

WEIGHT LOSS FOR LIFE – TOOLS AND ANALYSIS PROGRAM

WLFL-SC

User Manual

Weight Loss for Life Program
Salmon Creek

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Healthy Solutions 41

1. Introduction

PeaceHealth offers a weight-loss program called **Weight Loss for Life (WLFL)**. WLFL is based on the HMR Program, a structured weight-loss and lifestyle program used across the country. WLFL classes are held at PeaceHealth's Salmon Creek office in Vancouver, Washington.

The HMR Program has two phases. **Phase 1** is a highly structured plan built around HMR meal replacements — shakes, entrées, cereal, soup, and bars — along with fruits and vegetables. Each day, participants aim for at least 3 shakes, 2 entrées, and 5 cup-servings of fruits and vegetables (often called the "3+2+5" plan). Staying completely on plan, or "in the box," especially in the first week, helps participants lose weight quickly and build momentum. Participants may also eat as much of their plan foods as they need to feel full — HMR calls this "More is Better."

Phase 2 helps participants keep the weight off for good. Participants continue to use some HMR meal replacements, but they also begin adding other everyday foods back into their diet — lean proteins, whole grains, fruits, and vegetables. Physical activity remains an important part of both phases; the goal is to work up to at least 2,000 calories of physical activity each week.

A big part of WLFL is **tracking** — recording the food you eat, your physical activity, and your weekly weigh-ins. Another important part is **ordering** your HMR meal replacements: shakes, cereal, entrées, soup, and bars.

This app, **WLFL-SC**, was built to make all of this easier. It gives you a place to record your weekly worksheets, order your HMR meal replacements, calculate your physical activity (PA) calories, view reports and graphs of your progress, and check whether a food's nutrition label fits your daily goals.

The app was created using Claude Code AI by someone who has been part of the WLFL program for several years. The app is free, and it was built to be a valuable tool for everyone in the WLFL program.

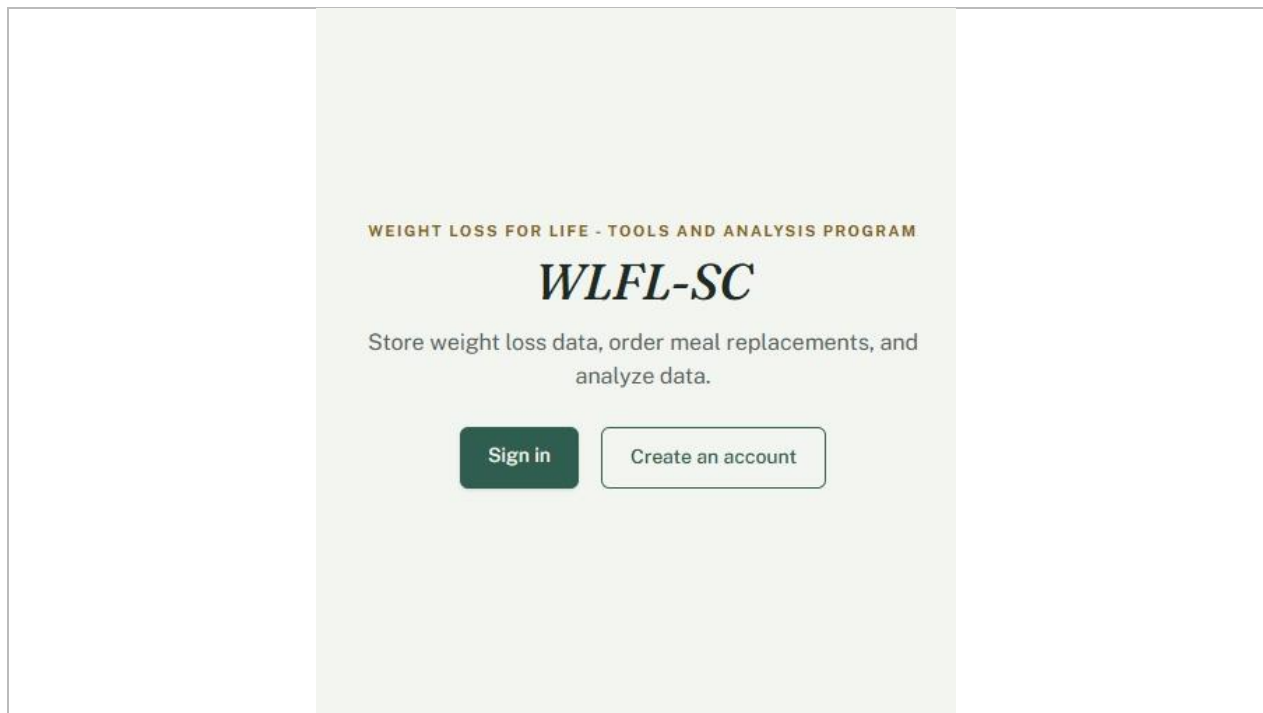
TIP: Throughout this manual, the word "participant" means anyone using the WLFL-SC app as part of the program. "Educator" means your WLFL teacher or instructor at PeaceHealth.

2. Creating Your Account

To use the app, open any web browser (like Chrome, Safari, or Edge) on your phone, tablet, or computer, and type in the address:

WLFL-SC.com

The app will load, and you will see the following screen:



Opening screen

If you already have an account, tap or click Sign in. If this is your first time, tap or click Create an account. The following form will be displayed:

The image shows the "Create an account" form. It has a light green background with a central white area. At the top, the text "WEIGHT LOSS FOR LIFE - TOOLS AND ANALYSIS PROGRAM" is displayed in a small, brown, sans-serif font. Below this, the title "Create an account" is written in a large, bold, black, serif font. The form contains several input fields: "FIRST NAME" and "LAST NAME" (each with a small icon of four colored diamonds), "EMAIL" (with a similar icon), and "PASSWORD" (with a similar icon and a "Show" link). Below the password field, there is a note: "At least 12 characters." At the bottom of the form, there is a dark green button with the text "Create account" in white. Below the button, there is a link: "Already have an account? [Sign in](#)".

Create an account

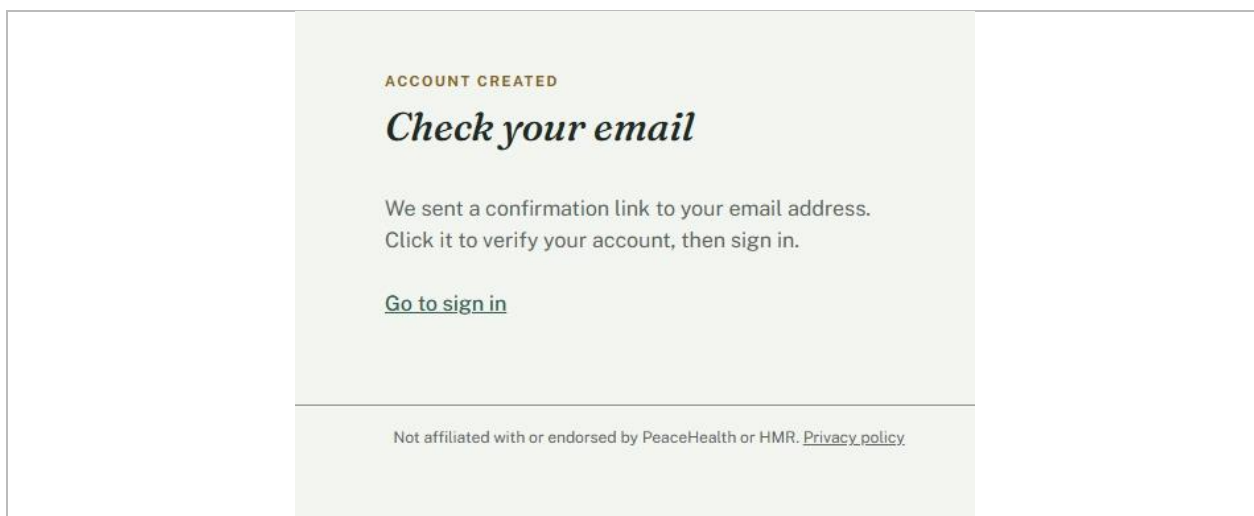
Fill in the following information:

- **First Name** and **Last Name** — your name.
- **Email** — the email address you check regularly. The app will send messages to this address, including a confirmation email and your order receipts.
- **Password** — a password with at least 12 characters. Tap *Show* if you want to see the password as you type it.

When you are done, tap or click Create account.

