

Diet & Wellness Plus

Student log-in

Instructions





Diet & Wellness Plus helps you gain a better understanding of how nutrition relates to your personal health goals and helps you put together a plan for positive change.

Access D&W Plus

1. Go to
<https://login.nelsonbrain.com/cb/login.htm>

1A. Either register as a new user by clicking *Don't have an account*.

1B. Or sign in if you already have a NelsonBrain account and go to step 4.

The screenshot shows the NelsonBrain login interface. At the top, the logo 'NELSONbrain.com' is on the left, and 'Instructor Login | Technical Support' is on the right. Below the header, there are two main sections: 'REGISTER YOUR PRODUCT' and 'RETURNING STUDENTS'. The 'REGISTER YOUR PRODUCT' section has a text input field for 'Enter your Access Code or Course Key' with a 'What's This?' link, and a green 'REGISTER' button. The 'RETURNING STUDENTS' section has a red rectangular box around the login fields, which include an 'Email address' input field, a 'Password' input field with a 'Forgot?' link, and a green 'LOG IN' button. Below the 'REGISTER YOUR PRODUCT' section, there is a red rectangular box around the text 'Don't have an account?'. Two yellow callout boxes with lines pointing to the interface are labeled '1A' and '1B'. Callout 1A points to the 'Don't have an account?' link. Callout 1B points to the 'LOG IN' button.

NELSONbrain.com Instructor Login | Technical Support

REGISTER YOUR PRODUCT

Enter your Access Code or Course Key What's This?

REGISTER

RETURNING STUDENTS

Email address

Password Forget?

LOG IN

Don't have an account?

1A

1B

Complete the Account Information Form for a new account

2. Complete the Account Information form and agree to the license agreement.
3. Select “Create My Account”.

NEW STUDENTS

student@studenttester.com

(GMT-05:00) Eastern Time (US & Canada)

In order to register for a NelsonBrain account, you must accept the terms of the NelsonBrain Service Agreement, which describes the terms that apply to the provision and use of the NelsonBrain.com web site and various related products and services offered through that web site. [Read the NelsonBrain Service Agreement here.](#)

☐ I have read and agree to the NelsonBrain Service Agreement.

☐ I want to receive exclusive NelsonBrain discounts and promotions.

