

Nutrition Support System Calorie Smile



Manual for System Use (Supporter)

Quest Computer Co., Ltd.

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1. Introduction

Overview of Calorie Smile

Nutrition Support System Calorie Smile (herein after referred to as This System) is a nutritional support system that can be used both by computer and smart phone. Users of This System will be classified as follows:

- User : Referring to an individual who is receiving nutritional support
- Supporter : Referring to an individual who is providing nutritional support for Users (Nutritionists, Doctors, Sports or Health Instructors, etc.)
- Administrator : Referring to an individual who is providing nutritional support and also manages Users and Supporters.

Nutritional support of User can be conducted using the Group feature. This feature can be used by two supporters (with separate accounts) and above. If customization is necessary, please contact us for details.

Recommended System Requirements

- OS : Windows 8 / Windows10
- Browser : Internet Explorer 11

Trademark Registration

Calorie Smile is registered as a Quest Computer Co., Ltd. (hereinafter referred to as Our Company) trademark. Prior use of this system without the permission of Our Company is prohibited.

Terms and Disclaimer

In using This System, all system users must comply with the terms established by Our Company. For details, please refer to Terms of Use, to be found on a separate page.

About Personal Information Protection

Our Company is properly handling the personal information of all system users. For details, please read Handling of Personal Information to be found on a separate page.

Caution when Using This System

Please use Return to go back to a previous page.

Inquiries

Quest Computer Co., Ltd.

E-mail: c-smile@questcom.co.jp

2. Log In/Log Out

2.1 Log In

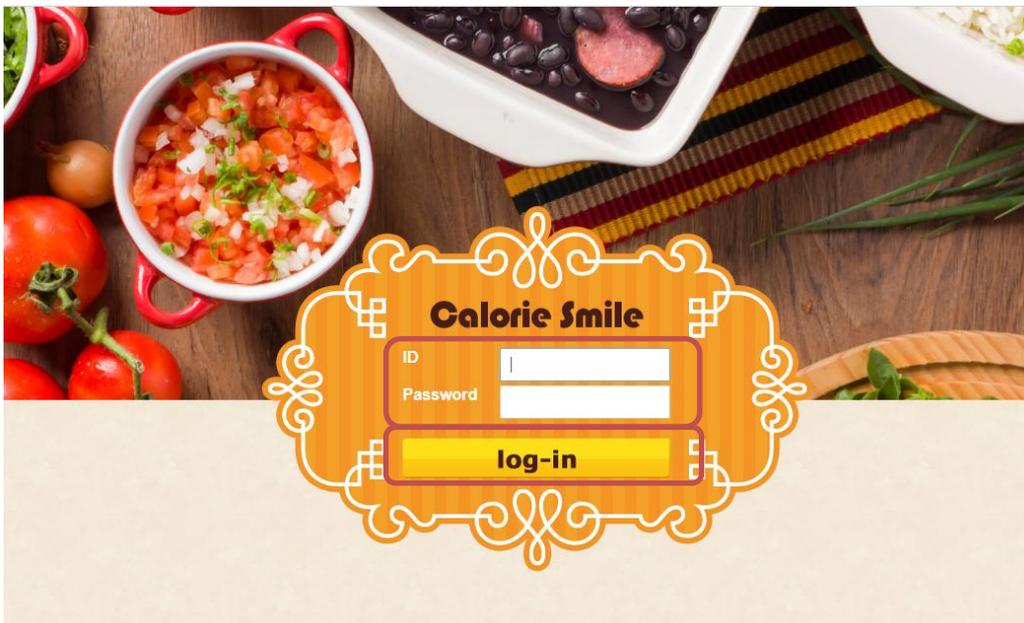
(1) Open Internet Explorer

(2) Please input the following URL, and press Enter

<https://cas.questcom.co.jp/CalSml/login.jsf>



(3) This is the Log In screen



(4) Input your ID and Password and click Log In.

(5) This is the Portal Screen

(For the first time usage, List of Users will not be shown. See example below)

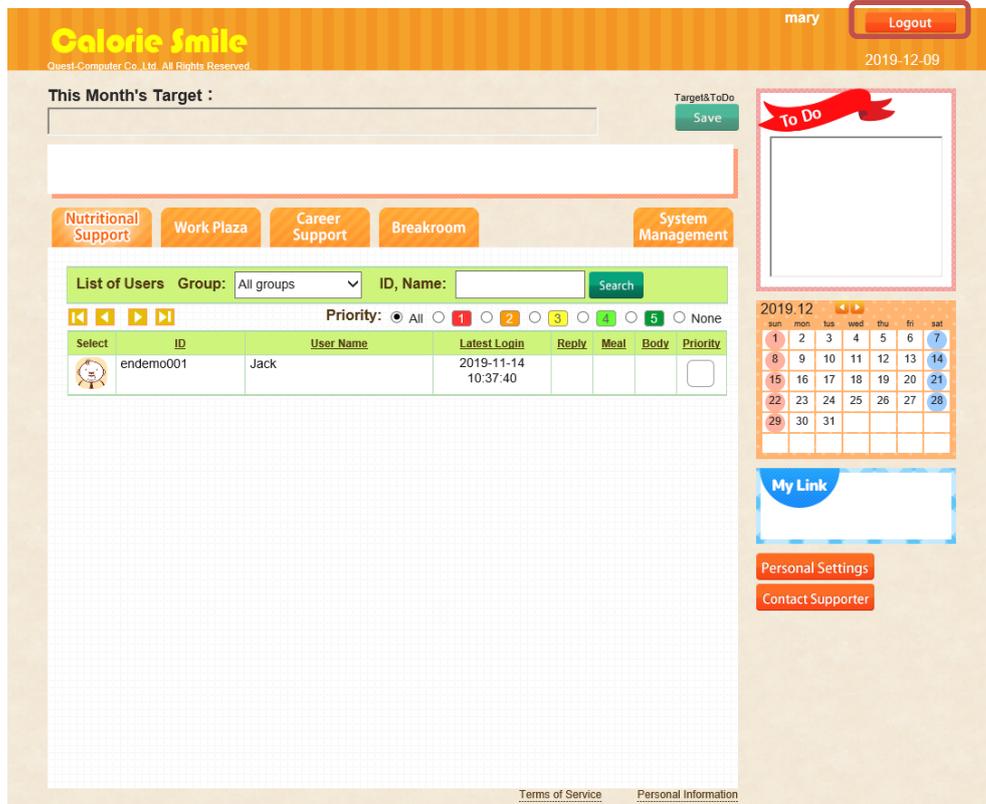
The screenshot shows the Calorie Smile portal dashboard. At the top, there is a header with the logo "Calorie Smile" and the text "Quest-Computer Co., Ltd. All Rights Reserved". The user's name "mary" and a "Logout" button are in the top right corner, along with the date "2019-12-09". Below the header, there is a section for "This Month's Target" with a text input field and a "Save" button. To the right is a "To Do" list area. Below these are navigation tabs: "Nutritional Support", "Work Plaza", "Career Support", "Breakroom", and "System Management". The main content area features a "List of Users" section with a search bar and a table. The table has columns for "Select", "ID", "User Name", "Latest Login", "Reply", "Meal", "Body", and "Priority". One user is listed: "endemo001" with ID "endemo001", User Name "Jack", and Latest Login "2019-11-14 10:37:40". To the right of the table is a calendar for December 2019. Below the calendar is a "My Link" section with buttons for "Personal Settings" and "Contact Supporter". At the bottom of the page, there are links for "Terms of Service" and "Personal Information".

When Log In attempt is failed due to wrong input of ID or Password, error message "Please check your ID and Password" will appear. Enter your ID and Password once again.

The screenshot shows the Calorie Smile login screen. It features a decorative orange frame with the "Calorie Smile" logo. Inside the frame, there are input fields for "ID" and "Password", and a yellow "log-in" button. Below the login form, there is a red dashed border containing the error message: "Please check your ID and Password. If you enter the wrong data six times, your account will be locked for one minute." At the bottom of the page, there is a small disclaimer: "This system utilizes Cookies and JavaScript. Please enable Cookies and JavaScript in your browser."

2.2 Log Out

(1) Please click Log Out

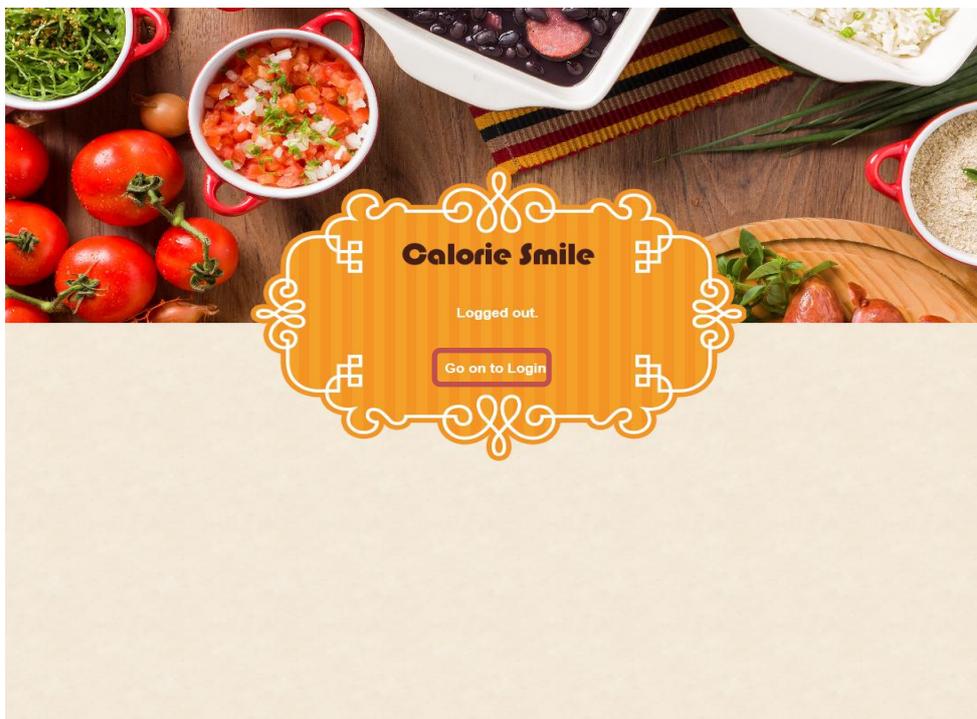


The screenshot shows the Calorie Smile dashboard. At the top right, the user name 'mary' is displayed next to a 'Logout' button, which is highlighted with a red box. Below the header, there is a 'This Month's Target' section with a 'Save' button. A navigation bar includes buttons for 'Nutritional Support', 'Work Plaza', 'Career Support', 'Breakroom', and 'System Management'. A 'List of Users' table is visible, with columns for Select, ID, User Name, Latest Login, Reply, Meal, Body, and Priority. A calendar for December 2019 is shown on the right side. At the bottom, there are links for 'Terms of Service' and 'Personal Information'.

Select	ID	User Name	Latest Login	Reply	Meal	Body	Priority
<input type="checkbox"/>	endem0001	Jack	2019-11-14 10:37:40				<input type="checkbox"/>

(2) This is the Log Out screen

Click [Go on to Login] and it will be returned to the Log In screen.



3. Portal

Portal Screen

The screenshot shows the Calorie Smile portal interface. At the top, the user is logged in as 'mary' with a 'Logout' button and the date '2019-12-09'. The main content area is divided into several sections:

- 3.1.** This Month's Target: A text input field containing 'Easv Nutrition Balance Recipe' and a 'Save' button.
- 3.2.** 2019-06-10 Information from System: A section with navigation tabs for 'Nutritional Support', 'Work Plaza', 'Career Support', 'Breakroom', and 'System Management'. Below these is a 'List of Users' table with search and filter options.
- 3.3.** To Do: A large empty text input area for personal tasks.
- 3.4.** My Link: A section with a 'Quest Computer' link.
- 3.5.** Personal Settings: A button for user settings.
- 3.6.** Contact Supporter: A button for contacting support.

Select	ID	User Name	Latest Login	Reply	Meal	Body	Priority
<input type="checkbox"/>	endemo001	Jack	2019-11-14 10:37:40				<input type="checkbox"/>

3.1 This Month`s Target

The Portal Screen will display This Month`s Target

- (1) Input this month`s target into the This Month`s Target column
 - (2) After inputting the target, click [Save]
 - (3) When editing text in the column, follow the same steps as (1)-(2).
 - (4) When deleting text in the column, delete or empty the column, then click [Save]
- ※Target input, edit, and delete can also be done in [3.5 Personal Settings]

3.2 Information from system

Information from system is displayed on the Portal screen

3.3 TO DO

TO DO is displayed on the Portal screen

- (1) Input personal schedule, activities, etc. in the Input column
Below TO DO column, there is Calendar for checking purpose while inputting TO DO
 - (2) After inputting text, click [Save]
 - (3) When editing the text column, follow the same steps as (1)~(2)
 - (4) When deleting the text column, delete or empty the column then click [Save]
- ※TO DO input, edit, and delete can also be done in [3.5 Personal Settings]

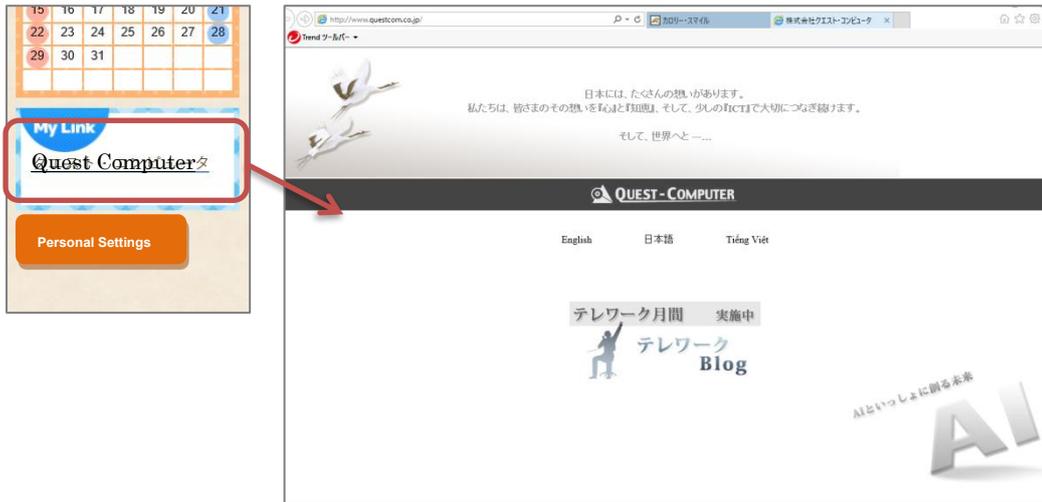
3.4 My Link

(1) My Link is displayed on the Portal Screen, consists of links saved by the Supporter.

※The links input, edit, save and delete can also be done in [3.5 Personal Settings]

(2)When a link is clicked, it will automatically open and appear in the browser.

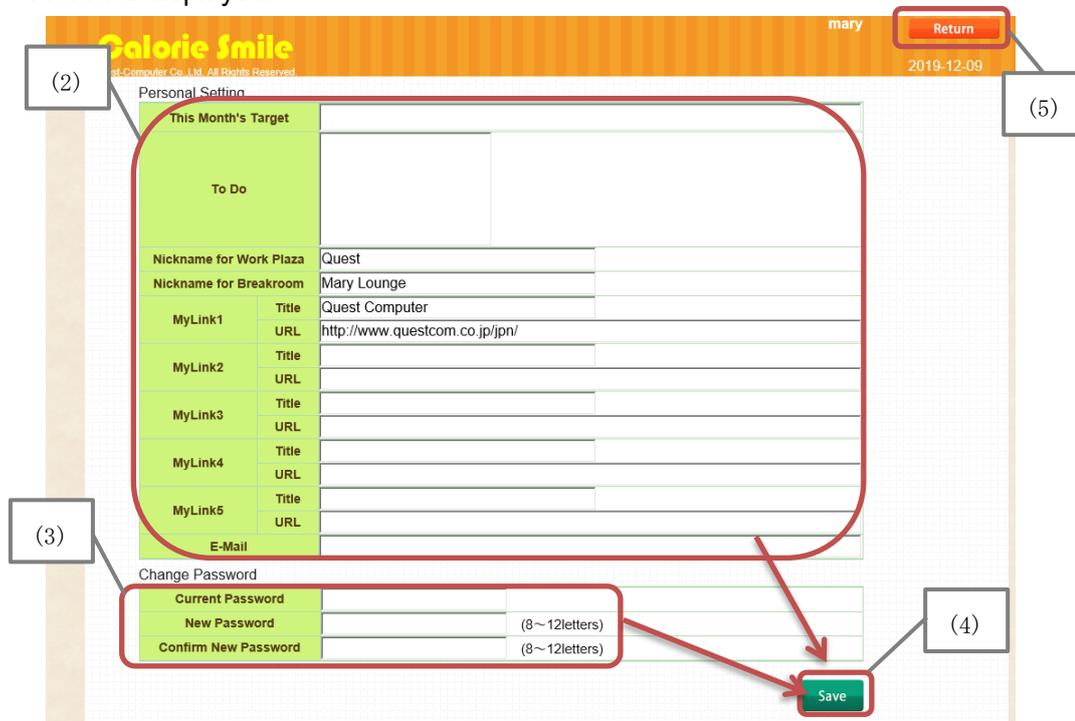
Example



※ See the example above. The Supporters may save any links.

3.5 Personal Settings

(1) Click [Personal Settings] button displayed on the Portal Screen. Personal Settings screen is displayed.



(2) This Month`s Target, TO DO, Nickname for Work Plaza, Nickname for Breakroom, My Link can all be saved in Personal Settings.

- This Month`s Target : Refer to [3.1 This Month`s Target]
- TO DO : Refer to [3.3 TO DO]
- Nickname for Work Plaza : Nickname setting. Refer to [5. Work Plaza]
- Nickname for Breakroom : Set chat nickname. Refer to [7. Breakroom]
- My Link : Refer to[3.4 My Link]

《My Link Registration Methods》

Up to 5 links can be registered in My Link

Input the name of the link and its URL as below.

【Example】 [Title] : Quest Computer [URL] : <http://www.questcom.co.jp/>

MyLink1	Title	Quest Computer
	URL	http://www.questcom.co.jp/jpn/

(3) The Log In Password can be changed in Change Password. Input old password for [Current Password], then input [New Password], and [Confirm New Password].

The password will change on the next Log In attempt.

(4) When necessary columns are filled in, click [Save]. The new password will be registered if change password process was conducted.

(5) When return to the Screen Portal, click [Return] button.

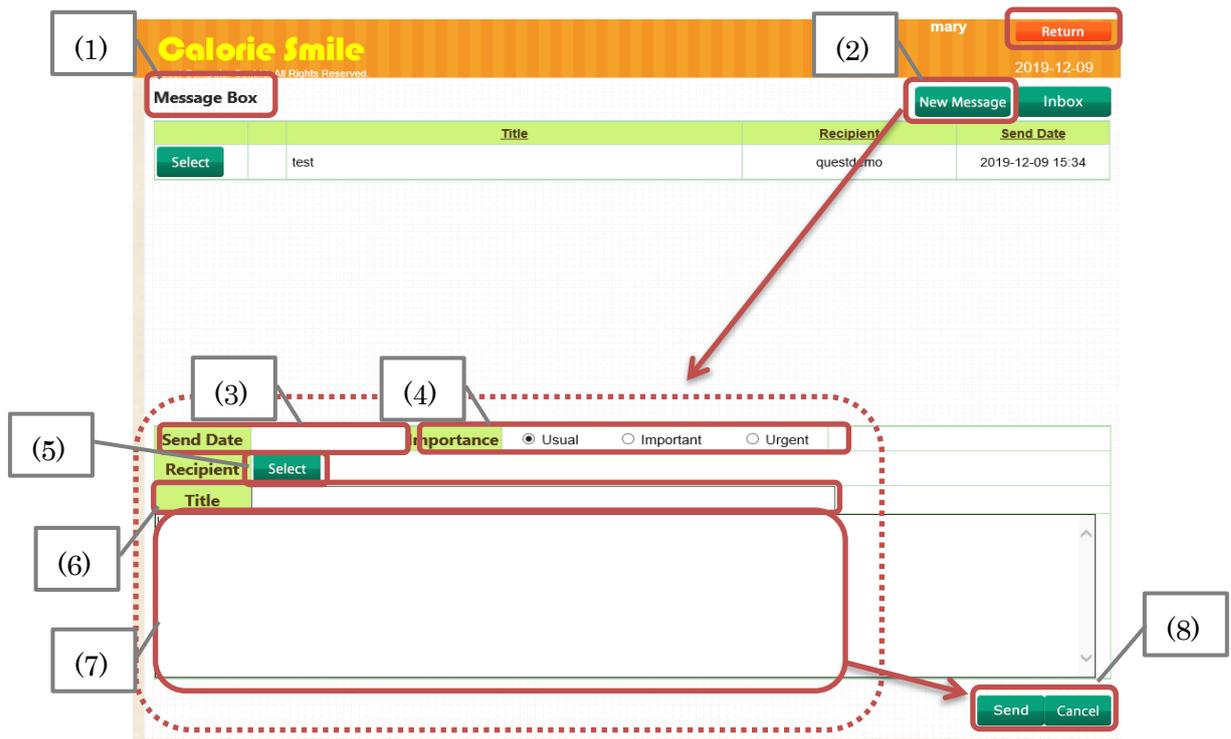
3.6 Contact Supporter

Contact Supporter is a feature whereby each Supporter can contact each other.