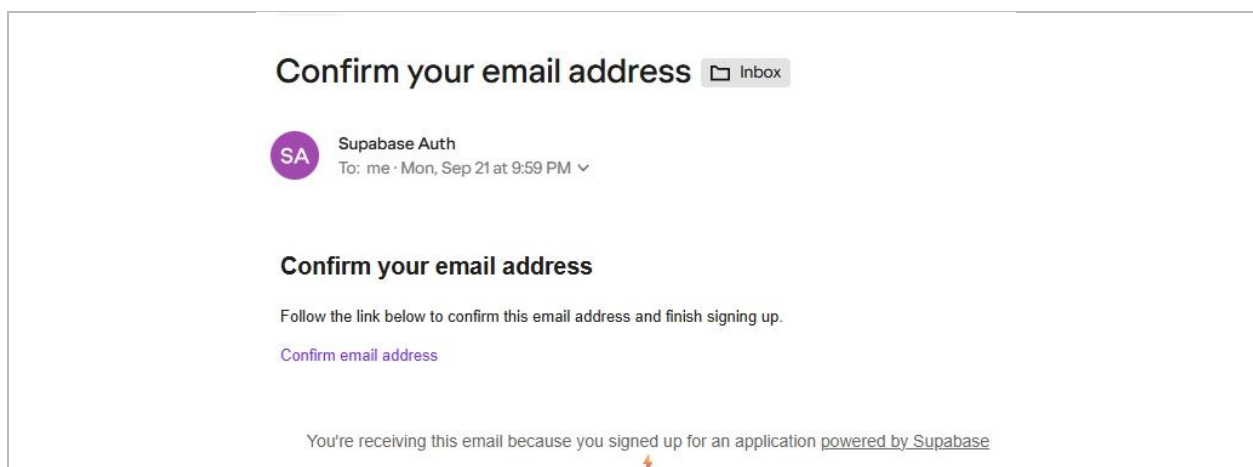
Step 1: Confirm Your Email

After you create your account, you will see a message asking you to check your email:



Check your email

Open your email inbox. You should receive a message that looks like this:



Email confirmation message

Tap or click *Confirm email address* in the email. This tells the app that the email address really belongs to you.

Step 2: Wait for Approval

After you confirm your email, an administrator at PeaceHealth needs to approve your account before you can sign in. You will see this message:



Awaiting approval

TIP: Approval is handled by the app Administrator. Approval should take one day.

Step 3: Complete Your Profile

Once your account is approved, sign in. You will be asked to fill out your profile:

WEIGHT LOSS FOR LIFE - TOOLS AND ANALYSIS PROGRAM

Your profile

FIRST NAME: John

LAST NAME: Bean

EMAIL: j.beant1154@yahoo.com

CELL PHONE (OPTIONAL, STAFF CONTACT ONLY):

PROGRAM START DATE: mm/dd/yyyy

CLASS DAY: Select a day

PROGRAM PHASE: Select a phase

HEALTH COACH (OPTIONAL): None

STARTING WEIGHT (LB): Not recorded

☐ I consent to WLFL-SC collecting and storing my starting weight, as described in the [privacy policy](#). This is used only to give staff context for your program; it is not shown on your order form or receipts.

[Save profile](#)

[Delete your account](#)

Your profile

Fill in the following fields:

- **First Name / Last Name** — your name.
- **Email** — your email address.
- **Cell Phone (optional, staff contact only)** — a phone number PeaceHealth staff can use to reach you. This is optional.
- **Program Start Date** — the date you started the WLFL program.
- **Class Day** — the day of the week your WLFL class meets. Choose from the drop-down list.
- **Program Phase** — choose Phase 1 or Phase 2, whichever you are currently in.
- **Health Coach (optional)** — the name of your Health Coach, if you have one.
- **Starting Weight (lb)** — your weight when you started the program. This becomes the starting point on your Weight Log.

When **Program Phase** is set to Phase 1, an additional field, **Phase 1 Plan**, will appear. This is the specific meal-replacement plan your Educator has assigned to you. There are nine possible plans, and each one

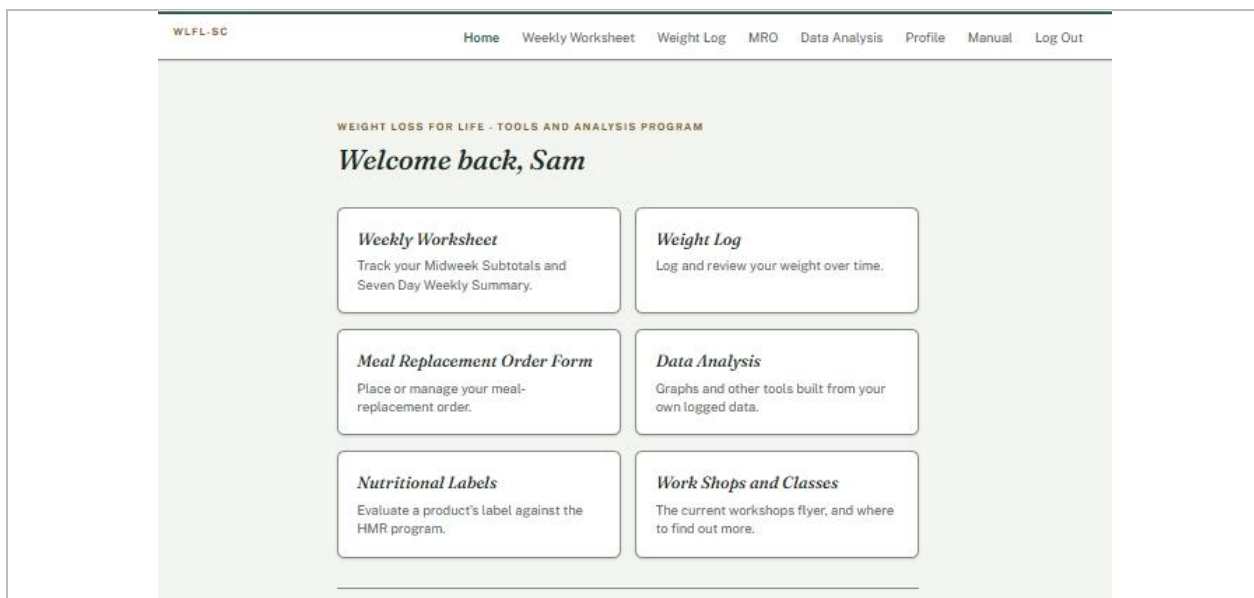
sets the minimum amount of HMR meal replacements you need to buy each week. Your Educator assigns this plan — if you are not sure which plan you are on, ask your Educator before filling in this field. See *Appendix A: Phase 1 Plan Reference* at the end of this manual for the full list of plans and their minimum requirements.

There is a checkbox confirming that you consent to WLFL-SC collecting and storing your starting weight, as described in the privacy policy. This is only used to give staff context for your program; it is not shown on any order form or receipt.

Tap or click Save profile when you are finished. You can come back to this page any time from the Profile link at the top of the screen to update your information.

3. Home Screen

After you sign in, you will land on the Home Screen. This is your starting point every time you use the app:



Home Screen (computer or tablet)

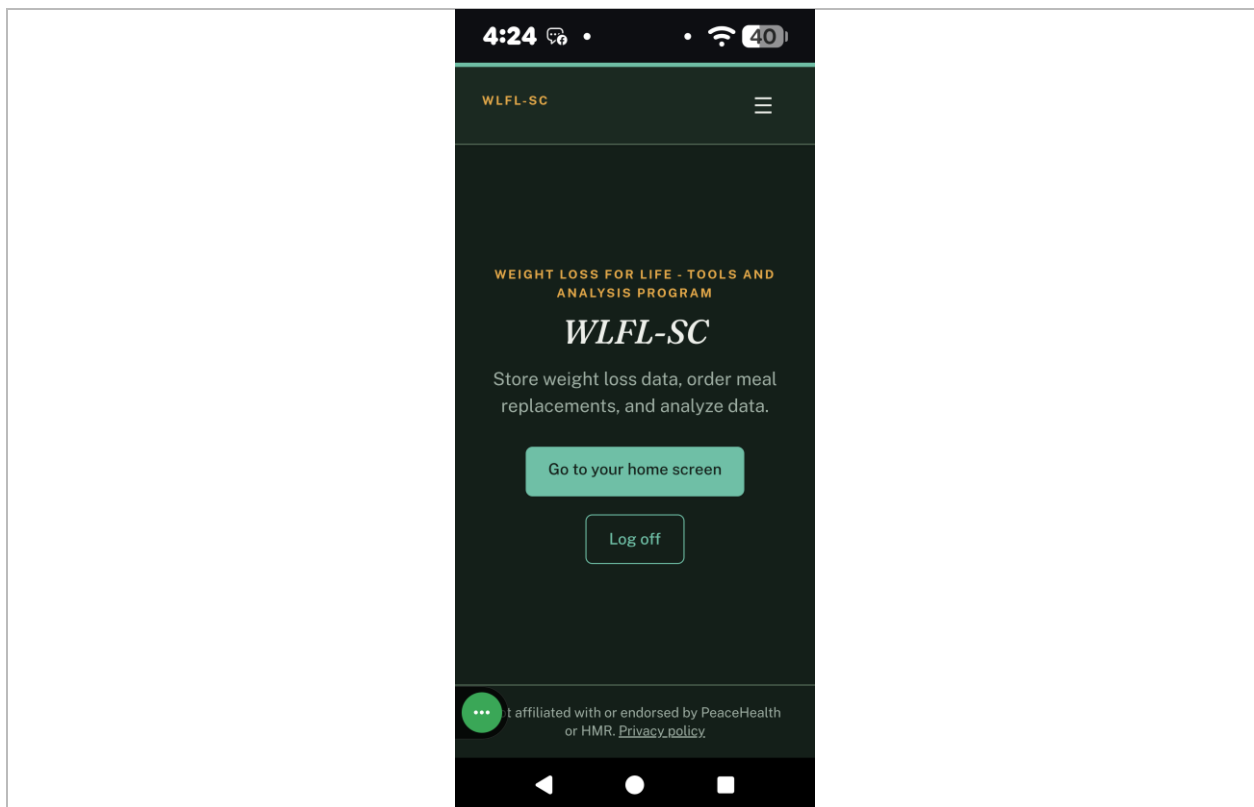
The Home Screen has six tiles, one for each part of the app:

- **Weekly Worksheet** — track your Midweek Subtotals and Seven Day Weekly Summary.
- **Weight Log** — log and review your weight over time.
- **Meal Replacement Order Form** — place or manage your meal-replacement order.
- **Data Analysis** — graphs and reports built from your own logged data.

- **Nutritional Labels** — evaluate a product's label against the HMR program.
- **Work Shops and Classes** — the current workshops flyer, and where to find out more.

The same six tiles are available across the top of the screen (Home, Weekly Worksheet, Weight Log, MRO, Data Analysis, Profile, Log Out) — you can tap or click any of these at any time to jump straight to that section.

On a mobile phone, the Home Screen looks a little different:



Home Screen (mobile phone)

Tap Go to your home screen to see the six tiles, or tap the menu icon (≡) in the top right corner to open the navigation menu.

4. Phase 1

Phase 1 is the structured, "All-In" part of the HMR program. Each day, your goal is to eat your daily minimums of HMR shakes, entrées, and fruits/vegetables — no matter what else happens that day. The WLFL-SC app gives you three tools for Phase 1: the Weekly Summary, the Weight Log, and Reports & Graphs.

4.1 Weekly Summary Report

Tap or click Weekly Worksheet from the Home Screen to open your Phase 1 Weekly Summary:

WEEKLY WORKSHEET

Phase 1 Weekly Summary

Name: Sam Sample

Class Day: Tuesday

Download PDF

Print

Clipboard

Import

Midweek Subtotals

S/C	E	B	MR Total	V	F	V/F Total	Met	Box	PA Cals
8	4	0	12	9	2	11	2	2	520

Seven Day Weekly Summary

Date	Day	S/C	E	B	MR Total	V	F	V/F Total	Met Min Rx	"In the Box"	PA Cals	
06-23-2026	Tue	4 ▾	2 ▾	▾	6	4 ▾	1 ▾	5	☒	☒	240	▼
06-24-2026	Wed	4 ▾	2 ▾	▾	6	5 ▾	1 ▾	6	☒	☒	280	▼
06-25-2026	Thu	4 ▾	2 ▾	▾	6	4 ▾	2 ▾	6	☒	☒	1,380	▼
06-26-2026	Fri	4 ▾	2 ▾	▾	6	5 ▾	1 ▾	6	☒	☒	240	▼
06-27-2026	Sat	4 ▾	2 ▾	▾	6	4 ▾	1 ▾	5	☒	☒	240	▼
06-28-2026	Sun	2 ▾	1 ▾	▾	3	3 ▾	▾	3	☐	☒	180	▼
06-29-2026	Mon	3 ▾	2 ▾	▾	5	5 ▾	▾	5	☒	☒	600	▼
Totals		25	13	0	38	30	6	36	6	7	3,160	

MID-WEEK CALL

MET TRIP IMP.

Yes ▾

Yes

← Prev

Save

Next →

Saved

Delete week

Clear

Phase 1 Weekly Summary

At the top of the page you will see your name, class day, and Health Coach information (if you have one). Below that are four buttons:

- **Download PDF** — saves your Weekly Summary as a PDF file, which you can attach to an email.
- **Print** — sends the Weekly Summary to a printer.

- **Clipboard** — takes a screenshot of your Weekly Summary and copies it to your device's clipboard, so you can paste it directly into an email or message.
- **Import** — imports your weekly data from an Excel spreadsheet, if you are still using one.

Each Educator's class meets on a specific day of the week. Each class has its own day the participants report their Midweek Subtotals — a running total of the current week so far. The Midweek Subtotals table shows this information automatically, based on your Class Day.

A common way to share your Weekly Summary with your Educator is by email: use Download PDF to attach it, or Clipboard to paste a screenshot directly into your mid-week email.

Column Abbreviations

The Seven Day Weekly Summary table uses several abbreviations. Here is what each one means:

Abbreviation	Meaning
S/C	Shakes / Cereal
E	Entrée
B	Bar
MR Total	Meal Replacement Total
V	Vegetable
F	Fruit
V/F Total	Vegetable/Fruit Total
Met Min Rx	Met Minimum Requirement
Box	“In the Box” (stayed completely on your plan)
PA Cals	Physical Activity Calories
Met Trip Imp.	Met Triple Imperative (see below)

The PA Calculator

You do not need to calculate your physical activity calories by hand. In the Seven Day Weekly Summary table, tap or click the down-triangle (▼) to the right of the PA Cals column to open the PA Calculator:

PA Calculator — 09-22-2026

Current weight: 179 lbs

Minutes	Intensity	PA Calories
▼	▼	
▼	▼	
▼	▼	
▼	▼	
Total PA Calories		0

Low Intensity
 Raking, active gardening, recreational sports (e.g. softball, volleyball, golf — no cart)

Medium Intensity
 Walking, mowing, tennis, weight lifting, biking, light aerobics, in-line skating, calisthenics

High Intensity
 Moderate jogging, stair machine, racquetball, swimming

Very High Intensity
 Fast jogging, stair climbing, cross-country skiing (outdoor or machine), jumping rope

PA Calculator

You can enter up to four separate bouts of activity for the day. For each bout, enter the number of minutes and choose an Intensity level from the drop-down list. The four Intensity levels are defined below the table (for example, Low Intensity includes raking and gardening; Very High Intensity includes fast jogging and jumping rope). Tap or click OK, and the Total PA Calories will be copied automatically into the PA Cals cell for that day.

4.2 Weight Log

Tap or click Weight Log from the Home Screen (or from the top menu) to record your weekly weigh-in:

WEIGHT LOG

Weight Log — Phase 1

DATE

WEIGHT (LB)

04/08/2025

Add entry

Import

Date	Weight (lb)	Weekly Change	Total Change	4-Week Weight Loss Total	1st Week's Weight	4th Week's Weight	
09-14-2024	273.0	—	—	—	—	—	Starting p (from your profile)
09-21-2024	261.8	-11.2	-11.2	—	—	—	Edit De
10-01-2024	258.2	-3.6	-14.8	—	—	—	Edit De
10-08-2024	252.7	-5.5	-20.3	—	—	—	Edit De
10-15-2024	250.8	-1.9	-22.2	—	—	—	Edit De
10-22-2024	246.4	-4.4	-26.6	-15.4	258.2	246.4	Edit De
11-05-2024	239.2	-7.2	-33.8	-19.0	252.7	239.2	Edit De
11-12-2024	241.3	+2.1	-31.7	-11.4	250.8	241.3	Edit De
11-19-2024	238.4	-2.9	-34.6	-12.4	246.4	238.4	Edit De

Weight Log — Phase 1

Enter the Date and your Weight (lb), then tap or click Add entry to save it. The Date field defaults to one week after your last weigh-in, but you can change it if needed.

The Weight Log calculates several things for you automatically:

- **Weekly Change** — how much your weight changed since last week.
- **Total Change** — your total weight change since your starting weight.
- **4-Week Weight Loss Total** — your weight change over the last four weeks. Because weight can go up and down from week to week, looking at a four-week total is a better way to see your real progress.
- **1st Week's Weight / 4th Week's Weight** — the two weights used to calculate that four-week total.