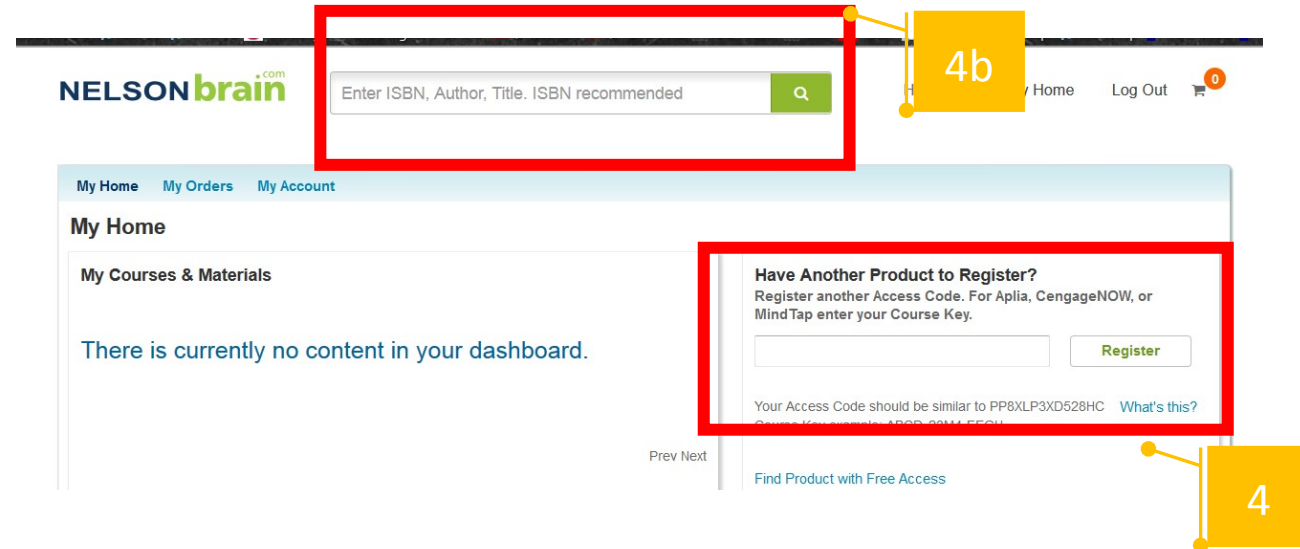
NO, THANKS

CREATE MY ACCOUNT

Enter your Access Code

4. Once logged in Register your access code.

4b. If you do not have an access code, purchase one in the bookstore or enter the ISBN to purchase one online.



You're All Set!

8. Select the “Open” button next to the name of your course.

The screenshot displays the Cengage Brain website interface. At the top, the Cengage Brain logo is on the left, and navigation links for 'Today's Deals', 'Recommendations', 'Hello, Kristin', 'My Home', 'Log Out', 'My Cart(0)', and 'High Contrast View' are on the right. A search bar is located below the logo with the placeholder text 'Enter ISBN, Title or Author. ISBN search recommended.' and a 'Search' button. Below the search bar is a 'Search Tips' link. The main navigation bar includes 'My Home', 'My Orders', 'My Account', and 'My Rentals'. The 'My Home' section is active, showing 'My Courses & Materials'. A course card is visible with a Cengage Learning logo, 'Product Title', 'Author(s)', and 'Digital Product Title'. A yellow box with the number '5' points to the 'Open' button, which is highlighted with a red border. Other buttons on the course card include 'Rent', 'Buy', and 'Add Print!'. A 'SUPPORT MATERIALS:' section at the bottom of the course card links to 'MindTap User's Guide ». To the right of the course card, there is a 'Have Another Product to Register?' section with a 'Register' button and a 'What's this?' link. Below this is a 'Find Product with Free Access' link. Further down is a 'Support: Need help?' section with 'FAQs' and a 'Customer Service' section with a link to 'Questions about an order or purchase?'. At the bottom right, there is a 'For Fastest Response:' section.

Setting Up Your Profile

On your first visit, you can:

- A. Create your primary profile.
- B. Complete the activity questionnaire.

Diet & Wellness Plus+

Home / Create Profile

Welcome to Diet & Wellness Plus. A profile is required to utilize the site.

A

Name * Primary Profile

☐ Canadian Profile

Birth Date December 18, 1994

Gender Male

Height Feet 5 ft.

Height Inches 6 inches

Weight * 100 lbs.

☐ Smoker

☐ Strict Vegetarian/Vegan

B

Long Activity Questionnaire

1. Do you know your body fat percentage?

☐ No
☐ Yes

2. What type of occupation do you have?

Sedentary desk occupation

3. How many hours per week do you perform this occupation? *

0 hrs

4. How much time do you spend on leisure time and activities of daily living in an average week?

None

5. How would you rate your walking pace?

Strolling/Casual (<2 mph)

6. How much time do you spend performing light physical exercise in an average week?

None

7. How much time do you spend performing moderate physical exercise in an average week?

None

☐ I consider myself an elite athlete.

8. How much time do you spend performing high-intensity physical exercise in an average week?

None

Your Homepage

- A. Enter your Course Identification Code for 2N03.
Course Code:
CNUEBGKR7CRQW7
- B. Track diet and activity.
- C. Generate personalized reports.
- D. Complete assignments.

The screenshot shows the 'Diet & Wellness Plus+' interface. At the top, there's a navigation bar with 'Track Change', 'Track Diet', 'Track Activity', and 'Reports'. Below this, a section for 'Course Currently Enrolled In: None' has a 'Course Key' input field and an 'Enroll' button. A yellow box labeled 'A' points to the 'Course Key' field. Below this is the 'My Wellness Profile' section, which says 'Not currently tracking any wellness areas.' and has a 'Complete Wellness Profile' button. A yellow box labeled 'C' points to this section. The main content area is divided into two columns. The left column is titled 'Calories' and shows 'Net Calories This Week' as 0. It has a table with columns 'Food (+)', 'Activity (-)', and 'Net'. The 'Food (+)' column shows '+0', the 'Activity (-)' column shows '-0', and the 'Net' column shows '0'. Below the table is a line graph showing calories over the week (Mon to Sun). A yellow box labeled 'B' points to the 'Activity (-)' column. The right column is titled 'Nutrients for the week' and shows 'Water Intake' as 0 fl. oz. with a note 'No diet entries this week.' Below this is a table of nutrients: Carbohydrates (0%), Fat (0%), Protein (0%), Alcohol (0%), and Water (0 fl. oz.). A yellow box labeled 'D' points to the 'My Assignments' section at the bottom, which has a table with columns 'Name', 'Due Date', 'Status', and 'Type'.

