

Dr|E|B|ALTAY

Hi-Tech Medical Inovation and Solutions

PHP/SP PROGRAM

Smart Performance and Sports Program

Which GUIDES you at ALL YOUR ACTIVITIES
When You are A W A K E

LEFT TIME

ENTRANCE PAGE (HEIGHT, AGE, WEIGHT...)

A.L.&T.A.Y / SP PROGRAMME

Key 2 Dear ;

1010432

Entrance Page KEY 1

KEY 3

0

RESULTS / PORTION CALORIE COUNTER

C.P

THE DATA YOU ENTER THIS PAGE IS THE RESULT OF THE COMPUTER PROGRAM WHICH WAS DESIGNED BY "A.L & T.A.Y" GROUP AS THE ONE AND ONLY HEALTH PROGRAM AT ITS AREA. THE PROGRAM WAS DESIGNED THROUGH LONG YEARS OF SCIENTIFIC AND ACADEMIC RESEARCH.

THE RESULTS AT THIS PAGE ARE INFORMATIVE.YOU MUST ASK YOUR DOCTOR IF YOU HAVE ANY PROBLEMS

ATTENTION

To see the complete pro; and enter your informa; CLICK HERE then enter YOUR PASSW; on the page that will op

1

HEIGHT

0,0

0,0

YOU MUST ENTER

0,0

Cm.

175,0

Cm

AGE

BIRTHDAY, OR AGE

24,0

YOU MUST ENTER

0,0

Kg

00.01.1900

Birt. Time

00:00

YOU MUST ENTER

0,0

Kg

WEIGHT

POUND(Lbs)

0,0

YOU MUST ENTER

0,0

Kg.

68,0

Kg

GENDER M=0 W=1

0,0

MEN

0

ADVISE BOARD

WAIST C.

FAT %

BMI

WATER

2

2b

WEIGHT / Kg

WEIGHT / lbs

WEIGHT / Kg

BEGINNING

0

0

0

1ST WEEKEND

0

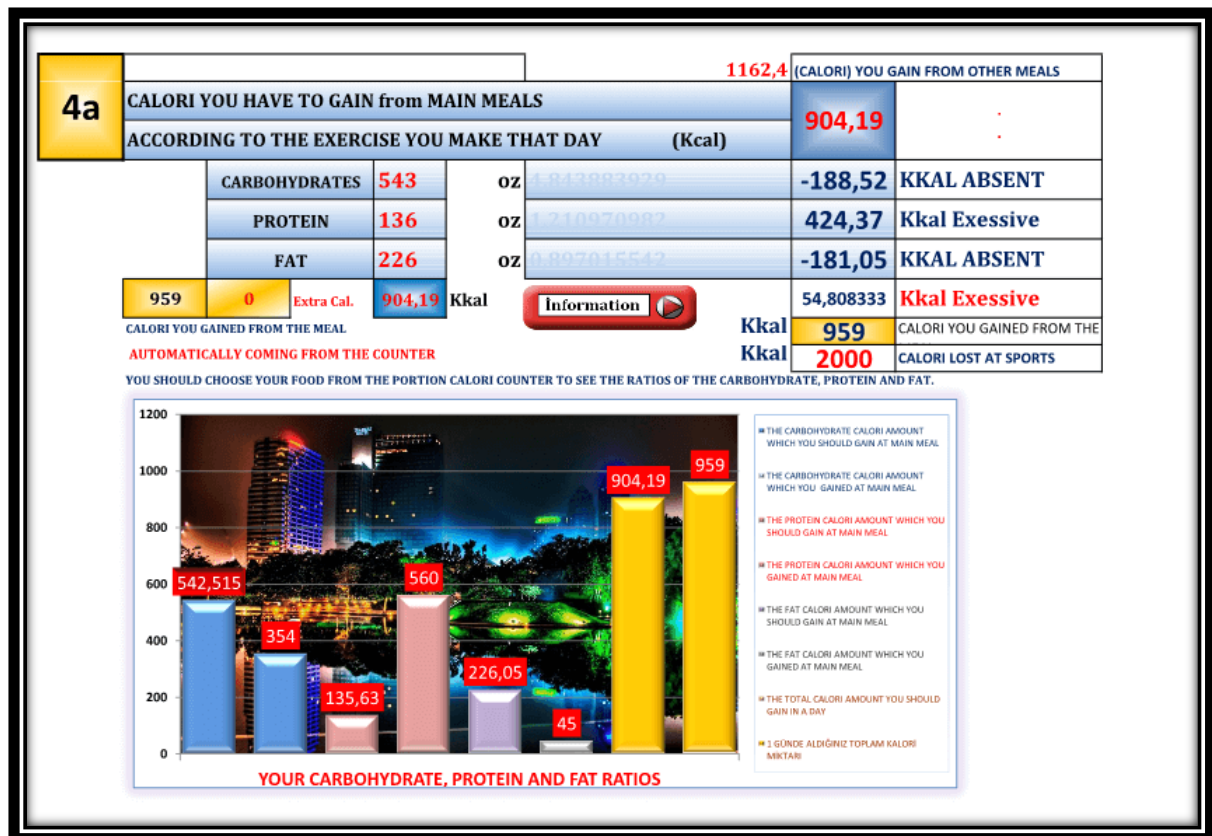
0,00

0,00

You can reach the results by clicking on the yellow buttons.

info

info



DAILY WATER GAIN PANEL / LITER

WEIGHT SITUATION

LBS 88,9 **KG.** 40,0

BEGINNING

PERFORMANCE LOSS %

RESULT PAGE

ENTRANCE PAGE

PORTION CALORIE COUNTER

!!! YOU HAVE BONUS TIME !!!

CHOOSE ONE

Water+Liquid 1 1

Water 2 2

WEIGHT SITUATION

MONTHLY TARGET WITH GAINING 2 KG.

THE AMOUNT OF LIQUID YOU SHOULD DAILY GET

DAILY WATER LITER 0,737

OTHER LIQUID (FROM OTHER FOODS OR DRINKS) LITER 0,737

EXCESSIVE 123,75

BEFORE MATCH LITER 0,74

AFTER MATCH LITER 0,00

A.B+Cal. 0,00

SEX A.B+Alc %

LIQUID YOU TAKE IN AFTER MATCH (FROM MATCH) LITER 0

TOTAL / LT.

YOU TAKE IN

HOW MUCH LEFT

YOU SHOULD TAKE IN

DAILY WATER Litre cc (ml) LITER How many Glass How many PET 1.5 L. TOTAL A GLASS.. TOTAL PET 1.5 L.

15.02.2017 0,00 0 0 0,74 3,7 0,49 3,68 0,49

0,00 0 0 0,00 0,00 0,00

YOU TAKE IN / LT Water

TOTAL 3,68 0,49

0,74 LEFT / LT.

0,00 LEFT / LT.

-0,74 LESS GAINED

NEXT

- Apart from sleeping periods,
- My program is evaluating all the parameters in people's lives according to medical and academic data;
- Guiding individuals,
- Including professional athletes).

- In other words, it can be used by everyone.
- The program is personalized (adjusted for each person's age, height, weight, gender and movement style),
- And “the most detailed” program in the world in its category.
- As a result of my studies for many years, I developed all the algorithms as a Medical Doctor along with my sports past and I made the software myself.
- My clients have been using this program for years.
- I would like to share my thoughts with you on the use of my program by people all over the world.

The database of the program contains:

- Medical and academic information used in reference State Institutions of the most developed countries of the world, in the field of health,
- Medical and academic information used in Medical Journals which are Reputable all over the world, including the most developed countries,
- Scientific and academic information used in Medical Faculties which are Reputable all over the world, including the most developed countries,
- In other words, all medical, scientific and academic information in the field of health which are verified and therefore can be used for individuals.

Briefly, this program that I have developed is the most detailed, therefore the most important program in its category

in the world that directs all the parameters of people's lives except for their sleep.

EVERYTHING ABOUT YOU

PHP / SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are AWAKE

1.YOUR NUTRITION,

- 1.ACCORDING TO 9 DIFFERENT NUTRIENT GROUPS
- 2.YOUR C.H, PROTEIN and FAT RATIOS ARE ARRANGED
- 3.SPECIAL MENU FOR YOU

2.YOUR WEIGHT SITUATION,

- 1.WEIGHT PROTECTING
- 2.WEIGHT LOSE
- 3.WEIGHT GAIN

3.THE WATER YOU DRINK,

4.YOUR PHYSICAL ACTIVITY,

- 1.EXERCISE,
- 2.TRAINING: 45 DIFFERENT SPORTS AREAS
- 3.AND WALKING ,

5.THE ALCOHOLIC BEVERAGE YOU DRINK,

6.YOUR SEXUAL PERFORMANCE

IS IN YOUR MOBILE DEVICES (SmartPhone, Tablet PC, Lap-Top, PC);

“SPECIAL” FOR YOU (YOUR height, weight, age and gender.....)