※This feature can be used by 2 accounts and above. If customization is necessary, please contact Our Company for details.

《Messaging》

- (1) Click [Contact Supporter,] button displayed on the Portal Screen. [Message Box] is displayed.



- (2) Click [New Messages]. An input form will appear

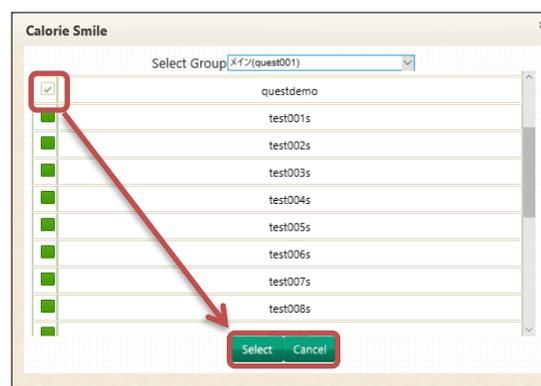
(3) [Send Date] will be automatically filled.

(4) Select [Importance (Usual, Important, Urgent)]

(5) Click the [Select] button next to [Recipient], Recipient's Pop Up will appear.

First, Select Group, then [Select Recipient]. Select all by checking the box on Select Recipient or individual recipient next to their name, then clicked [Select]

To abort action, click [Cancel] button.



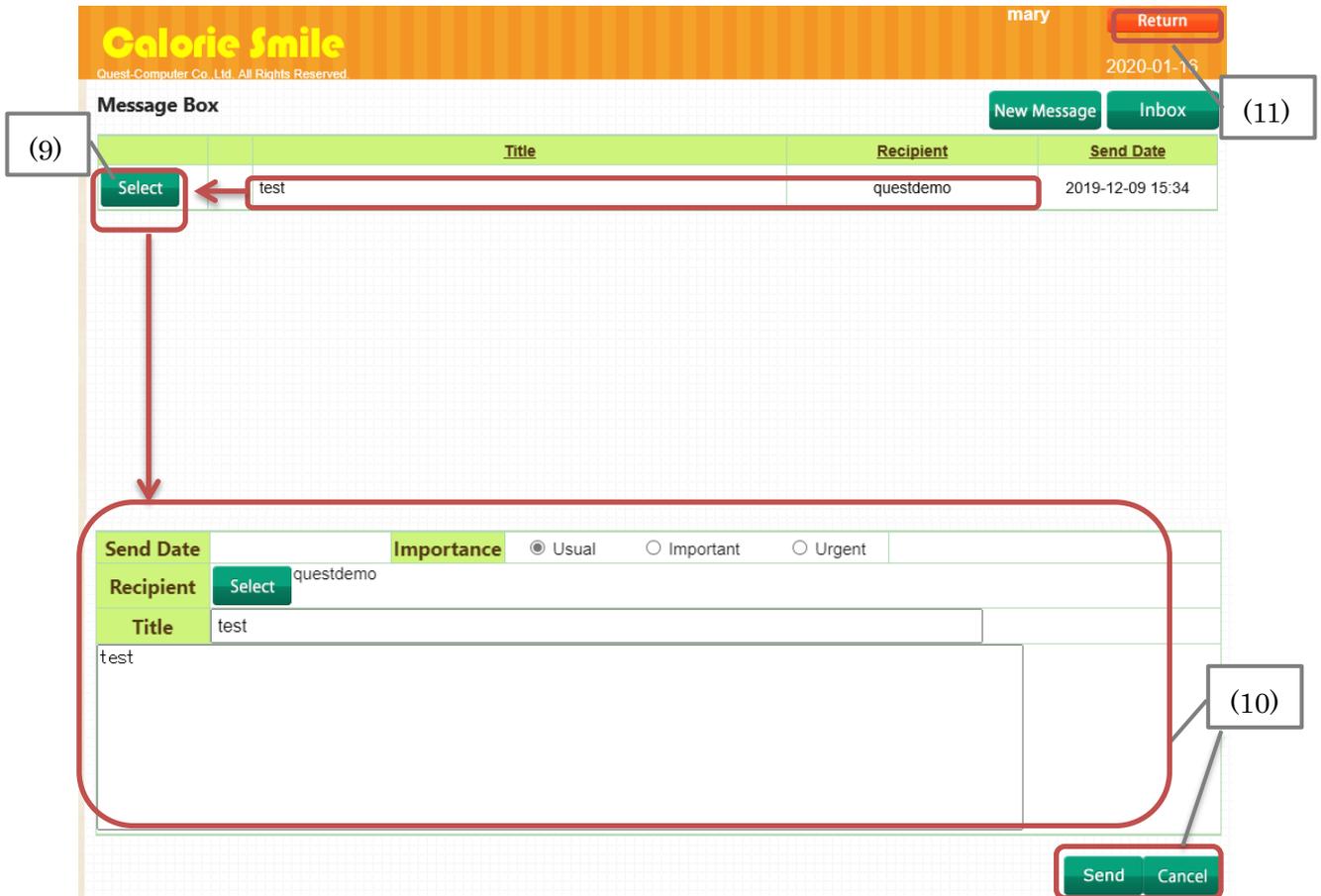
(6) Input Title

(7) Input the text on the box

(8) When all the options and box are written, click [Send] button.

To abort action, click [Cancel] button.

(9) The sent email can be reviewed by clicking [Select]



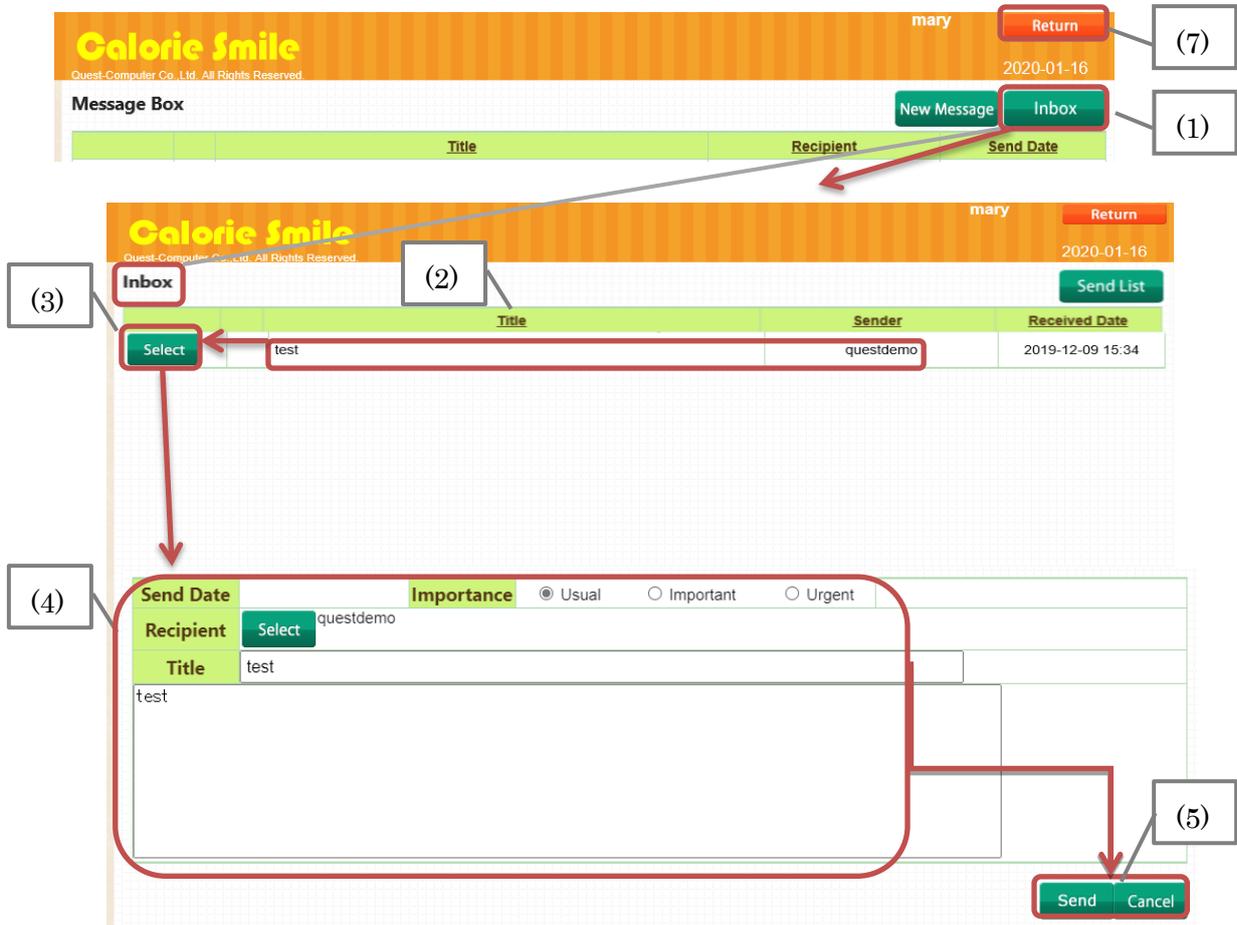
(10) Reviewing selected content.

To close the selected content, click [Cancel] to close it.

(11) When return to Screen Portal, click [Return] button.

«Inbox»

(1) From the Message Box screen, when [Inbox] button is clicked, Inbox screen will appear



(2) The received message will be shown on a list.

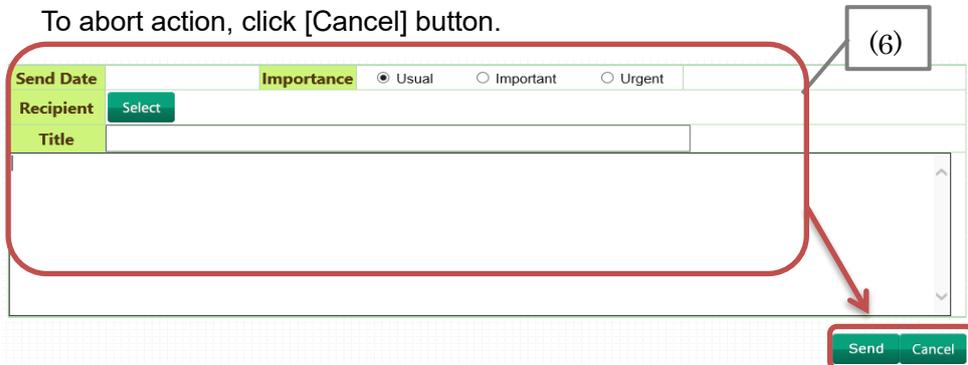
(3) To review the content, select message by clicking [Select] button

(4) The selected message content will appear.

(5) To abort action, click [Cancel] button.

(6) When [Reply] button is clicked, a form will appear, input the text and click [Send].

To abort action, click [Cancel] button.



(7) When return to Screen Portal, click [Return] button.

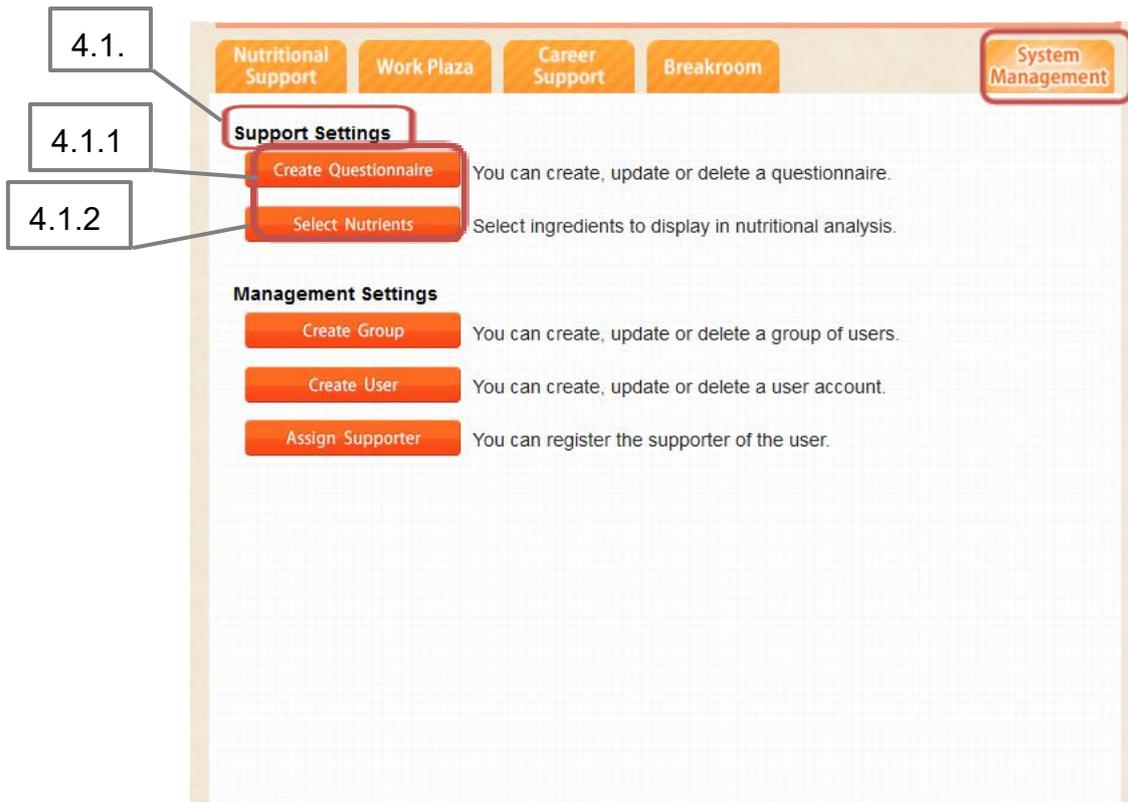
4. System Management

4.1 Support Settings

Nutrition Support Screen is showed.

Create Questionnaire : Register the Questionnaire which will be sent to User

Select Nutrients : Select the nutrients which will be sent to User as nutrient analysis.



4.1.1 Create Questionnaire

- (1) Create Questionnaire screen will appear when [Create Questionnaire] button is clicked below Support Settings,

The screenshot displays the 'Calorie Smile' application interface. At the top, there is a header with the logo 'Calorie Smile' and the text 'Quest-Computer Co., Ltd. All Rights Reserved'. The user's name 'mary' and a 'Return' button are visible in the top right corner. The main content area is titled 'Health Questionnaire' and indicates 'There are 4 choices.' Below this, there is a table with columns: Code, Title, Access, and Supporter. The first row of the table shows '1001', 'Physical', 'Public', and 'Supporter'. A 'Create' button is located above the table, and a 'Select' button is below it. A form area is outlined with a red dashed line, containing fields for 'Code', 'Title', 'Comment', and 'Access'. The 'Access' field has two radio buttons: 'Private' (selected) and 'Limited Access'. Below the 'Access' field, there is a list of numbers 1 through 5. A 'Return' button is also present in the top right corner of the application area.

(2) Click [Create] button.

(3) A form will appear.

(4) Please input Code, Title, and Comment where possible

(5) Select Access (Private or Limited)

Private : Only the Supporter has access

Limited: Supporters within the group have access

※This feature can be used by 2 accounts and above. If customization is necessary , please contact our company for details.

(6) Input the questionnaire. Questionnaire item can be inputted from 1 – 25 items.

The screenshot shows a form for inputting questionnaire items. On the left, a green vertical bar is labeled "Questions". To its right, there are 25 numbered rows (1 to 25) for entering text. At the bottom right, there are three buttons: "Send", "Save", and "Cancel". A red rounded rectangle highlights the input area, and a callout box (6) points to it. Another callout box (7) points to the "Save" button.

※There are 4 answer options – Yes, Sort of, Not really, and No..

(7) All options and inputs if it will be completed when [Save] is clicked

To abort action, click [Cancel] button

(8) The registered questionnaire can be checked or edited by clicking [Select] button

The screenshot shows a web interface for "Calorie Smile" with a "Health Questionnaire" section. At the top, it says "There are 4 choices." Below is a table with columns: Code, Title, Access, and Supporter. A "Select" button is highlighted with a callout (8). Below the table, a detailed view of a questionnaire is shown with fields for Code (1002), Title (Morning Habit), Comment (This is a simple questionnaire to assess your morning habit...), and Access (Limited Access selected). Below these are four numbered items with text input fields, each with a callout (9).

Code	Title	Access	Supporter
1001	Physical	Public	

Questionnaire Details:

- Code: 1002
- Title: Morning Habit
- Comment: This is a simple questionnaire to assess your morning habit. Please answer as close as possible to your current condition.
- Access: Private, Limited Access

Items:

- 1 I wake up every morning feeling great
- 2 I wake up just in time to get myself ready
- 3 I usually enjoy my breakfast
- 4 I have time to schedule today's to do list

(9)The selected content will be shown. When the content is updated, after input changes, click [Save] button.

Selected items can be deleted by clicking [Delete] button.

When it is decided not to update, click [Cancel] button

※[Save] · [Delete] buttons are available for content writer

Available button would be [Cancel] only if accessed by other than the content writer

Please answer as close as possible to your current condition

Comment

Access Private Limited Access

Questions

- 1 I wake up every morning feeling great
- 2 I wake up just in time to get myself ready
- 3 I usually enjoy my breakfast
- 4 I have time to schedule today`s to do list
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21
- 22
- 23
- 24
- 25

(9)

Save Cancel

(10) When return to Screen Portal, click [Return] button.

mary 2019-12-17

Calorie Smile

Quest-Computer Co., Ltd. All Rights Reserved

Health Questionnaire There are 4 choices.

Create

	Code	Title	Access	Supporter
Select	1001	Physical	Public	
Select	1002	Morning Habit	Limited	o

(10)

Return

4.1.2 Select Nutrients

- (1) Select Nutrients screen will appear when [Select Nutrients] button is clicked below Support Settings,

The screenshot shows the 'Select Nutrients' screen in the 'Calorie Smile' application. The header includes the logo 'Calorie Smile', the user name 'mary', and a 'Return' button. The main content area is titled 'Select Nutrients' and contains a list of nutrients organized into three columns: Protein, Lipid, and Carbohydrate. A red box highlights the 'Save' button, and another red box highlights the 'Return' button. Callout boxes (3) and (4) point to these buttons respectively.

	Protein	Lipid	Carbohydrate
<input checked="" type="checkbox"/> Refuse(%)	<input checked="" type="checkbox"/> Protein(g)	<input checked="" type="checkbox"/> Lipid(g)	<input checked="" type="checkbox"/> Carbohydrate(g)
<input checked="" type="checkbox"/> Energy(kcal)	<input type="checkbox"/> Protein, calculated as the sum of amino acid residues(g)	<input type="checkbox"/> Fatty acid, triacyl-glycerol equivalents(g)	<input type="checkbox"/> Carbohydrate, available; expressed in mono-saccharide equivalents(g)
<input type="checkbox"/> Energy(kj)	<input type="checkbox"/> Isoleucine(mg)	<input checked="" type="checkbox"/> Saturated Fatty Acid(g)	<input type="checkbox"/> Dietary fiber, soluble(g)
<input type="checkbox"/> Water(g)	<input type="checkbox"/> Leucine(mg)	<input type="checkbox"/> Fatty acid, mono-unsaturated(g)	<input type="checkbox"/> Dietary fiber, insoluble(g)
<input checked="" type="checkbox"/> Ash(g)	<input type="checkbox"/> Lysine(mg)	<input type="checkbox"/> Fatty acid, poly-unsaturated(g)	<input checked="" type="checkbox"/> Fiber(g)
<input checked="" type="checkbox"/> Salt Equivalents(g)	<input type="checkbox"/> Methionine(mg)	<input checked="" type="checkbox"/> Cholesterol(mg)	<input type="checkbox"/> Starch(g)
<input type="checkbox"/> Alcohol(g)	<input type="checkbox"/> Cystine(mg)	<input type="checkbox"/> Fatty acids, total(g)	<input type="checkbox"/> Glucose(g)
<input type="checkbox"/> Nitrate ion(g)	<input type="checkbox"/> Amino acids, total sulphur-containing(mg)	<input type="checkbox"/> Fatty acids, total n-3 poly-unsaturated(g)	<input type="checkbox"/> Fructose(g)
<input type="checkbox"/> Theobromine(g)	<input type="checkbox"/> Phenylalanine(mg)	<input type="checkbox"/> Fatty acids, total n-6 poly-unsaturated(g)	<input type="checkbox"/> Galactose(g)
<input type="checkbox"/> Caffeine(g)	<input type="checkbox"/> Tyrosine(mg)	<input type="checkbox"/> Fatty acid 4:0(mg)	<input type="checkbox"/> Sucrose(g)
<input type="checkbox"/> Tannin(g)	<input type="checkbox"/> Amino acids, total aromatic(mg)		<input type="checkbox"/> Maltose(g)
<input type="checkbox"/> Polyphenol(g)			
<input type="checkbox"/> Acetic acid(g)			

(2) When a meal analysis is conducted in [Nutritional Analysis], selected nutrients from this screen will be shown in [Nutritional Analysis] screen.