Use Edit or Delete next to any row to correct a past entry, or Import to bring in weights from an Excel spreadsheet.

4.3 Reports and Graphs

Tap or click Data Analysis from the Home Screen to see your Graphs and Reports:

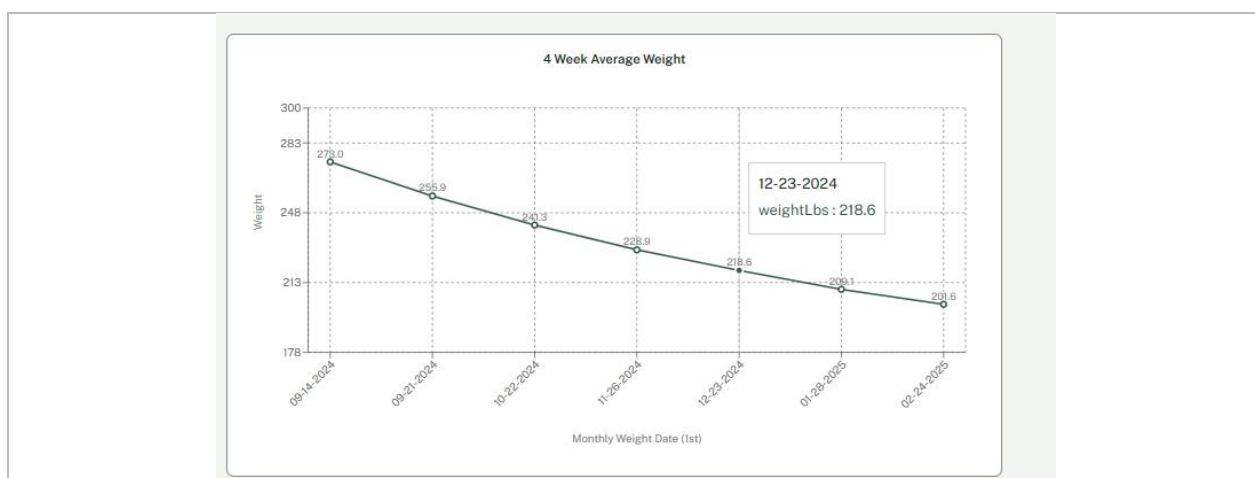


Data Analysis

Graphs

Phase 1 participants have four graphs available; all built automatically from your logged data:

- **4 Week Average Weight** — your weight change over a rolling four-week period.



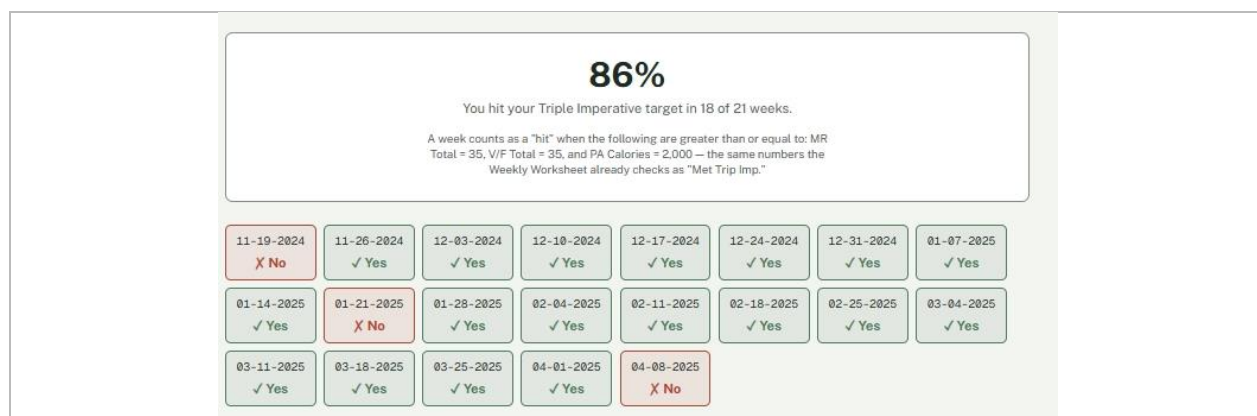
4 Week Average Weight

- **Weekly Summary Trends** — shows PA Calories, Meal Replacement Total, or Vegetable/Fruit Total over time. Use the Show drop-down to switch between them.



Weekly Summary Trends (PA Calories shown)

- Met Triple Imperative Hit Rate** — shows how many weeks you met the “Triple Imperative.” A week counts as a “hit” when your MR Total is 35 or more, your V/F Total is 35 or more, and your PA Calories are 2,000 or more — the same numbers the Weekly Worksheet already checks as “Met Trip Imp.”



Met Triple Imperative Hit Rate

- Weight & Behavior Trends** — a double graph comparing your 4-Week Average Weight against another value of your choice (PA Calories, Meal Replacement Total, Vegetable/Fruit Total, or “In the Box”), so you can see how your habits line up with your weight loss.



Weight & Behavior Trends

Reports

Phase 1 participants have two reports available. Tap or click Reports from the Data Analysis page:

[← Back to Data Analysis](#)

DATA ANALYSIS

Reports

Phase 2 Weekly Summary Report
 Every week's Seven Day Weekly Summary totals, side by side over a date range.

Phase 1 Weekly Summary Report
 Every week's Seven Day Weekly Summary totals, side by side over a date range.

Weight Log Report
 Your weigh-ins, weekly/total/4-week change, side by side over a date range.

Reports

- **Phase 1 Weekly Summary Report** — shows every week's Seven Day Weekly Summary totals, side by side, over any date range you choose. The bottom two rows show the Totals and Averages for each column.

DATA ANALYSIS

Phase I Weekly Summary Report

11-19-2024 - 09-15-2026

Date	S/C	E	B	MR Total	V	F	V/F Total	Met Min Rx	In the Box	PA Calcs
11-19-2024	28	14	0	42	32	5	37	7	7	1,656
11-26-2024	28	14	0	42	37	2	39	6	6	5,530
12-03-2024	28	14	0	42	36	7	43	7	7	6,688
12-10-2024	28	14	0	42	34	6	40	7	7	5,878
12-17-2024	28	14	0	42	34	5	39	7	7	5,372
12-24-2024	28	14	0	42	35	6	41	7	7	3,803
12-31-2024	29	15	0	44	30	6	36	7	7	6,198
01-07-2025	28	18	0	46	29	9	38	7	7	5,870
01-14-2025	30	14	0	44	30	9	39	7	6	5,520
01-21-2025	28	18	0	46	33	0	33	7	7	5,180
01-28-2025	28	16	0	44	37	8	45	7	7	5,155
02-04-2025	28	14	0	42	33	8	41	7	7	4,665
02-11-2025	29	15	0	44	34	9	43	7	7	5,880
02-18-2025	29	15	0	44	34	7	41	7	5	5,865

<https://wlfl-sc.com/data-analysis/reports/phase1-weekly-summary>

1/2

Phase 1 Weekly Summary Report

- **Weight Log Report** — shows your weekly weigh-ins, weekly change, and total 4-week change over any date range you choose.

DATA ANALYSIS

Weight Log Report

09-14-2024 - 04-01-2025

Date	Weight	Weekly Change	Total Change	4-Week Weight Loss Total	1st Week's Weight	4th Week's Weight
09-14-2024	273.0	—	—	—	—	—
09-21-2024	261.8	-11.2	-11.2	—	—	—
10-01-2024	258.2	-3.6	-14.8	—	—	—
10-08-2024	252.7	-5.5	-20.3	—	—	—
10-15-2024	250.8	-1.9	-22.2	—	—	—
10-22-2024	246.4	-4.4	-26.6	-15.4	258.2	246.4
11-05-2024	239.2	-7.2	-33.8	-19.0	252.7	239.2
11-12-2024	241.3	+2.1	-31.7	-11.4	250.8	241.3
11-19-2024	238.4	-2.9	-34.6	-12.4	246.4	238.4
11-26-2024	233.6	-4.8	-39.4	-12.8	239.2	233.6
12-03-2024	231.1	-2.5	-41.9	-8.1	241.3	231.1
12-10-2024	227.2	-3.9	-45.8	-14.1	238.4	227.2
12-17-2024	223.7	-3.5	-49.3	-14.7	233.6	223.7

<https://wlfl-sc.com/data-analysis/reports/weight-log>

1/2

5. Phase 2

Phase 2 helps you move from Phase 1 into a lifestyle you can maintain long-term. You will still use some HMR meal replacements, but you will also begin eating other foods that support your weight loss — lean proteins, whole grains, fruits, and vegetables. Physical activity continues to be an important part of maintaining your weight.

