

【For Nutritional Supporters】

## Nutritional Support System

# Introduction to **Calorie Smile**

**Quest-Computer Co., Ltd.**

1F, Irifune 2-5-6 Chuo-ku, Tokyo 104-0042

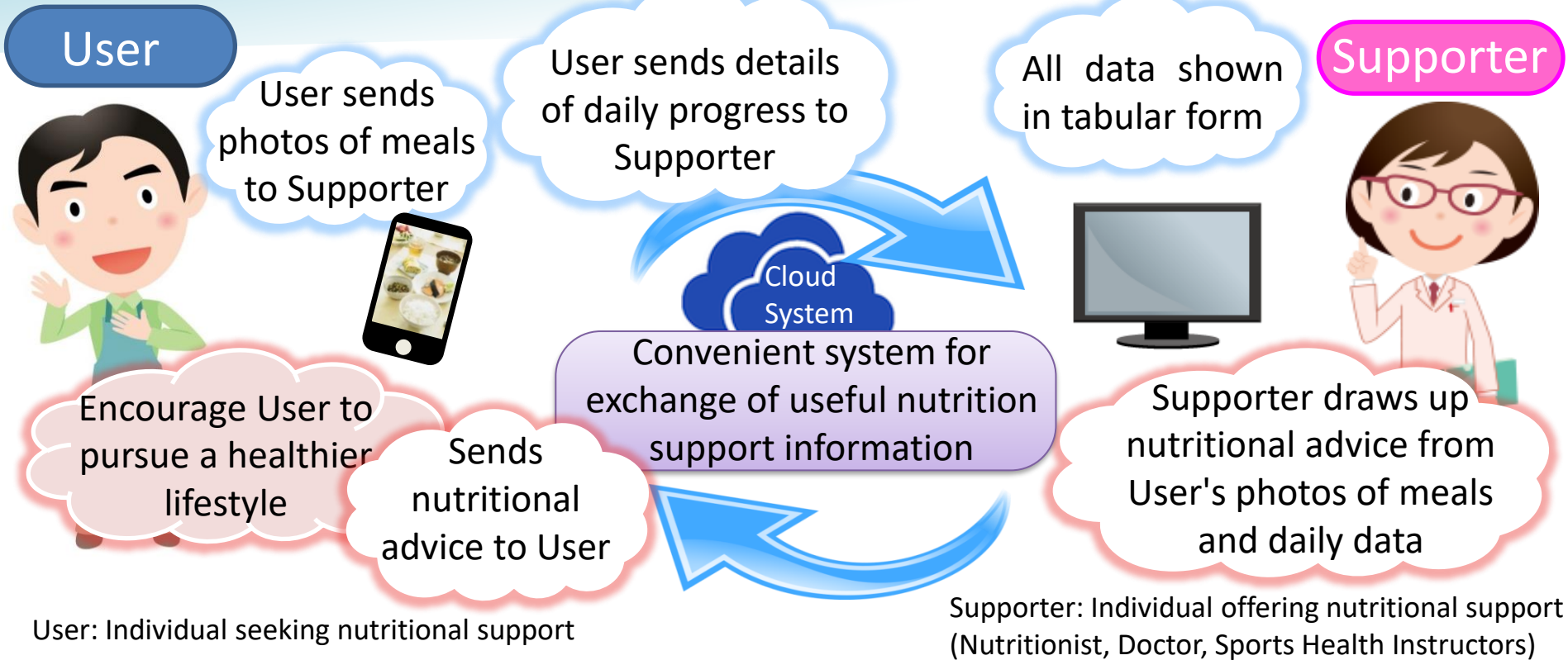
TEL+81-3-3523-3088 FAX+81-3-3523-5751



# Nutritional Support System

## Calorie Smile

Calorie Smile is a nutritional support system designed for both computer and smartphone use. A whole new way of working for nutritionists.



Many other useful functions available. Quest-Computer is working on a system that will benefit the careers of Nutritionists.

**1** Easily accessible - decide when and where you want to work.

**2** Supporters work in a team, meaning that data can be shared. A system that fosters the development of human resources.

