

## Cronometer Instructions

1. Head to <https://cronometer.com> and download the app (it is also possible to use this product via a webpage login if you prefer not to use an app)
2. Click Sign Up to create a free account, enter your details
3. To add a FOOD to your diary, click FOOD+ from the menu at the top of the dashboard

### Your Dashboard ?

Quick Add to Diary

FOOD

EXERCISE

BIOMETRIC

NOTE

4. Type the food into the search bar, select the relevant item, select the relevant Diary Group (eg. Breakfast, Lunch, Snack or Dinner), adjust the serving to the most relevant option (eg. cups, slice, grams, tsp) enter the Number of Serves (eg. 2) and click Add to Diary.

If you're unsure how much, just have a guess, it doesn't need to be perfect.

### Add Food to Diary

×
SEARCH

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Severino Homemade Pasta, Lasagna Sheets
FDC UPC

3050  
kJ

Protein: 44.0 g (24.1%)  
Net Carbs: 70.2 g (41.0%)  
Fat: 28.3 g (34.8%)

75 listed nutrients
Data Source: CNF

Time of day

Diary Group
Lunch

Serving Size
2
1 square (7.5 cm x 9 cm) ...

Send feedback
Why this ad? ⓘ

☆ Lasagna with meat sauce, homemade

ADD TO DIARY

Note: Water is recorded separately on the dashboard.

Water 1 / 6 cups



5. To add SLEEP or STOOL to your diary, click BIOMETRIC

### Your Dashboard ?

Quick Add to Diary

FOOD

EXERCISE

BIOMETRIC

NOTE

6. Select BROWSE ALL.

### Add Biometric

**Get more with Cronometer Gold**  
Personalize the body metrics you want to track with custom biometrics.

UPGRADE

MOST RECENT
BROWSE ALL

ADD CUSTOM BIOMETRIC

Body

Cardio

Labs

Mental

CANCEL

ADD TO DIARY

For **SLEEP**, select MENTAL then SLEEP.

Enter the duration of your sleep, leave this as uncategorized, and Add to Diary

The screenshot shows the 'Sleep' entry form. At the top, there are tabs for 'MOST RECENT' and 'BROWSE ALL', with 'BROWSE ALL' being the active tab. To the right is a lock icon and a plus icon, followed by the text 'ADD CUSTOM BIOMETRIC'. Below this is a category selector with 'ALL CATEGORIES' and 'MENTAL', where 'MENTAL' is selected. The main form area is titled 'Sleep' and contains fields for 'Sleep' duration (set to 8:25), 'Unit' (hr : min), 'Timestamp' (with a lock icon), and 'Diary Group' (set to 'Uncategorized'). At the bottom right are 'CANCEL' and 'ADD TO DIARY' buttons.

For **STOOL**, select BODY and scroll down to select STOOL.

Select the Type of stool (eg. diarrhea, constipation, normal). If you're unsure click Show Bristol Stool Guide to find a description for each type.

Leave this entry as uncategorized, and Add to Diary.

The screenshot shows the 'Stool' entry form. It features a 'Type' dropdown menu set to '2 - Mild Constipation', a 'Show Bristol Stool Guide' button, a 'Timestamp' field with a lock icon, and a 'Diary Group' dropdown menu set to 'Uncategorized'. At the bottom right are 'CANCEL' and 'ADD TO DIARY' buttons.

Your diary will now be updated with your latest entry.

### **Exporting Data to share with your Clinician**

To export data in the free version of Cronometer to a .CSV file:

1. Click on MORE on the side menu, and select YOUR ACCOUNT
2. Scroll down to ACCOUNT DATA
3. Click EXPORT DATA – two separate reports are required
4. Select the date range
5. Select EXPORT FOOD & RECIPE ENTRIES and the file will download as a .CSV file
6. Click EXPORT DATA again, and select EXPORT BIOMETRICS and the file will download as a .CSV file
7. Send both files as an attachment to [gutmechanic@outlook.com](mailto:gutmechanic@outlook.com)