(3) Select the nutrient which is decided to be shown by checking the box then save by clicking [Save] button. 1~50 nutrient can be registered.

(4) When return to Screen Portal, click [Return] button.

※Selected nutrients will be shown in [4.4.6.2 Meal Analysis: Nutritional Analysis] in [Analysis]

4.2 [Management Settings] (Supporter who has role as Administrator)

This is the User registration feature which will be shown at nutritional support screen

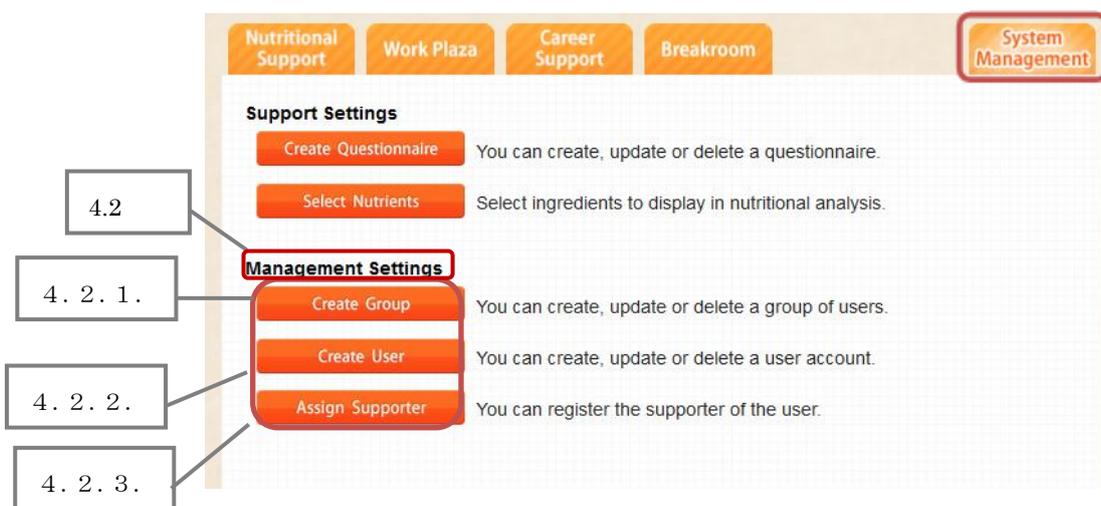
Create Group : Register User`s group.

Create User : Register User which will receive nutrition support

※The number of registered user depends on the initial contract.

Assign Supporter : Manage the Supporter which will be in charge on User.

※The group support can be used when a Supporter`s account carry two or more accounts. If customization is necessary , please contact our company for details)



※ User registration manual available at、 [4.2.1] [4.2.2] [4.3.3]

4.2.1 Group Maintenance

- (1) Click the [Create Group] button below System Management. Group Maintenance screen will appear.

The screenshot shows the 'Group Maintenance' interface. At the top, there's a header with 'Calorie Smile' and a user profile 'mary' with a 'Return' button. Below the header, there's a 'Create' button (2) and a table of existing groups. The table has columns for 'ID', 'Group Name', 'Start Date', and 'Finish Date'. Below the table is a form for creating a new group. The form has fields for '*ID', '*Group Name', 'Start Date', and 'Finish Date'. The 'Start Date' field has a value '20181217' and a format 'yyyyymmdd'. The 'Finish Date' field has a format 'yyyyymmdd'. The form is highlighted with a red dashed box (3). The 'Save' and 'Cancel' buttons are also highlighted (6).

- (2) Click [Create] button.
- (3) [Group Maintenance] form will appear.
- (4) Input [ID] and [Group Name]
- (5) Input [Start Date] [Finish Date] in “yyyyymmdd” format.
Example, January 1st 2025 would be “20250101 “
※Even when there is no input for [Finish Date], it still can be saved. When the finish date is inputted, the User Group system can be used until [Finish Date]
- (6) When the input is finished, click [Save] button.
To abort action, click [Cancel] button.
- (7) To check and edit details of the saved group, select one group from the list by clicking [Select] button.

The screenshot shows the 'Group Maintenance' interface with a selected group. The 'Select' button (7) is highlighted. The table below shows the details of the selected group: ID 'endemo', Group Name 'endemo1', Start Date '20181001', and Finish Date '2020-2-31'. Below the table is a form for editing the group. The form has fields for '*ID', '*Group Name', 'Start Date', and 'Finish Date'. The 'Start Date' field has a value '20181001' and a format 'yyyyymmdd'. The 'Finish Date' field has a value '2020231' and a format 'yyyyymmdd'. The form is highlighted with a red dashed box (8). The 'Save', 'Delete', and 'Cancel' buttons are also highlighted.

- (8) The contents of selected group will be shown. To update, input and change details, click [Save] button. To delete group, click [Delete] button. Once it is deleted, all User members of deleted group will not be able to use User system. To abort action, click [Cancel] button.
- (9) When return to Screen Portal, click [Return] button.

4.2.2 Create User

(1) When [Create User] button in [System Management] is clicked, [User Maintenance] screen will appear.

The number of User which can be saved is shown in [Number of Users]

(2) Click [Create] button.

(2) Create

Group Search :

Number of Users : 1 / 2

ID	User Name	Group	Account Status
endemo001	Jack	endemo1	

User Maintenance * : Required field

*Group: endemo.endemo1

*ID: (8~16letters)

*Password: (8~12letters)

*Password(Confirm): (8~12letters)

*User Name

Gender: Male

*Birthday: (yyyyymmdd)

E-Mail

Postal Code

Address1

Address2

Tel

Mobile Phone

Occupation

Memo

Language: English

Time Zone: Vietnam

Account Status: In Use

Initial data

Height: cm (999.99)

Weight: kg (999.99)

Waist: cm (999.99)

Systolic BP: mmHg (999)

Diastolic BP: mmHg (999)

BFP: % (99.9)

Stride Length: cm (99.9)

Smoking Frequency:

Alcohol Intake:

Exercise Frequency:

Activity Level:

Notes

Notes 1

Notes 2

Notes 3

Notes 4

Notes 5

Save Cancel

(4)

(5)

(3) [Create User] form is shown.

(4) Input items. Items marked with “*” is required field

- * Group : Select the Support Group
- * ID : ID for User log in (Input 8-16 alphanumeric characters) .
Example: user001
- * Password : Password for User log in (Input 8-12 alphanumeric characters).
Example: abcd1234
※On Password (Confirm) please input the same password
- * User Name : Input user name (below 100 characters)
- Gender : Select Gender
- * Birthday : User`s Birthday (Input 8 numbers) . Example: Birthday of
January 1st 1950, the input should be 19500101
- Email Address : User`s email address
- Postal Code : User`s address postal code. Input with numbers only.
Example: postal code of 123-4567, the input should be
1234567
- Address 1, Address 2 : User`s address (home, office, etc.)
- Phone, Mobile Phone : User`s contact information. Input with numbers only.
Example: phone number is 123-456-7890, the input should
be 1234567890
- Occupation : User`s occupation
- Memo : If there is additional information about User
- Language : Select the language which User is able to use
- Time Zone : Select the Time Zone which User currently in
- Select Avatar : Select the avatar for User to be shown in Support TOP Screen
※Avatar will not be shown to User
- Account Status : On Support Period=In Use、 Off Support Period=Not In Use
User won`t be able to use the system if switched to Not In Use
- Initial Data : Habitual status. If there is particular habit, check on the box to,
then input the habit

Smoking Frequency	<input type="checkbox"/>	
Alcohol Intake	<input checked="" type="checkbox"/>	Every night one beer
Exercise Frequency	<input checked="" type="checkbox"/>	Every Saturday join running team

- Notes : Additional notes

(5) When the input is finished, click [Save] button. When it is decided not to save, click [Cancel] button.

(6) When registered User information needs to be checked or edited, select the User from the list then click [Select] button.

(7) Selected User contents will be shown and when updated information is inputted, click [Save] button to finish information update.

When it is necessary to delete Selected User, click [Delete] button.

When there is no information to be updated, click [Cancel] button to abort action.

(8) When return to Screen Portal, click [Return] button.

4.2.3 Assign Supporter

(1) When [Assign Supporter] button in [Management Settings] is clicked, [Assign Supporter] screen will appear.

※1) The group support can be used when a Supporter's account carry two or more accounts. If customization is necessary, please contact us for details. When account is customized, the Supporter group will be displayed and include information and details of person in charge.

(2)The Supporter in charge for User is decided by clicking [Select] button on User list.

(3)The Supporter in charge for selected User will be displayed

(4)The Supporter who in charge for the User primary contact can be selected by scrolling [Chief of Supporter].

(5)The Supporter who is in charge for the User is available on [Support Staff schedule]. Adding Supporter for this User can be done by checking the box on [Select] column.

※If the settings for Group Support is available, several Supporters will be displayed. Please make sure to select one main Supporter on step (4).

(6)(5)Input [Start Date] [Finish Date] to schedule the Supporter in charge in particular period in "yyyymmdd". Example, the date of January 1st 2025 would be 20250101

※Update will still be done even when there is no input for [Finish Date]. If there is an input, the system of User and Supporter support period can be done until the date

(7)When all settings is finished, click [Save]. To abort all settings, click [Cancel]

(8) To check and edit the Supporter in charge, click [Select] on the User list

Calorie Smile

mary

Return

2019-12-19

Assign Supporter

	User ID	User Name	Chief Supporter
Select	endemo001	Jack	mary

User Information

endemo001 / Jack

Chief Supporter

mary

Support Staff Schedule

Select	Supporter Name	Start Date (yyyymmdd)	Finish Date (yyyymmdd)
<input checked="" type="checkbox"/>	mary	20181001	

Save Delete Cancel

(8)

(9)

(10)

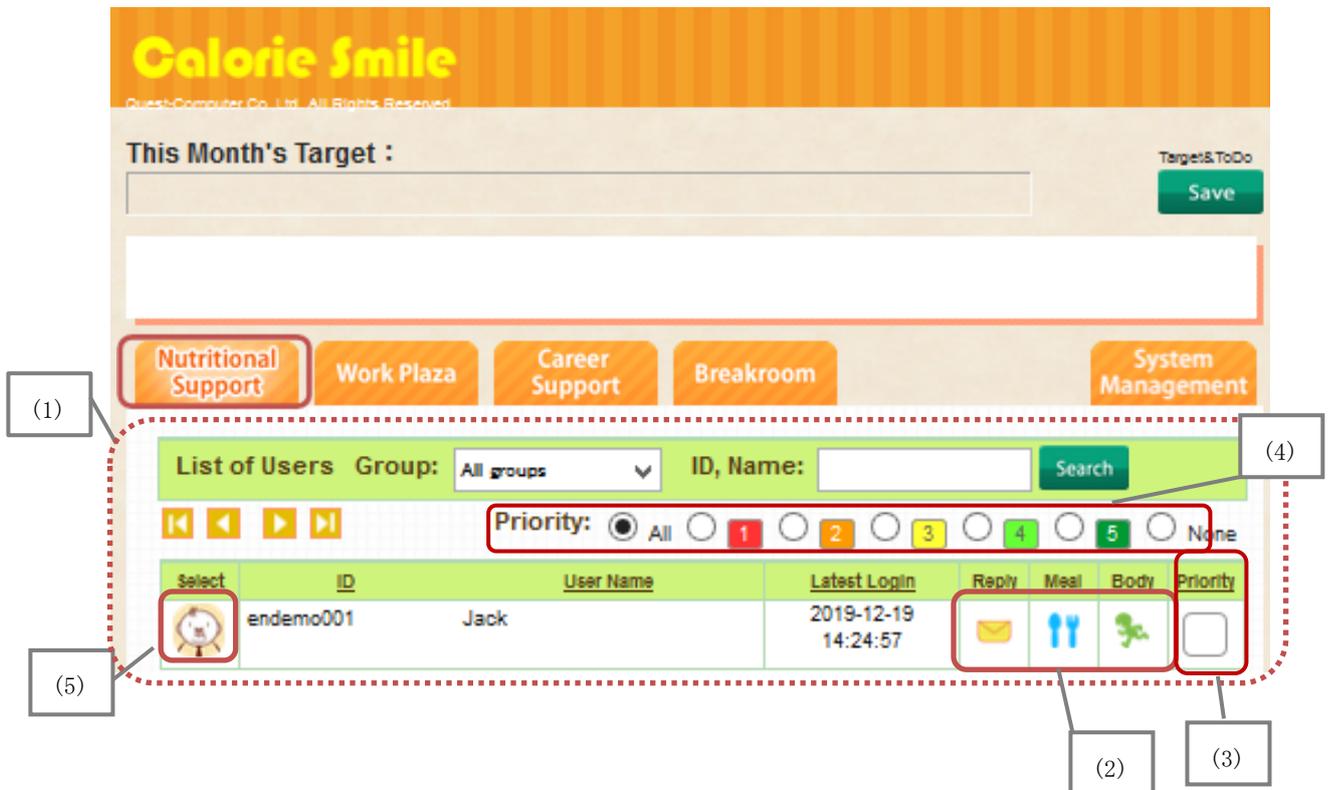
(9) Selected contents will be shown. After inputting, click [Save] to set the input.

If all input needs to be aborted, click [Cancel] button

(10) When return to Screen Portal, click [Return] button.

4.3 Nutritional Support

(1) The list of User who under in charge of Supporter will be displayed



(3) When these marks are shown, it will be displayed on the right side of User avatar

-  : When there is reply for Support Message.
※When the Supporter reply back, it will disappear.
-  : When there is meal photo sent to Supporter but no analysis yet.
※When the Supporter done the analysis, it will disappear.
-  : When there is measurement value sent to Supporter.
※Only shown on the day of transmission.

(3) Priority of the Supporters can be chosen from 1-5. Set the priority and set by clicking [Save] button.



Number 1 (Red) has highest priority、 number 5 (Green) has the lowest priority. If no priority, it will be set automatically as White.

(4) When the Supporter has more than one User, the User list will be displayed based on priority

(5) The User data can be shown by clicking the avatar image

4.4 Nutrition Support Details

4.4.1 TOP

(1) From [4.3 List of User] when User avatar is clicked, that User information will be appeared as TOP User screen.

The screenshot shows the 'lorie Smile' nutrition support system interface for user Jack. The interface includes a navigation bar with buttons like 'TOP', 'Progress', 'Meal Analysis', 'Meal Diary', 'Send Support Message', 'Health Management', and 'Action Plan'. The main content area is divided into several sections: Profile, Target, Initial Data, Results, Progress (with charts for Weight, Waist, and Number of Steps), Memo, Action Plan, Meal (with a photo), and Support History. Numbered callouts (1-10) point to specific elements: (1) 'lorie Smile' logo, (2) Profile section, (3) 'Action Plan' button, (4) Target input field, (5) 'Save' button for Target, (6) Progress charts, (7) Memo section, (8) Action Plan table, (9) Meal photo, and (10) Support History table.

(2) [Profile] shows User's [Name], [ID], [Latest Login] [Age and Birthday], [Gender] and [Activity Level].

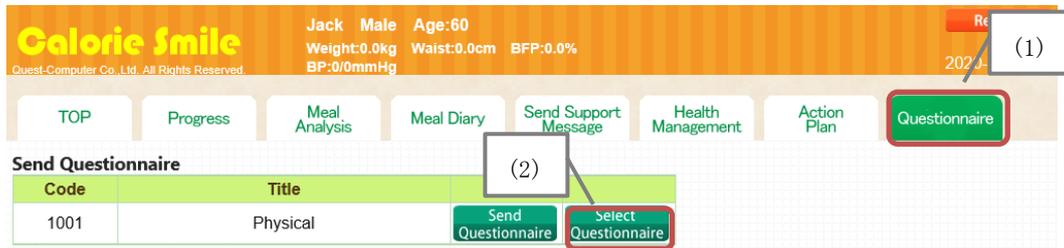
(3) [Target] is target goal for this User under nutritional support of Supporter. It can also be the target goal of Group Supporter (This will not be shown to User). After inputting Target, click [Save] button.

(4)[Initial Data] is the very first measurement when the User begin on receiving nutritional support, includes anthropometrical measurement and daily habit such as smoking

- habit, drinking habit, and exercise frequency. When initial habit also checked, it will be shown on checking mark. To edit or change please refer to [4.2.2 User Registration]
- (5) For [Results] please refer to [4.4.9 Results Display]
 - (6) [Progress] includes [Weight] [Waist] [Number of steps] which will be changed during nutritional support. The item will be showed in Graph form. The period time on display can be selected as well.
 - (7) [MEMO] is notes for this User under nutritional support of Supporter. It can also be the notes for Group Supporter (This will not be shown to User). After inputting Memo, click [Save] button.
 - (8) [Action Plan] is User exercise and nutrition action plan that will be shown every week. Please refer to [4.4.4 Action Plan]
 - (9) [Meal] is the meal photos send by User which also includes [Date] [Time] [Meal Type] information. When the photo is clicked, [Meal Analysis] screen will appear. Please refer to [4.4.6.1 Meal Analysis: SV Analysis]
 - (10) [Support History] is Support Message history. Please refer to [4.4.8 Send Support Message]

4.4.2 Questionnaire

(1) Questionnaire sent from Supporter to User. Click [Questionnaire] button



Calorie Smile
Quest-Computer Co., Ltd. All Rights Reserved

Jack Male Age:60
Weight:0.0kg Waist:0.0cm BFP:0.0%
BP:0/0mmHg

2023/10/27

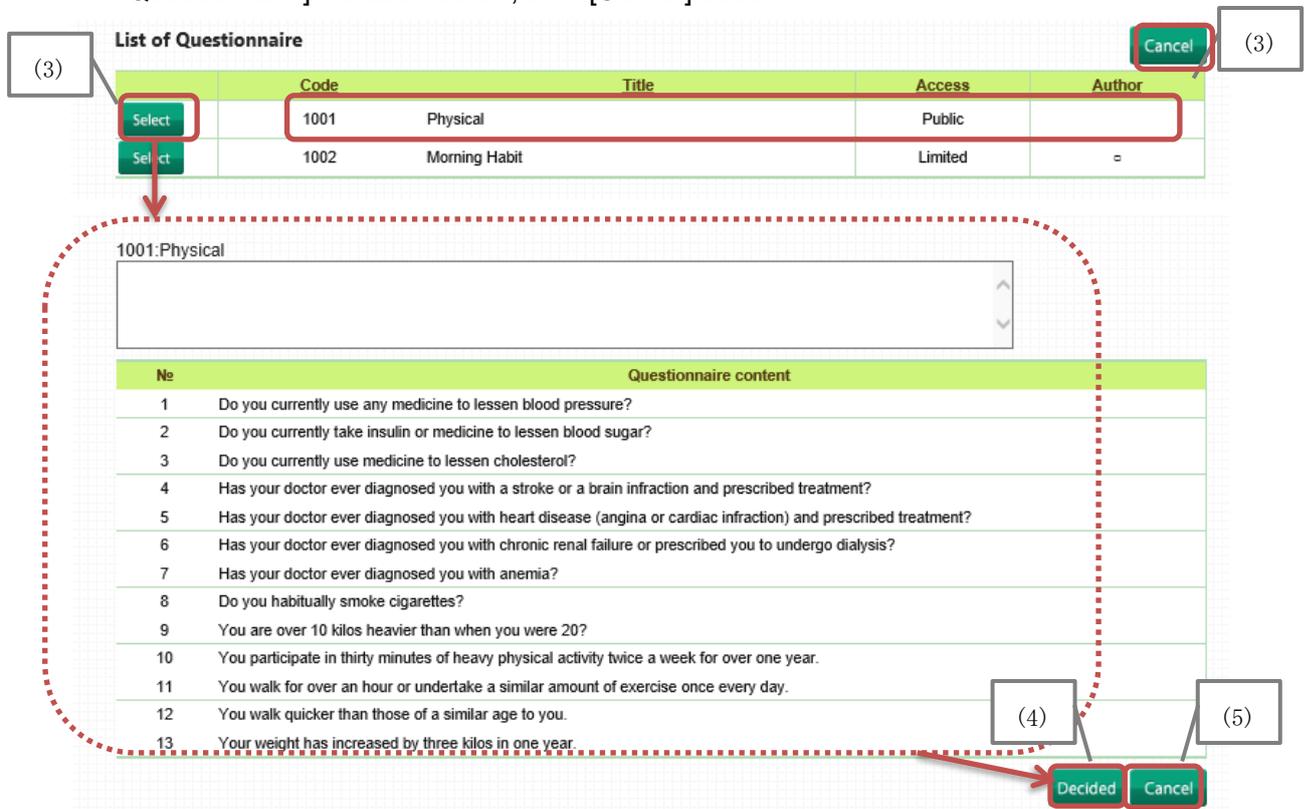
TOP Progress Meal Analysis Meal Diary Send Support Message Health Management Action Plan Questionnaire

Send Questionnaire

Code	Title	Send Questionnaire	Select Questionnaire
1001	Physical		

(2) Click [Select Questionnaire] button.