**3** Maintain records of work you have handled.

## Functions of Calorie Smile 1 : Physical

The Supporter questions the User in detail.  
Easy to collect information for appropriate support.

User



Supporter

Please answer

1. Do you currently use any medicine to lessen blood pressure?

- True  
 A Little True  
 Not Very True  
 Not True

2. Do you currently take insulin or medicine to lessen blood sugar?

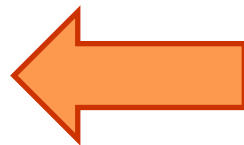
- True  
 A Little True  
 Not Very True  
 Not True

3. Do you currently use medicine to lessen cholesterol?

- True  
 A Little True  
 Not Very True  
 Not True

4. Has your doctor ever diagnosed you with a stroke or a brain infraction and prescribed treatment?

- True  
 A Little True  
 Not Very True  
 Not True



**Calorie Smile** Male Age:50 Return  
Weight:89.5kg Waistline:95.5cm BFP:35.0% BP:165/120mmHg 2018-03-13  
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No	Consultation content	True	A Little True	Not Very True	Not True
1	Do you currently use any medicine to lessen blood pressure?				
2	Do you currently take insulin or medicine to lessen blood sugar?				
3	Do you currently use medicine to lessen cholesterol?				
4	Has your doctor ever diagnosed you with a stroke or a brain infraction and prescribed treatment?				
5	Has your doctor ever diagnosed you with heart disease (angina or cardiac infraction) and prescribed treatment?				
6	Has your doctor ever diagnosed you with chronic renal failure or prescribed you to undergo dialysis?				
7	Has your doctor ever diagnosed you with anemia?				
8	Do you habitually smoke cigarettes?				
9	You are over 10 kilos heavier than when you were 20?				
10	You participate in thirty minutes of heavy physical activity twice a week for over one year.				
11	You walk for over an hour or undertake a similar amount of exercise once every day.				
12	You walk quicker than those of a similar age to you.				
13	Your weight has increased by three kilos in one year.				

Delete Cancel

- ① Supporter prepares questionnaire and sends to User
- ② User answers questionnaire and sends back to Supporter
- ③ Supporter prepares appropriate nutritional advice based on questionnaire

## Functions of Calorie Smile 2 : Daily Progress

In order to achieve the results the User is aiming for, the Supporter gauges daily physical changes and actions

User



The Input of The State of Implementation

Date: 2018-03-09  
Calendar Expression

Weather: ☀️ ☁️ ☔️ ❄️

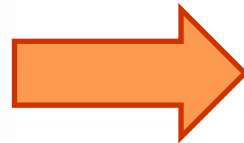
Feeling: 😊 😐 😞 😡 😱

The Number of Steps: \_\_\_\_\_ Steps  
Used Calories: \_\_\_\_\_ kcal

Comment: \_\_\_\_\_

Action Plan  
 Walks over 5000 paces per day  
 Finishes dinner before 8pm at night

Measurement  
Weight: \_\_\_\_\_ kg  
Waistline: \_\_\_\_\_ cm  
Body Fat Percentage: \_\_\_\_\_ %  
Systolic Blood Pressure: \_\_\_\_\_ mmHg  
Diastolic Blood Pressure: \_\_\_\_\_ mmHg



Supporter

Calorie Smile  
クエスター部 Male Age:51  
Weight:85.0kg Waistline:99.5cm BFP:32.5% BP:145/90mmHg  
Return  
2018-03-09

TOP Action Progress Meal Analysis Meal Chart Send Support Document Physical Management Action Plan Questionnaire

