

BENUTRIWISE

INSTALLATION, ACTIVATION AND QUICK START GUIDE

Version 3.0

Developed By : **BENUTRIWISE cc**

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Welcome to Benutriwise

Introduction

Congratulations on your purchase of Benutriwise Nutrition and Health Tracking Software. This User Manual has been written so that you can get the information you need quickly and easily. Each option available in the software has a section in the manual dedicated to it. Furthermore, each option button, as well as entry field has a description of the functionality and/or contents associated with it. If you have a specific option you need information on, simply skip to the relevant section.

Installation and Setup

Installing the Program - Overview

CD Installation

1. Insert the Benutriwise CD in your CD-ROM or DVD-ROM drive
If your CD/DVD drive has been set up with the Autorun feature, the installation will begin immediately. Skip to Step 6.
2. Click on the Start button
3. Click on My Computer icon
4. Click on the CD/DVD drive (normally D: drive)
5. Click on Setup.exe
6. Follow the Installation instructions and prompts – *See Installing the Program – Detailed below*
7. Click Finish to complete installation
8. Remove the Benutriwise CD from your CD-ROM or DVD-ROM drive
As part of the installation, the C:\Program Files\BENUTRIWISE folder will have been created, and a shortcut icon will have been placed on your desktop.

Download Installation

1. Download the Setup.exe file from the Benutriwise website (www.benutriwise.co.za/download.html).
2. Once the file has been downloaded, click on Setup.exe
3. Follow the Installation instructions and prompts – *See Installing the Program – Detailed below*
4. Click Finish to complete installation
As part of the installation, the C:\Program Files\BENUTRIWISE folder will have been created, and a shortcut icon will have been placed on your desktop.

Installing the Program – Detailed

After running setup.exe, the Installation screen will appear.

Step 1 – Start the Installation Procedure

To continue with the installation of the Benutriwise software click *Next*. If you do not want to continue with the installation, click *Cancel*.



Step 2 – Enter Customer Information

The system will prompt you to enter your User Name and Organization, as well as arrange which users on the computer can run the software. Enter all your details and click *Next*



Step 3 – Choose Destination Folder

Enter the folder into which you want the software to be installed. The default is C:\Program Files\BENUTRIWISE but you can use your own choice of Destination Folder. If you want to change the default Destination Folder, click *Change* and navigate to the folder of your choice.



Step 4 - Confirmation of Installation Details

Check that the details you have entered are correct. If not, click *Back*. If you are ready to proceed with the installation, click *Install*. Once the *Install* button has been clicked, the software will be installed on your computer.



Step 5 – Completion of Installation

Once the software has been loaded onto your computer, the system will display a message screen confirming that the installation was completed successfully. Click *Finish* to exit the installation process. As part of the installation, the necessary files would have been copied to the selected Destination Folder (normally C:\Program Files\BENUTRIWISE), and a shortcut icon will have been placed on your desktop.



Running the Program

Start the program by double clicking the Benutriwise icon on your Desktop.

Activating the Software

Overview

When you run the software for the first time, you will be prompted to activate your software by entering the serial number that was supplied when you purchased the software. Please note that this serial number is only to be used to activate the software on a single computer. When the serial number is entered, the system will connect to the Benutriwise Software Activation Server and activate the software. This activation only needs to be performed once. Activation of the software requires an internet connection (the preferred activation method). If you do not have an internet connection, the software can be activated by e-mail or fax. If you wish to use one of these 2 methods, please contact us on info@benutriwise.co.za or +27315629990.

Activating the Software - Detailed

During the trial period, the software is fully functional. However, each time you start the software, the Activation screen will be displayed, reminding you to perform the activation. Once the trial period is up, you will not be able to use the software until it has been activated. To activate the software, you will need the serial number, as well as access to the Internet, Email or Fax.

Start The Activation Process

Click the radio button *I have a Serial Number and I want to activate BENUTRIWISE*. The default setting is *Activate the product online* via the Internet. If you intend using the Email or Fax method, click *Activate the product by email* or *Activate the product by fax* at the bottom of the screen. For internet activation, click *Next*.

Activation of BENUTRIWISE

Welcome to BENUTRIWISE

I have a Serial Number and I want to activate BENUTRIWISE

Enter your Serial Number to activate BENUTRIWISE.

You don't have a Serial Number?
[Buy a Serial Number](#)

I want to evaluate BENUTRIWISE (there are 3 day(s) left to evaluate)

You can evaluate BENUTRIWISE for another 3 day(s). After that you have to activate BENUTRIWISE to further use the product.

[Activate the product by e-mail](#)
[Activate the product by fax](#)

Serial Number
In order to receive a valid Serial Number, you must purchase the product.

Buy It

You can activate the product within the evaluation period. If you don't want to activate, you can use the evaluation version in a time limited mode.

[Show License Information](#)

Next

Activate The Product Online

Activation of BENUTRIWISE

Online Activation

Enter Your Serial Number

[Where to find your Serial Number?](#)

Enter Your Name/Company

Enter Your E-Mail Address

[Activate the product by e-mail](#)
[Activate the product by fax](#)

Back **Next**

Serial Number
In order to receive a valid Serial Number, you must purchase the product.

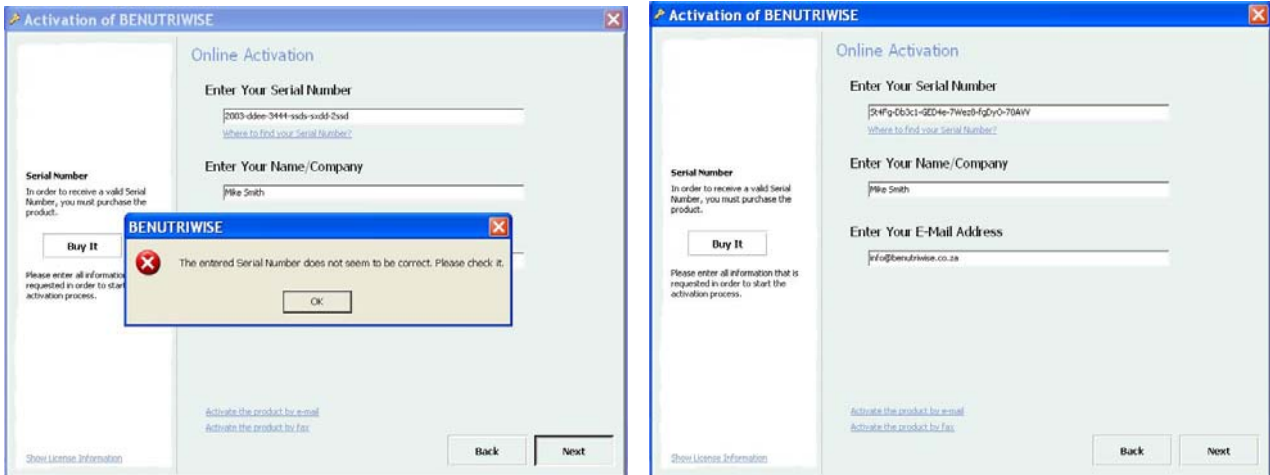
Buy It

Please enter all information that is requested in order to start the activation process.

[Show License Information](#)

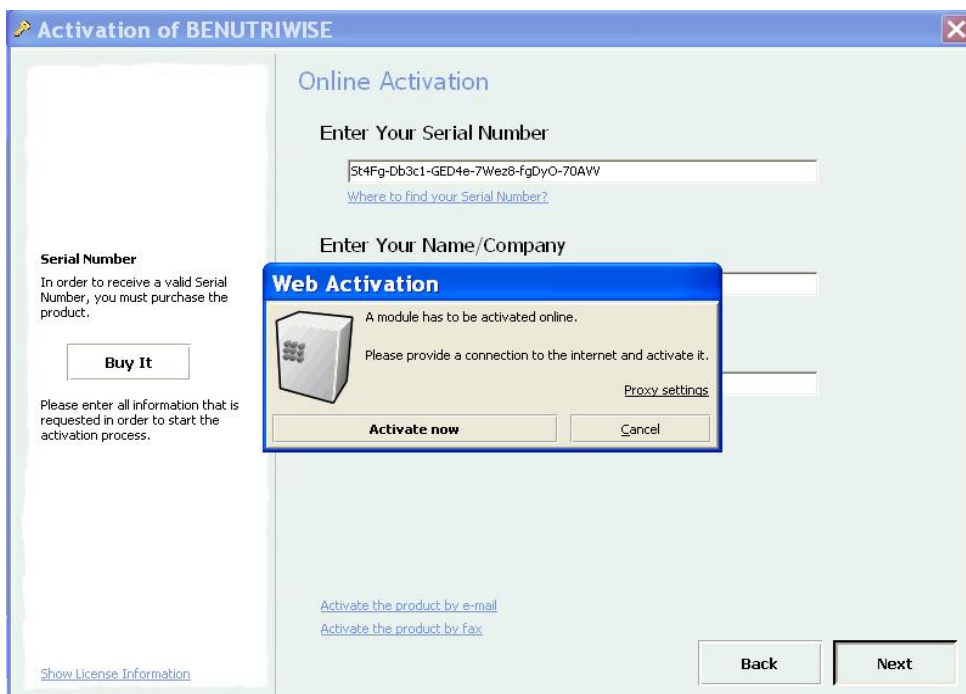
Step 1 – Enter Your Activation Details

Enter the Serial Number supplied to you at the time of your purchase. Please note that the serial number is case sensitive which means that Wj8k is not the same as WJ8K. Enter your name and e-mail address. If an incorrect serial number is entered, the system will display an error message. Click *OK* on the error, and re-enter the serial number carefully. If all the details entered are correct, click *Next*.



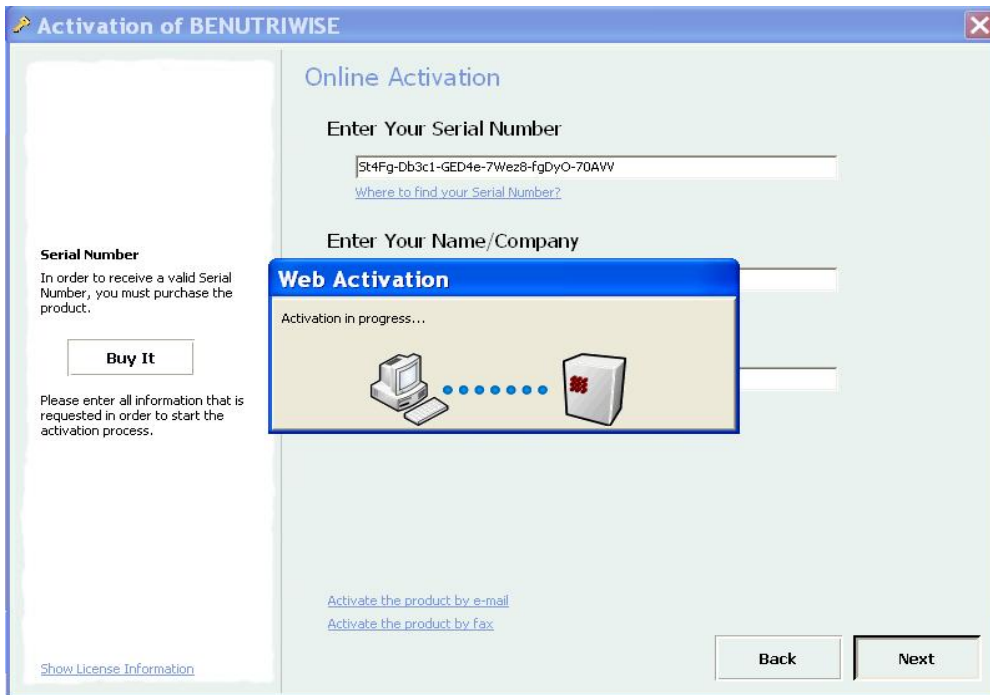
Step 2 – Online Activation Commences

The online activation process begins by establishing a connection to the Activation Server via your internet connection. To start the activation, click *Activate now*. If you want to delay your online activation, click *Cancel*.



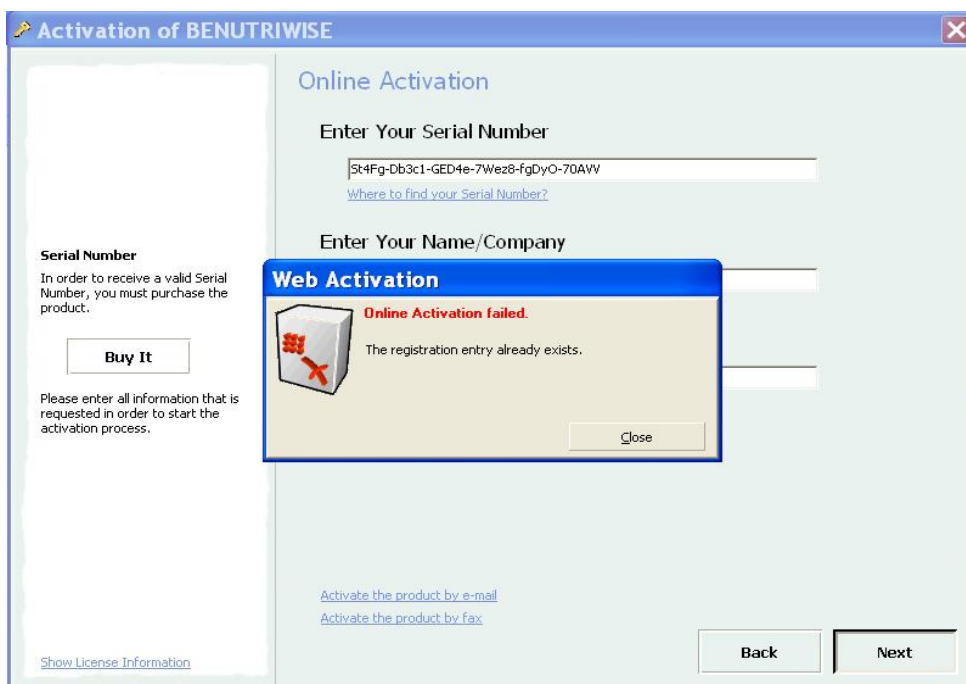
Step 3 – Online Verification and Activation

Once a connection is established, the Activation Server will check your hardware ID's, the serial number, and confirm that the serial number has not been activated previously.

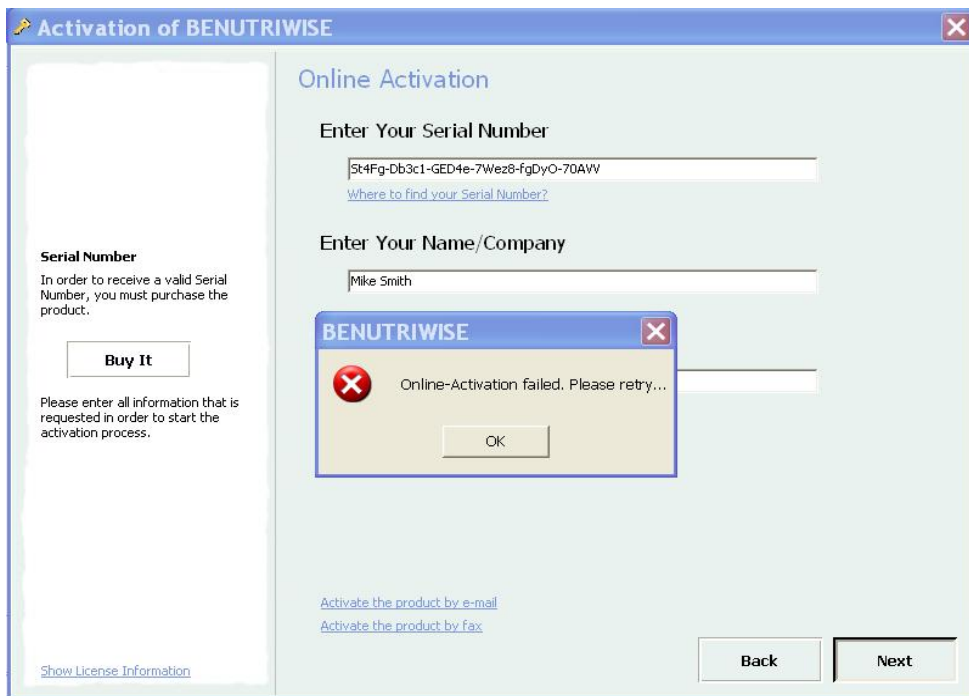


Should the serial number have already been activated, or some other problem occurred with the activation process, you will receive a message from the Activation Server advising you of the error that occurred. If the serial number is valid and has not been used by you for activation purposes previously, contact Benutriwise to receive a replacement serial number.

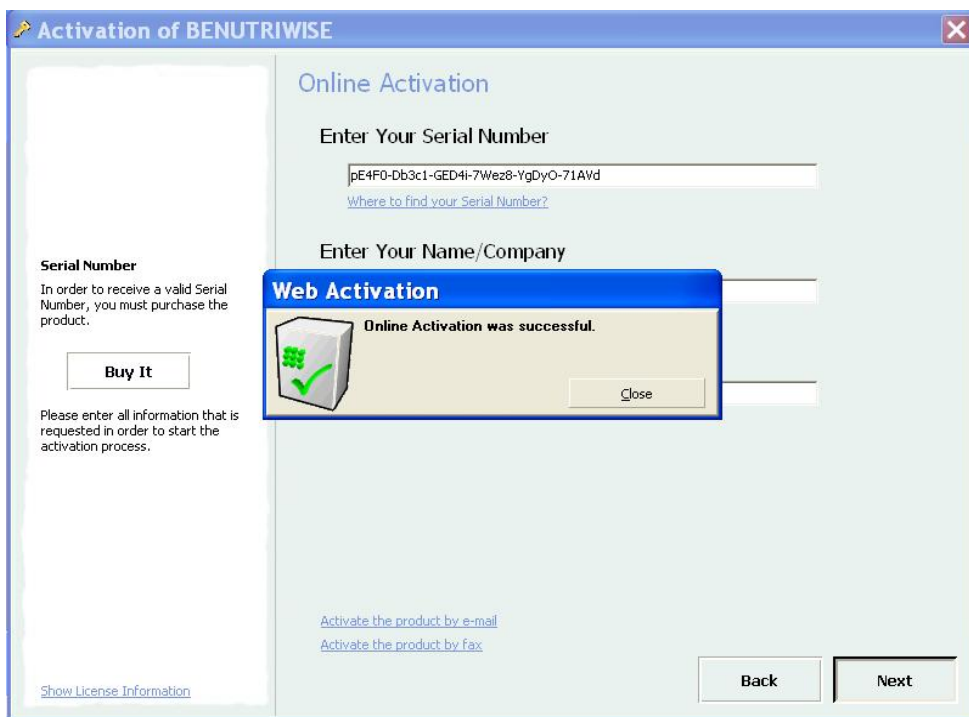
Click *Close* to close the Web Activation message.



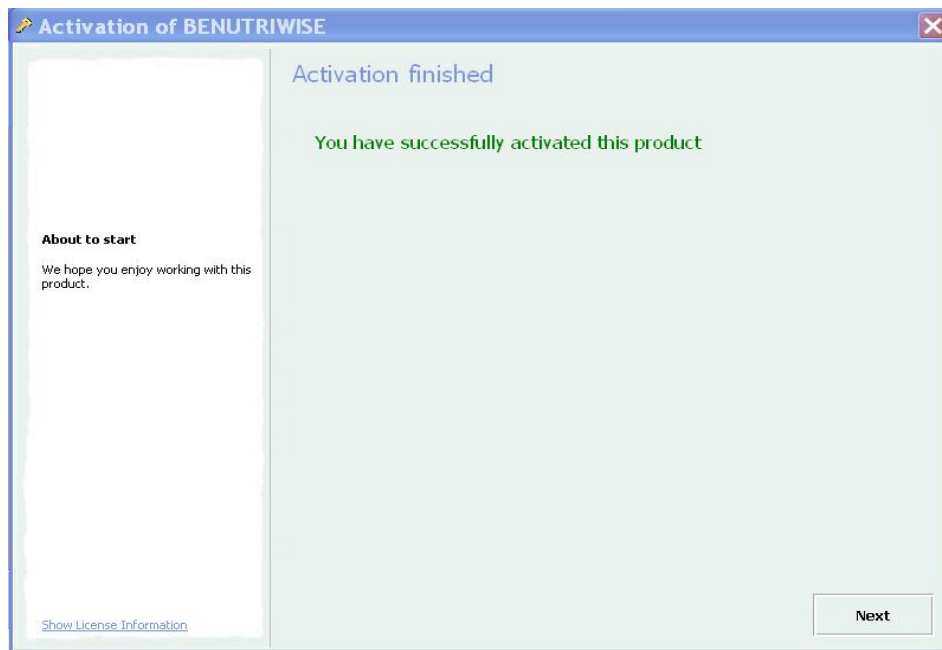
The Benutriwise software will display an error message confirming that the activation did not complete correctly. Click OK to continue.



If there were no problems experienced during the activation, the Activation Server will display a message confirming that the activation was successful. Click Close.



The software will confirm that the entire activation process was successful. Click Next to start using your newly activated software. The process you have completed is only done once and will not be required to be repeated.

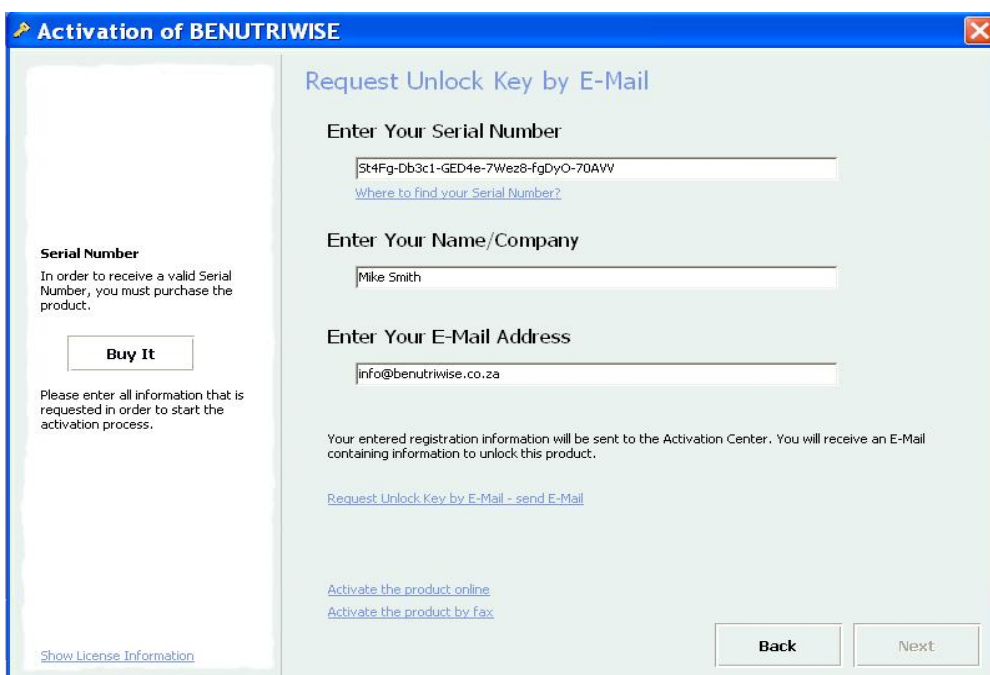


Activate The Product By Email

At the start of the activation process, if you clicked on *Activate the product by email*, the Request Unlock Key by E-Mail will be displayed.

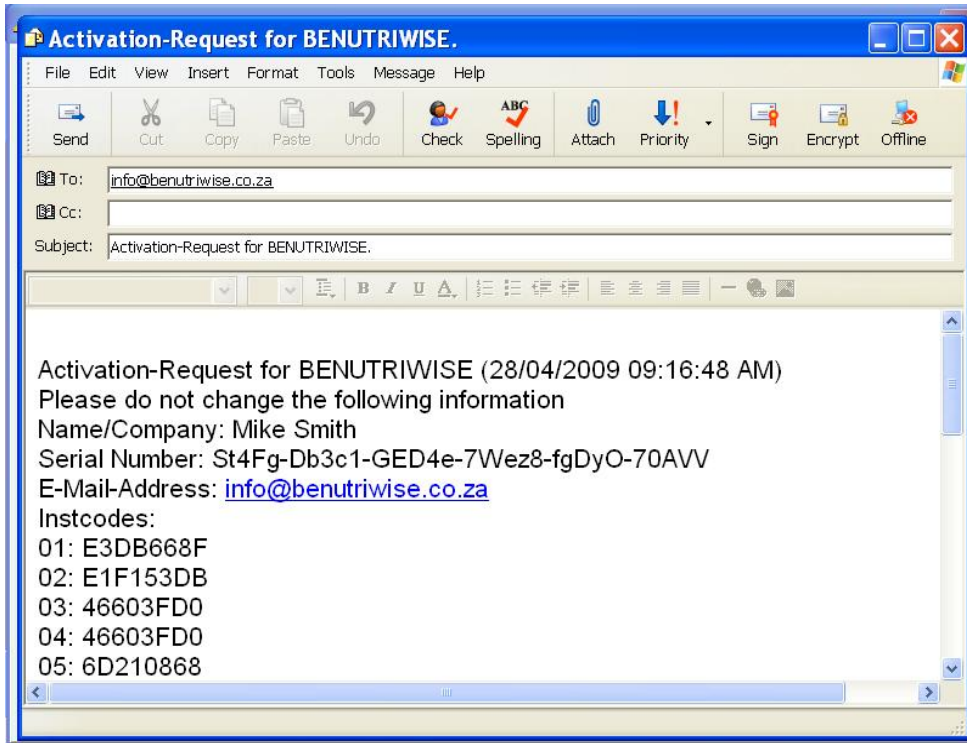
Step 1 – Enter Your Activation Details

Enter the Serial Number supplied to you at the time of your purchase. Please note that the serial number is case sensitive which means that Wj8k is not the same as WJ8K. Enter your name and e-mail address. If an incorrect serial number is entered, the system will display an error message. Click *OK* on the error, and re-enter the serial number carefully. If all the details entered are correct, click *Next*.