WITH PHP/SP SOFTWARE PROGRAMME.

(Created according to MEDICAL and ACADEMIC DATA.)

PHP/SP SOFTWARE PROGRAMME

Although PHP / SP Programme gives 400 A4 pages of information special for you, it is very easy to use.

YOU CAN FIND SOME of the MODULES of PHP / SP PROGRAMME BELOW ;

DEMO / ANIMATION ; PHP / SP PROGRAMME – ENTRANCE PAGE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

The screenshot displays the 'ENTRANCE PAGE (HEIGHT, AGE, WEIGHT...)' of the PHP/SP software. It features a sidebar on the left with a 'LEFT TIME' counter and a 'BONUS' section. The main area contains input fields for 'Dear:', 'Key 2', 'Key 3', 'Entrance Page KEY 1', and 'RESULTS / PORTION CALORIE COUNTER'. Below these are fields for 'HEIGHT' (in feet and inches), 'AGE' (with a birthday/age selector), 'WEIGHT' (in pounds and kilograms), and 'GENDER' (M=0, W=1). A 'YOU MUST ENTER' prompt is visible next to the height and weight fields. The bottom of the page includes a 'Login with twitter' button, a 'Login with Facebook' button, and a 'YouTube' icon. A text box on the right explains that clicking a yellow button on the left side leads to the 'RESULTS PAGE'.

Then you will go to the RESULTS PAGE by clicking on the YELLOW button on the LEFT SIDE of the page. (All the yellow buttons on the Entrance Page goes to Results Page.)

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are A W A K E



PHP / SP ENTRANCE PAGE



You can use **PHP / SP** Programme with all of your devices as it has **xlsx extension**.

If you enter your age, height, weight and gender inside the **RED BUTTONS** of the programme, your **PHP/ SP PROGRAMME** that was prepared for you will be sent your e-mail address.

Then you will go to the **RESULTS PAGE** by clicking on the **YELLOW button** on the **LEFT SIDE** of the page. (All the yellow buttons on the Entrance Page goes to Results Page.)

SAMPLE .pdf FILE / ENTRANCE PAGE – PHP / SP PROGRAMME

ENTRANCE PAGE (HEIGHT, AGE, WEIGHT...)

LEFT TIME: 0,00 (HOUR)

675601 Key 2 Dear: 15.03.2017 15:41:11

288401 Entrance Page KEY 1 37638342 RESULTS / PORTION CALORIE COUNTER

BONUS

LEFT TIME: 8,19 (HOUR)

THE DATA YOU ENTER THIS PAGE IS THE RESULT OF THE COMPUTER PROGRAM WHICH WAS DESIGNED BY PHP GROUP AS THE ONE AND ONLY HEALTH PROGRAM AT ITS AREA. THE PROGRAM WAS DESIGNED THROUGH LONG YEARS OF SCIENTIFIC AND ACADEMIC RESEARCH.

THE RESULTS AT THIS PAGE ARE INFORMATIVE. YOU MUST ASK YOUR DOCTOR IF YOU HAVE ANY PROBLEMS.

1

HEIGHT FOOT 0,0 INCH 0,0 YOU MUST ENTER 0,0 Cm. 0,0 Cm.

AGE BIRTHDAY, OR AGE 0,0 YOU MUST ENTER 0,0

00.01.1900 Birth Time 00:00

WEIGHT POUND(Lbs) 0,0 YOU MUST ENTER 0,0 Kg. 0,0 Kg.

GENDER M=0 W=1 0,0 MEN 0

2

2b

	15.03.2017	WEIGHT / Kg	WEIGHT / lbs	WEIGHT / Kg
BEGINNING		0	0	0
1ST WEEKEND		0	0,00	0,00
2ND WEEKEND		0	0,00	0,00
3RD WEEKEND		0	0,00	0,00
4TH WEEKEND		0	0,00	0,00

ADVICE BOARD

WAIST C. FAT % BMI WATER

Logins: Login with twitter, Login with Facebook, Sign in with Google, Spotify, Microsoft, P, ZANDORA, RESULTS, ORDER GORTIER

PHP/ SP PROGRAMME

Figure 1 displays three food composition tables (FCTs) for 100g portions of various food items, comparing the United Kingdom (UK), United States (US), and Japan. The tables are color-coded: UK (blue), US (green), and Japan (red).

UK FCT (Left): Shows nutrient values for Breakfast, Lunch, Dinner, and Snacks. The table includes columns for Energy (Kcal), Protein (g), Fat (g), Carbohydrate (g), and Fiber (g). The food items listed are: Grains and Bread, Meat, Vegetables & Fruit, and Snacks. The table is color-coded by food group: Grains and Bread (blue), Meat (red), Vegetables & Fruit (green), and Snacks (yellow).

US FCT (Middle): Shows nutrient values for Breakfast, Lunch, Dinner, and Snacks. The table includes columns for Energy (Kcal), Protein (g), Fat (g), Carbohydrate (g), and Fiber (g). The food items listed are: Grains and Bread, Meat, Vegetables & Fruit, and Snacks. The table is color-coded by food group: Grains and Bread (blue), Meat (red), Vegetables & Fruit (green), and Snacks (yellow).

Japan FCT (Right): Shows nutrient values for Breakfast, Lunch, Dinner, and Snacks. The table includes columns for Energy (Kcal), Protein (g), Fat (g), Carbohydrate (g), and Fiber (g). The food items listed are: Grains and Bread, Meat, Vegetables & Fruit, and Snacks. The table is color-coded by food group: Grains and Bread (blue), Meat (red), Vegetables & Fruit (green), and Snacks (yellow).

The tables are presented in a grid format, with the UK FCT on the left, the US FCT in the middle, and the Japan FCT on the right. Each table has a header row indicating the food group and a footer row showing the total energy (Kcal) for the portion.

SAMPLE .pdf FILE / Weight Situation / Meals – PHP/ SP PROGRAMME

!!! YOU DIDN'T ENTER THE CALORIE AMOUNT YOU WANT TO GAIN BY DAILY FOOD !!! (Entrance page - 10th yellow box)

THE DAILY MEAL TABLE (WHEN YOU ENTER CALORIES YOU GAIN MANUALLY)

FIND THE CALORIE YOU HAVE TO LOSE DAILY and HOW MUCH MINUTES of SPORTS (WHICHEVER SPORT YOU LIKE) YOU WILL DO

WHEN YOU ENTER CALORIES YOU WANT TO GAIN MANUALLY Kcal

ENTRANCE PAGE
HOW MUCH FOOD ? / PORTION

CALORIE

THE CALORIES YOU ENTERED AT MAIN MEALS TABLE	BREAKFAST	LUNCH	DINNER	WEIGHT PROTECT
0.0	0.0	0.0	0.0	A
0.0	0.0	0.0	0.0	D
0.0	0.0	0.0	0.0	V

CREATE YOUR MAIN MEALS TABLE, LEARN YOUR MONTHLY WEIGHT GAIN POSSIBILITY.

THE CALORIES YOU ENTERED AT SNACKS TABLE

SNACK 1	SNACK 2	SNACK 3	CALORIE
0.0	0.0	0.0	I
0.0	0.0	0.0	C
0.0	0.0	0.0	E

IF MAIN MEAL CALORIES AREN'T ENTERED PROPERLY, SNACK CALORIES CAN NOT BE ENTERED.

SAMPLE .pdf FILE / SEXUAL PERFORMANCE – PHP/ SP PROGRAMME

CHOOSE YOUR GROUP (A,B,C,D or E) and ENTER the Kcal INSIDE THE RED BUTTON

NUTRIENT Kcal

!!! YOUR DAILY CALORIE ZERO !!!

TO HAVE 30 MINUTES of (S)

HOW MANY CALORIES TO GAIN

GAINED EXCESSIVE CALORIES

WEIGHT PROTECT

IF YOU DON'T HAVE ANY HEALTH PROBLEM; !!!

35 MINUTES (MAX.) of (S) IS OFFERED !!!

TIME YOU CAN HAVE (S) / MINUTES

SITUATION NOW SITUATION WHEN CALORIES ADDED

0.0 0.0 MINUTES

!!! YOUR DAILY CALORIE ZERO !!!

LEFT OVER 0.0 TO BURN YOUR CALORIES...

(CALORIES ADDED / (S) TIME) LEFT OVER 0.0 TO BURN YOUR CALORIES...

WHEN YOU PROTECT WEIGHT A

GAINED EXCESSIVE CALORIES

62.8 62.8 MINUTES

!!! YOUR DAILY CALORIE ZERO !!!

PASSED the OFFERED TIME LIMIT LEFT OVER 262.0 TO BURN YOUR CALORIES...

(CALORIES ADDED / (S) TIME) PASSED the OFFERED TIME LIMIT LEFT OVER 262.0 TO BURN YOUR CALORIES...

