



Keep Track Of Your Weight With Sprint MyFoodPhone

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Have you been gaining a bit of weight? Do you have a cell phone? Are you wondering why I am bringing up these two seemingly unrelated topics? Well, the reason is that they're more connected than you would initially think. They are brought together in Sprint's new MyFoodPhone service. This is a cell phone camera based service that allows a user to keep track of their eating habits, and to receive personalized reports from nutritional advisors about how to improve these habits.



Basically, every time that a subscriber eats something, he first takes a picture through the Sprint cell phone. Then, the person sends the picture to a nutritional advisor who analyzes it. Once a month, the subscriber receives a personalized video message about their eating, and how to improve on it, from their advisor. Included in the service is the Visual Food Journal, a system that allows further tracking of one's health. This journal is there to upload pictures in to, track change in weight, and amount of exercise. All of these factors contribute to providing a better picture for the analyst, in turn allowing the consumer to receive the best possible report.

Seeing as to how the MyFoodPhone service is only \$10 a month, this should be a great option for people with less than ideal bodies. While it's only received once a month, having a personalized message adds a certain inspiration factor to the package, leading to better weight loss in the consumer. While it really can't replace a personal trainer in Bally's this is a nice, technological secondary way to improve on one's health.