(3)[List of Questionnaire] screen will appear. Click [Select] to choose questionnaire which will be sent to User. For questionnaire registration, please refer to [4.1.1 Create Questionnaire]. To abort action, click [Cancel] button



List of Questionnaire

Code	Title	Access	Author
1001	Physical	Public	
1002	Morning Habit	Limited	-

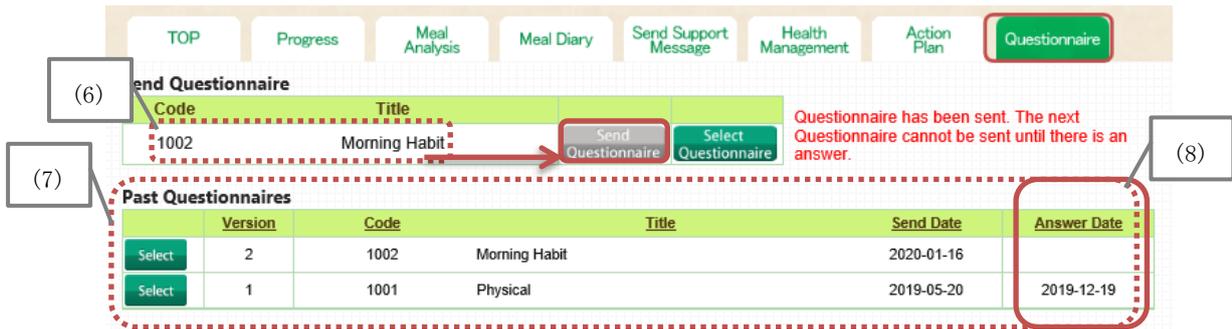
1001:Physical

No	Questionnaire content
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.

Decided Cancel

(4) Selected questionnaire content will be shown. After checking click [Decided] button

(5) When this content need to be changed, click [Cancel] button. Please refer to step (10)



(6) After clicking [Decided] button, the questionnaire will be copied to Send Questionnaire box. Click [Send Questionnaire] button to send it to User

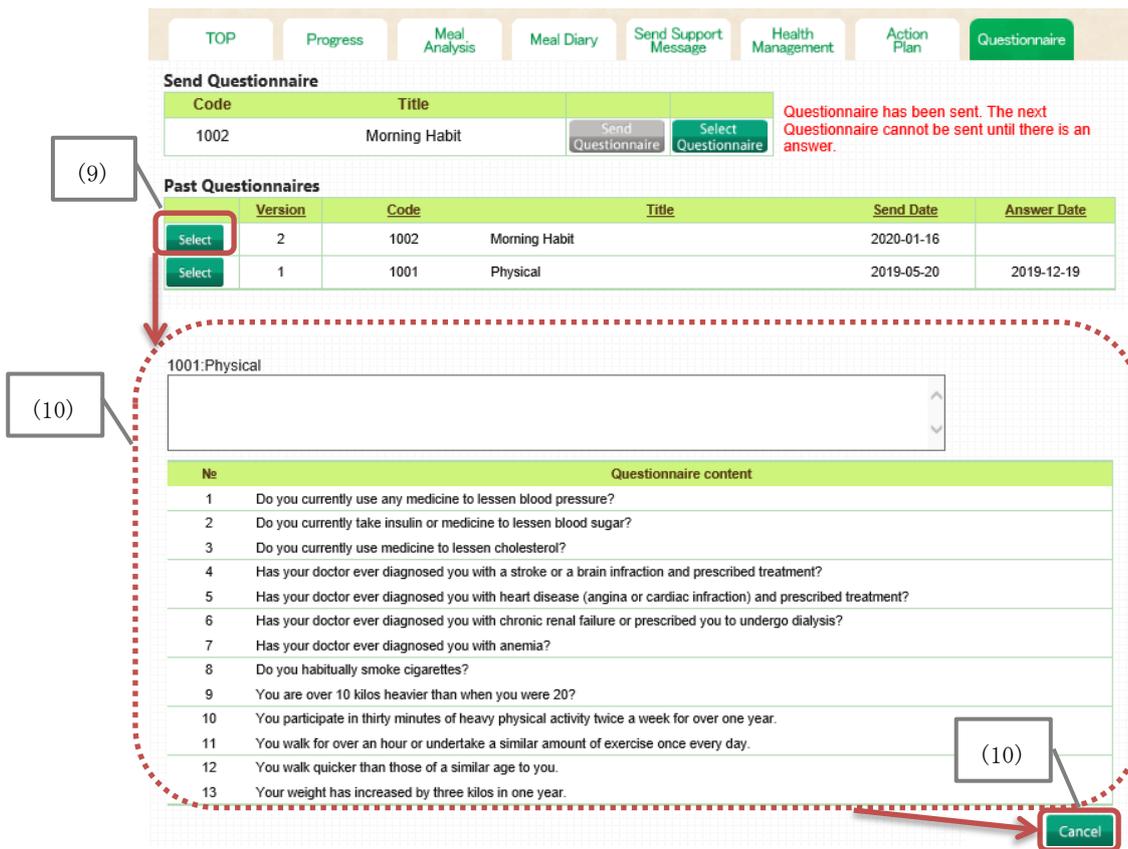
(7) On [Past Questionnaire] questionnaire list will be shown. The questionnaire which just sent will appear on the list immediately

(8) If there is answer from User, it will show the date on [Answer Date]

(9) If necessary to check on questionnaire, click [Select].

(10) Selected questionnaire content will be shown. Click [Cancel] to abort action.

※If there is no answer from User, a new questionnaire cannot be sent until answer is made. To make Questionnaire, please refer to [4.1.1 Create Questionnaire].



4.4.3 Health Management

(1) On Health Management [Weight] [Waist] [BFP] [Systolic BP] [Diastolic BP] [Number of steps] [Used Calories] can be inputted. Click [Health Management] tab

Jack Male Age:60
Weight:0.0kg Waist:0.0cm BFP:0.0%
BP:0/0mmHg

Return
2020-01-16

TOP Progress Meal Analysis Meal Diary Send Support Message Health Management Action Plan Questionnaire

(2) Create

Version	Start Date	Weight	Waist	BFP	Systolic BP	Diastolic BP	Number of Steps	
Select	1	2018-10-01	80.0	90.0	27	130	80	5000

Health Management Set Target

(3) Version 2

(4) Start Date 20200116 yyyymmdd

(5) Weight kg 999.9
Waist cm 999.9
BFP % 99999
Systolic BP mmHg 99999
Diastolic BP mmHg 99999
Number of Steps Steps 99999
Used Calories kcal 999.9

(6) Save Cancel

(2) When [Create] button is shown, input form will be shown.

(3) [Version] will be inputted automatically.

(4) [Start Date] is the beginning date of support which should be inputted in yyyymmdd format. Example、 if December 24th 2025, it should be “20251224”.

※If there is goal set from current month, the new one will be set start from next month

(5) Input this item manually.

(6) When all input is finished click, [Save] button.

Click [Cancel] button abort action.

(7)The saved input will be shown on the list which can be checked by clicking [Select] button.

The screenshot shows a software interface with a navigation bar at the top containing buttons for TOP, Progress, Meal Analysis, Meal Diary, Send Support Message, Health Management (highlighted), Action Plan, and Questionnaire. Below the navigation bar is a table with a 'Create' button and a table of health management targets. A callout box (7) points to the 'Create' button. The table has columns for Version, Start Date, Weight, Waist, BFP, Systolic BP, Diastolic BP, and Number of Steps. A 'Select' button is located to the left of the first row. A red arrow points from the 'Select' button to a detailed view of the selected target. This view is titled 'Health Management Set Target' and contains a table with fields for Version, Start Date, Weight, Waist, BFP, Systolic BP, Diastolic BP, Number of Steps, and Used Calories. A callout box (8) points to this detailed view. At the bottom of the detailed view are 'Save', 'Delete', and 'Cancel' buttons.

Version	Start Date	Weight	Waist	BFP	Systolic BP	Diastolic BP	Number of Steps
1	2018-10-01	80.0	90.0	27	130	80	5000

Version	1		
Start Date	20181001	yyymmdd	
Weight	80.0	kg	999.9
Waist	90.0	cm	999.9
BFP	27	%	99999
Systolic BP	130	mmHg	99999
Diastolic BP	80	mmHg	99999
Number of Steps	5000	Steps	99999
Used Calories	0.0	kcal	999.9

(8)Selected content will be shown. When it is needed to be edited, input then click [Save] button. To abort, click [Cancel] button

4.4.4 Action Plan

(1) Action Plan is used to encourage healthy habit according to The Supporter

※If the Action Plan is not set, the use "Daily Progress and Measurements" at User account will not be able to be inputted.

Click [Action Plan] Tab.

The screenshot shows the 'Galerie Smile' web application interface. At the top, there is a header with the user's name 'Jack', gender 'Male', and age '60'. Below this, there are fields for 'Weight:0.0kg', 'Waist:0.0cm', 'BFP:0.0%', and 'BP:0/0mmHg'. A 'Return' button is located in the top right corner. The main navigation bar includes tabs for 'TOP', 'Progress', 'Meal Analysis', 'Meal Diary', 'Send Support Message', 'Health Management', 'Action Plan' (which is highlighted), and 'Questionnaire'. Below the navigation bar, there is a 'Create' button. A table lists existing plans, with one selected: Version 1, Plan Date 2018-10-01, Type Exercise, Plan(Details) Must walk more than 5000 steps per day. The 'Set Action Plan' form is displayed, featuring input fields for Version (2), Plan Date (20200212), and a dropdown for Type. A table with 10 rows for Plan(Details) is shown, with a 'Save' button at the bottom right.

(2) When [Create] button is clicked, input format will appear

(3) [Version] is inputted automatically.

(4) [Plan Date] is inputted automatically. Change is possible.

Please input in yyyyymmdd format. Example, December 24th 2025 will be 20251224.

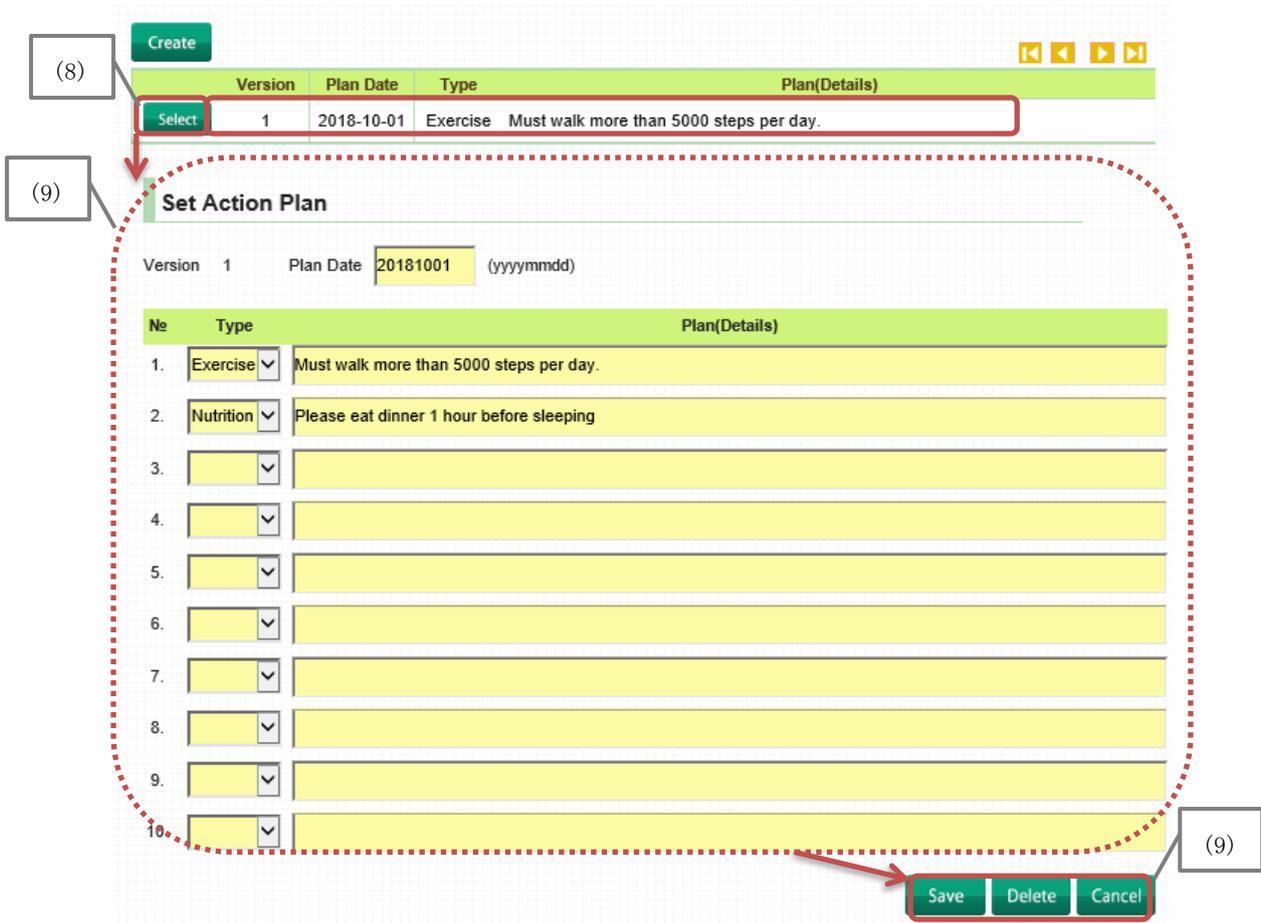
(5) [Type] is exercise, diet, and so on.

(6) [Plan Details] can be inputted from 1 to 10 items.

(7) When input is finished, click [Save] button

If it is decided not to save, click [Cancel] button

(8)The saved plan details will be shown on the list and it can be edited by click [Select] button.



(9)Selected content will be shown. Changes can be inputted and saved by [Save] button.

Selected action plan which is wanted to be deleted, click [Delete] button.

If no changes, click [Cancel] button.

(10)When new type is added, the written [Plan(Details)] will be added to [Action Plan] in [Progress] screen. On the User system, display screen will be changed start from set date.

■Action Plan

2020-02	1	2	3	4
Plan Start Date : 2018-10-01	Sat	Sun	Mon	Tue
Must walk more than 5000 st...				
Please eat dinner 1 hour befo...				

4.4.5 Progress

(1) The data which is sent by User [Health Management], [Progress] can be checked from Progress. Click tab [Progress].

Jack Male Age:60
Weight:0.0kg Waist:0.0cm
BFP:0.0% BP:0/0mmHg

2020-02-19

TOP Progress Meal Analysis Meal Diary Send Support Message Health Management Action Plan Questionnaire

Save Copy to Message

(1) (2) (3) (4) (5) (6)

Health Management		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Target Plan Date	2019-10-01	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Categories	Target																
Weight	80.0 kg	82.5	82.2	82.3	81.5	81.3	81.5	81.1	81.4	81.4	81.5	81.3	81.4	81.2	81.4	81.0	81.0
Waist	90.0 cm	96.5	98.3	98.2	98.0	97.3	97.5	97.1	97.5	97.6	97.5	97.1	97.5	97.2	97.0	97.2	97.2
BFP	27.0 %	30.5	30.1	30.1	29.9	29.8	29.6	29.0	29.6	29.6	29.5	29.0	29.1	29.0	29.6	29.7	29.7
Systolic BP	130.0 mmHg	147.0	147.0	149.0	140.0	138.0	138.0	138.0	138.0	142.0	139.0	139.0	141.0	140.0	140.0	140.0	140.0
Diastolic BP	80.0 mmHg	95.0	95.0	95.0	97.0	90.0	95.0	95.0	95.0	92.0	91.0	89.0	82.0	85.0	88.0	88.0	88.0
Number of Steps	5000 Steps	3800	3100	5100	4600	4900	5200	3800	5020	4600	5100	5080	3300	510	3400	5500	4100
Used kcal																	

Action Plan		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Plan Start Date	2019-10-01	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
Must walk more than 5000 st...		x	x	o	x	x	o	x	o	x	o	o	x	o	x	o	x
Please eat dinner 1 hour befo...		x	o	o	o	o	o	x	o	o	o	o	o	o	o	x	x

2017-01-17

- (2) [Health Management] table is set by Supporter on, [4.4.3 Health Management] then the data sent by User can be shown in here.
If there is comment from User, “o” will appear and when it is clicked, comment from User will be shown.
- (3) [Action Plan] item is set by Supporter in [4.4.4 Action Plan], then the results from User will be shown in here.
- (4) With [< >] button, the screen information can be moved accordingly by month.
- (5) If this is slide, it will show the data for one month.
- (6) Please refer [4.4.8 Send Support Message] for this box explanation.

4.4.6 Meal Analysis

(1) To check the meal photos sent by User, click [Meal Analysis] tab.

The meal status, [Meal Photo] [Nutritional Balance] [Nutritional Intake] [Food Groups Intake, 4 or 6 groups] will be shown.