WHEN YOU GIVE 2 KGS / 4.44 LBS B

GAINED EXCESSIVE CALORIES

125.6 125.6 MINUTES

!!! YOUR DAILY CALORIE ZERO !!!

PASSED the OFFERED TIME LIMIT LEFT OVER 762.0 TO BURN YOUR CALORIES...

(CALORIES ADDED / (S) TIME) PASSED the OFFERED TIME LIMIT LEFT OVER 762.0 TO BURN YOUR CALORIES...

WHEN YOU GIVE 4 KGS / 8.88 LBS C

GAINED EXCESSIVE CALORIES

0.0 0.0 MINUTES

!!! YOUR DAILY CALORIE ZERO !!!

LEFT OVER 0.0 TO BURN YOUR CALORIES...


(CALORIES ADDED / (S) TIME) LEFT OVER 0.0 TO BURN YOUR CALORIES...

WHEN YOU GAIN 2 KGS / 4.44 LBS D

SAMPLE .pdf FILE /

ALCOHOLIC BEVERAGES –

PHP/ SP PROGRAMME

HOW MUCH A.B. YOU CAN DRINK DAILY? : 

YOU CAN TAKE IN MAXIMUM 15.GR ALCOHOL (ETHYL ALCOHOL) DAILY. THE INTENSITY OF ETHYL ALCOHOL IS 0.79 GR / 1 CC (ML.).

[PORTION CALORIE COUNTER](#) [ENTRANCE PAGE](#)

ALCOHOL BEVERAGES	CALORIE (kcal)/100ml	A GLASS OF	(ml)	A GLASS	Kcal	Total
Bacardi	160	75	0,0	0,0	0	0
Beer	43	33	0,0	0,0	0	0
Beer (light)	29	33	0,0	0,0	0	0
Bloody Mary	129	90	0,0	0,0	0	0
CHAMPAGNE	67	250	0,0	0,0	0	0
Margarita	188	90	0,0	0,0	0	0
Wine white	82	120	0,0	0,0	0	0
Wine red	85	120	0,0	0,0	0	0
Wine - (Cabernet Sauvignon - red)		120	0,0	0,0	0	0
Wine - (Chardonnay - white)		120	0,0	0,0	0	0
Wine (Merlot - red)		120	0,0	0,0	0	0
Wine (Sauvignon Blanc - white)		120	0,0	0,0	0	0
0,0 Vodka, Gin, Rum, Whiskey, Tequila (%40 alcohol)	217	30	0,0	0,0	0	0,0
0,0 Vodka, Gin, Rum, Whiskey, Tequila (%43 alcohol)	237	30	0,0	0,0	0	0,0
0,0 Vodka, Gin, Rum, Whiskey, Tequila (%45 alcohol)	247	30	0,0	0,0	0	0,0
0,0 Vodka, Gin, Rum, Whiskey, Tequila (%47 alcohol)	257	30	0,0	0,0	0	0,0
0,0 Vodka, Gin, Rum, Whiskey, Tequila (%50 alcohol)	278	30	0,0	0,0	0	0,0
0,0 Raki	210	125	0,0	0,0	0	0,0

A GLASS... WATER

Gr Alcohol

HOW MUCH FOOD? DETAIL TOTAL PERFORMANCE LOSS %

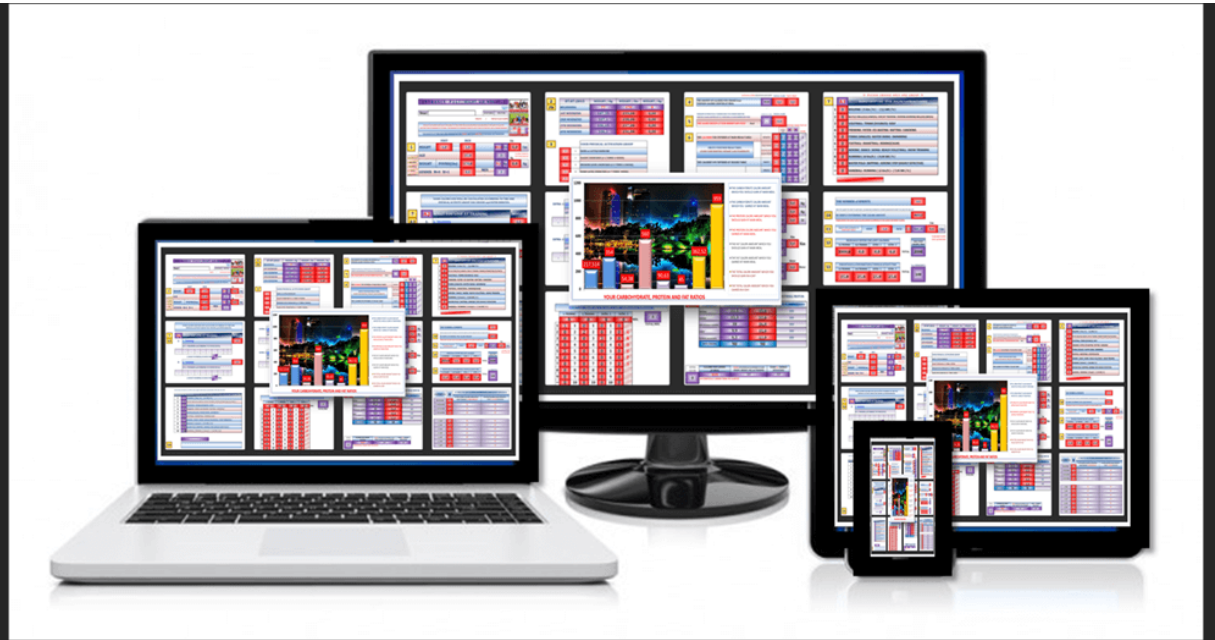
BREAD	0,0	Slice Thickness
RICE	0,0	Table Spoon (cooked)
MEAT	0,0	Meatball (30 Gr.)
STEAK	0,0	Medium Size
FISH	0,0	It is about 1 Meatball (30 Gr.)
CHICKEN	0,0	It is about 1 Meatball (30 Gr.)
MILK	0,0 Glass (200 ml)
EGG	0,0	egg
A.GR VEG	0,0	PORTION
B.GR VEG	0,0	PORTION
LEGUMIN	0,0	Table Spoon (cooked)
FATTY AC	0,0	PORTION
FRUITS	0,0	PORTION
SUGAR	0,0	PORTION

PORTION CALORIE COUNTER

% ENERGY **Result Page** **EXTRA CALORIE**

SAMPLE .pdf FILE / TOTAL PERFORMANS LOSS



% –



PROGRAMME

SAMPLE .pdf FILE / YOUR % ENERGY
SITUATION – PHP/ SP PROGRAMME

RESULT PAGE **ENTRANCE PAGE** **PORTION CALORIE COUNTER**

 **TOTAL PERFORMANCE LOSS %** 

AT MEAL	WEIGHT DIFFERENCE	AFTER MATCH BEFORE MATCH	A.B - W / LOSS	W-L / DAILY	A.B CALORIE	SEX
0,000	0,000	0,000	0,000	0,000	0,000	0,000
	0,000	WEEKLY WEIGHT RESULT ISN'T ENTERED				0,000
		DAILY MEAL / 0,000 / EXERCISE (TRAINING)				
		YOU DIDN'T DO EXERCISE				
		DAILY CALORIES AREN'T ENTERED !!!				

TOTAL PERFORMANCE LOSS %

0,00000000

SAMPLE .pdf FILE / to LOSS KG-
LBS - PHP/ SP PROGRAMME

SAMPLE .pdf FILE / to GAIN KG-
LBS - PHP/ SP PROGRAMME

WHEN YOU DON'T DO EXERCISE / TO LOSE 2 KG - 4,44 LBS		FROM MAIN MEAL TABLE	
HOW MANY CALORIES YOU SHOULD TAKE IN AT MAIN COURSES TO LOSE 2KG -4,44 LBS		0	0 Kcal
HOW MANY CALORIES YOU SHOULD TAKE IN DAILY		0	THE CALORIES YOU GAINED DAILY
A-	THE CALORIE DIFFERENCE AFTER MAIN COURSE Kcal	0	±
B-	HOW MANY MINUTES YOU SHOULD WALK TO BURN THE EXCESSIVE CALORIE	0	NO EXCESSIVE CALORIES

CLICK THE BUTTON ABOVE

WHEN YOU DON'T DO EXERCISE / TO LOSE 4 KG - 8,88 LBS		FROM MAIN MEAL TABLE	
HOW MANY CALORIES YOU SHOULD TAKE IN AT MAIN COURSES TO LOSE 4 KG- 8,88 LBS		0	0 Kcal
HOW MANY CALORIES YOU SHOULD TAKE IN DAILY		0	THE CALORIES YOU GAINED DAILY
A-	THE CALORIE DIFFERENCE AFTER MAIN COURSE Kcal	0	±
B-	HOW MANY MINUTES YOU SHOULD WALK TO BURN THE EXCESSIVE CALORIE	0	NO EXCESSIVE CALORIES

