Life at the intersection of the smart phone, social computing & gamification:

How I lost 80 pounds in 1 year and am (mostly) keeping it off

Jonathan David, SMIEEE

IEEE – SCV – CAS:
12/9/2013
Plan

- Background
- Starting
- Food Plan
- Rules of the Game
- Going Mobile
- Caveats
- An Invitation

12/19/2010  ~275 lbs?
Twinkie diet helps nutrition professor lose 27 pounds

By Madison Park, CNN
November 8, 2010 8:40 a.m. EST

STORY HIGHLIGHTS

- Nutrition professor's "convenience store diet" helped him shed 27 pounds
- Haub limited himself to 1,800 calories and two-thirds come from junk food
- Haub said it's too early to draw any conclusions about diet


For 10 weeks, Mark Haub, a professor of human nutrition at Kansas State University, ate one of these sugary cakelets every three hours, instead of meals. To add variety in his steady stream of Hostess and Little Debbie snacks, Haub munched on Doritos chips, sugary cereals and Oreos, too.

His premise: That in weight loss, pure calorie counting is what matters most -- not the nutritional value of the food.

The premise held up: On his "convenience store diet," he shed 27 pounds in two months.

“Merry Christmas, We start on Wednesday!”
Jan 15, 2012
Food – game on plan

- 5 meals / day:
  - 2hrs <= spaced <= 4hrs
  - Palm sized portion of protein
  - Fist sized portion of carbs
  - Thumb sized portion of fat
  - Veggies

- 100 cal snack

- Cucumber and Celery OK between meals

- 1 day off every week (don’t go crazy)

- 1 meal off every week (1 serving Alcohol ok)

- 3 liters of water/day
The rest of the rules of the game.

- > 20 minutes of Exercise / day
- >7 hours sleep / night
- Old habit
- New habit
- Communicate with (encourage) team members
- Communicate with other team’s members (trash talk?)
- 1 day off per week
- Penalties:
  - No snacking
  - No Alcohol (except on day /meal off)
  - Habit changes!
Going Mobile
Stay under calorie goal
- No points if you exercise AFTER going over.
- Alcohol / snack penalty if you go over budget on that item.
- 4 meals / day + a beer.
Food – Breakfast

- 1/3 cup Coachs
- 1 cup water
- 20gm raisins
- Microwave
  - 70% power for 5:15
- Rolled oats use ½ cup
Pro-Tip: Invest in an Auto-Zeroing Scale

Assists with portion control, when calorie counting!
Food – Lunch / Tea

- Wheat Thin
- 1 serving lunch meat (2oz)
- ½ slice PepperJack cheese
- Cucumber, onion, tomato (sliced)
- Mustard
- Finger Salad
Walking – Biking: MyTracks

- Use MyTracks to estimate speed and duration of Walking, Hiking, Cycling, Running.

- Pick closest one MyFitnessPal and add time. (calories for weight are automatically estimated, can be edited)
Beer/Alcohol

- $K \approx 2.5 \text{ cal/oz/\%ABV}$
- $\text{Cal} = K \cdot \text{oz} \cdot \text{ABV}$
- $30 \cdot \text{ABV}$ for 12oz
- $40 \cdot \text{ABV}$ for pint

- Worse for you than Sugar
- Sugar: the bitter Truth
I’m a Student of healthy eating, not a diet expert.

I found something that worked for ME. You are welcome to try it, but do not depend on my information alone!

Be willing to learn, and keep an eye on qualifications!

“You’re mileage may Vary.”
At an elevation of 1,591 feet, Cowles Mountain’s Summit is the highest point in Mission Trails Regional Park and the City of San Diego. It offers a 360° view of San Diego County and points beyond. This summit is a focal point in the park and provides a rest area and viewpoint for hikers.
Are you ready?

- Next round starts Jan 6, 2014
  - sign up for HabitRPG
  - Prepare your health goals.
  - Join my “party” & a guild or two,
    - Send my your in game ID
  - Lets see how mobile gaming can help us be better!
    - jbdavid@qca.qualcomm.com
    - J.david@ieee.org
    - jbdavid77@gmail.com
Thank you!

7/13/2013 173 lbs