Meal Photo

Meal	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
Breakfast			7:03	6:09	7:11	7:14	7:24	7:27	8:37	7:43	6:00	7:02	7:04	7:07	7:10	8:11	
Lunch			12:05	12:04	12:12	12:21	12:24	12:30	12:39	12:46	13:01	12:03	13:05	12:08	13:14	13:15	
Dinner			19:37	19:02	18:08	19:10	19:16	20:23	20:26	20:32	19:41	20:47	20:00	20:04	20:07	20:09	20:21
Morning Snack					10:55												
Afternoon Snack			15:58							15:58				15:58			
Late-Night Snack				21:54				21:33									

Nutritional Balance

Meal Type	Target	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Staple Food	6.0			5.0	6.0	6.0	6.0	4.0	3.5	6.0	6.0	6.0	5.0	4.0	5.0	6.0	4.0
Side Dishes	5.0			4.0	3.0	3.0	2.5	3.0	3.0	4.0	4.0	5.0	5.0	5.0	2.0	4.0	2.0
Main Dish	5.0			7.0	3.5	5.0	4.0	3.0	3.5	3.0	4.5	4.0	6.0	4.0	3.5	4.0	4.0
Milk, Milk Products	2.0	0.0	1.0	1.0	0.5	0.5	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fruits	2.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Nutritional Intake

Main Components	Unit	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Energy	kcal	1495	2112	1683	1368	1348	1652	1219	2252	1272	1344	1455	1444	1426	1598		
P:Protein	%	16.1	11.5	12.9	13.3	16.6	12.0	10.2	12.7	13.5	14.0	16.9	17.9	17.8	14.3		
F:Lipid	%	33.8	32.6	34.7	49.0	23.1	34.8	29.8	38.4	19.8	37.8	34.8	36.0	26.7	40.1	18.3	33.2
C:Carbohydrate	%	50.9	51.7	41.8	36.7	61.4	48.9	51.8	42.7	68.6	47.1	48.9	48.0	55.3	39.3	60.1	50.1
Protein	g	61.7	62.6	60.4	60.6	53.7	45.6	55.8	49.5	31.1	71.7	43.0	46.9	61.5	64.6	63.3	57.0
Lipid	g	70.2	65.2	57.7	115.1	42.8	52.9	44.7	70.6	26.9	94.5	49.1	53.8	43.1	64.4	29.0	59.0
Carbohydrate	g	238.1	232.6	156.4	193.7	255.1	167.1	174.5	176.5	209.0	265.3	155.5	161.4	201.1	141.9	214.4	200.4
Calcium	mg	216	338	180	306	169	75	422	156	128	330	84	194	164	166	101	272
Iron	mg	5.5	4.7	6.7	5.6	4.4	2.1	5.5	4.6	5.2	6.5	2.8	5.1	6.1	5.3	2.5	4.7
Cholesterol	mg	582	285	502	328	446	200	231	171	3	587	136	323	209	851	132	417
Fiber	g	9.3	10.9	8.9	8.8	7.8	4.5	10.3	8.6	13.9	9.0	4.5	7.0	11.1	6.0	5.6	5.8
Salt Equivalents	g	6.2	9.5	10.2	9.9	7.9	3.4	6.7	9.0	4.8	7.5	5.2	4.9	6.1	5.2	5.5	2.2

Food Group Intake

Food Group(g)	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Fish, Meat, Beans, Bean Products			210.0	190.0	159.0	170.0	130.0	170.0	40.0	259.0	161.0	191.0	158.5	300.0	220.0	179.0	
2 Milk, Dairy Products, Seaweed			0.0	5.0	61.0	0.0	5.0	5.0	0.0	10.0	0.0	5.0	30.0	0.0	0.0	10.0	
3 Green and Yellow Vegetables			40.0	5.0	55.0	40.0	95.0	45.0	90.0	25.0	3.0	120.0	60.0	120.0	45.0	0.0	
4 Light Colored Vegetables, Fruits			167.0	155.0	95.0	37.0	25.0	92.0	40.0	74.0	45.0	85.0	70.0	60.0	95.0	27.0	85.0
5 Grains, Potatoes, Sugars			582.0	544.0	620.0	465.0	546.0	420.0	410.0	690.0	365.0	607.0	518.0	493.0	487.0	0.0	437.0
6 Fats			15.0	25.0	18.0	20.0	16.0	10.0	23.0	23.0	14.0	9.0	15.0	24.0	15.0	0.0	13.0

(2) [Meal Photo] shows the sending time of photos from the User. If this sending time is clicked, nutritional balance analysis at [4.4.6.1 Meal Analysis: SV Analysis] will appear. If the sending time shows red color, it means it hasn't been done analysis yet.

- (3) [Nutritional Balance] will show the SV Value set by Supporter after analyzing the meal photos sent by User. For analysis methods, please refer to [4.4.6.1 Meal Analysis: SV Analysis]
- (4) [Nutritional Intake] will show the intake analyzed by Supporter after analyzing the meal photos sent by User. For analysis methods please refer to [4.4.6.2 Meal Analysis: Nutritional Analysis].
- (5) [Food Groups intake 4 or 6 group] will show the intake analyzed by Supporter after analyzing the meal photos sent by User. In food groups form.4 groups or 6 groups is decided by clicking [4 groups] or [6 groups] button.
- (6) With [◀ ▶] button, the screen information can be moved accordingly by month.
- (7) If this is slide, it will show the data for one month.
- (8) Please refer to [4.4.8 Send Support Message] for this box explanation.

4.4.6.1 Meal Analysis : SV Analysis

(1) On [4.4.6 Meal Analysis], [Photo] will be shown on meal analysis table in sending time display and when it is clicked, the SV Value analysis screen will appear

※On [4.4.1 TOP] (9) or on [4.4.7 Meal Diary (3) meal photo is clicked, SV Value analysis screen of the selected photo will appear.

The screenshot displays the 'Calorie Smile' web application interface. At the top, user information for 'Jack Male Age:60' is shown, along with 'Return' and '2017-01-17' buttons. The main navigation bar includes 'TOP', 'Progress', 'Meal Analysis', 'Meal Diary', 'Send Support Message', 'Health Management', 'Action Plan', and 'Questionnaire'. A table titled 'Meal Photo' shows a grid of dates from 2019-12-12 to 2019-12-27. A red box highlights the cell for '2019-12-19 14:32 Lunch'. Below the table, a detailed view of a meal photo is shown, including a 'Meal Photo 1' thumbnail, a 'Zoom In' button, a 'Comment' text area, and a 'Message to User' text area. At the bottom, there is a 'Set SV' table for inputting kilocalories for various meal types and a 'Nutritional Analysis' chart.

Meal Type	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack	Late-Night Snack	Total	Target
Staple Food	0	0	0	0	0	0	0.0	6
Side Dishes	0	0	0	0	0	0	0.0	5
Main Dish	0	0	0	0	0	0	0.0	5
Milk, Milk Products	0	0	0	0	0	0	0.0	2
Fruits	0	0	0	0	0	0	0.0	2
Luxury Items (kcal)	0	0	0	0	0	0	0.0	200

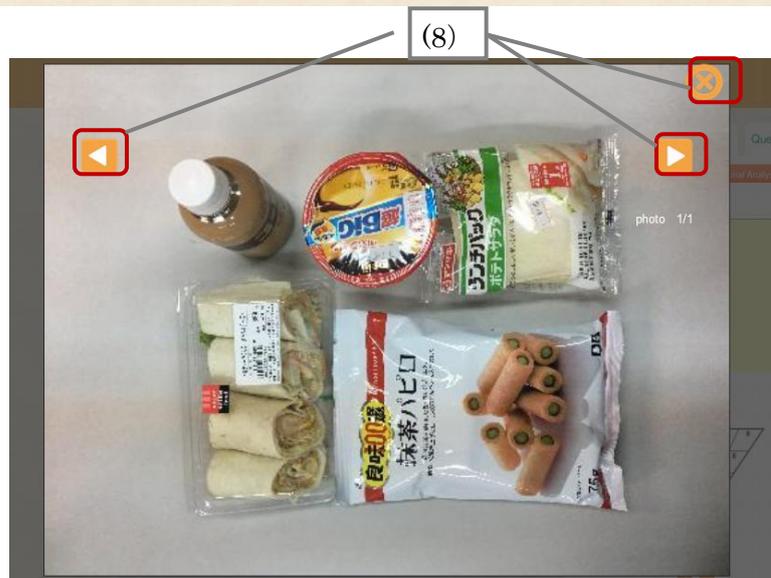
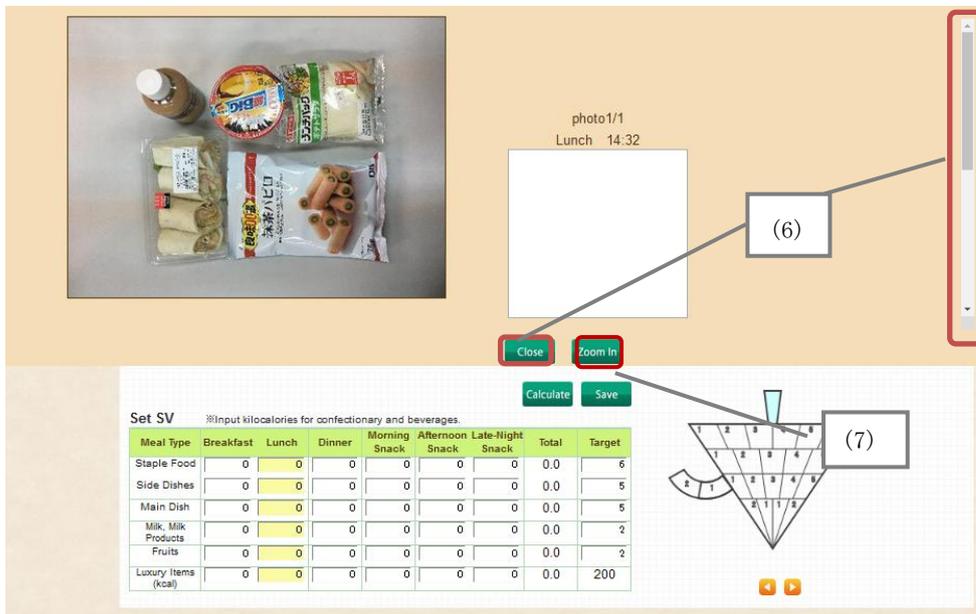
(2)The meal photo information of [Date] [Time] [Meal Type] will be shown

(3)The [Meal Photo] sent by User will be shown.

(4)The [Comment] [Meal Details] sent by User will be shown

(5)The photo that will be shown on screen is the first batch of uploaded photos. When there is more than one photo sent by User, click [Zoom In] to show all photos

(6) [Meal Photo] [Comment] are shown. When the slide bar is moved, all photos will be able to be seen. After seeing all photos, click [Close] button.



(7) When the [Zoom In] button is clicked, selected 『Meal Photo』 will appear bigger

(8) with [◀ ▶] button, other meal photos can be shown as well.

Click [✕] button after seeing the photos.

(9) [Message to User] is Supporter's comment to User input form. When SV Value on steps (10)~(13) is not inputted yet, the comment cannot be sent to User.

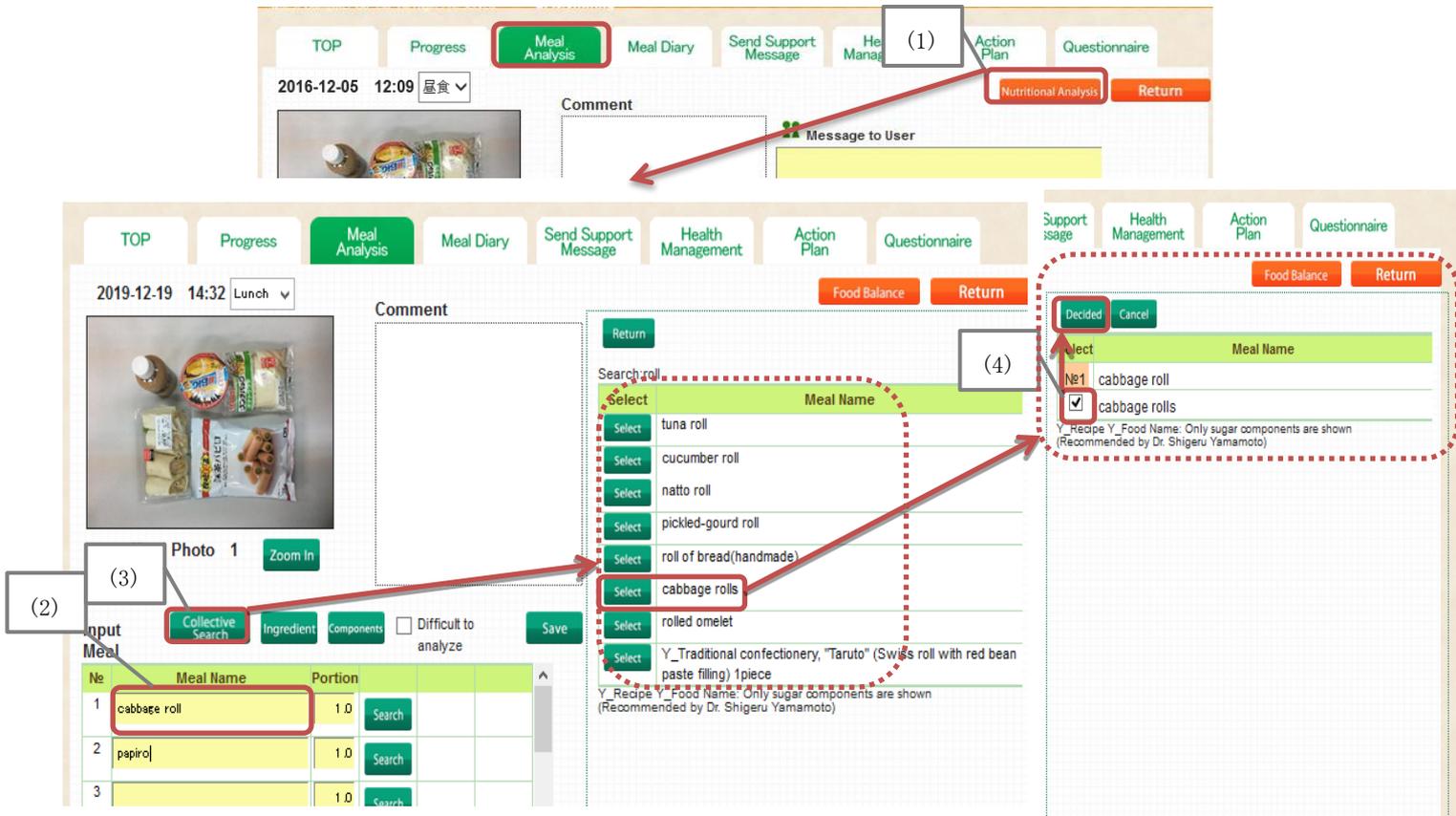
Set SV ※Input kilocalories for confectionary and beverages.

Meal Type	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack	Late-Night Snack	Total	Target
Staple Food			0	0	0	0	0.0	6
Side Dishes			0	0	0	0	0.0	5
Main Dish			0	0	0	0	0.0	5
Milk, Milk Products			0	0	0	0	0.0	2
Fruits			0	0	0	0	0.0	2
Luxury Items (kcal)			0	0	0	0	0.0	200

- (10) Setting the daily target of SV Value. [Input SV Value] by inputting the value on the table. After inputting, click [Save]. At the "Koma", inputted value will be shown.
- (11) Input each meal type SV Value ([Breakfast] [Lunch] [Dinner] [Morning Snack] [Afternoon Snack] [Late Night Snack])
- (12) Click [Calculate] button after finish inputting.
- (13) Inputted value will be shown on "Koma". The balance can be set by clicking [◀ ▶] button to left or right
- (14) After inputting all item, click [Save] button. The message to user on (9) now can be inputted and "Koma" on (13) will be sent to User as well.

4.4.6.2 Meal Analysis : Nutritional Analysis

(1) On [4.4.6.1 Meal Analysis: Set SV] screen, click [Nutritional Analysis] button and the nutritional analysis screen will be shown.



(2) The nutritional analysis will be done on [Input Meal]. Under the [Meal Name] input the meal name. Example: input [cabbage roll].

(3) Click [Collective Search] button and the search result will appear on the right side.

(4) Tick the box on [Select] button, then click [Decided] button.

※If the box is not ticked, the analysis hasn't been done yet.

Error will appear when there is more than one tick on the same menu.

(5) When the meal is selected, number [No] will be shown on red color.



- (6) After the meal name is inputted, to check the food ingredients, click [Ingredients] button.
- (7) After the meal name is inputted, to check the food ingredients, click [Components] button.
- ※ The nutrients on [4.1.2 Select Nutrients] screen will be shown.
- (8) When it is difficult to do the analysis right away, tick the box of [Difficult to Analyze] to refer the meal later on.

The screenshot shows the 'Meal Analysis' screen with a navigation bar at the top. The main area is divided into several sections:

- Header:** TOP, Progress, Meal Analysis (active), Meal Diary, Send Support Message, Health Management, Action Plan, Questionnaire.
- Date/Time/Meal:** 2019.12.19 14:32 Lunch
- Image:** A photo of a meal with a 'Zoom In' button.
- Comment:** A text input field.
- Buttons:** ingredient (highlighted with box (6)), Food Balance, Return, Return, Save.
- Input Meal Table:**

No	Meal Name	Portion
1	cabbage rolls	1.0
2		1.0
- Buttons:** Collective Search, Ingredient (highlighted with box (7)), Components, Difficult to analyze (highlighted with box (8)), Save.
- Ingredient List Table:**

No	Meal - Ingredient	Unit(g)
1	cabbage rolls Portion1.0	
	Cabbage, common, head, raw	70.00
	Onions, bulb, raw	20.00
	Pork, ground meat, raw	50.00
	Common wheat, bread crumbs, fresh	10.00
	Liquid milk, whole milk	12.00
	Edible salt, common salt, sodium chloride ≥ 99%	0.70
	Stock cubes, meat and vegetable	0.50
	Spices, pepper, black, ground	0.01
- Components Table:**

All Total					
Energy	179	kcal	VitaminA	12	μg
Water	129.2	g	VitaminD	0.2	μg
Protein	11.5	g	VitaminE	0.4	mg
Lipid	9.7	g	VitaminK	57	μg
Carbohydrate	11.0	g	VitaminB1	0.39	mg
Ash	2.0	g	VitaminB2	0.15	mg
Salt Equivalents	1.1	g	Niacin	3.0	mg
Sodium	430	mg	VitaminB6	0.30	mg
Potassium	346	mg	VitaminB12	0.3	μg
Calcium	53	mg	Folic Acid	63	μg
Magnesium	26	mg	Pantothenic Acid	0.91	mg
Phosphorus	107	mg	Biotin	3.1	μg
Iron	0.9	mg	VitaminC	31	mg
Zinc	1.7	mg	Saturated Fatty Acid	3.65	g
Copper	0.08	mg	Cholesterol	39	mg
Manganese	0.20	mg	Fatty acid 16:0	2189	mg
Iodine	3	μg	Fatty acid 18:0	1077	mg
Selenium	10	μg	Fatty acid 18:2 n-6	821	mg
Chromium	2	μg	Fatty acid 18:3 n-3	50	mg

- (9) When the [Ingredient] button on the side of selected meal is clicked, individual meal ingredient will be shown.
- (10) When the [Components] button on the side of selected meal is clicked, individual meal nutrients components will be shown. ※The nutrients which are selected on [4.1.2 Select Nutrients] will be shown.

The screenshot displays the 'Meal Analysis' interface. At the top, there are navigation tabs: TOP, Progress, Meal Analysis (active), Meal Diary, Send Support Message, Health Management, Action Plan, and Questionnaire. Below these, the date and time are shown as '2019-12-19 14:32' and the meal type as 'Lunch'. A 'Meal Photo' section shows an image of food items with a 'Zoom In' button. A 'Comment' field is present. The 'Input Meal' table has columns for 'No', 'Meal Name', and 'Portion'. The first row is '1 cabbage rolls 1.0'. Callout (9) points to the 'Ingredient' button next to this row. Callout (10) points to the 'Components' button. Callout (11) points to the 'Save' button. The 'Ingredient' screen shows a list of ingredients for 'cabbage rolls' with columns for 'Ingredient Name' and 'Unit(g)'. The 'Components' screen shows a list of nutrients for 'cabbage rolls' with columns for nutrient name and value.

Select	Ingredient Name	Unit(g)	Search
<input type="checkbox"/>	Cabbage, common, head, raw	70.00	Search
<input type="checkbox"/>	Onions, bulb, raw	20.00	Search
<input type="checkbox"/>	Pork, ground meat, raw	50.00	Search
<input type="checkbox"/>	Common wheat, bread crumbs, fresh	10.00	Search
<input type="checkbox"/>	Liquid milk, whole milk	12.00	Search
<input type="checkbox"/>	Edible salt, common salt, sodium chloride	0.70	Search
<input type="checkbox"/>	Stock cubes, meat and vegetable	0.50	Search
<input type="checkbox"/>	Spices, pepper, black, ground	0.01	Search
<input type="checkbox"/>		0.00	Search
<input type="checkbox"/>		0.00	Search
<input type="checkbox"/>		0.00	Search
<input type="checkbox"/>		0.00	Search

Energy	179	koal	VitaminA	12	µg
Water	129.2	g	VitaminD	0.2	µg
Protein	11.5	g	VitaminE	0.4	mg
Lipid	9.7	g	VitaminK	57	µg
Carbohydrate	11.0	g	VitaminB1	0.39	mg
Ash	2.0	g	VitaminB2	0.15	mg
Salt Equivalents	1.1	g	Niacin	3.0	mg
Sodium	430	mg	VitaminB6	0.30	mg
Potassium	346	mg	VitaminB12	0.3	µg
Calcium	53	mg	Folic Acid	63	µg
Magnesium	26	mg	Pantothenic Acid	0.91	mg
Phosphorus	107	mg	Biotin	3.1	µg
Iron	0.9	mg	VitaminC	31	mg
Zinc	1.7	mg	Saturated Fatty Acid	3.65	g
Copper	0.08	mg	Cholesterol	39	mg
Manganes	0.20	mg	Fatty acid 16:0	2189	mg
Iodine	3	µg	Fatty acid 18:0	1077	mg
Selenium	10	µg	Fatty acid 18:2 n-6	821	mg
Chromium	2	µg	Fatty acid 18:3 n-3	50	mg
Molybdenum	4	µg	Fiber	1.9	g

- (11) After completing the meal analysis, click [Register]. ※Even if the User deleted the meal photos or comments, after the analysis, the registered analytical values will be remained.