In Phase 2, foods are grouped by type (fruits and vegetables, lean protein, and grains) and also scored from 1 to 10 based on how many calories they have per ounce. Foods scored 7 through 10 have the most calories per ounce and should be kept to a minimum.

5.1 Weekly Summary Report

Your Phase 2 Weekly Summary works the same way as Phase 1's, with a few extra columns for the additional food categories you are now tracking:

WEEKLY WORKSHEET

Phase 2 Weekly Summary

Name: Sam Sample
Class Day: Wednesday

Download PDF
Print
Clipboard
Import

Midweek Subtotals

S/C	E	B	MR Total	V	F	V/F Total	7's-10's	G	LP	PA Cals
11	1	0	12	28	5	33	1	3	5.5	1,710

Seven Day Weekly Summary

Date	Day	S/C	E	B	MR Total	V	F	V/F Total	7's-10's	G	LP	PA Cals	
07-01-2026	Wed	2			2	5	1	6		1	1	300	▼
07-02-2026	Thu	2			2	6	1	7		1	1.5	320	▼
07-03-2026	Fri	2	1		3	6	1	7			1	500	▼
07-04-2026	Sat	2			2	6	1	7	1		1	240	▼
07-05-2026	Sun	3			3	5	1	6		1	1	350	▼
07-06-2026	Mon	2			2	7	1	8		1.5	1	280	▼
07-07-2026	Tue	3			3	5	1	6			1	320	▼
Totals		16	1	0	17	40	7	47	1	4.5	7.5	2,310	

MID-WEEK CALL
MET TRIP IMP.

Yes
Yes

Prev
Save
Next
Saved
Delete week
Clear

Phase 2 Weekly Summary

The Download PDF, Print, and Clipboard buttons work exactly as they do in Phase 1, and your Educator's class day still determines your Midweek Subtotals.

Column Abbreviations

Phase 2's Weekly Summary uses the same abbreviations as Phase 1, plus three new ones for the additional food categories:

Abbreviation	Meaning
S/C	Shakes / Cereal
E	Entrée
B	Bar
MR Total	Meal Replacement Total
V	Vegetable
F	Fruit
V/F Total	Vegetable/Fruit Total
7's–10's	Foods scored 7 through 10 (highest calories per ounce — minimize these)
G	Grains
LP	Lean Protein
PA Cals	Physical Activity Calories
Met Trip Imp.	Met Triple Imperative

The PA Calculator works exactly the same way in Phase 2 as it does in Phase 1 — see Section 4.1 for full instructions.

5.2 Weight Log

Your Phase 2 Weight Log records your weekly weigh-in and your rolling 4-Week Weight Loss Total, just like Phase 1:

WEIGHT LOG

Weight Log — Phase 2

DATE

WEIGHT (LB)

09/30/2026

Add entry

Import

Date	Weight (lb)	Weekly Change	Total Change	4-Week Weight Loss Total	
09-14-2024	273.0	—	—	—	Starting point (from your profile)
04-01-2025	197.5	-75.5	-75.5	—	Edit Delete
04-15-2025	199.0	+1.5	-74.0	—	Edit Delete
04-23-2025	193.7	-5.3	-79.3	—	Edit Delete
04-30-2025	190.9	-2.8	-82.1	—	Edit Delete
05-14-2025	193.3	+2.4	-79.7	-4.2	Edit Delete
05-21-2025	188.0	-5.3	-85.0	-11.0	Edit Delete
05-28-2025	186.7	-1.3	-86.3	-7.0	Edit Delete
06-04-2025	184.7	-2.0	-88.3	-6.2	Edit Delete
06-11-2025	183.2	-1.5	-89.8	-10.1	Edit Delete
06-25-2025	183.4	+0.2	-89.6	-4.6	Edit Delete
07-02-2025	182.0	-1.4	-91.0	-4.7	Edit Delete
07-23-2025	187.5	+5.5	-85.5	+2.8	Edit Delete

Weight Log — Phase 2

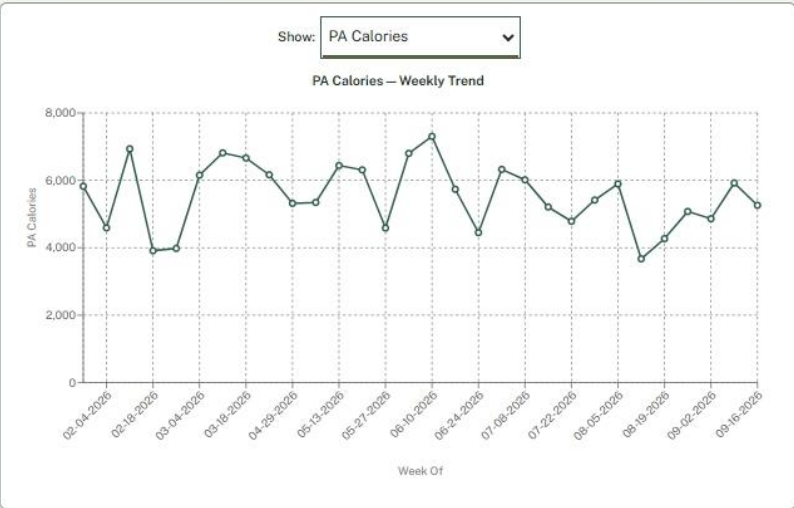
Enter the Date and Weight (lb), then tap or click Add entry. The Date defaults to one week after your last entry, and can be edited if needed.

5.3 Reports and Graphs

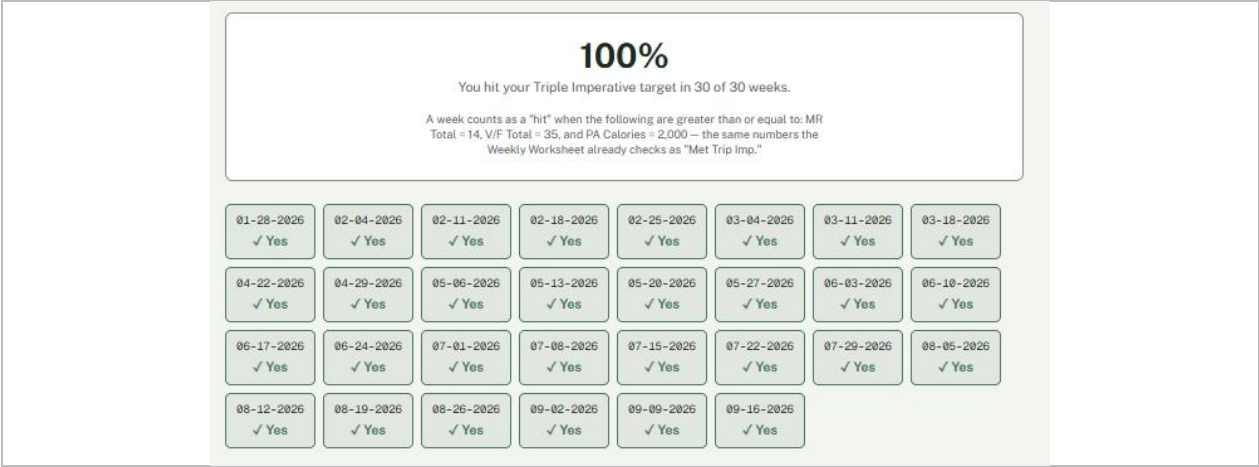
Data Analysis works the same way in Phase 2 as it does in Phase 1 (see Section 4.3) — the same four graphs and two reports are available, using your Phase 2 data.