CLICK THE BUTTON ABOVE

WHEN YOU DON'T DO EXERCISE / TO GAIN 2 KG - 4,44 LBS		FROM MAIN MEAL TABLE	
HOW MANY CALORIES YOU SHOULD TAKE IN AT MAIN COURSES TO GAIN 2KG -4,44 LBS		0	0 Kcal
HOW MANY CALORIES YOU SHOULD TAKE IN DAILY		0	THE CALORIES YOU GAINED DAILY
A-	THE CALORIE DIFFERENCE AFTER MAIN COURSE Kcal	0	±
B-	HOW MANY MINUTES YOU SHOULD WALK TO BURN THE EXCESSIVE CALORIE	0	NO EXCESSIVE CALORIES

CLICK THE BUTTON ABOVE

WHEN YOU DON'T DO EXERCISE / TO GAIN 4 KG - 8,88 LBS		FROM MAIN MEAL TABLE	
HOW MANY CALORIES YOU SHOULD TAKE IN AT MAIN COURSES TO GAIN 4 KG- 8,88 LBS		0	0 Kcal

PHP / SP programme works with all smart devices
(Smartphone, Tablet PC, Lap-Top, Notebook, PC) [Provided
that the device has Office Program]



You don't need to install the programme after you download it from our website

Internet connection is not necessary while using our programme but, if wanted, some modules can be used on the Internet.

PHP / SP programme: Guides the person(you) on all the activities when you are awake (It gives you **400 A4 pages** of information special for you.)

The programme which

Was created according to scientific and academic data,

Works as the most important personal programme (age, height, weight, gender...),

Computer-controlled,

Is a Performance and nutrition programme.

If we briefly count the features of the PHP/SP Programme;
You can see;

The nutrients you will eat and their daily amounts (3 main meals, 3 snack meals)

DEMO / ANIMATION ; PHP/ SP PROGRAMME – BREAKFAST / SNACK-1

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

MEAL SCHEDULE:

07:00	BREAKFAST	SNACK 1	10:30
13:00	LUNCH	SNACK 2	15:30
18:00	DINNER	SNACK 3	20:30

BREAKFAST (TOTAL / DAILY Kcal)

CHOOSE ONE TYPE OF NUTRIENT FROM EACH GROUP

CARBOHYDRATES 194.5 Kcal

ADVICE PORTIONS / TOGETHER (C.H+PROT+FAT)

1 Grain and Breads 0.2

- 0.3 Table Spoon Rice
- 0.2 medium size Potato
- 0.2 Watermelon Peppers

OR

ADVICE PORTIONS ONLY (C.H+CARBOH.)

1 Grain and Breads 0.3

- 0.6 Table Spoon Rice
- 0.3 medium size Potato
- 0.3 Watermelon Peppers

4-Vegetables - A Group 1.5

- 1.5 Medium size Tomato
- 1.5 Medium size Onion
- 3.0 Green bell pepper
- 6.0 Table spoon Cabbage
- 6.0 Table spoon Spinach
- 6.0 Table spoon Olera
- 6.0 Table spoon Bean

5-Vegetables - B Group 1.2

- 1.2 Medium Size Carrot

4-Vegetables - A Group 2.5

- 2.5 Medium size Tomato
- 2.5 Medium size Onion
- 5.0 Green bell pepper
- 10.0 Table spoon Cabbage
- 10.0 Table spoon Spinach
- 10.0 Table spoon Olera
- 10.0 Table spoon Bean

5-Vegetables - B Group 2.0

- 2.0 Medium Size Carrot

PORTION CALORIE COUNTER

HOW MUCH FOOD ? / PORTION

BREAD (C.H+PROT+FAT) (C.H+CARBOH.)

Choose only 1 nutrient Among the Nutrient Groups Shown within each red circle.

NEXT

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **AWAKE**



PHP/ SP Breakfast / 1 Snack



SAMPLE .pdf FILE / 3 MEAL- 3

SNACKS -

PHP/ SP PROGRAMME

Patent Protected

PERSONAL HEALTHY DIET ON

Entrance Page

(S) PAGE

BREAKFAST

Dear

Kcal

YOU WANT TO GAIN

BREAKFAST 0,0 0,0

CHOOSE ONE TYPE OF NUTRIENT FROM EACH GROUP

CARBOHYDRATES 0,0 Kcal

ADVICE PORTIONS / TOGETHER (C.H+PROT+FAT)

1-Grain and Breads 0,0 Bread

ALL TOGETHER 0

YES or NO(0)

Table Spoon Rice 0,0

medium size Patato 0,0

Waterglass Popcorn 0,0

OR

CARBOHYDRATES 0,0 Kcal

ADVICE PORTIONS ONLY (C.H(CARBOH.))

1-Grain and Breads 0,0 Bread

ALL TOGETHER 0

YES or NO(0)

Table Spoon Rice 0,0

medium size Patato 0,0

Waterglass Popcorn 0,0

HOW MUCH FOOD ? / PORTION

BREAD 0,0 Slice Thickness

WEIGHT SITUATION

WEIGHT PROTECT

4-Vegetables - A Group 0,0

Medium size Tomata 0,0

Medium size Onion 0,0

Green bell pepper 0,0

Table spoon Cabbage 0,0

Table spoon Spinach 0,0

Table spoon Okra 0,0

Table spoon Bean 0,0

ALL TOGETHER 0

YES or NO(0)

4-Vegetables - A Group 0,0

Medium size Tomata 0,0

Medium size Onion 0,0

Green bell pepper 0,0

Table spoon Cabbage 0,0

Table spoon Spinach 0,0

Table spoon Okra 0,0

Table spoon Bean 0,0

ALL TOGETHER 0

YES or NO(0)

5-Vegetables - B Group 0,0

Medium Size Carrot 0,0

Medium Size Artichoke 0,0

ALL TOGETHER 0

YES or NO(0)

5-Vegetables - B Group 0,0

Medium Size Carrot 0,0

Medium Size Artichoke 0,0

ALL TOGETHER 0

YES or NO(0)

A GR VEG 0,0 PORTION

B GR VEG 0,0 PORTION

The daily time of exercise you should do among 45 different sports areas (including walking)

DEMO / ANIMATION ; PHP/ SP PROGRAMME - EXERCISE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

!!! PLEASE CHOOSE ONLY ONE GROUP !!!

7 A1 ENTER the GROUP NUMBER of YOUR SPORTS AREA

Login with Twitter Login with Facebook

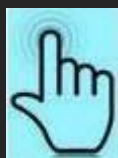
1	1	WALKING (5 Km / h) - (3,1 Mil / h)
2	0	BICYCLE 20km/h(12,43Mil/h)- CIRCUIT TRAINING- ROWING-RUNNING(8km/h(4,9Mil/h)- CROSS)-SHUTTLE-PUSH UPS
3	0	TENNIS (DOUBLES)- GOLF- BEYZBALL- BOWLING- BADMINTON
4	0	TREKKING- PATEN- ICE-SKATING- WRESTLING- RAFTING- CANOEING- HORSE RIDING- PILATES
5	0	TENNIS (SINGLES)- WATER SKIING- SWIMMING-WEIGHT LIFTING- TO FENCE-MOUNTAINEERING(DOWN)
6	0	FOOTBALL- BASKETBALL- BOXING(CALM)- RUGBY
7	0	AEROBIC DANCE- SKIING- BEACH VOLLEYBALL- SNOW TREKKING- HOCKEY(ICE-GRASS)-MARATHON
8	0	JOGGING (16 Km/h) - (9,94 Mil / h)
9	0	SKIPPING- AEROBIC STEP (HIGHLY EFFECTIVE)- JUDO- KARATE- KICKBOX- MOUNTAINEERING(UP)
10	0	HANDBALL- RUNNING (12 Km/h) - (7,45 Mil / h)

beginning

Next

You can only select
1 group within 10
exercise groups [45
different sports
areas (including
walking)]

EVERYTHING ABOUT YOU
PHP/ SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are A WAKE



PHP/ SP Exercise



Your daily heart-rate according to your age while you are exercising.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – HEART RATE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

THE AMOUNT of LIQUID YOU SHOULD DAILY GET			
DAILY WATER		Liter	1.149
OTHER LIQUID (from OTHER FOODS or DRINKS)		Liter	1.149
		Liter	2.299 TOTAL

TARGET HEART-BEAT PER MINUTE (MEDIUM ACTIVITY)			
92,5	TO	129,5	BEATS PER MINUTE

TARGET HEART-BEAT PER MINUTE (HARD ACTIVITY)			
129,5	TO	157,25	BEATS PER MINUTE

OBESITY RISK ACCORDING TO WAIST CIRCLE(CM)			
CM			
0		.	.
0	0	.	.
FOOD	INCH		

11

WAIST CIRCLE ISN'T ENTERED

WAIST CIRCLE ISN'T ENTERED

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are A WAKE



PHP/ SP Heart Rate



The daily amount of liquid you should take in.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – WATER / DAILY

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

DAILY WATER GAIN PANEL / LITER

LBS	WEIGHT SITUATION	KG.
88,9	BEGINNING	40,0

PERFORMANCE LOSS % **!!! YOU HAVE BONUS TIME !!!**

RESULT PAGE

ENTRANCE PAGE

PORTION CALORIE COUNTER

THE AMOUNT OF LIQUID YOU SHOULD DAILY GET

DAILY WATER	LITER	0,737	EXCESSIVE
OTHER LIQUID (FROM OTHER FOODS OR DRINKS)	LITER	0,737	123,75

BEFORE MATCH **AFTER MATCH** **LITER** **0,74** **0,00** **0,00** **0,000**

LIQUID YOU TAKE IN AFTER MATCH (FROM MATCH) **0** **0** **0,74** **A.B.+Gal.** **"SEX"** **A.B.+Aic %**

TOTAL / LT.

