

## Making the most of your CALTRAC

Congratulations on your purchase of the revolutionary CALTRAC Activity Monitor! Here are some basic concepts you need to understand in order to begin getting immediate benefits from your CALTRAC and work toward your healthy lifestyle goals.



1. **Determine your resting metabolic rate (RMR).** This is the number of calories your body needs everyday just to survive. It is also the minimum number of calories you should eat each day to avoid damaging your metabolism.

A. Zero out your Caltrac. Place it on your bedside table for 8 hours. After 8 hours, write down the number on the "CALC Used" display and enter it here:

\_\_\_\_\_ x 3 = \_\_\_\_\_

B. Multiply by 0.9 to get your RMR: \_\_\_\_\_ x 0.9 = \_\_\_\_\_ RMR

2. **Use your Caltrac to measure fat loss.**

1 pound of fat = 3500 calories

1 pound of muscle = 600 calories

1 pound of water = 0 calories

You want to lose *body fat*, not muscle or water. So eat at least your RMR and gauge your fat loss on the net calories burned at the end of the day. Here's an example:

TOTAL CALS USED = 1900

TOTAL CALS EATEN = 1400 (RMR)

NET CALORIES                      500

If this person had NET 500 for 7 days, they'd lose 1 pound of fat (500 x 7 = 3500 calories = 1 pound of fat). Think of a pound of hamburger. It takes up a lot of space on your body!

3. **Clear your Caltrac** (shift + clear) every night when you go to bed. You want a 24-hour read so you know how you're doing on a daily basis. You can log your progress on the chart.

Remember, measure your success by your *behavior* and how your clothes fit, not by the scale. The scale tells you how much you *weigh*. It does not tell you how *fat* you are. Follow these simple principles and you'll be on your way to your best body in no time!

***Questions? Call us at (619) 444-3400. We're here to help you be successful!***

## Helpful hints for using the CALTRAC

Hit DISPLAY and take a quick tour around the different screens on your Caltrac:

### Cals Used:

This is the total number of calories you have burned for the day and includes your resting and activity calories.

Cals: This is the number of calories you have eaten. (Please note: You must tell the Caltrac what you've eaten by entering your calories throughout the day or at the end of the day.)

### Net Cals:

The reality hits here! If you enter the calories you EAT, then Caltrac does the math for you. You will see if you are ahead or behind in the count. If you've eaten more than you've burned, the excess is stored as fat. Don't want that!

### ACTM:

Shake your Caltrac and see the number increases very quickly. This just tells you that the motion sensor is working. It does not impact your calories burned.

### ACTM Cals Used:

This is the number of calories you have burned from ACTIVITY. It's also the one you have control over. The more you move, the higher the number will go over the day. It's best to have a minimum activity calorie burn each day to keep you on track.

## **PEDAL & POWER MODE**

Caltrac interprets your motion or activity into calories. For activities when your hips are essentially stationary, like riding a bike or lifting weights, it needs to be put on the appropriate mode to more accurately interpret and measure your calorie burn.

### Pedal Mode (indicated as "PM" & accessed through the bicycle button):

This gives you *triple credit* (in calories). Use this mode only during the following activities:

- ♦ Bike
- ♦ Nordic Trac
- ♦ Rowing machine
- ♦ Stairmaster

### Power Mode (indicated as a "flashing PM" & accessed through the weight button):

This gives you *double credit* (in calories). Use this mode only during the following activities:

- ♦ Heavy muscle work
- ♦ Heavy gardening
- ♦ Weight lifting

Remember to put the Caltrac back on regular mode after stopping the special activity. You do this by hitting the bicycle or weight button again.

*Caltrac is very sturdy and resilient. However, do not wear your Caltrac in water or wear it to bed.*