(12)Other analysis methods

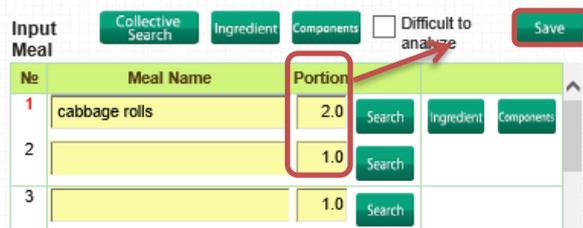
« Changing the portion ratio of the dishes »

Portion : Approximately 1.0 portion of adult serving is set on the system.

The ratio is adjustable when there is leftovers or larger serving.

[Example] Regular size rice : 1.0 / Half size : 0.7 / Big size : 1.3

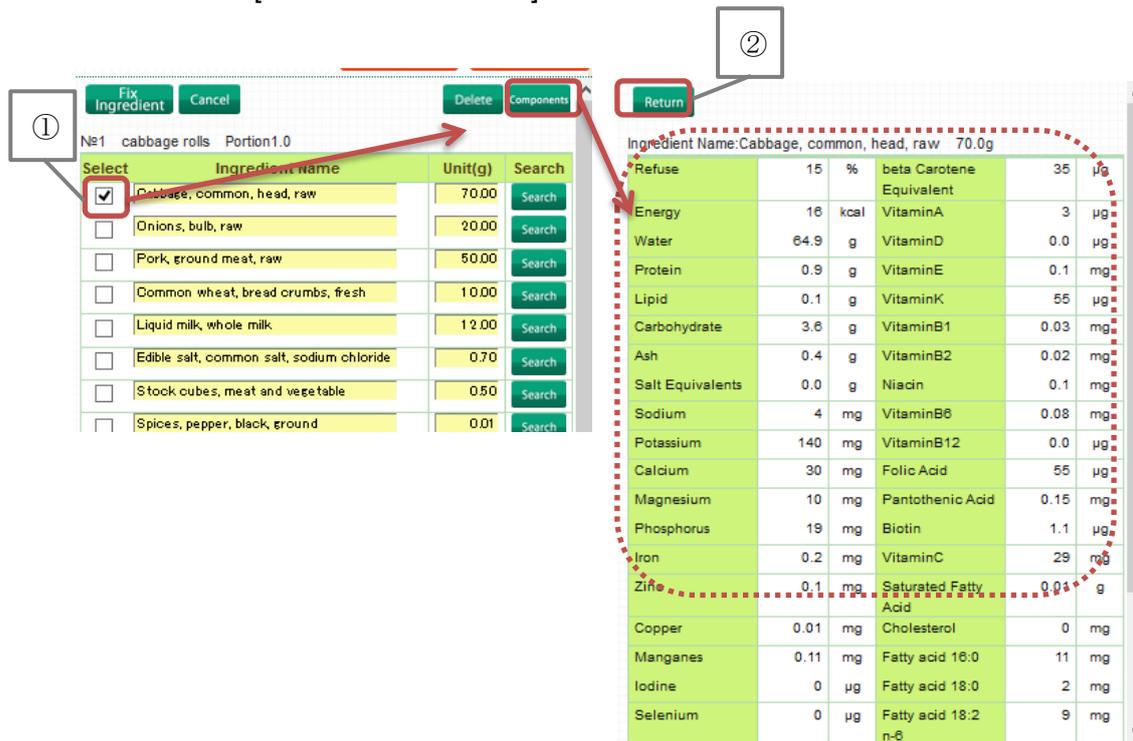
- ① After inputting new value on the [Portion] box, click [Save] button



« Confirm the ingredients analysis »

- ① To check the ingredients, on [Ingredient Name] tick the box on [Select] then click [Components] button.

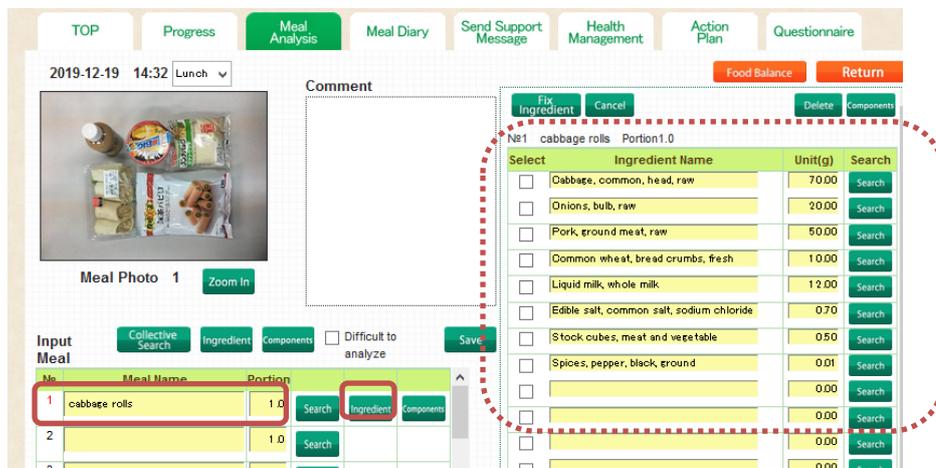
※The nutrients on [4.1.2 Select Nutrients] screen will be shown



- ② To abort action, click [Return] button.

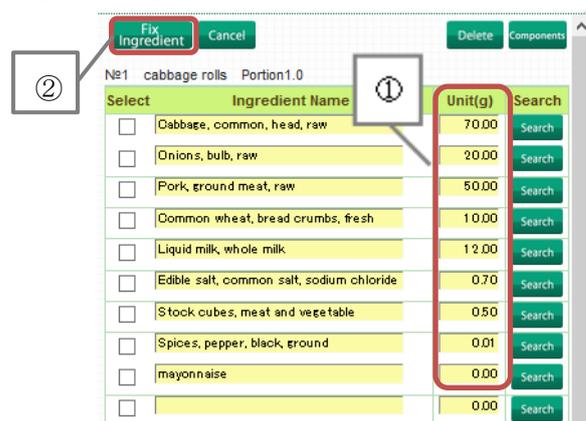
«Editing Meal Ingredients»

When editing, click [Ingredient] button on the right side of individual meal



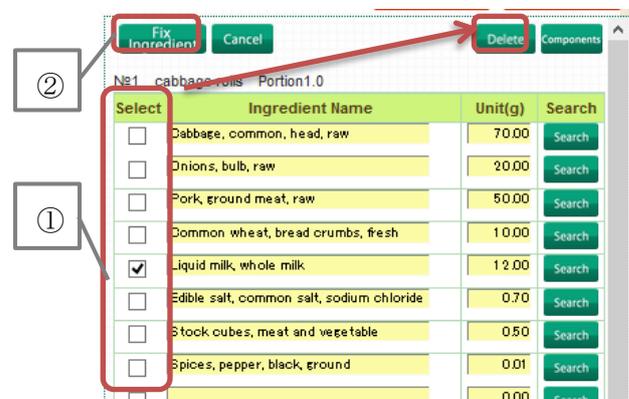
<Changing the unit weight of ingredients>

- ① At the ingredients part, change [Unit] number when necessary.
- ② Click [Fix Ingredients] button to save it.



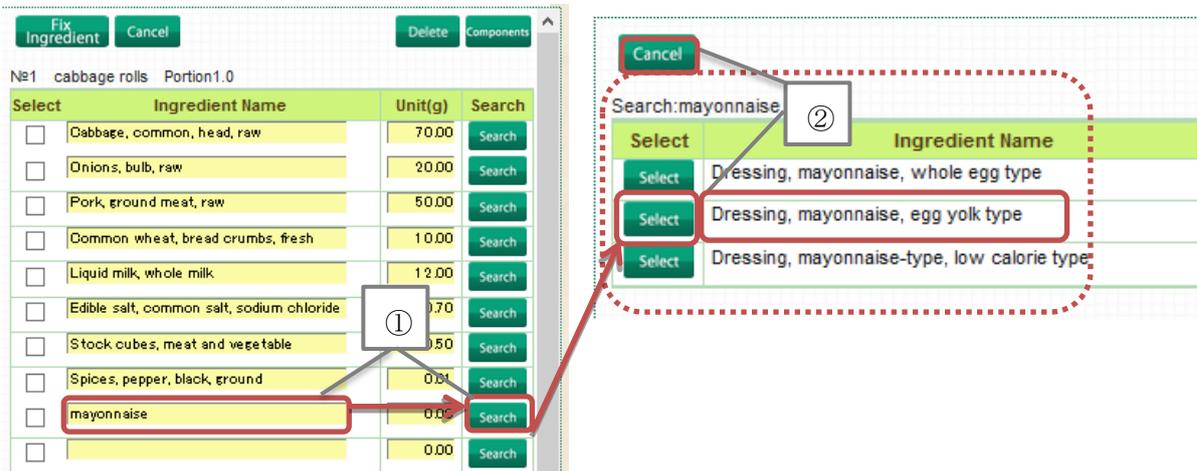
<Deleting the ingredients>

- ① When deleting the ingredients, pick up the 『Select』 then click [Delete] button
- ② After deleting, click [Fix Ingredients] button to save

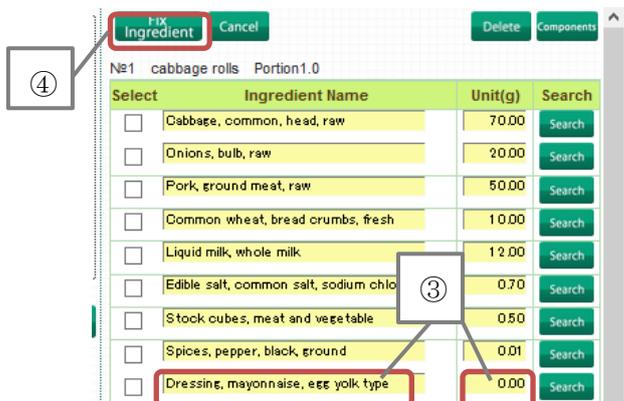


<Adding Ingredients>

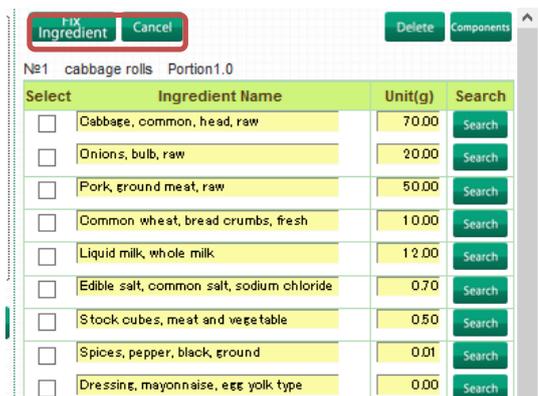
- ① When adding the ingredients, type the name of ingredients, then click [Search] button on blank box on ingredients
- ② Search result will be shown. Add the ingredient by clicking [Select] button on selected ingredient. To abort action, click [Cancel] button.



- ③ ② Added ingredients will appear on meal name box. Input the weight unit on [Unit].
- ④ Click [Fix Ingredient] button to save.

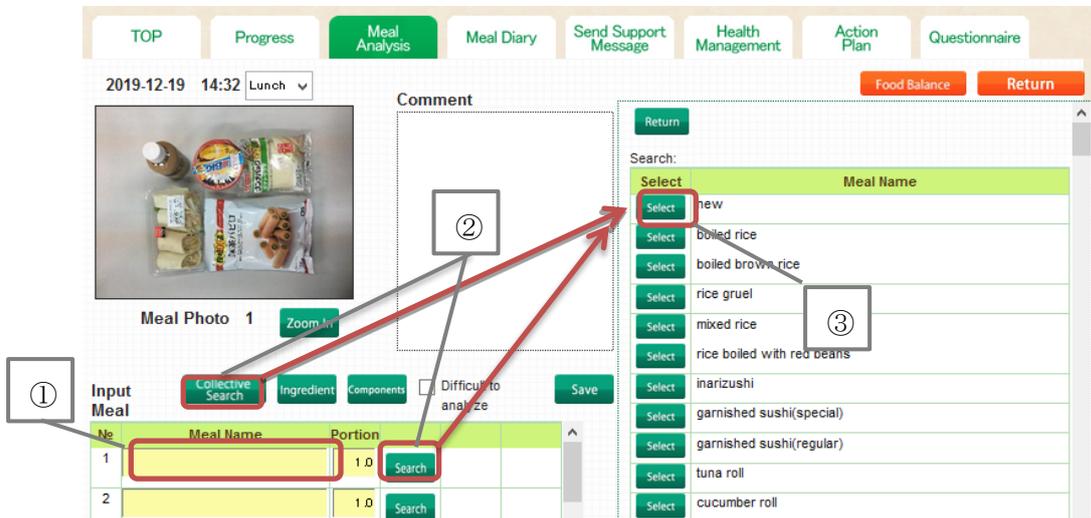


When all necessary edit is finished, click [Fix Ingredients] button
To abort action click [Cancel] button.

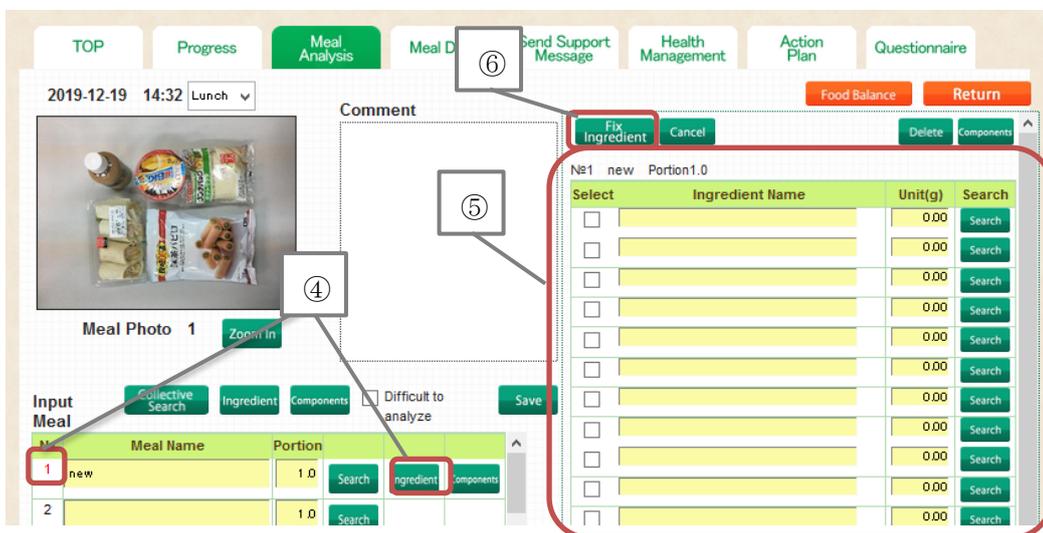


« Creating New Meal »

- ① On [Input Meal] at the [Meal Name] leave the box empty.
- ② Click [Collective Search] or [Search] button then the search result will appear.
- ③ On “new” click [Select] button.



- ④ The input meal number will become red. Click [Ingredient] on the right side of the box.
- ⑤ To add ingredients, refer to <Adding Ingredients> on the previous page.
- ⑥ When all necessary edit is finished, click [Fix Ingredients] button

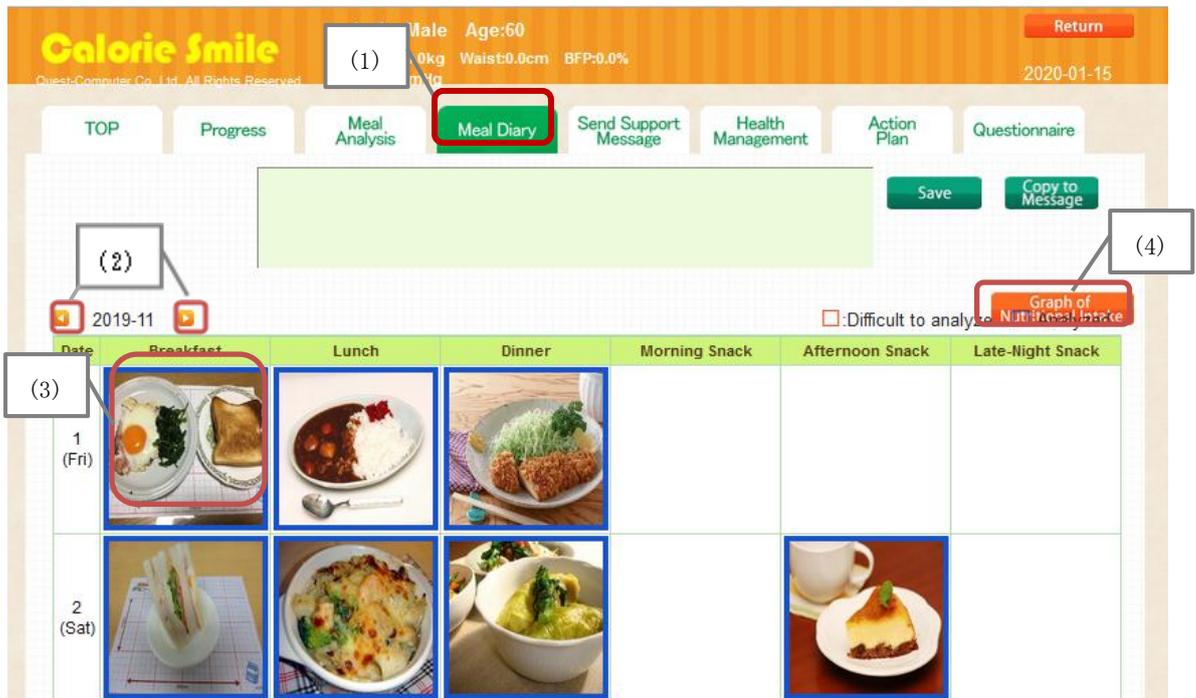


- ⑦ On [Meal Name] “new” can be named manually, then click [Save] button to save



4.4.7 Meal Diary

(1) The photo sent by the User is displayed on the list. Click [Meal Diary] button.



(2) [< >] is used to show the meal pictures list on previous or next month in one month which display in Date and Meal Type

(3) When the photo is clicked, [Meal Analysis] screen will be displayed. Please refer to ([4.4.6.1 Meal Analysis: Set SV])

(4) Click [Graph of Nutritional Intake] button.

(5) On Graph of Nutritional Intake screen the [Period] date is inputted in yyymmdd format. Example, if January 1st 2020 it will be 20200101

(6) When [Display] button is clicked, the nutritional intake during set period will be displayed. ※Only the intake of analyzed meal will be displayed



4.4.8 Send Support Message

(1) Create support message then send it to User. Click [Send Support Message] tab

The screenshot shows the 'Send Support Message' tab in the 'Calorie Smile' application. At the top, there's a navigation bar with tabs: TOP, Progress, Meal Analysis, Meal Diary, Send Support Message (highlighted), Health Management, Action Plan, and Questionnaire. Below the navigation bar is a table of support messages. The table has columns: No, Support Date, Supporter, Support Message/Response Message, Search, and Reply. Two messages are listed: one with No. 2 dated 2019-12-19 from 'mary' with the message 'You are doing great (New)thanks', and another with No. 1 dated 2018-12-18 from 'mary' with the message 'Please eat lots of vegetables everyday. And let's try and keep to the... Okay! I'll do my best!!'. Below the table is a 'Create' button (highlighted with a red box). To the right of the 'Create' button is a form for creating a support message. The form has fields for 'No' (value 3), 'Supporter' (value 'mary'), 'Reply' (checkbox checked), 'Point' (value 0), and 'Status' (value 'Unread'). A text area for the support message contains the text 'Keep up your good efforts!'. Below the text area is a 'Recommended Food Ingredients' section. At the bottom of the form are 'Send', 'Save', and 'Cancel' buttons.

