

Goals

Set up your personal cholesterol-conscious nutrition goals and optional weight-management targets.

What this module does

The Goals module is the starting point for Cholesterol Coach. It tells the system which nutrition priorities apply to you, so daily targets, recommendations, reports and plans can be adjusted to your situation. You can select more than one goal and you can leave optional weight fields unchanged when cholesterol is your main focus.

When to use it

Use Goals before you start working with meal plans, reports or daily tracking. Revisit it whenever your health focus, doctor's advice, weight target or nutrition priorities change.

Step-by-step tutorial

1. Open Goals from the dashboard.
2. Read the available goal options and select every option that applies to your situation.
3. Choose more than one option if several goals are relevant for you.
4. Complete the goal setup as accurately as possible, because these choices help Cholesterol Coach personalize targets and recommendations.
5. If weight management is also important for you, enter your current weight and your target weight.
6. Watch the overview on the right side. It shows how your nutrition targets are adjusted when you change optional information.
7. If your main focus is cholesterol, leave the weight-management section unchanged.
8. Click Save to store your personal nutrition goals.
9. Return to the Dashboard after saving.

What happens next

Your selected goals become the base for more personal daily targets, better weekly planning and more useful nutrition reports.

Practical tips

- Do not select only one goal if several points apply to you.
- Optional weight information is useful, but not required.
- Update Goals whenever your situation changes instead of creating a new account.
- The more accurate this setup is, the more useful the rest of Cholesterol Coach becomes.