YOU TAKE IN **HOW MUCH LEFT** **YOU SHOULD TAKE IN**

A GLASS ...	DAILY WATER	(-)	How many	How many	TOTAL	TOTAL
200 cc (ml)	Litre	cc (ml)	Glass	PET 1,5 L	A GLASS ...	PET 1,5 L
15.02.2017	0	0	0,74	3,7	0,49	3,68
	0	0	0,00	0,00	0,00	0,00
YOU TAKE IN / LT	Water	TOTAL	3,68	0,49	-0,74	LESS GAINED

CHOOSE ONE

Water+Liquid	1	1
Water	2	2

WEIGHT SITUATION

MONTHLY TARGET WITH GAINING 2 KG.

NEXT

EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are **AWAKE**



PHP/ SP Water- DAILY



By opening the water panel, you can see the amount of liquid you should take in as number of water-glass or number of water-bottle.

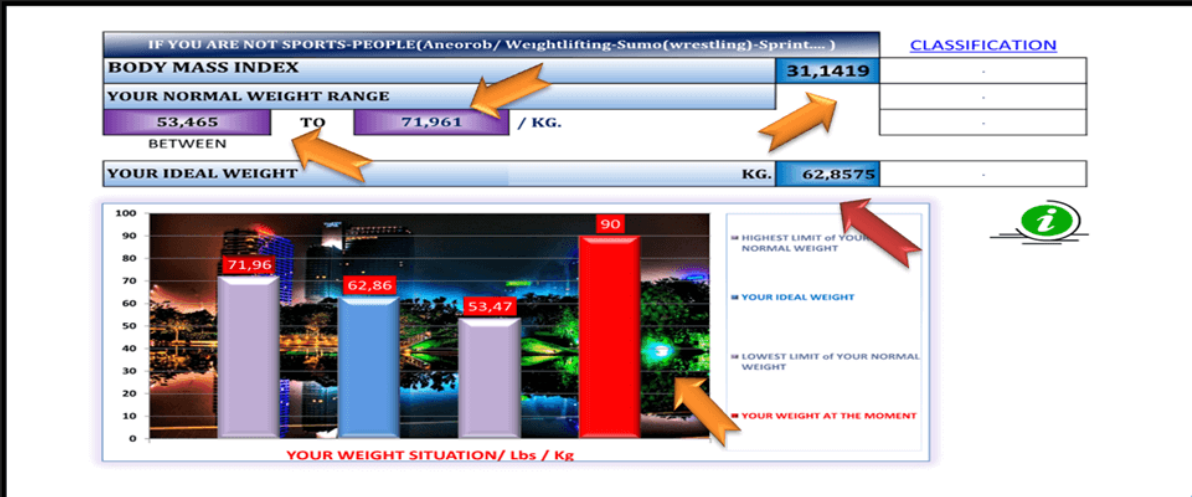
By entering the amount of water you drink on the water panel, you can see how much liquid you take in and how much more liquid you should take in.

Whether your weight is scientifically and medically normal, more than normal or less than normal.

DEMO / ANIMATION ; PHP / SP PROGRAMME – WEIGHT / BMI

Press ESC to EXIT

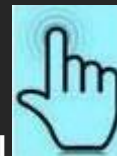
PHP / SP Smart Performance & Healthy Nutrition Software Programme



EVERYTHING ABOUT YOU
PHP/ SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **A W A K E**



PHP/ SP WEIGHT – BMI



The required time for your weight to go back to normal.

The maximum weight you should gain or lose in 1 mont

Your risk of obesity according to your waist circle

DEMO / ANIMATION ; PHP/ SP PROGRAMME – WAIST CIRCLE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

THE AMOUNT of LIQUID YOU SHOULD DAILY GET			
DAILY WATER		Liter	1.149
OTHER LIQUID (from OTHER FOODS or DRINKS)		Liter	1.149
		Liter	2.299 TOTAL

TARGET HEART-BEAT PER MINUTE (MEDIUM ACTIVITY)			
92,5	TO	129,5	BEATS PER MINUTE

TARGET HEART-BEAT PER MINUTE (HARD ACTIVITY)			
129,5	TO	157,25	BEATS PER MINUTE

11

OBESITY RISK ACCORDING TO WAIST CIRCLE(CM)			
CM			
0		.	.
0	0	.	.
FOOD	INCH		

WAIST CIRCLE ISN'T ENTERED

WAIST CIRCLE ISN'T ENTERED

EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are A W A K E



PHP/ SP Waist Circle



When you enter the amount of food you have eaten in 1 meal in portion calories counter;

DEMO / ANIMATION ; PHP/ SP PROGRAMME – Portion Calorie Counter

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

CALCULATE THE CALORIES of ONE BILLION DIFFERENT FOOD SCIENTIFICALLY and MEDICALLY.

	Portion		CALORIE (Kcal)	DAILY PORTION				SAMPLE EATING GROUPS
1-Grain and Breads	0,0	0,0	0,0	0,0	0,0	non-exer.		Bread, Breakfast Cereal
2-The Group Of Meat	0,0	0,0	0,0	0,0	0,0	exercise		Chicken and Meat
3-The Group of Milk	0,0	0,0	0,0	0,0	0,0			Eggs & Dairy / Easter Eggs & Chocolate Treats
4-Vegetables – A Group	0,0	0,0	0,0	0,0	0,0	0,0		Vegetables & Fruit
5-Vegetables – B Group	0,0	0,0	0,0	0,0	0,0	0,0		
6-Leguminous Seeds	0,0	0,0	0,0	0,0	0,0	0,0		Crisps & Snacks / Drinks
7-Contain Fatty Acids	0,0	0,0	0,0	0,0	0,0	0,0		Fast Food
8-The Group of Fruits	0,0	0,0	0,0	0,0	0,0	0,0		Nuts and Seeds/ Sandwiches&Takeaway Food
9-The Group of Sugar	0,0	0,0	0,0	0,0	0,0	0,0		World Cuisine
EXTRA CALORI								

GO

EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are **A W A K E**



PHP / SP Portion Calorie Counter



Your monthly weight gain or loss situation

The daily time of exercise you should choose and do among the 45 different sports areas (including walking) to burn your excessive energy if you have eaten more than you should eat in 1 meal

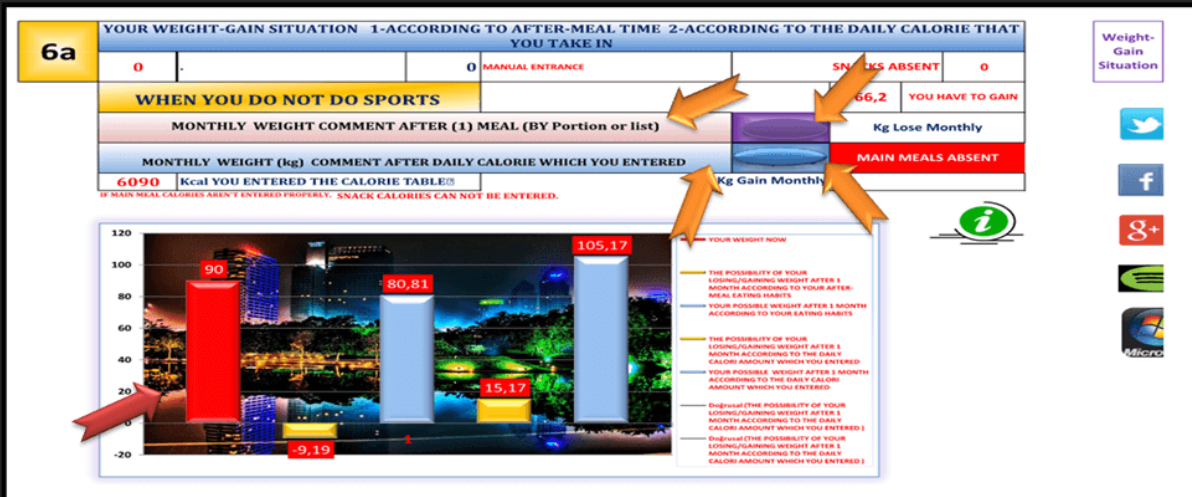
When you enter the amount of food you have eaten in 1 day in portion calories counter;

Your monthly weight gain or loss situation

DEMO / ANIMATION ; PHP/ SP PROGRAMME – Monthly Weight Situation

Press ESC to EXIT

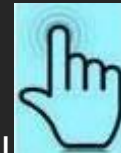
PHP / SP Smart Performance & Healthy Nutrition Software Programme



EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are **AWAKE**



PHP/ SP MONTHLY WEIGHT SITUATION



The daily time of exercise you should choose and do among the 45 different sports areas (including walking) to burn your excessive energy if you have eaten more than you should eat in 1 day

Your performance % table according to your eating habit in 1 meal

DEMO / ANIMATION ; PHP/ SP PROGRAMME – PERFORMANCE LOSS ...