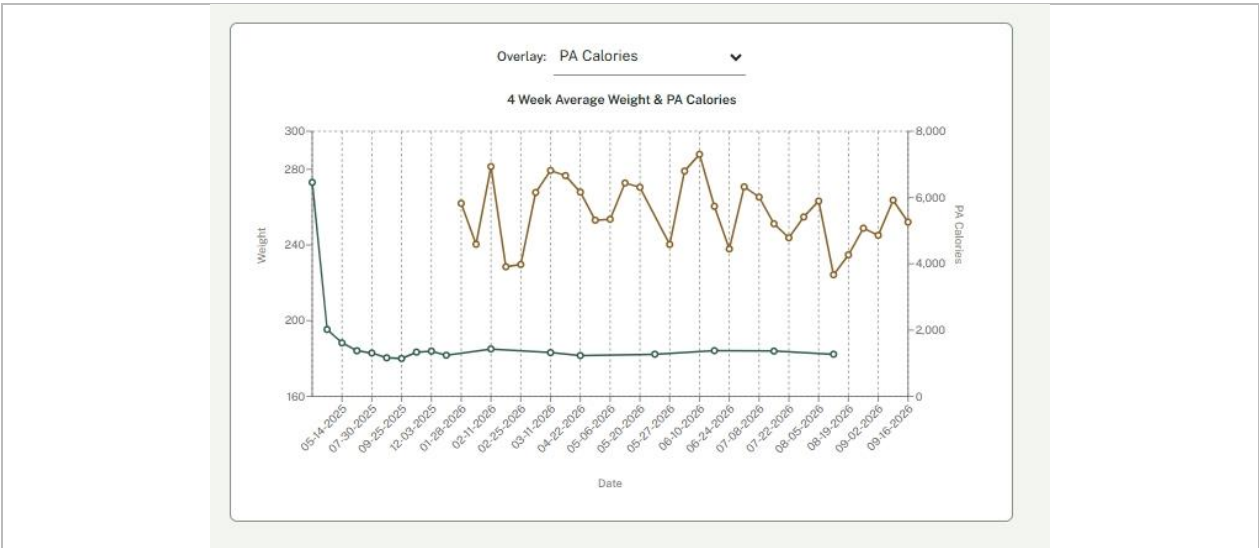
4 Week Average Weight — Phase 2



Weekly Summary Trends — Phase 2



Met Triple Imperative Hit Rate — Phase 2



Weight & Behavior Trends — Phase 2

← Back to Reports

DATA ANALYSIS

Weight Log Report

FROM

TO

09/14/2024

09/23/2026

Update

Download PDF

Print

Clipboard

09-14-2024–09-23-2026

Date	Weight	Weekly Change	Total Change	4-Week Weight Loss Total
09-14-2024	273.0	–	–	–
04-01-2025	197.5	-75.5	-75.5	–
04-15-2025	199.0	+1.5	-74.0	–
04-23-2025	193.7	-5.3	-79.3	–
04-30-2025	190.9	-2.8	-82.1	–
05-14-2025	193.3	+2.4	-79.7	-4.2
05-21-2025	188.0	-5.3	-85.0	-11.0
05-28-2025	186.7	-1.3	-86.3	-7.0
06-04-2025	184.7	-2.0	-88.3	-6.2
06-11-2025	183.2	-1.5	-89.8	-10.1
06-25-2025	183.4	+0.2	-89.6	-4.6
07-02-2025	182.0	-1.4	-91.0	-4.7
07-23-2025	187.5	+5.5	-85.5	+2.8
07-30-2025	183.1	-4.4	-89.9	-0.1
08-06-2025	182.6	-0.5	-90.4	-0.8
08-13-2025	183.8	+1.2	-89.2	+1.8
08-20-2025	181.9	-1.9	-91.1	-5.6
08-27-2025	181.3	-0.6	-91.7	-1.8
09-03-2025	178.9	-2.4	-94.1	-3.7

Weight Log Report — Phase 2

5.4 Nutritional Labels & True Calories

In Phase 2, you will learn to read nutrition labels to decide whether a food is a “7-10” and how many units of it to record on your Phase 2 Weekly Summary. The app has two tools to help: Nutritional Labels, and True Calories for Bread/Tortillas/Buns.

Nutritional Labels

From the Home Screen, tap or click Nutritional Labels to open the Nutritional Labels – Product page:

← Back to Nutritional Labels

NUTRITIONAL LABELS

Nutritional Labels - Product

Download PDF Print New

Product	Category	7-10 (Calc)	Calories/Serving	Wk Sum Val
Morningstar Spicy Black Bean Veggie Burger	Lean Protein	No	150	— ▼
Trader Joe's Filipino Style Chicken Adobo	Other	No*	270	2.5 ▼
Trader Joe's Vegetable Masala Burger	Lean Protein	Yes	140	1.5 ▼
Trader Joe's Quinoa Cowboy Veggie Burgers	Lean Protein	Yes	180	2.0 ▼

* — Entrée, Side Dish and Other products that are not a 7-10. Record them as a 7-10 on your Weekly Summary using the Wk Sum Val shown.

Nutritional Labels – Product

This table has six columns:

- **Product** — the food you looked up.
- **Category** — Lean Protein, Entrée, Side Dish, Vegetable, Fruit, or Other.
- **7-10 (Calc)** — the app's calculation. *Yes* means the food is a 7-10. *No* means it is not a 7-10 and is a Lean Protein, Vegetable, or Fruit. *No** means it is not a 7-10, but should still be recorded in the 7-10's column of your Weekly Summary because it is an Entrée, Side Dish, or Other category food.
- **Calories/Serving** — the calories per serving, from the label.
- **Wk Sum Val** — the number to enter on your Phase 2 Weekly Summary table for this food.
- **(Down triangle)** — tap or click to see the full Nutrition Facts for that product.

Morningstar Spicy Black Bean Veggie Burger

Category: Lean Protein
7-10: No
Wk Sum Val: --

Nutrition Facts

48 servings per container

Serving size 1 each (82g)

Amount per serving

Calories

150

Total Fat

5g

Saturated Fat

1g

Total Carbohydrate

16g

Dietary Fiber

5g

Total Sugars

2g

Includes 1g Added Sugars

Protein

14g

Delete

Edit

OK

Nutrition Facts pop-up

To add a new product, tap or click New:

New Entry

PRODUCT

CATEGORY 7-10

Choose a category... -

Still needs Calories.

Nutrition Facts	
	servings per container
Serving size*	- v (g)
Amount per serving	
Calories*	
Total Fat*	g
Saturated Fat	g
Total Carbohydrate	g
Dietary Fiber	g
Total Sugars	g
Includes Added Sugars*	g
Protein	g

Leave a value blank if the label doesn't list it — blank and zero mean different things.

OR FILL THE LABEL IN AUTOMATICALLY

Paste reads a copied screenshot or copied text. File reads a JPG, PNG or PDF. Phone takes a photo. Large photos are shrunk automatically.

New Entry – Nutritional Labels

Enter the Product name and choose a Category. Then fill in the Nutrition Facts using whichever method is easiest for you:

1. **Manually** — type in the numbers straight from the label.
2. **Search** — tap or click Search next to the Product field. The app will look for the product online. If it finds a match, it will ask you to confirm — if you say yes, the Nutrition Facts fields fill in automatically.
3. **Paste** — if you have a screenshot of the label copied to your clipboard, tap or click Paste. The app will read the image and fill in the fields for you.
4. **File** — tap or click File to choose a saved PNG, JPG, or PDF of the label. The app will read it and fill in the fields.

5. **Phone** — tap or click Phone to take a picture of the label with your phone's camera. The app will read the picture and fill in the fields.

TIP: Leave a field blank if the label does not list it. A blank field and a zero are treated differently — leaving something blank is not the same as saying the label lists a zero.

Tap or click Save to add the product to your Nutritional Labels list. Tap or click Download PDF or Print for a formatted, expanded version of the table you can save or hand to your Educator:

9/24/26, 9:12 PM

WLFL-SC

Nutritional Labels - Product

Not affiliated with or endorsed by PeaceHealth or HMR.

Name: John Bean

Printed: 2026-09-24

Products: 4

Product	Category	7-10	Cal	Wk Sum Val	Servings	Serving Size	Total Fat (g)	Saturated Fat (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Morningstar Spicy Black Bean Veggie Burger	Lean Protein	No	150	—	48	1 each (82g)	5	1	16	5	2	1	14
Trader Joe's Filipino Style Chicken Adobo	Other	No*	270	2.5	1	1 each (289g)	8	1	35	1	1	1	14
Trader Joe's Vegetable Masala Burger	Lean Protein	Yes	140	1.5	4	1 piece (71g)	7	0.5	19	2	2	1	2
Trader Joe's Quinoa Cowboy Veggie Burgers	Lean Protein	Yes	180	2.0	4	1 each (85g)	8	1	22	4	—	0	5

* — Entree, Side Dish and Other products that are not a 7-10. Record them as a 7-10 on your Weekly Summary using the Wk Sum Val shown.

Nutritional Labels report

True Calories for Bread, Tortillas, and Buns

The Nutrition Facts label on many breads, tortillas, and buns can be misleading. Some products subtract fiber from their carbohydrate count, which understates their true calories. This tool calculates the true calories per serving so that the 7-10 calculation is accurate.

