

The Value of Customizable Assessment Reports

(NutriBase Clinical and higher Editions)

Most reports that you can generate from most nutrition software packages are "fixed." That is, you can select the *type* of report you want, but once you select the type of report, that is where your control over what goes into the report or how it is organized ends. The report is most often organized into a chart or table.... it looks very much like a computer-generated report.

A different and, incidentally, useful type of report is called a "Customizable Assessment Report" This type of report lets you create a very different type of report.

Example Log your client into your nutrition software. Your software (if it's NutriBase) instantly and automatically calculates and stores everything it knows about your client into "macros." "Macro" is a dandified word for "placeholder." A listing of these 170+ macros is in the NutriBase User's Manual (on page 117).

Next, you customize your "template file." A template file is a file that looks just like your final report except that it uses macros in place of the actual client information. All NutriBase macros begin and end with the caret symbol ("^"). The following is a sample of a small section of a five-page assessment report template file:

Initial Assessment Report

Prepared ^date^ by CyberSoft, Inc.
for ^FirstName^ ^MI^ ^Lastname^
Goal - Lose ^Lbs2L-G/Wk^ lbs. per week for ^Wks2Goal^ weeks
for a total weight loss of ^TotLbsToL-G^ lbs.

Client Information and Goals:

Start Date:	^StartDate^	Present Weight:	^StartWtLbs^ lbs.
Activity Level:	^ActivLev^	Desired Weight:	^DesWtLbs^ lbs.
Goal Date:	^GoalDate^	Weight Loss/Week:	^Lbs2L-G/Wk^ lbs.
Client Name:	^FirstName^ ^MI^ ^LastName^	Present Body Fat:	^StartBodyFat^%
Gender:	^Gender^	Desired Body Fat:	^DesBodyFat^%
Age:	^Age^	Body Build:	^BodyFrame^

How Much Protein do you Need? ^Salutation^ ^LastName^, your goal is to consume ^ProtPer^% of your calories from protein. Since your daily calorie goal is ^DailyCal^ calories, you are looking to get ^ProtCal^ calories per day from protein (^DailyCal^ daily calories x ^ProtPer^% calories from protein). Because there are approximately four calories per gram of protein, you need approximately ^ProtGms^ grams of protein per day (^ProtCal^ protein calories / 4).

The following is a sample of what the report that template file above would produce:

Initial Assessment Report

Prepared February 2, 2002 by CyberSoft, Inc.
for **Bob H. Wilson**
Goal - Lose 0.5 lbs. per week for 60 weeks
for a total weight loss of 30 lbs.

Client Information and Goals:

Start Date:	February 1, 2002	Present Weight:	230 lbs.
Activity Level:	Moderately active	Desired Weight:	200 lbs.
Goal Date:	March 28, 2003	Weight Loss/Week:	0.5 lbs.
Client Name:	Bob H. Wilson	Present Body Fat:	0%
Gender:	Male	Desired Body Fat:	0%
Age:	45	Body Build:	Medium

How Much Protein do you Need? Your goal is to consume 15% of your calories from protein. Since your daily calorie goal is 3462 calories, you are looking to get 519.30 calories per day from protein (3462 daily calories x 15% calories from protein). Because there are approximately four calories per gram of protein, you need approximately 130 grams of protein per day (519.30 protein calories / 4).

Please Note:

- All the placeholders (macros) are easy to spot... they all begin and end with the caret symbol ("^").
- NutriBase replaces all the macros with the selected client's actual values. For instance, the ^FirstName^ macro is replaced with "Bob" and the ^LastName^ macro is replaced with "Wilson."
- Anything you type in that isn't a macro is reproduced without change in the final report. You can type in your company name, the name of the report, seven pages about your philosophy of holistic nutrition and fitness, your toll-free number, your email address, your copyright message, a note to call in every Monday with your body weight, etc.
- Any formatting you do to a macro will appear in the final report. For instance, if you put the macro for the client's name in red Arial 40 point type, the client's name will appear in red Arial 40 point type in the final report. Any formatting you use (boldface, point size, font face, etc.) will show up in your final report.
- Anything you do to the template file appears in the final report. Notice that in the third and fourth columns, the macros were centered in the template file and in the resulting report, they are also centered. Notice that the user's name is boldfaced in the template file and is therefore boldfaced in the final report. ***It's very easy to make your Assessment Report look any way you want.***

You can create a customized template file that can be any length you want it to be.

You can refer to the client as "Mr. Wilson" or "Bob" 50 times throughout the report if you want to. Just drop the appropriate macros ("^Salutation^ ^LastName^" or "^FirstName^") anywhere you want in your template file.

Your report is conversational rather than rigid and fixed. It absolutely looks like a personally prepared report. This type of report is very popular with Health Clubs, who can use this type of report as an incentive for prospective members.

Once you've customized your template files, it's a very simple matter to produce customized reports for your clients.

Although the report looks like you gave up your evening to produce, it's just a matter of clicking on the client's name, then clicking the button to generate the report.

If you want to generate an Assessment report for a different client, the new report would be identical to Mr. Wilson's, except that up to 170 values (represented by your macros) used in the second client's report would be appropriate for the new client's report. (The report would discuss the new client's body weight, nutrient goals, protein needs, etc.)

You can generate an Assessment Report for any number of clients by clicking the Batch Processing option. When you do, NutriBase asks you to select the clients from a list. You can cherry-pick clients (hold the Ctrl Key down, then click on client names) or select a range of clients (hold the Shift key down and click on the first and last name in the range you want) Click the Okay Button and NutriBase will automatically generate all of the custom Assessment Reports for you. It will save them in a folder on your hard drive and it will use the client name as the file name for the report. You can generate hundreds of reports in a single pass this way.

And finally, you can save any NutriBase Assessment Report (actually any NutriBase Report) as a customized text file, word processor file, or as a web page.