Save Send Copy

■The State of Physical

2018-03		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Date of Target Plan:2016-10-01		Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Themes	Target	☀️	☁️	☔️	☀️	☁️	☔️	☔️	☔️	☔️	☔️	☔️	☔️	☔️	☔️	☔️	☔️	☔️
Weight	80.0 kg	82.5	82.2	82.3	81.5	81.3	81.5	81.3	81.4	81.4	81.5	81.2	81.3	81.4	81.3	81.0	81.0	81.0
Waistline	93.0 cm	98.5	98.3	98.6	98.0	97.8	97.9	97.6	97.5	97.6	97.4	97.3	97.5	97.5	97.0	97.0	97.1	97.0
BFP	27.0 %	30.5	30.2	30.1	29.8	29.6	29.6	29.6	29.6	29.5	29.5	29.1	29.0	29.3	30.0	29.3	29.2	29.0
Systolic BP	135.0 mmHg	147.0	144.0	140.0	140.0	138.0	142.0	138.0	138.0	142.0	139.0	139.0	139.0	140.0	139.0	138.0	138.0	138.0
Diastolic BP	85.0 mmHg	95.0	92.0	98.0	93.0	90.0	95.0	95.0	89.0	89.0	89.0	88.0	90.0	89.0	90.0	90.0	88.0	91.0
Amount of Steps	5000 Steps	3800	5100	4300	5200	4900	3800	2500	5500	4600	5000	5300	4500	5100	3300	5600	5000	3800
Used Calories	200.0 kcal								200.0					200.0	100.0			
Comment									○					○				

■The State of Plan Implementation

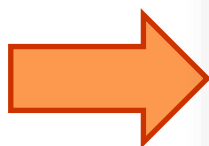
2018-03		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
Plan Start Date:2016-10-01		Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Walks over 5000 paces per day			○		○				○			○	○	○	○	○	○	○
Finishes dinner before 8pm at night		○		○		○		○		○		○	○	○	○	○	○	○

- ① User sends information of physical changes (weight/waist measurements, etc.) and daily progress.
  - ② Supporter can gauge the User's data in tabular form (physical changes and progress of action plan)
- ✘ Weight, waist measurements and paces walked are shown in tabular form

## Functions of Calorie Smile 3 : Meal Analysis

Supporter can gauge what the User has eaten in one glance thanks to the photographs the User sends thus making analysis instant

User



**Calorie Smile** ユーザー情報: Male Age:51 Weight:85.0kg Waistline:99.5cm BFP:32.5% BP:146/90mmHg  
2018-03-09

Meal Chart

Date	Breakfast	Lunch	Supper	Between-Meal Snack (Am)	Between-Meal Snack (Pm)	Late-Night Snack
1 (Thu)						
2 (Fri)						

2018-03-01 13:00 lunch

Meal's Comment

Meal Photo 1Number Expansion

Select	Name of Ingredient	Unit(g)	Search
<input type="checkbox"/>	Rice, short grain, paddy rice, nonglutir	150.00	Search
<input type="checkbox"/>	Chicken, broiler, thigh, meat with skin,	40.00	Search
<input type="checkbox"/>	Onions, bulb, raw	30.00	Search
<input type="checkbox"/>	Potatoes, tuber, raw	50.00	Search
<input type="checkbox"/>	Carrot, regular (European type), root v	30.00	Search
<input type="checkbox"/>	Vegetable oil, blend	3.00	Search
<input type="checkbox"/>	Garlic, bulb, raw	1.00	Search
<input type="checkbox"/>	Ginger, mature rhizome, raw	1.00	Search
<input type="checkbox"/>	Roux, Japanese curry roux, instant	20.00	Search
<input type="checkbox"/>		0.00	Search
<input type="checkbox"/>		0.00	Search

No	Name of Meal	Portion	Search	Ingredient	Main Components
1	chicken curry and rice	1.0	Search		
2		1.0	Search		

Supporter

- ① User sends photographs of meals to Supporter
  - ② Supporter can gauge the User's meal status in one glance
- Additionally, Supporter can carry out nutritional analysis from the photographs

# Nutritional Support System

## Functions of Calorie Smile 4 : Nutritional Advice

Supporter analyzes data and sends Nutritional Advice. This helps maintain the User's motivation

User



Contents of Support

2018-03-09 Support for

Let's start Calorie Smile! We can Support your health life. How are you today?

