

BEN**FIT** your foodcoach

Manual

www.benefitcoach.cz

Version 1.3

Date: September 2021

Table of Contents

In this manual a brief explanation is given for everything at menu.benefit.cz

How to install the app	3
Search the website: menu.ben-fit.cz on your computer or on your mobile.	3
First time log-in	3

How to install the app

Search the website: menu.ben-fit.cz on your computer or on your mobile.

Add this website to your home screen.

You now have a webbased 'app'. OR

Download the app:

This is the link to download BenFit on android:

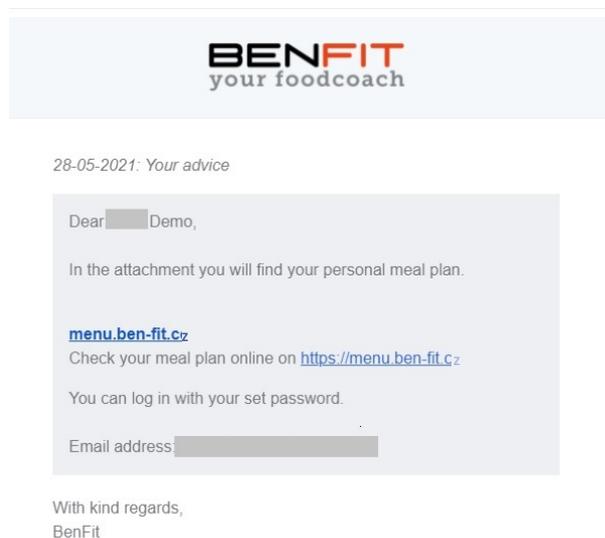
<https://play.google.com/store/apps/details?id=com.concapps.benefit&gl=NL>

This is the link to download BenFit on Apple:

<https://apps.apple.com/nl/app/benefit/id1188637966>

First time log-in

You can only use the website **menu.ben-fit.cz** when you are mentored by a coach and when you have received an email with your meal plan. At the bottom of the email with a meal plan is a link to, the email address you need to log in with, and your 1st password.

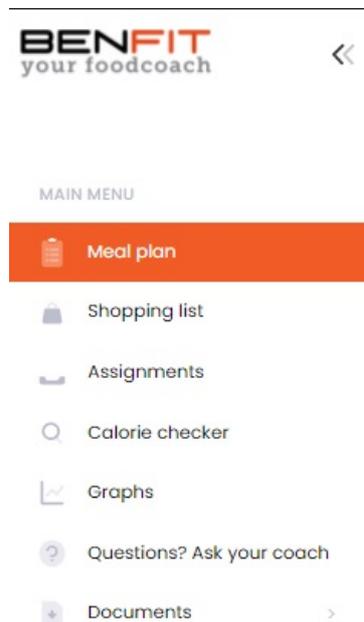


Immediately after logging in for the first time you need to create a new, personal password. You can change it later when you click on your name at the top right of the screen, and click on 'Change password'.

The program will mention if you entered a strong or weak password. A strong password contains at least 6 characters, an uppercase letter, number, lowercase letter and a special character (such as an exclamation mark, question mark etc.). Make sure you do not use the same passwords for multiple websites! Logging out is done by clicking on your name, and then on 'Log out'.

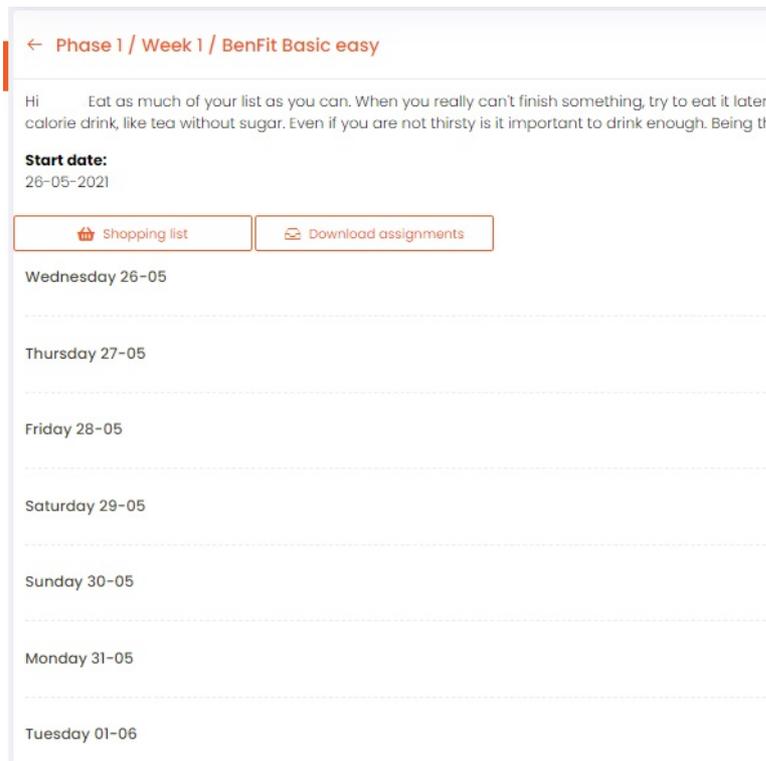
Main menu

After logging in you are immediately directed to your meal plan for the current week. On the left hand side of the screen you see the main menu.