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

RESULT PAGE ENTRANCE PAGE PORTION CALORIE COUNTER

TOTAL PERFORMANCE LOSS %

AT MEAL	WEIGHT DIFFERENCE	AFTER MATCH BEFORE MATCH	A.B - W / LOSS	W-L / DAILY	A.B CALORIE	SEX
0,000	0,000	0,000	0,000	3,617	0,000	0,000
	0,000	WEEKLY WEIGHT RESULT ISN'T ENTERED				0,000
		DAILY MEAL /		110,077	/ EXERCISE (TRAINING)	

TOTAL PERFORMANCE LOSS %

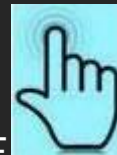
3,61736808

ACCORDING TO DAIL

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **AWAKE**



PHP/ SP PERFORMANCE



SAMPLE .pdf FILE / TOTAL PERFORMANS LOSS % –
PHP/ SP PROGRAMME

SAMPLE .pdf FILE / YOUR % ENERGY

SITUATION – PHP/ SP PROGRAMME


RESULT PAGE

ENTRANCE PAGE

PORTION CALORIE COUNTER

←

TOTAL PERFORMANCE LOSS %



AT MEAL	WEIGHT DIFFERENCE	AFTER MATCH BEFORE MATCH	A.B - W / LOSS	W-L / DAILY	A.B CALORIE	SEX
0,000	0,000	0,000	0,000	0,000	0,000	0,000
	0,000	WEEKLY WEIGHT RESULT ISN'T ENTERED				0,000
						DAILY CALORIES AREN'T ENTERED !!!
DAILY MEAL /		0,000	/ EXERCISE (TRAINING)			
		YOU DIDN'T DO EXERCISE				
TOTAL PERFORMANCE LOSS %						
0,00000000						

Your performance % table according to your eating habit in 1 day

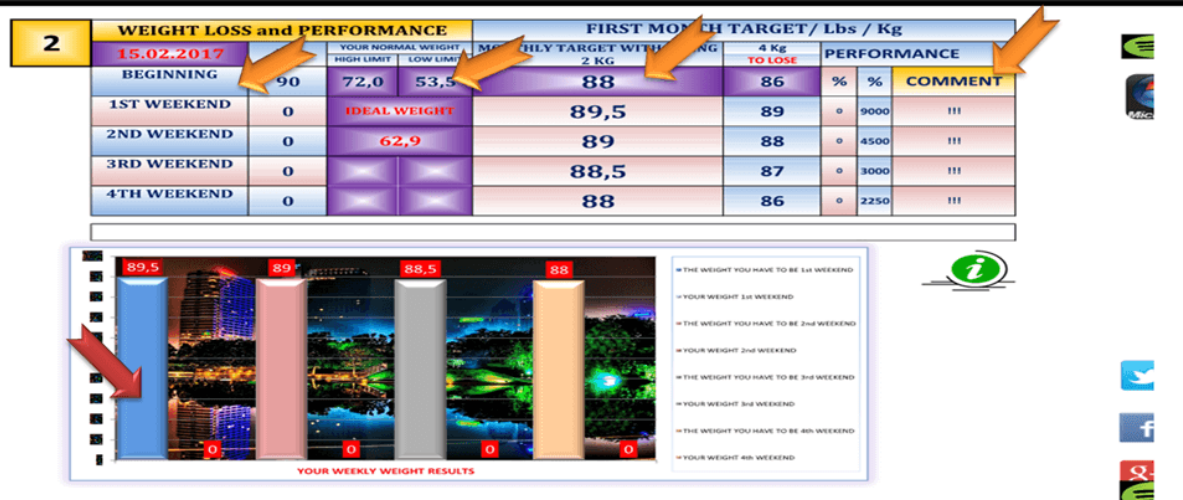
Your 3 main meals 3 snack meals menu which will change each week according to your weekly weight situation

Your weight comments in your weekly weight performance table according to your weekly weight situations

DEMO / ANIMATION ; PHP/ SP PROGRAMME – Weekly Weight Situation

Press ESC to EXIT

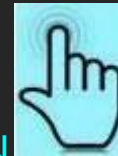
PHP / SP Smart Performance & Healthy Nutrition Software Programme



EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are **AWAKE**



PHP/ SP WEEKLY WEIGHT SITUATION




When you take in alcoholic beverages,

DEMO / ANIMATION ; PHP/ SP PROGRAMME – ALCOHOLIC BEVERAGES

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

HOW MUCH A.B. YOU CAN DRINK DAILY?  YOU CAN TAKE IN MAXIMUM 35 GR ALCOHOL (ETHYL ALCOHOL) DAILY. THE INTENSITY OF ETHYL ALCOHOL IS 0.78 GR / 1

[PORTION CALORIE COUNTER](#) [ENTRANCE PAGE](#)

ALCOHOL BEVERAGES	CALORIES (Kcal/100ml)	A GLASS OF	(ml)	A GLASS	Kcal	Total
Bacardi	160	75	0.0	0.0	0	2 Total Kcal.
Beer	43	33	0.0	0.0	0	
Beer (light)	29	33	0.0	0.0	0	
Bloody Mary	129	90	0.0	0.0	0	
Cosmopolitan	67	250	0.0	0.0	0	
Margarita	188	90	0.0	0.0	0	
Wine white	82	120	0.0	0.0	0	
Wine red	85	120	0.0	0.0	0	
Wine - (Cabernet Sauvignon - red)		120	0.0	0.0	0	
Wine - (Chardonnay - white)		120	0.0	0.0	0	
Wine (Merlot - red)		120	0.0	0.0	0	
Wine Sauvignon Blanc - white		120	0.0	0.0	0	
Vodka, Gin, Rum, Whiskey, Tequila (40% alcohol)	217	30	0.0	0.0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%43 alcohol)	237	30	0.0	0.0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%45 alcohol)	247	30	0.0	0.0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%47 alcohol)	257	30	0.0	0.0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%49 alcohol)	278	30	0.0	0.0	0	
Raki	210	125	0.0	0.0	0	

HOW MUCH FOOD? [DETAIL](#) [TOTAL PERFORMANCE](#)

BREAD	0.0	Slice Thickness
RICE	0.0	Table Spoon (cooked)
MEAT	0.0	Meatball (50 Gr.)
STEAK	0.0	Medium Size
FISH	0.0	It is about 1 Meatball (50 Gr.)
CHICKEN	0.0	It is about 1 Meatball (50 Gr.)
MILK	0.0	... Glass (200 ml)
EGG	0.0	
ACRYLIC	0.0	
ACRYLIC	0.0	
LEGUMIN	0.0	Table Spoon (cooked)
FATTY AC	0.0	
FRUITS	0.0	
SUGAR	0.0	

[PORTION CALORIE COUNTER](#) [NEXT](#)

EVERYTHING ABOUT YOU
 PHP/SP is a SOFTWARE PROGRAMME
 Which GUIDES you at ALL YOUR ACTIVITIES
 When You are **AWAKE**



PHP/ SP Alcoholic Beverages



PHP/ SP PROGRAMME

HOW MUCH A.B. YOU CAN DRINK DAILY? :



YOU CAN TAKE IN MAXIMUM 15.GR ALCOHOL (ETHYL ALCOHOL) DAILY. THE INTENSITY OF ETHYL ALCOHOL IS 0.79 GR / 1 CC (ML).

