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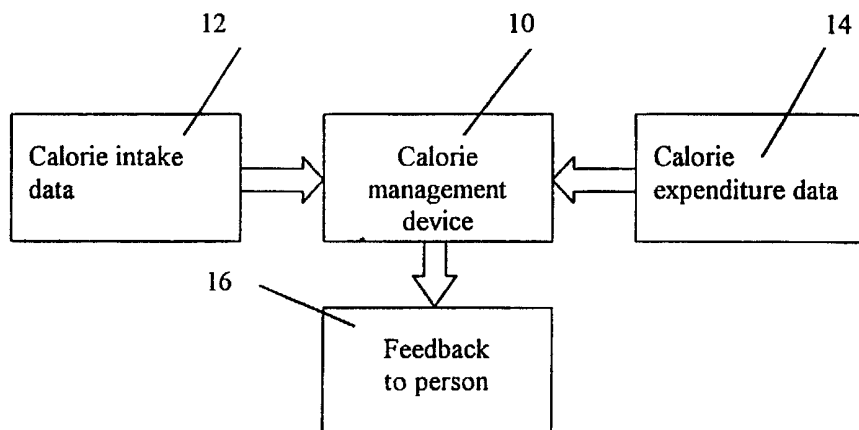
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(54) Title: WEIGHT CONTROL METHOD USING PHYSICAL ACTIVITY BASED PARAMETERS



(57) Abstract: A method of assisting a person to achieve a weight control goal comprises determining a resting energy expenditure for the person using an indirect calorimeter, and converting the resting energy expenditure of the person into a number of resting points. The activity level of the person can be monitored or estimated, and converted into a number of activity points. The sum of activity points and resting points can be compared with the number of diet points consumed by the person, wherein the diet points are calculated based on calorie content and other nutritional values. The balance of these weight control points can be presented to a person, so as to assist the person succeed in a weight control program.



WO 01/89365 A3

INTERNATIONAL SEARCH REPORT

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A. CLASSIFICATION OF SUBJECT MATTER

IPC(7) : A61B 5/00, 5/103
 US CL : 600/300, 595; 128/921

According to International Patent Classification (IPC) or to both national classification and IPC

B. FIELDS SEARCHED

Minimum documentation searched (classification system followed by classification symbols)
 U.S. : 600/300, 595, 531, 301; 128/921

Documentation searched other than minimum documentation to the extent that such documents are included in the fields searched

Electronic data base consulted during the international search (name of data base and, where practicable, search terms used)
 EAST

C. DOCUMENTS CONSIDERED TO BE RELEVANT

Category *	Citation of document, with indication, where appropriate, of the relevant passages	Relevant to claim No.
A	US 5,890,128 A (DIAZ et al) 30 March 1999 (30.03.1999), Abstract.	1, 6, 7, and 11
A	US 5,839,901 A (KARKANEN) 24 November 1998 (24.11.1998), Abstract.	1, 6, 7, and 11
A	US 5,749,372 A (ALLEN et al) 12 May 1998 (12.05.1998), Abstract.	1, 6, 7, and 11
A	US 5,704,350 A (WILLIAMS) 06 January 1998 (06.01.1998), Abstract.	1, 6, 7, and 11
A	US 4,823,808 A (CLEGG et al) 25 April 1989 (25.04.1989), Abstract.	1, 6, 7, and 11

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"P" document published prior to the international filing date but later than the priority date claimed	

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