

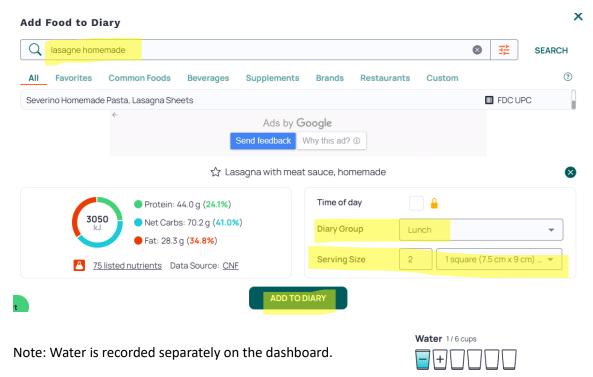
Cronometer Instructions

- 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

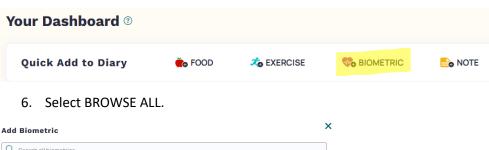


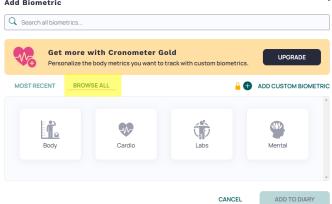
4. Type the food into the search bar, select the relevant item, select the relevant Diary Group (eg. Breakfast, Lunch, Snack or Dinner), adjust the serving to the most relevant option (eg. cups, slice, grams, tsp) enter the Number of Serves (eg. 2) and click Add to Diary.

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



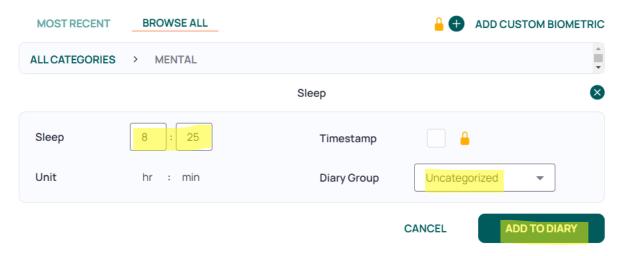
5. To add SLEEP or STOOL to your diary, click BIOMETRIC





For SLEEP, select MENTAL then SLEEP.

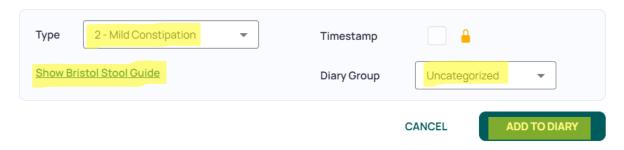
Enter the duration of your sleep, leave this as uncategorized, and Add to Diary



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

Select the Type of stool (eg. diarrhorea, 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.



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