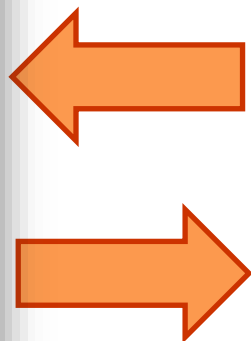
※ Send a reply, Please.

I'm fine!  
Thank you for sending message.

Renewal

Support in The Past

2018-03-09\*



Supporter



Calorie Smile

クレスト次郎 Male Age:50

Weight:89.5kg Waistline:95.5cm BFP:35.0% BP:165/120mmHg

Return

2018-03-09

TOP Action Progress Meal Analysis Meal Chart Send Support Document Physical Management Action Plan Questionnaire

New Registration

No	Date of counseling	Supporter	Counseling Letter/Response Letter	Search Response	Recommended Food Material
Selection 4	2017-06-13	Supporter	Mr. Ichiro Quest. Hello. I hope every thing is fine with you. Yes, I'm fine.	o	↳
Selection 3	2017-05-12	Supporter	You exercise well every day. Keep up the good work.	o	↳
Selection 2	2016-12-27	Supporter	Let me send you some meal menus.	o	↳ o
Selection 1	2016-12-27	Supporter	Hello. I hope everything is fine with you. It's cold, recently.	o	↳

No 5

Supporter Supporter

Response

Point 0

Search Not yet

Counseling Letter

- ① The Supporter carries out analysis of the data the User has sent (implementation status and meal photos) and sends back advice and nutritional coaching.
- ② The User can reply to the Supporter.

## Functions of Calorie Smile 5: Group Support

Supporters can learn from each others' methods and enhance their skills as specialists.

**Calorie Smile** クエスト一部 Male Age:51  
Weight:85.0kg Waistline:99.5cm BFP:32.5% BP:145/90mmHg  
2018-03-09

TOP Action Progress Meal Analysis Meal Chart Send Support Document Physical Management Action Plan Questionnaire

■Profile  
Full name: [Redacted]  
ID: user001  
Latest Login: 2018-03-05  
Age (Birth Day): 51 (1966-04-01)  
Sex: Male  
Physical Level: II

■First Records  
Height: 173.0cm  
Weight: 85.0kg  
BP: 145/90mmHg  
Waistline: 99.5cm  
BFP: 32.5%  
Smoking Habits: -  
Exercise Habits: -

■Results  
Start Date: 2018-03-01  
Finish Date: 2018-03-31

■Physical Progress  
Weight [1] Month: [Line graph showing weight fluctuating around a target value of 80kg]  
Waistline [1] Month: [Line graph showing waistline fluctuating around a target value of 95cm]  
Amount of Steps [1] Month: [Bar chart showing daily step counts around a target of 5,000]

■Action Plan (2016-10-01)

Action Plan	Type	3/3	3/4	3/5	3/6	3/7	3/8	3/9
Walks over 5000 paces per day	Exercise	x	o	x	x	x	o	x
Finishes dinner before 8pm at night	Nutrition	o	x	o	x	o	x	o

■Meal  
Latest Meal Photo: 2018-03-31 19:13 Supper

■Counseling History

Send Date	Response Search	Sender	Counseling Letter	Response Letter	
2017-07-25	レ	o	Supporter	Mr. Ichiro Quest. Hello. I hope you are well...	Yes, I am fine.
2017-04-03	レ	o	Supporter	You exercise well. Keep up the good job.	
2017-03-30		o	Supporter	Let me send you some meal menus.	

Supporter 1



Supporter 2



Supporter 3



Group Support

It's possible for a group of Supporters to support one User.

### From the Perspective of Working

- By providing support as a group, information can be shared and the training of personnel can be carried out.
- Support can be carried out without having to worry about the distance between Supporters and Users.
- Choose when and where you work.
- Support the development of a wide range of abilities.
- Add to your career experience.
- ➔ Supporters can achieve working experience.



### From the Perspective of Nutritional Support

- System offers easy and swift access of User Information.
- It is possible to interact with the User on a regular basis if necessary.
- More efficient than meeting with Users directly.
- Easier to manage a large number of Users.
- By using analytical tools, detailed support is possible.