'll notice that once you set your BMR and you go to CALORIES mode it will show a negative number equal to your BMR. For example if you weighed 172 lbs. and you set your BMR at 1720 you'll notice when you go to CALORIES mode it will read -1720. This allows you to start each day in a calorie deficit equal to your body weight. Basically, you are starting each day as a winner with a large calorie deficit and it's your job to hold on to a portion of this calorie deficit to lose weight. Your goal is to hold on to a calorie deficit of approximately -300 to -500 calories by the time you go to bed each night. Another rule of thumb that is generally accepted is to create a daily calorie deficit that is equal to 20% of your body weight (for example if you weighed 200 lbs. an acceptable daily calorie deficit would be -400). You'll notice that your Cal Pal works in reverse in a sense. Every time you eat you will be adding calories that will REDUCE your calorie deficit for the day. However, as you EXERCISE you will be able to SUBTRACT those calories thus INCREASING your calorie deficit. You will instantly notice the direct correlation between how many calories you can eat when you exercise compared to when you don't. Hold on to a calorie deficit by the time you go to bed each night and you will lose weight... you are a winner! When you wake up the next morning press the RESET button on your Cal Pal in CALORIES mode and you will start fresh all over again. With Cal Pal you work on a 24 hour Weight Loss Cycle. Weight loss is a daily battle... treat it that way. For a more detailed explanation on this revolutionary type of weight loss be sure to read the entertaining and highly motivating book “24 HOURS TO BURN” by the inventor of the Cal Pal, Wade Morrison. You can order it online at CalPal.com. Today is your day, create a calorie deficit! Good luck!

THANK YOU FOR YOUR PURCHASE! FOR MORE INFORMATION ON USING YOUR CAL PAL™ VISIT WWW.CALPAL.COM