



**elmm**  
**EAT LESS | MOVE MORE**

## **ELMM manual**

Bite Technologies, LLC  
657 S. Mechanic Street  
Pendleton, SC 29670  
[info@icountbites.com](mailto:info@icountbites.com)



## 1 Introduction

Every weight loss battle is unique and there is no single diet plan that works for everyone. However, research<sup>1, 2</sup> has shown that the more someone self-monitors (the more they measure and track how much they eat and move), the better the weight loss battle tends to go. The ELMM is intended to make it as easy as possible to self-monitor. Success is measured over the weeks to months of time necessary to achieve and sustain weight loss. Most people find it difficult to use food diaries or logs to record everything they have eaten for such a long period of time. The ELMM eliminates that burden to help you maintain perseverance.

## 2 Getting Started

- Charge the ELMM using a wall AC adapter or computer.
- Download software (PC or Mac) from <http://www.myelmm.com>.
- Connect the ELMM to a computer and use the software to sync.

---

<sup>1</sup>Clark, V. L., Pamnani, D., & Wadden, T. A. (2010). Behavioral treatment of obesity. In P. G. Kopelman, I. D. Caterson, & W. H. Dietz (Eds.), *Clinical obesity in adults and children* (3rd ed., pp. 301-312). West Sussex, UK: Wiley-Blackwell.

<sup>2</sup>McCann, B. S., & Bovbjerg, V. E. (2009). Promoting dietary change. In S. A. Shumaker, J. K. Ockene & K. A. Riekert (Eds). *The handbook of health behavior change*. New York: Springer Publishing Company.



Figure 1: The main displays shown by the ELMM.

- If the display reads **SLEEP** press any button to awaken. The device goes to sleep to conserve power if it remains immobile for a full day.

### 3 Using the ELMM

Wear the ELMM on the wrist of your dominant hand. To count bites during eating, press the on/off button at the beginning and end of a meal or snack. The device counts steps all day without the need to press any buttons. At any time, use the review button to see your current daily totals. Connect the device to a computer to sync your data for long-term viewing. Recharge the device periodically. With normal use the device will last 3 weeks between recharges. A full recharge takes approximately 45 minutes.

The top button of the ELMM turns bite counting on and off. It should only be enabled during eating activities such as meals and snacks. During bite counting, the ELMM shows a real-time count of total bites consumed during the eating activity. The bottom button of the ELMM scrolls through several displays. Figure 1 shows three of them: time, total bites accumulated for the day, and total steps taken for the day. Displays not shown include bite count goal, step count goal, and current battery charge.

### 4 Software

Figure 2 shows the ELMM software interface. The first panel shows the display when the software is waiting for a device to be plugged into a USB port. As soon as the device is connected, the software automatically connects to it, syncs the time, and stores the data for long-term viewing. Pressing the **View data at server** button will spawn your web browser and allow you to scroll through your history of logging bites and steps.

Pressing the **Device settings** button will bring up the interface shown in Figure 3. Daily goals for bite count and step count can be custom set. An audible alarm can be triggered to go off during an eating activity if a daily or session count is surpassed. The alarm goes off for each bite consumed past the specified count. Finally, the review panel allows for customizing which displays are shown during toggling of the bottom button of the ELMM. Note that by default bite and step goal displays are disabled.



(a) waiting for device

(b) sync completed

Figure 2: The ELMM software.

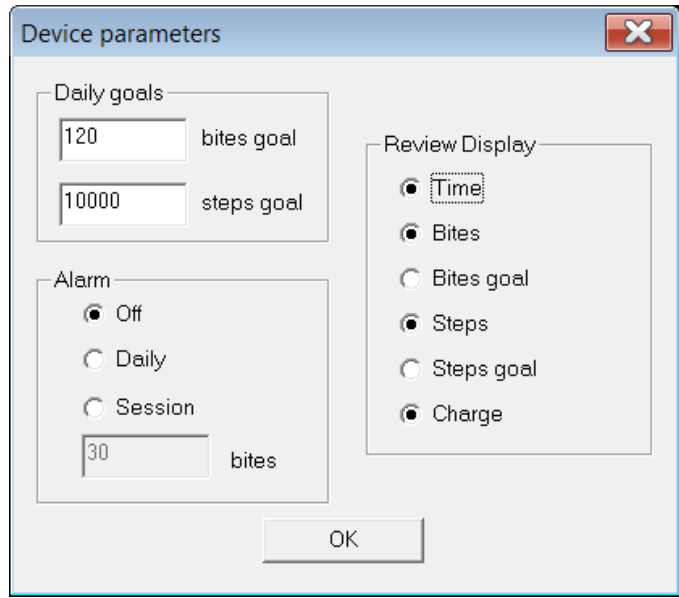


Figure 3: ELMM settings that can be customized.



## 5 Life with the ELMM

During the first week, wear the ELMM at all times for maximum simplicity. Do not worry about trying to change your eating or moving habits right away. Take this time to measure your current habits. Practice the habit of remembering to start the ELMM bite counter for every meal.

During the second week, review your bite and step counts from the first week. Look for patterns. How many bites and steps do you take on a typical day? Do you eat more on weekends compared to weekdays? What is your typical meal pattern? Do you normally eat three times a day? Use these typical bite numbers and step numbers to set your goals. In studies, goals of a 20% increase in steps and a 20% decrease in bites have been used to achieve weight loss of 1 lb per week. But, feel free to start with a smaller goal at first and change your goal later. Set a daily bite limit and a daily step goal using the ELMM software. Try to reach these goals every day! At first you will probably feel hungry, depending on the difficulty of the goal you have set. It is okay if you are not perfect. Just work to get closer and closer to your healthy eating goal.

During the following months, maintain perseverance! Keep your eyes on the results you want to see. Take just a couple fewer bites at each meal. Learn to push the plate away and avoid the compulsion to clean your plate every time. Small changes add up over time. As you develop the habits of self-monitoring - and eating less and moving more - you should see progressive weight loss happening. If you like, keep a personal photo album of your progress to encourage you along the way! Remember, weight gain does not happen in a day. It happens over weeks, months, and years. Sustainable weight loss will also take weeks and months. The idea is to change your lifestyle to establish the new ELMM you!

## 6 Specifications

Size	1.3 x 1.4 inches (34 x 35 mm), 0.5 inch (12 mm) thick
Weight	0.9 oz (25 gram)
Wristband	Standard 18 mm; fits wrist circumferences of 15-20 cm (6-8 inches)
Pedometer	Integrated, counts steps and displays daily total
Battery	3-4 weeks of normal use per recharge
Charging Time	45 minutes to fully recharge
Memory	Stores data for one month on device
Port	USB connection for downloading data and recharging
Computer Software	Windows XP or later versions, Mac OS X 9.0 or later