Virtual Weight Loss Companion Project
Lawrence Kirk Jr. M.D.

2 ways { BMI ≥25 / BMI =20 or chosen #.

INPUT DATA :

Name, Initial Weight, Goal Weight, Height, Sex, Exercise Days x 3, Times They Eat x 3, Email, Cell Phone # to Text (Person will give a password so they can access their information at any time)

CONTINUED INPUT DATA:

text .

Daily Weights $

CALCULATED DATA:

Initial BMI, Goal BMI (Usually 25), Pts Goal Weight (Using 25 BMI), Pts Goal BMI (Using Goal Weight)

DATA MANIPULATION
(In Pods No More Than 5000)

Rpt to Dr.

PERSON	IW	CW	TWNTL	HLIP	TWL	WLPW	WLPM
P1-1	205	198	56 lbs	27 d	7 lbs	2 lbs	N/A
P1-2	155	131	42 lbs	60 d	24 lbs	4 lbs	14 lbs
P1-3	183	150	38 lbs	80 d	33 lbs	3 lbs	8 lbs
P1-4	248	208	88 lbs	120 d	40 lbs	-1 lbs	6 lbs
P1-5	140	124	21 lbs	45 d	16 lbs	1 lbs	12 lbs
P1-6	152	130	33 lbs	98 d	22 lbs	0 lbs	4 lbs

IW – Initial Weight
CW – Current Weight
TWNTL – Total Weight Needed To Lose
HLIP - How Long In Program
TWL – Total Weight Lost
WLPW – Weight Lost Past Week

WLPM – Weight Lost Past Month

If BMI is > Goal BMI and WLPW < or = to 0 then (Tough Message)
If BMI is > Goal BMI and WLPW > 0 and < or = 3 then (Medium Message)   ) *diet*
If BMI is > Goal BMI and WLPW is > 3 (Great Message)

If BMI is > Goal BMI and Today is "Exercise Day" and WLPW < or = 0 then (Increase *ex.*
Workout Today)
If BMI is > Goal BMI and Today is "Exercise Day" and WLPW > 0 then (Normal
Workout Today)

group of user.

Goals of Project;

Contact patients in program on daily basis through texting:
Monitor Weights:
Adjust Messages depending on weight loss:
Have Web Sight and Hopefully Iphone App (for ease of use and quick visualization):
Have a graph visualization of weight loss and "tips" for patient at any given time:

Web Sight Goals

Have ability for video blogs once a week:
Have areas on sight for diet/exercise info:
Colorful site:
Advertisement through UTUBE video/facebook: