

How to Use iProfile:

1. Before you begin, create your **Profile**. Profiles are saved so you only need to enter your information once. You can also create multiple profiles.
2. Use the **Food Journal** to record the foods that you've eaten.
3. The **Activity Journal** tracks your daily activities.
4. Select from a variety of **Reports** to analyze your nutrient intakes, energy balance, and activities.
5. **Resource Tools** are selected from the list in the upper right hand corner of this screen. These will help you determine portion sizes, learn more about nutrients, and allow you to build your own recipes for analysis.
6. Refer to the **Help** section for complete details of all of the software features or if you have questions.
7. Take a **Guided Tour** to learn how to use iProfile

How to Access iProfile Mobile

Use the web browser on your phone or tablet to navigate to iprofile.wiley.com. Use your regular login, or your WileyPLUS login if you have one. You can bookmark this page, or Save to Home Screen on your iPhone or iPad to create a clickable icon.

The mobile version is designed for quickly recording your food intakes and activities and checking the Intake Compared to DRI and Energy Balance reports. Not all desktop functions are available. You can access the regular desktop version through the Tools menu. If you have any questions about the program function, please consult the Help section of the mobile version.

*If you are using iProfile as part of any integrated third-party learning management system and WileyPLUS, you cannot access iProfile Mobile at this time. If you are uncertain, go to hesupport.wiley.com.