The true calories are calculated by adding together:

1. Total Fat × 9
2. Total Carbohydrates × 4
3. Protein × 4

From the Nutritional Labels page, choose True Calories for Bread/Tortillas/Buns to open the True Calories Calculation – Product (Grains) table:

[← Back to Nutritional Labels](#)

NUTRITIONAL LABELS

True Calories Calculation - Product (Grains)

Download PDF
Print
New

Product	7-10 (Calc)	Calories/Serving	True Calories/Serving	Wk Sum Val	
Signature Select Keto Bread (Safeway)	No	30	61	0.5	▼
Sola Sweet Oat (Walmart)	No	30	61	0.5	▼
Dave's 100% Whole Wheat Thin-Slice	No	70	77	1.0	▼
Dave's 21 Whole Grains and Seeds Thin-Sliced	No	60	77	1.0	▼
Dave's Powerseed Thin-Sliced	No	60	78	1.0	▼
Trader Joe's Sourdough Crushed Wheat Bread	No	80	80	1.0	▼
Dave's Sprouted Whole Grains Thin-Sliced	No	70	81	1.0	▼
Dave's Good Seed Thin-Sliced	No	70	82	1.0	▼
Dave's White Bread Done Right Thin-Slice	No	70	82	1.0	▼
Dave's Oats & Blues Thin-Sliced	No	80	87	1.0	▼
Xtreme Wellness Tortilla	No	60	94	1.0	▼
Mission Zero Net Carbs Spinach	No	80	116	1.0	▼
Thomas Light Multi Grain English Muffins	No	100	129	1.5	▼

True Calories Calculation – Product (Grains)

This table has similar columns to the Nutritional Labels table, plus a True Calories/Serving column showing the corrected number. The 7-10 (Calc) column is based on this corrected number rather than the number printed on the label. Tap or click the down-triangle to see the full Nutrition Facts for a product:

Signature Select Keto Bread (Safeway)

Category: Grain 7-10: No Wk Sum Val: —

Nutrition Facts

18 servings per container

Serving size 1 slice (28g)

Amount per serving

Calories

30

Total Fat1g

Saturated Fat0

Total Carbohydrate10g

Dietary Fiber8g

Total Sugars0

Includes 0 Added Sugars

Protein3g

Delete

Edit

OK

True Calories pop-up

To add a new product, tap or click New:

New Entry

PRODUCT

Search

CATEGORY

TRUE CALORIES

7-10

Grain

—

—

Still needs Calories.

Nutrition Facts

servings per container

Serving size* (g)

Amount per serving

Calories*

Total Fat*

Saturated Fat

Total Carbohydrate

Dietary Fiber

Total Sugars

Includes Added Sugars*

Protein

Leave a value blank if the label doesn't list it — blank and zero mean different things.

OR FILL THE LABEL IN AUTOMATICALLY

Paste

File

Phone

Paste reads a copied screenshot or copied text. File reads a JPG, PNG or PDF. Phone takes a photo. Large photos are shrunk automatically.

Cancel Save

New Entry – True Calories

Enter the Product name, then fill in the Nutrition Facts using the same five methods described above (Manually, Search, Paste, File, or Phone). Tap or click Save when you are done, and use Download PDF or Print for a formatted report:

9/24/26, 9:35 PM

WLFL-SC

True Calories Calculation - Product (Grains)

Not affiliated with or endorsed by PeaceHealth or HMR.

Name: John Bean Printed: 2026-09-24 Products: 16

Product	True Cal	Wk Sum Val	Servings	Serving Size	Cal	Total Fat (g)	Saturated Fat (g)	Total Carbohydrate (g)	Dietary Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)
Signature Select Keto Bread (Safeway)	61	0.5	18	1 slice (28g)	30	1	0	10	8	0	0	3
Sola Sweet Oat (Walmart)	61	0.5	14	1 each (26g)	30	1	0	9	9	0	0	4
Dave's 100% Whole Wheat Thin-Slice	77	1.0	21	1 slice (28g)	70	1	0	14	2	2	2	3
Dave's 21 Whole Grains and Seeds Thin-Sliced	77	1.0	21	1 slice (28g)	60	1	0	14	3	3	3	3
Dave's Powerseed Thin-Sliced	78	1.0	21	1 slice (28g)	60	1.5	0	12	3	2	2	4
Trader Joe's Sourdough Crushed Wheat Bread	80	1.0	20	1 slice (34g)	80	0	0	17	1	0	0	3
Dave's Sprouted Whole Grains Thin-Sliced	81	1.0	21	1 slice (28g)	70	1	0	15	2	3	3	3
Dave's Good Seed Thin-Sliced	82	1.0	21	1 slice (28g)	70	1.5	0	13	3	2	2	4
Dave's White Bread Done Right Thin-Slice	82	1.0	21	1 slice (28g)	70	1.5	0	14	2	2	2	3
Dave's Oats & Blues Thin-Sliced	87	1.0	21	1 slice (28g)	80	2.5	0	12	2	2	2	4
Xtreme Wellness Tortilla	94	1.0	8	1 piece (45g)	60	1.5	0	16	12	0	0	4
Mission Zero Net Carbs Spinach	116	1.0	8	1 each (43g)	80	4	2	15	15	0	0	5
Thomas Light Multi Grain English Muffins	129	1.5	6	1 piece (57g)	100	1	0	26	8	1	0	4
Don Pancho Carbo Control Wraps	142	1.5	8	1 each (60g)	70	2	1	24	20	2	2	7
Trader Joe's Flour Tortillas	177	2.0	12	1 piece (57g)	180	4.5	1	29	0.5	0	0	5
Trader Joe's Sandwich Starters	193	2.0	6	1 each (66g)	180	5	0.5	31	1	1	1	6

<https://wlfl-sc.com/nutritional-labels/true-calories>

1/1

True Calories report

6. Meal Replacement Orders (MRO)

Through PeaceHealth, participants order HMR meal replacements and pick up their order at the PeaceHealth Salmon Creek complex.

From the Home Screen, tap or click Meal Replacement Order Form (or MRO in the top menu) to open the Place an order form:

MEAL REPLACEMENT ORDER

Place an order

PARTICIPANT

John Bean

PICK-UP DATE

Select a date ▼

PICK-UP TIME

Select a time ▼

Shakes, Soup and Cereal

800 (7 Packets) — \$19.99

Chocolate \$19.99

-

0

+

Vanilla \$19.99

-

0

+

70 Plus (7 Packets) — \$19.99

Chocolate \$19.99

-

0

+

Vanilla \$19.99

-

0

+

120 (12 Servings) — \$29.99

Chocolate \$29.99

-

0

+

Vanilla \$29.99

-

0

+

Mocha \$29.99

-

0

+

Salted Caramel \$29.99

-

0

+

Strawberry \$29.99

-

0

+

Chicken Soup (7 Packets) — \$19.99

Chicken Soup \$19.99

-

0

+

Multigrain Cereal (18 Packets) — \$47.99

Multigrain Cereal \$47.99

-

0

+

Individual Packets — \$2.90 each

800 Chocolate \$2.90

-

0

+

Place an order (top of form)

Your name and assigned plan are shown near the top of the form. Choose your Pick-up Date and Pick-up Time from the drop-down lists.

Below that, you will see the list of available items, grouped into sections (Shakes, Soup and Cereal; Entrées; Bars; Other Items):

34

Chocolate Peanut Butter \$1.50

-

0

+

Fudge Graham \$1.50

-

0

+

Iced Oatmeal \$1.50

-

0

+

Double Chocolate Chip \$1.50

-

0

+

Lemon Crisp \$1.50

-

0

+

Other Items

Blender Bottle \$12.00

-

0

+

PeaceHealth Reusable Bag \$5.00

-

0

+

Vitamins No charge

-

0

+

NOTES FOR STAFF (OPTIONAL)

Subtotal

\$0.00

Tax

\$0.00

Total Order Cost

\$0.00

Submit order

Review order

Payment is due the day before pick-up.

Download fillable order form (PDF)

View order history

Place an order (bottom of form)

For each item, use the + and – buttons to set the quantity you want to order. You can also add a note for staff in the Notes for Staff box near the bottom of the form.

When you are finished, you have two choices:

- **Review order** — shows a summary of your order before you submit it.
- **Submit order** — submits your order right away.

If you tap or click Review order, you will see the Review order page:

MEAL REPLACEMENT ORDER

Place an order

MEAL REPLACEMENT ORDER

Review order

PICK-UP

10-06-2026 at 11:00 AM

STATUS

Pending

Shakes, Soup and Cereal

Item	Qty	Unit price	Line total
120 – Chocolate	2	\$29.99	\$59.98
120 – Vanilla	1	\$29.99	\$29.99
			3 items – \$89.97

Entrees

Item	Qty	Unit price	Line total
Creamy Mac & Cheese	2	\$5.25	\$10.50
Turkey Chili	1	\$5.25	\$5.25
Lasagna w/Meat Sauce	2	\$5.25	\$10.50
Cheese & Basil Ravioli	1	\$5.25	\$5.25
			6 items – \$31.50

Subtotal

\$121.47

Tax

\$0.00

Total Order Cost

\$121.47

Payment is due the day before pick-up.