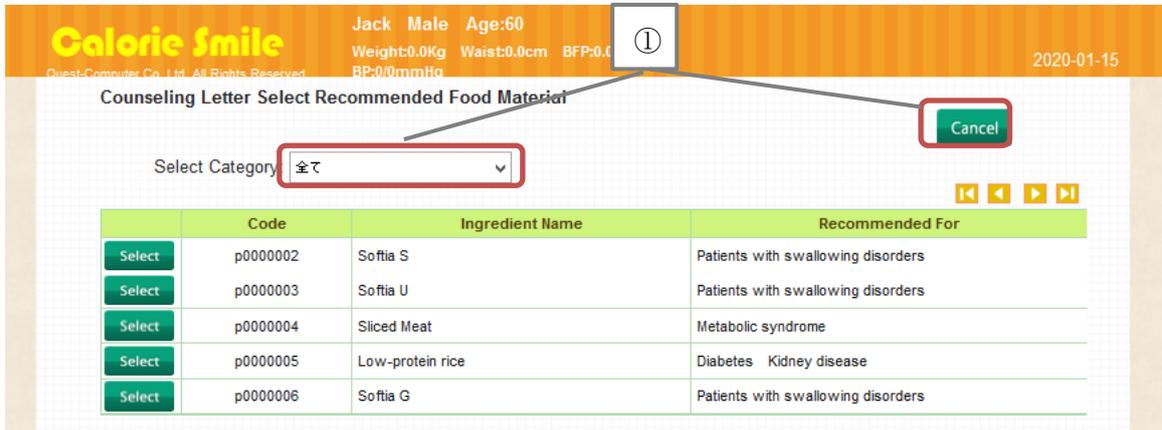
※Support message can be sent through [Progress][Meal Analysis][Meal Diary] tab. With [Save] button, the message is temporarily saved. When [Copy to Message] is clicked, the content will be copied to [Send Support Message] tab and displayed

The screenshot shows the 'Send Support Message' tab in the 'Calorie Smile' application. The navigation bar at the top includes tabs: TOP, Progress, Meal Analysis, Meal Diary, Send Support Message (highlighted), Health Management, Action Plan, and Questionnaire. Below the navigation bar is a text input field containing the text 'Keep up your good efforts!'. To the right of the text input field are two buttons: 'Save' and 'Copy to Message', both highlighted with red boxes.

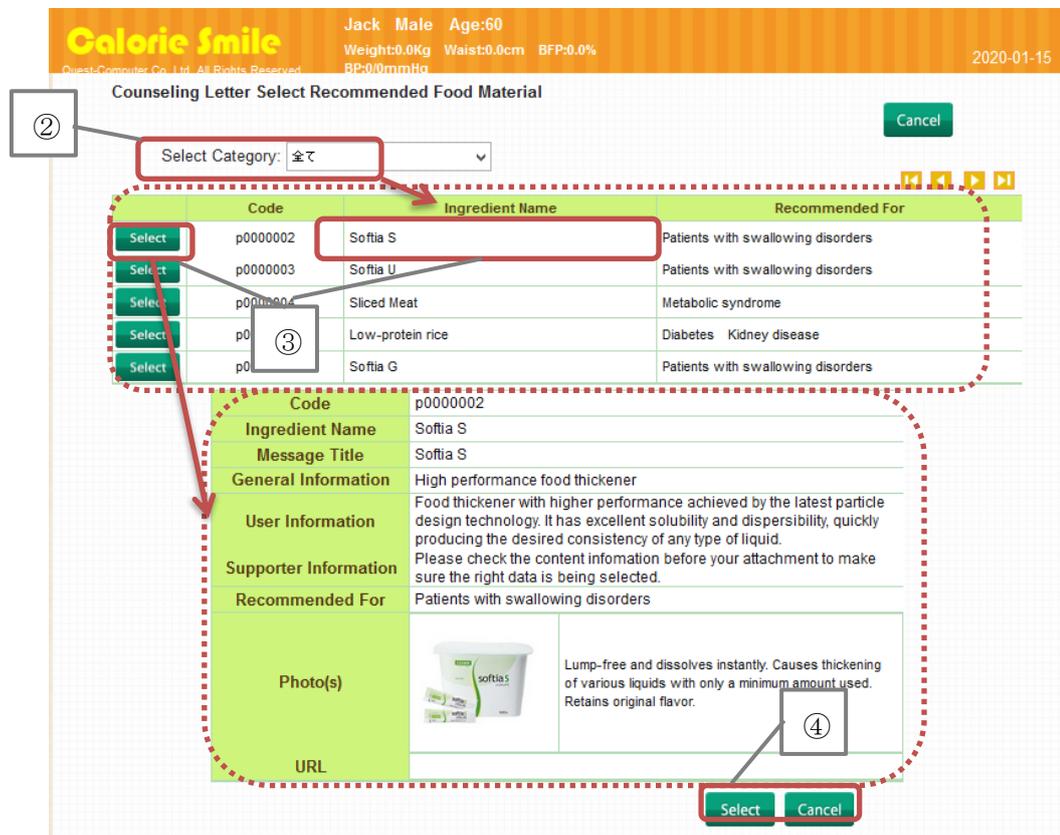
- (2) Click [Create] button the input form will be displayed.
- (3) Number [No] inputted automatically.
- (4) [Supporter] is the supporter`s name.
- (5) [Reply] is inputted manually by ticking the box, the User can reply the support message.
If it is not ticked, the User will not be able to reply the message.
- (6) [Point] is entered by the Supporter.
- (7) [Status] will be displayed as (first) or (unread) .
- (8) Enter the message on [Support Message].

(9) When there are recommended ingredients that want to be recommended, click [Recommended Food Ingredients] button.

- ① On [Recommended Food Ingredients] screen, select the category from [Select Category]. To abort action, click [Cancel] button



- ② [Recommended Food Ingredients] will be displayed on a list.
 - ③ Select the food by clicking the [Select] button.
 - ④ The selected ingredients contents will be shown, click [Select] to set.
- To abort action, click [Cancel] button



⑤ Recommended food ingredients will be shown below.

⑥ To add more ingredients, repeat the steps on ①~⑤

⑦ To delete ingredients, click [Delete] button.

(10) When all the input form is finished inputted, click [Send] button

To abort action, click [Cancel] button. Click [Save] to save without send.

(11) After sending the message, it will be shown on the history list.



(12) When the Supporter see the message it will be shown “○” on [Search].

※It is possible to edit or delete the message until the User see the message.

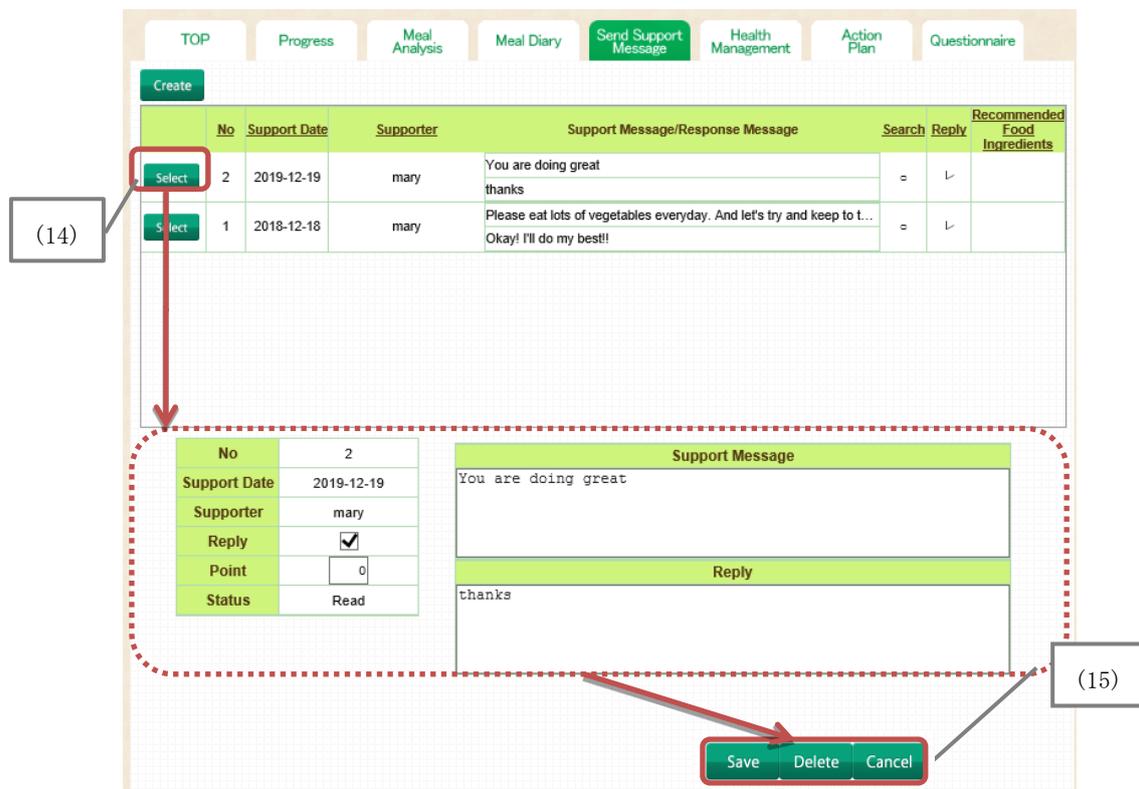
(13) On [Support Message/Response Message] column, the upper line shows the message from Supporter, the bottom line shows the reply from User.

(14) To edit or view the message, click [Select] from the list.

(15) To edit the message, enter the changes in the box then click [Send] button.

To delete the message, click [Delete] button. To abort action click [Cancel] button

※As explained on (12) when the Supporter see the message it will be shown “○” and the buttons of [Send] and [Delete] will not be available.



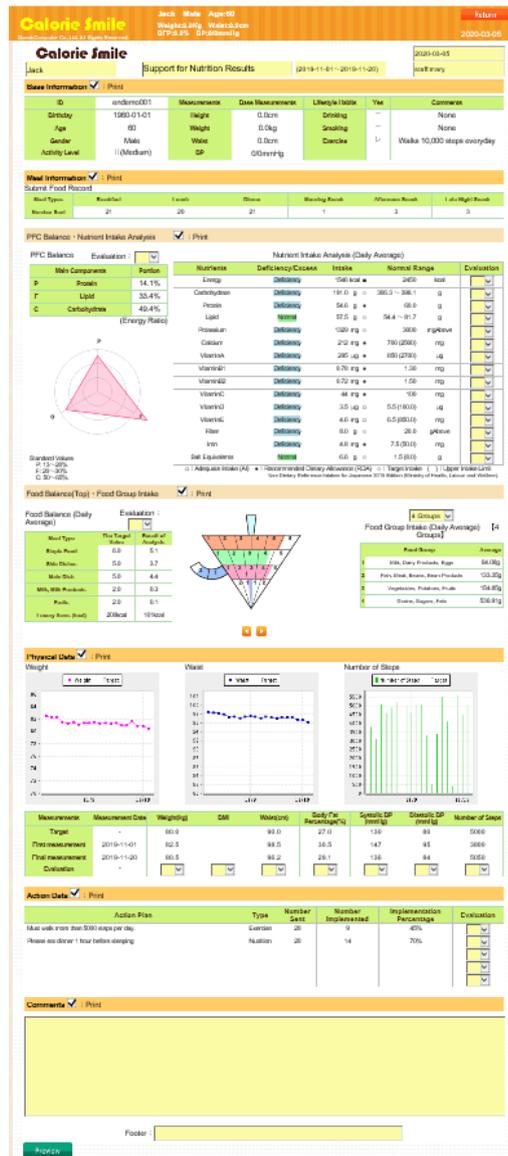
4.4.9 Results Display

(1) Click [TOP] tab to display the Results.



(2) [Results] is the result display for certain period set on [Start Date] [Finish Date] then click [Display] button

(3) The results for certain period set previously will be displayed.



For (※1) (※2) (※3) please refer to the next page.

(4) To change the User name, change it within the box. (※1)

(5) To change the Results title, change it within the box. (※1)

(6) To change the Results period, change it within the box (※1)

Changing the contents within these boxes will not change the displayed results. To change the period, click [Return] to go back to User's [TOP] page then change as written on step (2)

(7) To change the Results date, change it within the box (※1)

(8) To change the name of PIC Supporter, change it within the box (※1)

(9) [Base Information] is the User initial profile when they start receiving support (※2)

(10) [Meal Information] is the meal information during certain period set previously. [Submit Food Record] is the number of meal photo received during period as written on step (2)

(11) [PFC Balance/Nutrient Intake Analysis] is the result of nutrition analysis during period as written on step (2) (※2)

(12) [PFC Balance] is Protein · Lipids · Carbohydrate average percentage on Energy which displayed on Graph (※3)

(13) [Nutrient Intake Analysis (Daily Average)] is the nutrient analysis results from ([4.4.6.2 Meal Analysis : Nutritional Analysis]) (※3)

The screenshot shows the 'Calorie Smile' nutrition analysis interface. At the top, user information for 'Jack Male' is displayed, including age (60), weight (0.0Kg), and waist (0.0cm). A 'Return' button is in the top right. Below this, there are input fields for user name (Jack), results title (Support for Nutrition Results), results period (2019-11-01~2019-11-20), results date (2020-03-05), and PIC supporter name (staff.mary). Callouts (4) through (8) point to these fields. The 'Base Information' section contains a table of user details: ID, Birthday, Age, Gender, Activity Level, Measurements (Height, Weight, Waist, BP), Base Measurements, Lifestyle Habits (Drinking, Smoking, Exercise), and Comments. Callout (9) points to this section. The 'Meal Information' section shows a table for 'Submit Food Record' with columns for Meal Types (Breakfast, Lunch, Dinner, Morning Snack, Afternoon Snack, Late-Night Snack) and Number Sent. Callout (10) points to this section. The 'PFC Balance · Nutrient Intake Analysis' section includes a 'PFC Balance' table with columns for Main Components (Protein, Lipid, Carbohydrate) and Portion (14.1%, 33.4%, 49.4%). A corresponding PFC balance graph is shown below. Callout (12) points to this section. The 'Nutrient Intake Analysis (Daily Average)' table lists various nutrients (Energy, Carbohydrate, Protein, Lipid, Potassium, Calcium, Vitamin A, B1, B2, C, D, E, Fiber, Iron, Salt Equivalents) with columns for Deficiency/Excess, Intake, Normal Range, and Evaluation. Callout (11) points to the table header, and callout (13) points to the evaluation column. A '2017-01-17' stamp is visible on the right side of the page.

- (14) [Food Balance(Top) · Food Group Intake] is the result of food balance during the period set in step (2) (※2)
- (15) [Food Balance(Daily Average)] show the SV Value with “Koma” during the period set in step (2). To set the “Koma” balance click [] button. (※3)
- (16) [Food Group Intake] is the food groups categorization during the period set in step (2) which displayed on daily average. It can be displayed on [4groups] or [6groups]
- (17) [Physical Data] is the physical change results during the period set in step (2) (※2) [Weight] [Waist] [Number of Steps] are displayed in Graphs. The vertical line is measured value, horizontal line is date. The table shows physical changes value (※3)
- (18) [Action Data] is action plan based on period as written on step (2). (※2)

※1 : To delete an item, delete it within the box.
 ※2 : When check button is checked on [Print], it will be included on print display (22) When it is not checked, it will not be included on print display.
 ※3 : In [Evaluation] when “A~D” is selected, it will be available on print display.

(14)

Food Balance(Top) · Food Group Intake : Print

(16)

Food Balance (Daily Average)

Evaluation :

Meal Type	The Target Value	Result of Analysis
Staple Food	6.0	5.1
Side Dishes	5.0	3.7
Main Dish	5.0	4.4
Milk, Milk Products	2.0	0.3
Fruits	2.0	0.1
Luxury Items (kcal)	200kcal	161kcal

Food Group Intake (Daily Average) [4 Groups]

4 Groups

Food Group	Average
1 Milk, Dairy Products, Eggs	64.08g
2 Fish, Meat, Beans, Bean Products	133.35g
3 Vegetables, Potatoes, Fruits	154.85g
4 Grains, Sugars, Fats	536.91g

(17)

Physical Data : Print

Measurements	Measurement Date	Weight(kg)	BMI	Waist(cm)	Body Fat Percentage(%)	Systolic BP (mmHg)	Diastolic BP (mmHg)	Number of Steps
Target	-	80.0		90.0	27.0	130	80	5000
First measurement	2019-11-01	82.5		98.5	30.5	147	95	3800
Final measurement	2019-11-20	80.5		96.2	29.1	136	84	5050
Evaluation	-	<input type="checkbox"/>						

(18)

Action Data : Print

Action Plan	Type	Number Sent	Number Implemented	Implementation Percentage	Evaluation
Must walk more than 5000 steps per day.	Exercise	20	9	45%	<input type="checkbox"/>
Please eat dinner 1 hour before sleeping	Nutrition	20	14	70%	<input type="checkbox"/>
					<input type="checkbox"/>
					<input type="checkbox"/>

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(19) In [Comments] box, the Supporter can input comment of Results Display (※2)

(20) In [Footer] box, the Results Display footer can be inputted. If it is inputted, it will be printed on the evaluation.



(21) When [Preview] button is clicked, it will display the print version of the Results Display

(22) The Results Display will be displayed. To abort the display, click [Return] button.

Calorie Smile Support for Nutrition Results

Jack | 2019-11-01 ~ 2019-11-01 | 2020-03-05

Basic Information

ID	Measurement	Date Measurement	Library/Issue	Yes	Comments
en@smile001	Height	0.00m	Drinking	--	None
Age	Weight	0.0kg	Smoking	--	None
Gender	Waist	0.00m	Exercise	--	Walks 10,000 steps everyday
Activity Level	BP	0.0mmHg			

Food Information

Subst. Food Record

Meal Type	Breakfast	Lunch	Dinner	Evening Snack	Afternoon Snack	1st Night Snack
Meal Count	21	26	27	1	3	3

PFIC Balance - Nutrient Intake Analysis

Nutrient Intake Analysis (Daily Average)

Unit Component	Portion	Nutrients	Deficiency/Excess	Intake	Normal Range	Evaluation
P Protein	14.1%	Energy	Deficiency	156 kcal	2650 kcal	Low
F Lipid	23.4%	Carbohydrate	Deficiency	119.0 g	288.3 ~ 326.7 g	Low
C Carbohydrate (Energy Ratio)	43.4%	Protein	Deficiency	54.5 g	68.8 g	Low
		Lipid	Deficiency	87.5 g	54.4 ~ 81.7 g	Low
		Protein	Deficiency	100 mg	2000 mg/min	Low
		Carb	Deficiency	212 mg	700 (2700) mg	Low
		Water	Deficiency	205 cc	600 (2700) cc	Low
		Vitamin D	Deficiency	0.70 mg	1.50 mg	Low
		Vitamin E	Deficiency	0.72 mg	1.50 mg	Low
		Vitamin C	Deficiency	48 mg	100 mg	Low
		Vitamin B1	Deficiency	2.5 mg	5.0 (10.0) mg	Low
		Vitamin B2	Deficiency	4.5 mg	6.0 (10.0) mg	Low
		Fiber	Deficiency	8.0 g	20.0 g/min	Low
		Iron	Deficiency	4.9 mg	7.5 (20.0) mg	Low
		Salt	Deficiency	68 g	1.0 (10.0) g	Low

Food Balance (Top) - Food Group Intake

Food Balance (Daily Average)

Meal Type	This Type	Normal
Breakfast	0.8	3.1
Mid-Dinner	5.8	3.7
Mid-Night	5.8	4.4
Mid-Evening	2.8	8.3
Evening	2.8	6.1
Evening Snack (Subst)	0.0000	0.0000

Physical Data

Weight: 65.0 kg (Target: 65.0 kg)

Height: 160.0 cm (Target: 160.0 cm)

Number of Steps: 10,000 (Target: 10,000)

Measurements

Measurement	Measurement Date	Height (cm)	SBP (mmHg)	DBP (mmHg)	BMI (kg/m²)	Waist (cm)	Number of Steps
Target		160.0	110.0	70.0	25.0	90	10000
First measurement	2019-11-01	162.5	110.0	70.0	24.5	95	10000
Final measurement	2019-11-01	160.0	110.0	70.0	25.0	94	10000
Evaluation							

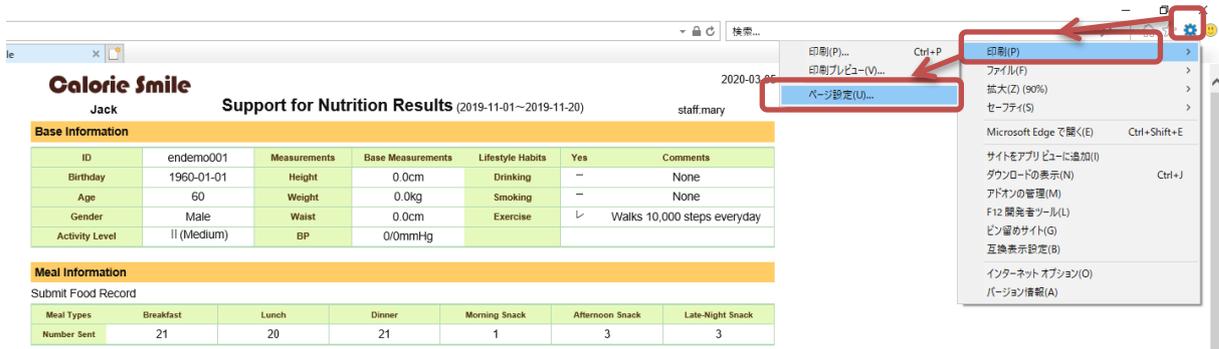
Action Data

Action Plan	Type	Number Set	Number Implemented	Implementation Percentage	Evaluation
Max walk more than 5000 steps per day	Exercise	20	0	0%	
House as clean 1 hour before sleeping	Health	20	14	70%	