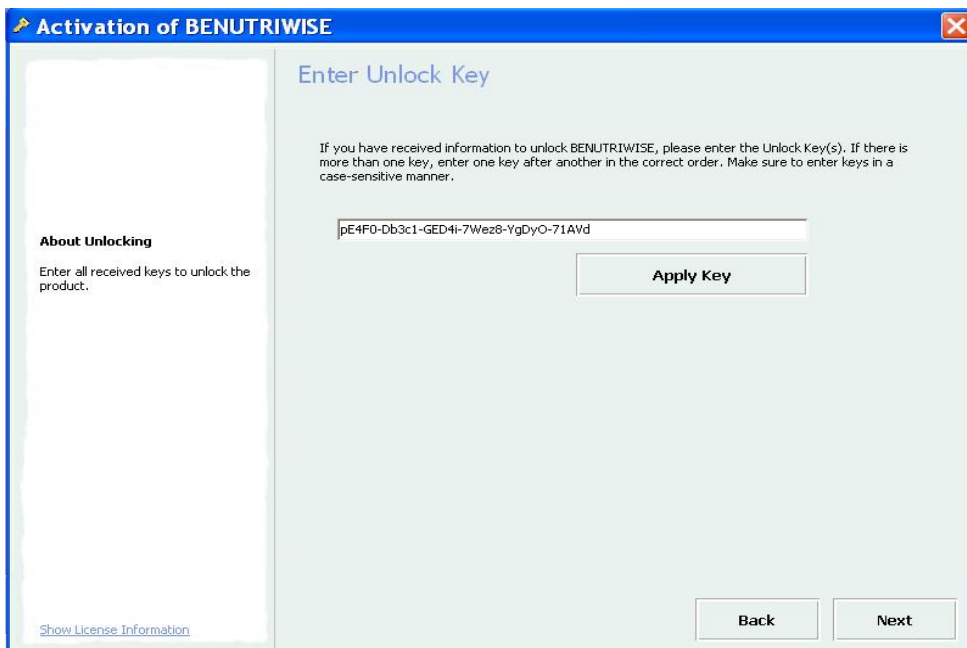
Step 2 – E-Mail The Activation Details

The system will open your email client and prepare a mail to be sent to Benutriwise. Within 48 hours, Benutriwise will reply to your e-mail and supply you an unlock key based on the hardware details supplied in the e-mail. Click *Send* to send the mail to Benutriwise.



Step 3 – Enter the Unlock Key

When you have received your Unlock key from Benutriwise, restart the program by clicking on the Benutriwise icon on your desktop. The Activation screen will be displayed. Enter your unlock key exactly as supplied. Please note that the unlock key is case sensitive which means that Wj8k is not the same as WJ8K. We recommend that you “copy-and-paste” the unlock key information to prevent entry errors. When the unlock key has been entered correctly, click *Apply Key*. The system will now be activated and unlocked. The process you have completed is only done once and will not be required to be repeated.



Activate The Product By Fax

At the start of the activation process, if you clicked on *Activate the product by fax*, the Request Unlock Key by Fax will be displayed.

Step 1 – Enter Your Activation Details

Enter the Serial Number supplied to you at the time of your purchase. Please note that the serial number is case sensitive which means that Wj8k is not the same as WJ8K. Enter your name and e-mail address. If an incorrect serial number is entered, the system will display an error message. Click *OK* on the error, and re-enter the serial number carefully. If all the details entered are correct, click *Next*.

The screenshot shows a web browser window titled "Activation of BENUTRIWISE". The main heading is "Request Unlock Key by Fax". The form contains three input fields: "Enter Your Serial Number" with the value "St4Fg-Db3c1-GED4e-7Wez8-fgDyO-70AWW", "Enter Your Name/Company" with the value "Mike Smith", and "Enter Your E-Mail Address" with the value "info@benutriwise.co.za". Below the fields, there is a note: "Your entered registration information should be sent to the Activation Center. You will receive an E-Mail or Fax containing information to unlock this product." At the bottom right, there are "Back" and "Next" buttons. On the left side of the form, there is a "Serial Number" section with a "Buy It" button and a "Show License Information" link.

Serial Number
In order to receive a valid Serial Number, you must purchase the product.

Buy It

Please enter all information that is requested in order to start the activation process.

[Show License Information](#)

Request Unlock Key by Fax

Enter Your Serial Number
St4Fg-Db3c1-GED4e-7Wez8-fgDyO-70AWW
[Where to find your Serial Number?](#)

Enter Your Name/Company
Mike Smith

Enter Your E-Mail Address
info@benutriwise.co.za

Your entered registration information should be sent to the Activation Center. You will receive an E-Mail or Fax containing information to unlock this product.