Submit order

Edit

[Download fillable order form \(PDF\)](#)

[View order history](#)

Review order

Check that everything looks correct. If it does, tap or click Submit order. If something needs to change, tap or click Edit to go back to the order form.

If you are in Phase 1, the app checks your order against the minimum requirements of your assigned plan when you submit. If your order does not meet the minimum, you will see a message explaining exactly what you still need to add:

MEAL REPLACEMENT ORDER

Place an order

This order is below the weekly minimum for Decision Free — 800's (3+2). To meet Option 1 you need 3 boxes of 800 Shake and 8 Entrees.

MEAL REPLACEMENT ORDER

Review order

PICK-UP	STATUS
10-06-2026 at 11:00 AM	Pending

Order does not meet the weekly minimum

Once your order is successfully submitted, the app sends an email to PeaceHealth staff so they can fill your order, and you will be copied on that email.

TIP: Payment is due the day before pick-up. You can also download a fillable order form as a PDF, or view your past orders, using the links at the bottom of the order form.

7. Classes and Workshops

The Weight Loss for Life department at PeaceHealth periodically holds workshops and classes on topics like nutrition, mindful eating, and staying active. From the Home Screen, tap or click Work Shops and Classes to see the current flyer:

← Back to Home

WORK SHOPS AND CLASSES

Work Shops and Classes

Download PDF Print

Weight Loss for Life

UPCOMING WORKSHOPS

GLP-1 SUPPORT

Medication, without lifestyle change is just another temporary solution!

4 weeks – Thurs @ 10a
In-person or Virtual
9/17/26 – 10/8/26

Mary Held, MS, RD
\$150/series

BACK TO BASICS BOOTCAMP

Reboot, Retocus, Recharge.

5 weeks* – Mondays @ 5p
9/21/26 – 10/19/26
*Intro Class 9/14 @ 5p if needed

Angela Snyder, RD
\$125 + Food

MENOPAUSE ROADMAP

Hot Flashes, Cool Solutions!

2 weeks – Tue @ 5:30p
9/22/26 & 9/29/26
VIRTUAL

All Jack, RD, CSOWM
\$75/series

Join our expert team of Registered Dietitians for our exciting workshops!

PeaceHealth
Specialty Clinic –
Salmon Creek

2312 NW 129th St
Vancouver WA 98684

360-546-8005
wll@peacehealth.org

*For more details about the WLL program call, email, or check out the QR code

PeaceHealth

Call or email to sign up today – Space is limited! Everyone Welcome

BUDGET BITES

SHOP, PREP, COOK

Learn simple ways to shop smart.

Wed 10/7/26 @ 6:30pm
Sarah Sterling, RD
\$35

BEYOND THE SCALE: MINDFUL EATING

Break free from the cycle of guilt, stress, and confusion around eating.

Content created by Amy Gruber, PhD.

Tue 10/13/26 @ 5:30pm
Sarah Sterling, RD
\$50

HEALTHY RELATIONSHIP WITH FOOD

Explore how dieting, upbringing, and emotions shape your relationship with food.

Wed 10/28/26 @ 6:30pm
Sarah Sterling, RD
\$50

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Click or tap for further information

Work Shops and Classes

The flyer shows the upcoming workshops and classes, along with dates, times, and costs. Tap or click the button below the flyer (“Click or tap for further information”) to open PeaceHealth’s Weight Loss for Life program page in a new browser window, where you will find more details and sign-up information.

You can also use the Download PDF or Print buttons at the top of this page to save or print the current flyer.

8. Creating Shortcuts on Your Phone, Tablet, or Computer

A shortcut is an icon you can add to your phone, tablet, or computer that takes you straight to WLFL-SC.com, without having to type the address every time. Once you set up a shortcut, using the app will feel just like opening any other app on your device.

Android Phones and Tablets

1. Open the Chrome browser and go to WLFL-SC.com.
2. Tap the three dots (⋮) in the top right corner of the screen.
3. Tap Add to Home screen.
4. Tap Add, then Add automatically (or Add) again to confirm.

A WLFL-SC icon will now appear on your Home screen.

Apple iPhones and iPads

1. Open the Safari browser and go to WLFL-SC.com.
2. Tap the Share button (a square with an arrow pointing up), usually found at the bottom of the screen.
3. Scroll down and tap Add to Home Screen.
4. Tap Add in the top right corner.

A WLFL-SC icon will now appear on your Home Screen.

Windows 11 Computers

1. Open the Chrome or Edge browser and go to WLFL-SC.com.
2. Click the three dots (Chrome) or three dots (Edge) in the top right corner of the browser window.
3. Click Cast, save, and share (Chrome) or Apps (Edge).
4. Click Install page as app or Install this site as an app, then click Install.

A WLFL-SC icon will be added to your Desktop and Start menu.

Mac (iMac) Desktops

1. Open the Safari browser and go to WLFL-SC.com.
2. Click the Share button in the toolbar (a square with an arrow pointing up).
3. Click Add to Dock.

A WLFL-SC icon will be added to your Dock, so you can open it just like any other app.

TIP: The exact wording of these menus can change slightly as Apple, Google, and Microsoft update their software. If a step looks a little different on your device, look for words like “Add to Home Screen,” “Install app,” or “Add to Dock.”

Appendix A: Phase 1 Plan Reference

Your Educator assigns you one of the following nine Phase 1 plans. This determines the minimum amount of HMR meal replacements you are required to purchase each week. If you have extra meal replacements beyond your minimum, you can use them for “More is Better” or save them for when you move to Phase 2.

Decision Free – All Shakes

Plan	Weekly Minimum
All 800 Shake — Option 1	5 boxes of 800 Shake (6 boxes first week; more as needed for “More is Better”).
All 800 Shake — Option 2	4 boxes of 800 Shake (5 boxes first week) + 1 box Cereal or Soup. Can mix/match cereal or soup boxes to equal 7.
All 70+ Shake — Option 1	8 boxes of 70+ Shake (9 boxes first week; more as needed for “More is Better”).
All 70+ Shake — Option 2	7 boxes of 70+ Shake (8 boxes first week) + 1 box Cereal or Soup. Can mix/match to equal 7; can be taken with Lactaid tablets.

You can substitute 1 cereal for 1 shake per day, and 1 soup for 1 shake per day. Entrées and 120-canister shakes are used for “More is Better” only.

Decision Free – Shakes and Entrées

Plan	Weekly Minimum
800's (3+2) — Option 1	3 boxes of 800 Shake (4 boxes first week) + 14 Entrées.
800's (3+2) — Option 2	2 boxes of 800 Shake + 1 box Cereal or Soup (mix/match to equal 7) + 14 Entrées.
70+ (5+2) — Option 1	5 boxes of 70+ Shake (6 boxes first week) + 14 Entrées.
70+ (5+2) — Option 2	4 boxes of 70+ Shake + 1 box Cereal or Soup (mix/match to equal 7; can be taken with Lactaid tablets) + 14 Entrées.

You can substitute 1 cereal for 1 shake per day, and 1 soup for 1 shake per day. 70+ Shake and 120-canister shakes are used for “More is Better” only.

Healthy Solutions

Plan	Weekly Minimum
Option 1	2 cans 120 Shake (12 servings each) + 14 Entrées.
Option 2	1 can 120 Shake (12 servings) + 1 box 70+ Shake, Cereal or Soup + 2 packets 70+ Shake, Cereal or Soup (to total 9 servings) + 14 Entrées.
Option 3	1 can 120 Shake (12 servings) + 9 packets Cereal, Soup, or 70+ Shake (mix/match to equal 9 packets) + 14 Entrées.

Plan	Weekly Minimum
Option 4	2 boxes 70+ Shake (3 boxes first week) + 7 packets Cereal, Soup, or 70+ Shake (mix/match to equal 7; can be taken with Lactaid tablets) + 14 Entrées.
Option 5	2 boxes 800 Shake (3 boxes first week) + 7 packets Cereal, Soup, or 70+ Shake (mix/match to equal 7; can be taken with Lactaid tablets) + 14 Entrées.

Any HMR Shake, Cereal, or Soup can be used to count toward the minimums on the Healthy Solutions plan. You can substitute 1 cereal for 1 shake per day, and 1 soup for 1 shake per day.

TIP: Minimum purchase is required every week while you are in Phase 1 of the program. If you have extra meal replacements, you can use them for “More is Better,” or save them for when you move to Phase 2.

If you are not sure which plan you are on, ask your Educator — this is also shown on your Profile page and at the top of your Meal Replacement Order Form.