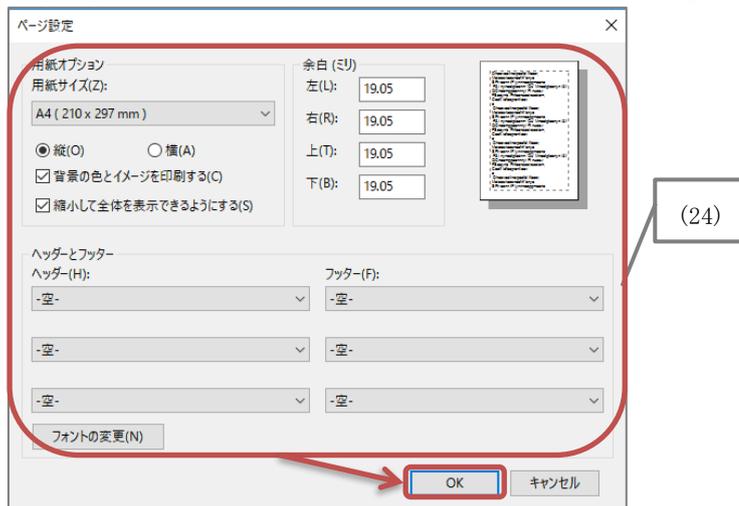
Comments

Footer:

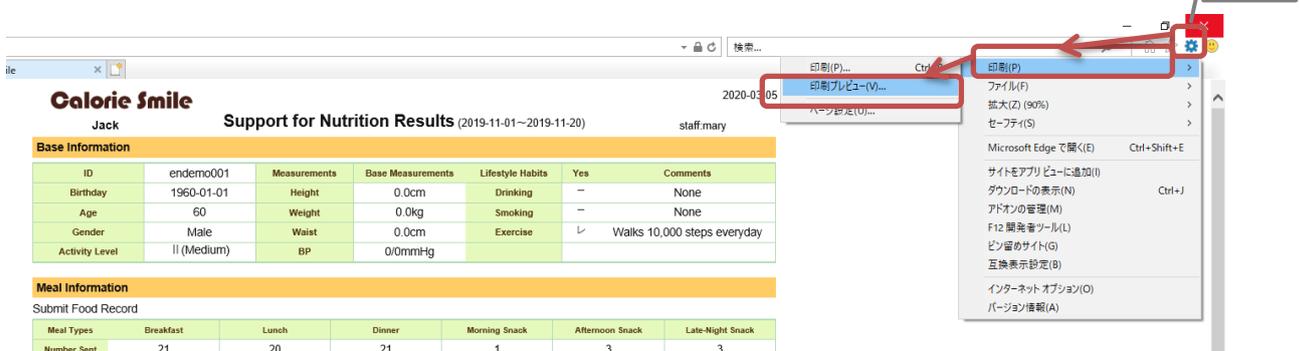
(23) After clicking the preview button, Results Display is printed with the Browser print function. From [Tools] function, select [Page Setup] then click [Print] function.



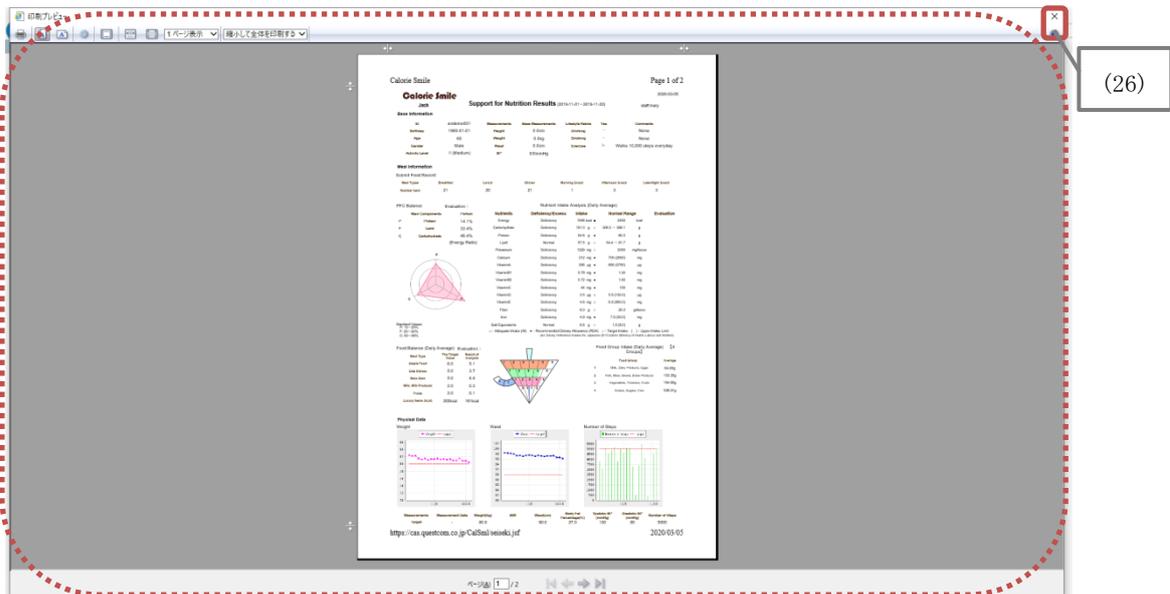
(24) From [Page Setup] button, the Results Display will be popped up and to print out, and click [OK] button to start print it out. To abort action, click [Cancel] button



(25) With Print Preview, the Results Display printed version can be checked prior printing. From [Tools] function, select [Page Setup] then click [Print Preview] function.



(26) Print Preview will be displayed. Click [X] button to close after checking.



(27) Print the Results Display.

From [Tools] function, select [Print] then click [Print] function.



(28) [Print] box will be popped up and to print without any change, click [Print] button.

To abort action, click [Cancel] button.



(29)The Results Display can be printed.

(30)When the print is finished、 click [Return] button to return to previous page

Comments

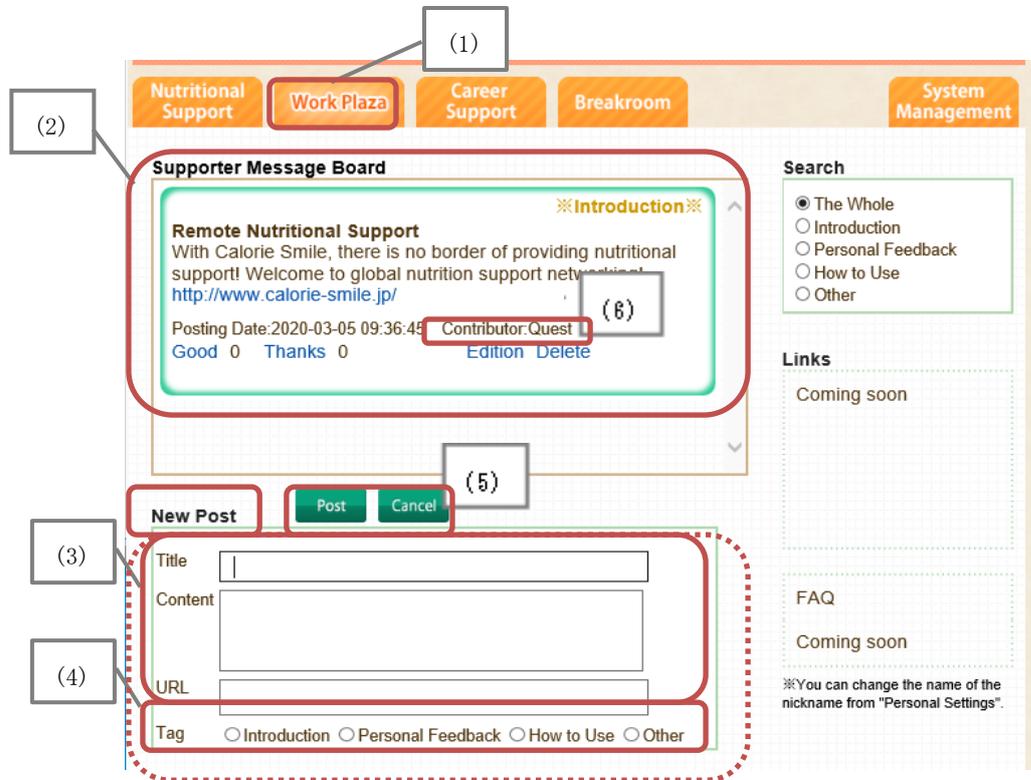
※Use browser print function to print.



(30)

5 .Work Plaza

(1) Click [Work Plaza] tab. Work Plaza is a feature for the Supporter to share each other information about work.



(2) [Supporter Message Board] is a feature to display articles posted by Supporters who use Calorie Smile.

(3) To post article, in New Post function, input [Title] [Content] [URL]

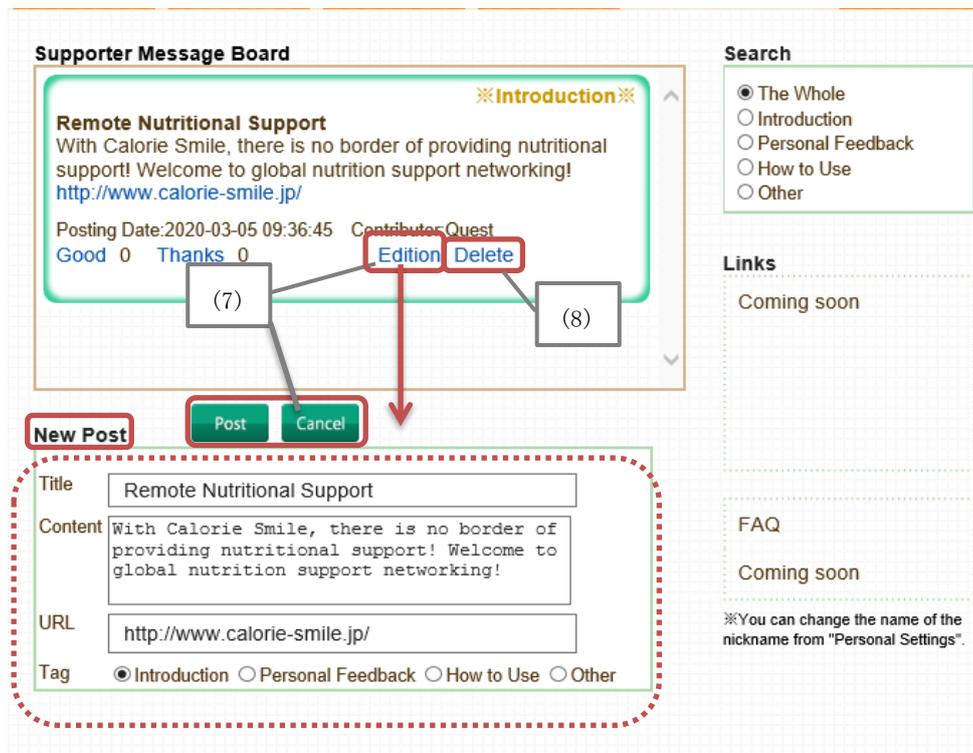
(4) Select the theme of post from [Tag]

(5) After the inputs, click [Post] button.

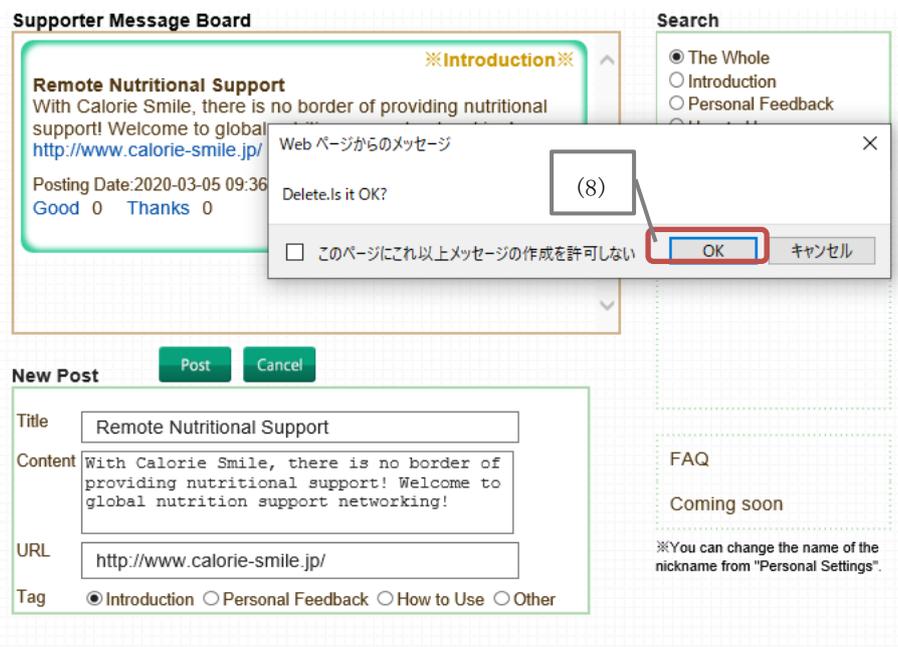
To abort action, click [Cancel] button.

(6) To rename the author please refer to [3.5 Personal Settings].

(7) To edit the post, click [Edition] button. The content of selected article will be displayed on [New Post] function, input the edited content then click [Post] button. To abort action, click [Cancel] button.



(8) To delete a post, click [Delete] button. A pop up message will appear and to confirm click [Ok] button, to abort action click [Cancel] button.



(9) To search article in [Work Plaza] , select the article theme on tag displayed in [Search] box. Selected tag articles will be displayed on Work Plaza.

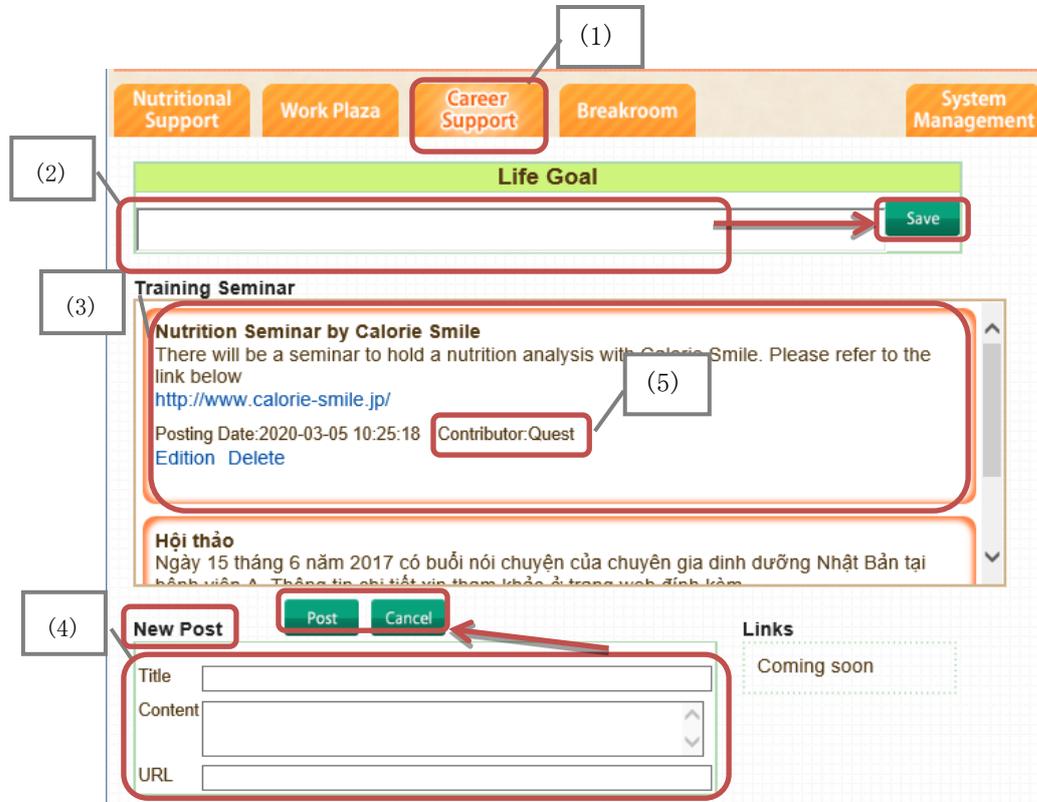
The screenshot shows the 'Supporter Message Board' interface. A red dashed box highlights a message titled 'Remote Nutritional Support' with the tag 'Introduction'. A red box labeled (9) highlights the 'search' section, which contains radio buttons for 'The Whole', 'Introduction', 'Personal Feedback', 'How to Use', and 'Other'. A red box labeled (10) highlights the 'Links' section, which contains the text 'Coming soon'. A red box labeled (11) highlights the 'FAQ' section, which also contains the text 'Coming soon'. Below the message board is a 'New Post' form with fields for Title, Content, URL, and Tag, and buttons for 'Post' and 'Cancel'. A note at the bottom right states: '※You can change the name of the nickname from "Personal Settings".'

(10) [Links] is under construction now.

(11) [FAQ] is under construction now.

6 .Career Support

(1) Click [Career Support] tab. Career Support is a feature for Supporters to share about their careers or learn from each other.



(2) In [Life Goal] Supporter can set long term goal. After inputting, click [Save] button.

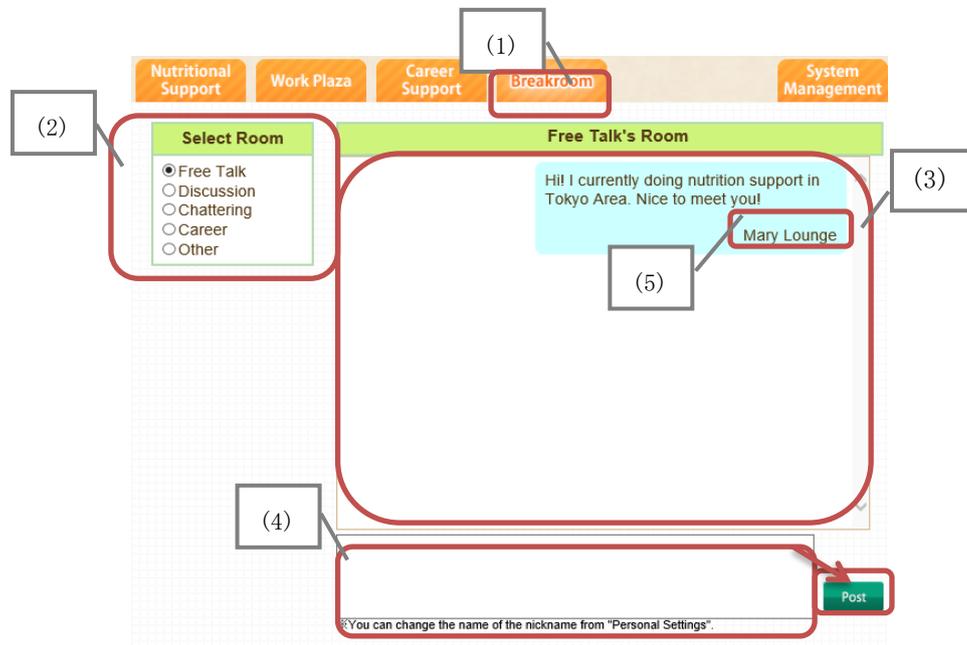
(3) In [Training Seminar] the articles posted by Supporters who will be displayed.

(4) To post an article, from New Post function, input [Title] [Content] [URL] then click [Post] button. To abort action, click [Cancel] button.

(5) To rename the author please refer to [3.5.Personal Settings]

7 .Breakroom

(1) Click [Breakroom] tab. Breakroom is a feature where the Supporters can have a chat in casual term



(2) From [Select Room] select the chat room and click the room name.

(3) Selected room will be displayed.

(4) Input the chat on the box below and click [Post] button.

(5) To rename the author please refer to [3.5 Personal Settings].