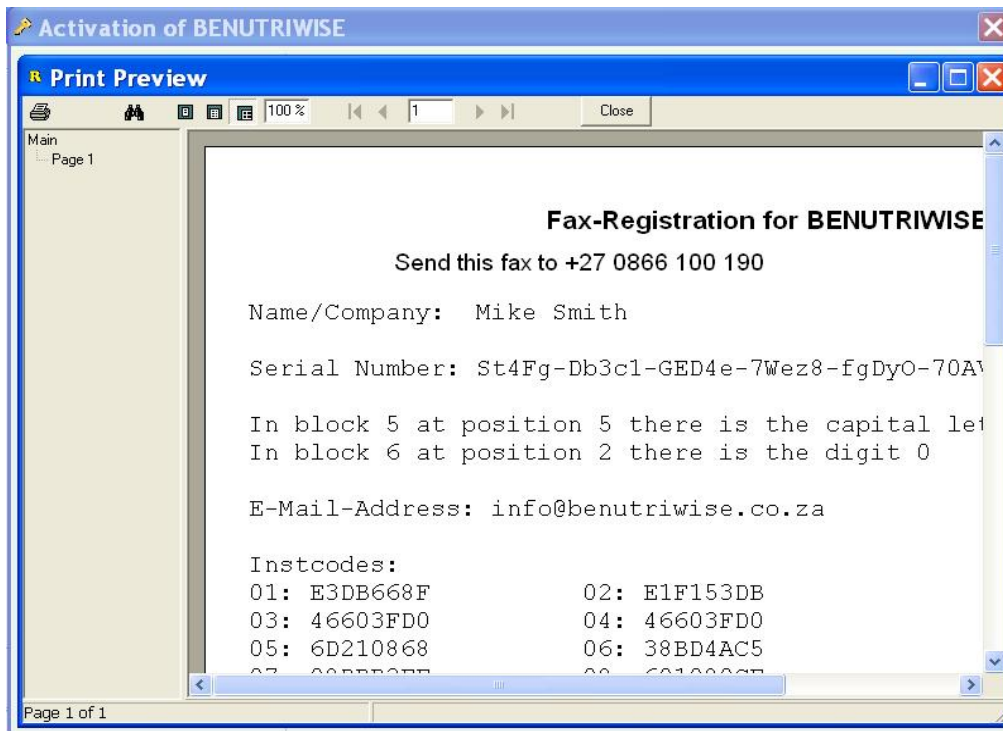
[Request Unlock Key by Fax - print Fax](#)

[Activate the product online](#)
[Activate the product by e-mail](#)

Back **Next**

Step 2 – Fax The Activation Details

The system will open a Print Preview screen to allow you to print out the Fax Registration form which must be faxed to Benutriwise. Within 48 hours, Benutriwise will reply to your fax and supply you an unlock key based on the hardware details supplied in the fax.



Step 3 – Enter the Unlock Key

When you have received your fax containing your Unlock key from Benutriwise, restart the program by clicking on the Benutriwise icon on your desktop. The Activation screen will be displayed. Enter your unlock key exactly as supplied. Please note that the unlock key is case sensitive which means that Wj8k is not the same as WJ8K. When the unlock key has been entered correctly, click *Apply Key*. The system will now be activated and unlocked. The process you have completed is only done once and will not be required to be repeated.

Conventions

1. When this Manual refers to a selection sequence of mouse clicks, they will be denoted in ***bold italics***. For example, to change your User Profile settings, the sequence is as follows : ***File ... Edit User Profile /Nutrition Goals***. This sequence means the following :
 - a. Click on the ***File*** button at the top of the screen.
 - b. Click on the ***Edit User Profile /Nutrition Goals***
2. Reports are generated and displayed on screen where they can be reviewed, and only printed if required.

Quick Start

The main purpose of the Benutriwise software is to monitor your health goals. It is therefore important to set your health targets in Benutriwise when you first set up your user profile. Establishing your targets is part of a 4 step process and they can be performed in any order. These settings can be entered (or changed) at any time but we suggest you complete them as soon as you create your user profile. For a detailed description of all the options that can be set for a user, please refer to Chapter 2.

Step 1 – General Information

The first step in creating your user profile is to enter your name, your age, your sex, activity level, weight and height. These values are used to establish your BMI, BMR, calorie requirements, as well as nutritional requirements.

These values can be changed at any time in reaction to your changing health goals.

Step 2 - Target – General

The system will calculate the number of calories that you will need to maintain your existing weight, as well as the calories required for a safe weight loss regime. The **For Weight Loss** value is used as a default for your **Total Calories Per Day** you are able to change. You can set your **Total Calories Per Day**, **Goal Weight** and **Steps Goal** by changing these values to suite your requirements. These values are used in calculations and reports to show you your progress and how closely you met your goals. Subsequently changing these goals changes the progress reports accordingly.

In order to properly set your health goals, you can also set the calorie % of each meal/snack, as well as the composition of your food intake (protein, fats, carbohydrates etc) The levels of **Fibre**, **Cholesterol**, **Caffeine** and **Water** can also be set.

Step 3 – Vitamins Target

The levels of 13 vitamins can be set to your unique requirements. The system will pre-load the default values, but you can adjust the values based on your health goals or your healthcare practitioners recommendations.

Step 4 – Minerals Target

The levels of 13 minerals can be set to your unique requirements. The system will pre-load the default values, but you can adjust the values based on your health goals or your healthcare practitioners recommendations.

Using the System

For detailed explanation on using the system, please refer to the detailed **User Manual**.