A

B

C

D

Name	Due Date	Status	Type
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Track Your Diet

- A. Enter the date and search for food.
- B. Use filter option to narrow or limit your search.
- C. Select food to add to *My Meals*.

The screenshot shows the 'Track Diet' page in the 'Diet & Wellness Plus+' application. The interface includes a top navigation bar with links to 'Track Change', 'Track Diet', 'Track Activity', and 'Reports'. Below this is a breadcrumb trail 'Home / Track Diet'. The main content area features a date selector set to '12/18/2014', a 'View: Favorites' button, and a search bar containing 'banana'. A search button is located to the right of the search bar. Below the search bar, there are 'Optional Search Features' and a 'Category Filter: (Fruit)' section. This section includes a dropdown menu currently set to 'Fruit', a 'None' option, and buttons for 'Apply Filter' and 'Clear Filter'. Underneath, there is a 'Specialty Foods Filter' section with checkboxes for 'Include Specialty Foods' and 'Include Canadian Foods'. The results section shows 'Showing: 1 - 10 (10 items)' and lists 'Banana' and 'Banana Melon (Navajo)'. A detailed view of 'Banana' is shown on the right, including 'I consumed:' (set to 1), 'item(s) - Medium (7 in. to 7 7/8 in. long)', 'for:' (set to Breakfast), and a checkbox for 'Enable Serving Size Warning'. An 'Add Item' button is at the bottom right of this detailed view. A 'My Meals' section at the bottom indicates 'You have not recorded any meals for this day.'.

A points to the date selector and the search bar.

B points to the 'Category Filter: (Fruit)' section.

C points to the 'Banana' result in the list and the 'Add Item' button.

Track Your Activity

- A. Enter the date and search for activity.

Use filter option to narrow or limit your search.

- B. Select activity to add to *My Activity*.

The screenshot shows the 'Track Activity' page in the 'Diet & Wellness Plus+' application. The top navigation bar includes 'Diet & Wellness Plus+', 'Track Change', 'Track Diet', 'Track Activity' (selected), and 'Reports 0'. Below this is a breadcrumb 'Home / Track Activity'. The main form has a date selector set to '12/18/2014' and a 'View' dropdown with 'All' and 'Favorites' options. A search bar contains the text 'swim' and a 'Search' button. Below the search bar is a 'Back to Results' link. A filter section titled 'Water activities, Swimming, leisurely not lap swimming, general' contains two dropdown menus: '0 hour(s)' and '20 minute(s)'. A red error message states: 'An activity must have some amount of time associated with it to be saved.' At the bottom right of the form is an 'Add Activity' button. Below the form is a section titled 'My Activity' which contains a table with one entry: 'Shopping, walking' with a value of '136 kcal in 1:00'. Annotations 'A' and 'B' are present: 'A' points to the date and search bar, and 'B' points to the 'Add Activity' button.

Diet & Wellness Plus+ Track Change Track Diet Track Activity Reports 0

Home / Track Activity

select a date 12/18/2014

View: All Favorites

swim Search

Back to Results

☆ Water activities, Swimming, leisurely not lap swimming, general

0 hour(s)

20 minute(s)

An activity must have some amount of time associated with it to be saved.

Add Activity

My Activity

Shopping, walking	136 kcal in 1:00
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Questions
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We're Here

to Help!

Email:

nelson.brain@nelson.com

Phone Support:

1-800-268-2222

Monday through Friday

8:00am to 6:00pm (EST)

Download the Student User Guide Here:

cengage.com/training/dwp