[PORTION CALORIE COUNTER](#)

[ENTRANCE PAGE](#)

ALCOHOL BEVERAGES	CALORIE (kcal)/100ml	A GLASS OF	(ml)	A GLASS	Kcal	Total
Bacardi	160	75	0,0	0,0	0	Total Kcal. 0 ↓
Beer	43	33	0,0	0,0	0	
Beer (light)	29	33	0,0	0,0	0	
Bloody Mary	129	90	0,0	0,0	0	
Brandy	67	250	0,0	0,0	0	
Margarita	188	90	0,0	0,0	0	
Wine white	82	120	0,0	0,0	0	
Wine red	85	120	0,0	0,0	0	
Wine - (Cabernet Sauvignon - red)		120	0,0	0,0	0	
Wine - (Chardonnay - white)		120	0,0	0,0	0	
Wine (Merlot - red)		120	0,0	0,0	0	
Wine (Sauvignon Blanc - white)		120	0,0	0,0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%40 alcohol)	217	30	0,0	0,0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%43 alcohol)	237	30	0,0	0,0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%45 alcohol)	247	30	0,0	0,0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%47 alcohol)	257	30	0,0	0,0	0	
Vodka, Gin, Rum, Whiskey, Tequila (%50 alcohol)	278	30	0,0	0,0	0	
Raki	210	125	0,0	0,0	0	

A GLASS... WATER ↓

HOW MUCH FOOD? [DETAIL](#) [TOTAL PERFORMANCE LOSS %](#)

BREAD	0,0	Slice Thickness
RICE	0,0	Table Spoon (cooked)
MEAT	0,0	Meatball (30 Gr.)
STEAK	0,0	Medium Size
FISH	0,0	It is about 1 Meatball (30 Gr.)
CHICKEN	0,0	It is about 1 Meatball (30 Gr.)
MILK	0,0 Glass (200 ml)
EGG	0,0	egg
A.GR VEG	0,0	PORTION
B.GR VEG	0,0	PORTION
LEGUMIN	0,0	Table Spoon (cooked)
FATTY AC	0,0	PORTION
FRUITS	0,0	PORTION
SUGAR	0,0	PORTION

[PORTION CALORIE COUNTER](#)

[% ENERGY](#) [Result Page](#) [EXTRA CALORIE](#)

The daily time of exercise you should choose and do among 45 different sports areas (including walking) to burn this excessive energy

Or, if you don't want to burn this energy by exercise, your 3 main meals, 3 snack meals table will be rearranged by taking this excessive energy amount out of your daily energy amount.

The programme shows you –for the alcoholic beverages which has 40% or more alcohol– according to the number of glasses (of alcoholic beverage), the amount of water you should drink.

The maximum amount of alcohol you can take in special for you.

The time of sex you can do according to your daily energy amount

DEMO / ANIMATION ; PHP/ SP PROGRAMME – SEXUAL PERFORMANCE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

The screenshot displays the PHP/SP software interface, which is a complex flowchart designed to calculate the time a user can have sex based on their daily energy balance. The flowchart starts with a selection of user groups (A, B, C, D, E) and a choice of nutrient (0.0 or 1.0). It then branches into various scenarios based on calorie intake and expenditure, leading to different time calculations. For example, Group A (When you lose 2 KCS / 4.44 LBS) results in 0.0 minutes, while Group C (When you give 4 KCS / 8.88 LBS) results in 125.6 minutes. The interface includes numerous input fields, buttons, and arrows indicating the flow of the calculation process. A 'NEXT' button is visible at the bottom right.

EVERYTHING ABOUT YOU
PHP/ SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **AWAKE**



PHP/ SP SEXUAL PERFORMANCE



SAMPLE .pdf FILE / SEXUAL

PERFORMANCE –

PHP/ SP PROGRAMME

PHP/ SP

According to your age, height, weight and gender– and if you are doing exercises also, the programme determines the personal amount of food you will eat in your 3 main meals and your 3 snack meals in 9 nutrient groups with 65 different products.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – BREAKFAST / SNACK-1

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

08:00 BREAKFAST SNACK-1 10-10
13:00 LUNCH SNACK-2 15-10
18:00 DINNER SNACK-3 20-10

TOTAL / DAILY 1670 Kcal

BREAKFAST 194.5 Kcal

CHOOSE ONE TYPE OF NUTRIENT FROM EACH GROUP

CARBOHYDRATES 194.5 Kcal

ADVISE PORTIONS / TOGETHER (C.H+PROT+FAT.)

1-Grain and Breads 0,2 Kcal

Table Spoon Rice 0,3
medium size Potato 0,2
Watermelon Peperoni 0,2

OR

ADVISE PORTIONS ONLY (C.H(CARBOH.))

1-Grain and Breads 0,3 Kcal

Table Spoon Rice 0,6
medium size Potato 0,3
Watermelon Peperoni 0,3

PORTION CALORIE COUNTER

HOW MUCH FOOD ? / PORTION

BREAD 0,3

4-Vegetables - A Group 1,5 Kcal

Medium size Tomato 1,5
Medium size Onion 1,5
Green bell pepper 3,0
Table spoon Cabbage 6,0
Table spoon Spinach 6,0
Table spoon Olibra 6,0
Table spoon Bean 6,0

4-Vegetables - A Group 2,5 Kcal

Medium size Tomato 2,5
Medium size Onion 2,5
Green bell pepper 5,0
Table spoon Cabbage 10,0
Table spoon Spinach 10,0
Table spoon Olibra 10,0
Table spoon Bean 10,0

5-Vegetables - B Group 1,2 Kcal

Medium size Carrot 1,2

5-Vegetables - B Group 2,0 Kcal

Medium size Carrot 2,0

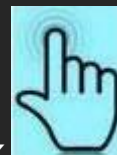
Choose only 1 nutrient Among the Nutrient Groups Shown within each red circle.

NEXT

EVERYTHING ABOUT YOU
PHP/ SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are AWAKE



PHP/ SP Breakfast / 1 Snack



ADVICES / OPTION 2

According to your age, height, weight and gender; the programme determines the personal amount of food you will eat in your 3 main meals and your 3 snack meals in 9 nutrient groups with 65 different products AFTER YOU ENTER your daily portions in your Portion Calorie Counter. If you gain more energy than your daily needs, the programme will give you the exercise time to lose this excessive energy- YOU choose among 45 different sports areas (including walking).

SAMPLE .pdf FILE / 3 MEAL- 3

SNACKS -

PHP/ SP PROGRAMME

Patent Protected

PERSONAL HEALTHY DIET ON

WHEN YOU DON'T EXERCISE

Entrance Page

(S.) PAGE

BREAKFAST

YOU WANT TO GAIN

CHOOSE ONE TYPE OF NUTRIENT FROM EACH GROUP

CARBOHYDRATES 0,0 Kcal

ADVICE PORTIONS / TOGETHER (CH+PROT+FAT)

1-Grain and Breads 0,0 Bread

ALL TOGETHER 0

YES or NO(0)

4-Vegetables - A Group 0,0

5-Vegetables - B Group 0,0

ALL TOGETHER 0

YES or NO(0)

CARBOHYDRATES 0,0 Kcal

ADVICE PORTIONS ONLY (CH(CARBOH.))

1-Grain and Breads 0,0 Bread

ALL TOGETHER 0

YES or NO(0)

4-Vegetables - A Group 0,0

5-Vegetables - B Group 0,0

ALL TOGETHER 0

YES or NO(0)

PORTION CALORIE COUNTER

HOW MUCH FOOD ? / PORTION

BREAD 0,0 Slice Thickness

WEIGHT SITUATION

WEIGHT PROTECT

A GR VEG 0,0 PORTION

B GR VEG 0,0 PORTION

ADVICES / OPTION 3

According to your age, height, weight and gender; the programme determines the personal amount of food you will eat in your 3 main meals and your 3 snack meals in 9 nutrient groups with 65 different products among ONLY the nutrient groups YOU CHOOSE, AFTER YOU ENTER your daily portions in your Portion Calorie Counter.