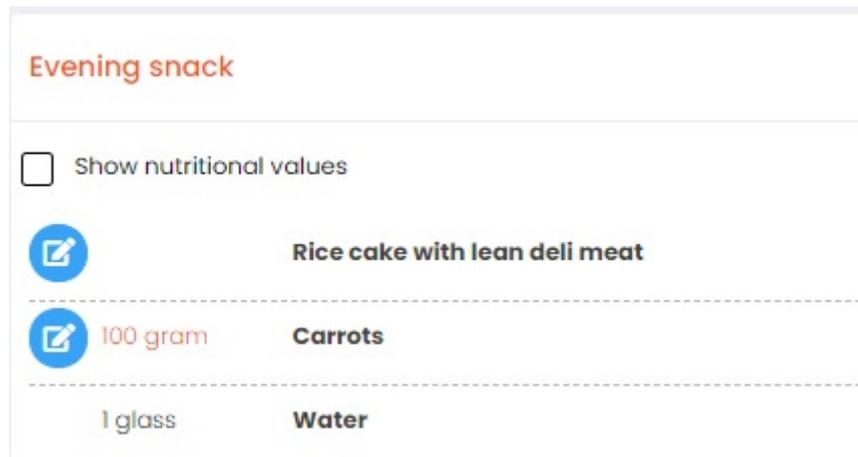


Meal plan

Choose the right week for more information. If you want to go back to another day or week, click on the arrow to take you back to the phase and week.



In the meal plan you can see what you have to eat for that day. For recipes there is a  sign. Click on it for the ingredients and preparation instructions.



Click on the red icon (if you use a phone: swipe left) if you wish to delete a recipe or product because you did not eat it.

If you deleted something by accident you can restore them with the button above that meal time: 'Restore deleted products'.

Click on the blue pen (if you use a phone: swipe right) if you wish to change or switch the product or recipe. When you make a switch, the program will calculate how much you can use of the other products to maintain the total number of calories.

There can be many alternatives, a few, or none at all. It depends on your current menu type, or the recipe or product you are trying to switch.



Click on the amount of a product to change the amount.

Click on the + at a meal time to add a product to that meal.



Type to search for the name of the product and click on the check-mark next to the product to add it.

Enter the correct amount at the next screen that pops up.



At the top, in bold letters, the total number of calories for that day is displayed. This is refreshed when a product is deleted or when amounts have changed:

Shopping list

On the shopping list you can find all the products for all of the meal plans for that week. Click on Shopping list at the Main menu and choose the week for which you want to do your groceries.

Shopping list  Phase 1 Week 1

MAIN MENU

-  Meal plan
-  **Shopping list**
-  Assignments
-  Calorie checker
-  Graphs
-  Questions? Ask your coach
-  Documents >

[← Phase 1 / Week 1](#)

19 slices	Bread, wholegrain
23 pieces	Cracker, wholegrain/wheat/sesame
10	Rice cake
4 pieces	Rusk, wholegrain

100 gram	Cornflakes
15 gram	Muesli, unflavoured/with fruit

11 servings	Cheese spread, low-fat
8 slices	Cheese, medium-fat

265 gram	Quark, from skimmed milk
425 ml	Skimmed milk
825 gram	Yoghurt, low-fat

Calorie checker

With the calorie checker you can see how many calories, proteins, carbohydrates and fats a product in the BenFit programme contains. For example type in the word orange and then select the corresponding product.

You will be able to see the nutritional value of the portion size you entered (for example per 100 grams).

Graphs

On this tab you will see the progress you have made in weight and time, together with BMI and body fat percentage.

By dragging this button  you can see a shorter or longer period of time.

Questions

Do you have a question about your meal plan? Ask your coach ! The app will send an e-mail directly to your personal coach.

Downloads

List of Alternatives: use this list to change products in your meal plan. For example if your local supermarket has offers on dairy or fruits.

Manual: Open the manual of this app for support and explanations about functions.

BenFit and social Events: Going to a party, dinner or event party? Make well-considered choices with these tips.

Privacy Policy and Terms and Conditions: Because you have a right to know.