SAMPLE .pdf FILE / Your Portion Calorie Counter – PHP/ SP PROGRAMME

ADVICES / OPTION 4

According to your age, height, weight and gender; the programme determines the personal amount of food you will eat in 9 nutrient groups with 65 different products AFTER YOU ENTER the energy amount you will gain IN A RESTAURANT or SOMEWHERE ELSE YOU WILL EAT OUT.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – OPTION / MAIN MEAL

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

Portion Calorie Counter
Entrance Page

YOUR CALORIE CHOICE: 1,000 Daily / Meal

NORMAL MENU 0 OFF

CALORIES YOU SHOULD GAIN	BREAKFAST	LUNCH	DINNER
RATE	0,00	0,00	0,00
CALORIE	0	0	0

SNACK 1 0 SNACK 2 0 SNACK 3 0 TOTAL CAL 0

Daily / Meal

BREAKFAST

	BREAKFAST	LUNCH	DINNER
RATE	0,00	0,00	0,00
DAILY CALORIE	0	0	0

LUNCH

	BREAKFAST	LUNCH	DINNER
RATE	0,00	0,00	0,00
DAILY CALORIE	0	0	0

DINNER

	BREAKFAST	LUNCH	DINNER
RATE	1,000,00	0,00	0,00
DAILY CALORIE	0	0	0

B A C K

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **AWAKE**

NEXT



PHP/ SP OPTION / MAIN MEAL



ADVICES ;

If you've ALREADY EATEN your meal,

DEMO / ANIMATION ; PHP/ SP PROGRAMME – ALREADY
EATEN your MEAL

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

4 THE AMOUNT OF CALORIES YOU CHOOSE from PORTION CALORIE COUNTER AT MEAL

4a 0 0,0 0,0 Kcal

4b PROGRAM AUTOMATICALLY CHOOSES WHAT YOU CHOOSE FROM THE PORTION CALORIE COUNTER (UP TO 2 PORTIONS) AS YOUR MOMENTARY FOOD

5 THE CALORIE AMOUNT of YOUR MOMENTARY FOOD Kcal 0 0,0

6 THE CALORIES YOU ENTERED AT MAIN MEALS TABLE

6a CREATE YOUR MAIN MEALS TABLE, LEARN YOUR MONTHLY WEIGHT GAIN POSSIBILITY.

THE CALORIES YOU ENTERED AT SNACKS TABLE

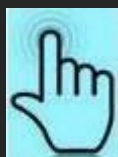
IF MAIN MEAL CALORIES AREN'T ENTERED PROPERLY, SNACK CALORIES CAN NOT BE ENTERED.

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2	SNACK 3
0,0	0,0	0,0	0,0	0,0	0,0	0,0
0,0	0,0	0,0	0,0	0,0	0,0	0,0
0,0	0,0	0,0	0,0	0,0	0,0	0,0
0,0	0,0	0,0	0,0	0,0	0,0	0,0
0,0	0,0	0,0	0,0	0,0	0,0	0,0

!!! PLEASE CHOOSE ONLY ONE GROUP !!!

EVERYTHING ABOUT YOU
PHP/SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are **AWAKE**

NEXT



PHP/ SP ALREADY EATEN your MEAL



you will find how much calories you gained from the portion calorie counter and ENTER this calorie MANUALLY in the 4TH RED BUTTON in ENTRANCE PAGE. Then you will go to the RESULTS PAGE by clicking on the 4TH YELLOW button on the LEFT SIDE of the page. (All the yellow buttons on the Entrance Page goes to Results Page.)

In this page you can find the personal amount of calories you should gain in meals and the time of exercises you should do. Also, you can use weight protection panel, weight loss panel or weight gain panel if you have eaten less or more than you need.

You can also find the products you will eat and the portion amounts by using portion calorie counter according to the personal energy amount you should gain.

The Usage of The Programme

Because you will enter your personal information, PHP/SP Programme is put under protection by the world's most advanced password system.

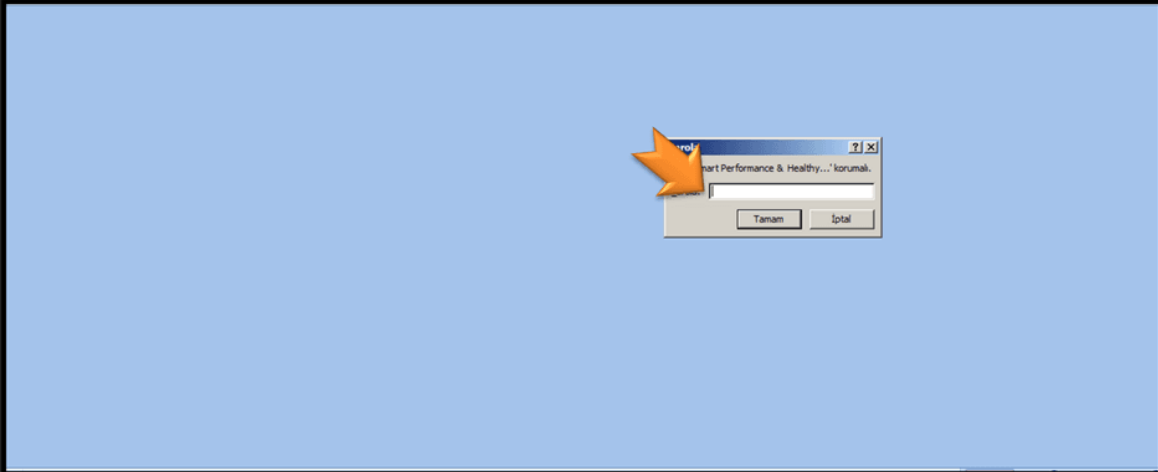
You will enter;

1 password to see the programme

DEMO / ANIMATION ; PHP / SP PROGRAMME – PASSWORD

Press ESCAPE to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme



EVERYTHING ABOUT YOU
PHP/ SP is a SOFTWARE PROGRAMME
Which GUIDES you at ALL YOUR ACTIVITIES
When You are A W A K E



PHP/ SP PASSWORD



3 passwords to open the programme (key1, key2, key3)

Programme shuts itself down hourly. You can open the programme by entering key2 and key3 hourly.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – 3 PASSWORDS

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

ENTRANCE PAGE (HEIGHT, AGE, WEIGHT...)

LEFT TIME: 0,00 (HOUR) 665378 Key 2 Dear: 15.02.2017 14:20:34

BONUS: 266309 Entrance Page KEY 1 KEY 3 24729833 RESULTS / PORTION CALORIE COUNTER

LEFT TIME: 9,39 (HOUR)

THE RESULTS AT THIS PAGE ARE INFORMATIVE. YOU MUST ASK YOUR DOCTOR IF YOU HAVE ANY PROBLEMS.

HEIGHT FOOT 0,0 INCH 0,0 170,0 Cm. 170,0 Cm

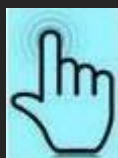
AGE BIRTHDAY, OR AGE 35,0 35,0

WEIGHT POUND(Lbs) 0,0 90,0 Kg. 90,0 Kg

GENDER M=0 W=1 0,0 MEN 0

TO BE ABLE TO ENTER A NUMBER ON THE BUTTON ABOVE, POUND SHOULD BE (2445).

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PHP/ SP PASSWORD-3



1 password to be able to enter your special informations like age, height, weight etc. in the red boxes.

5 passwords in total.

Although PHP/SP Programme gives 400 A4 pages of information special for you, it is very easy to use.

DEMO / ANIMATION ; PHP/ SP PROGRAMME – ENTRANCE PAGE

Press ESC to EXIT

PHP / SP Smart Performance & Healthy Nutrition Software Programme

ENTRANCE PAGE (HEIGHT, AGE, WEIGHT...)

LEFT TIME: 0,00 (HOUR) 748755 Dear: 10.03.2017 21:28:52

BONUS: 2,31 (HOUR) 254221 Entrance Page KEY 1 40631119 RESULTS / PORTION CALORIE COUNTER

THE DATA YOU ENTER THIS PAGE IS THE RESULT OF THE COMPUTER PROGRAM WHICH WAS DESIGNED BY PHP GROUP AS THE ONE AND ONLY HEALTH PROGRAM AT ITS AREA. THE PROGRAM WAS DESIGNED THROUGH LONG YEARS OF SCIENTIFIC AND ACADEMIC RESEARCH.

THE RESULTS AT THIS PAGE ARE INFORMATIVE. YOU MUST ASK YOUR DOCTOR IF YOU HAVE ANY PROBLEMS.

HEIGHT FOOT 0,0 INCH 0,0 YOU MUST ENTER 0,0 Cm. 0,0 Cm

AGE BIRTHDAY, OR AGE 0,0 YOU MUST ENTER 0,0

WEIGHT POUND(Lbs) 0,0 YOU MUST ENTER 0,0 Kg. 0,0 Kg

GENDER M=0 W=1 MEN 0

Then you will go to the RESULTS PAGE by clicking on the YELLOW button on the LEFT SIDE of the page. (All the yellow buttons on the Entrance Page goes to Results Page.)

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EVERYTHING ABOUT YOU
PHP / SP is a SOFTWARE PROGRAMME
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PHP/ SP ENTRANCE PAGE



You can use PHP/SP Programme with all of your devices as it has **xlsx extension**.

PHP / SP programme works with all smart devices (Smartphone, Tablet PC, Lap-Top, Notebook, PC) [Provided that the device has **Office Program**].

You don't need to install the programme after you download it from our website

Internet connection is not necessary while using our programme but, if wanted, some modules can be used on the Internet.

If you enter your age, height, weight and gender inside the **RED BUTTONS** of the programme, your PHP/SP PROGRAMME that was prepared for you will be sent your e-mail address.

Then you will go to the RESULTS PAGE by clicking on the **YELLOW button** on the LEFT SIDE of the page. (All the yellow buttons on the Entrance Page goes to Results Page.)