



GETTING STARTED WITH MYFITNESSPAL

- **1** GOAL SETTING
- **2** TRACKING FOOD
- **3 TIPS & TRICKS**



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HEY

Welcome to my simple, step-by-step guide to MyFitnessPal.

When it comes to tracking nutrition, it's important to take the element of 'winging-it' out of the equation. This is where MyFitnessPal comes into play.

Through my coaching, you'll be aware of the significance of weighing your food and controlling portions. MyFitnessPal allows you to track your intake, and compiles your food diary to show you how well (or otherwise) your food choices align with the targets I've set for you.

This guide will talk you through how best to use the app, how to personalise it to suit your goals, and how best to track your nutrition.

GET STARTED



Once you've downloaded the app, you'll be prompted with a step-by-step guide to setup your account.

You can follow this as below, but don't worry too much about the question prompts. MyFitnessPal will generate a calorie-goal based on the information you provide, but this won't be the calorie target you will stick to. I'll personally provide with your calorie and macronutrient targets.

THE ONLY IMPORTANT STAGE IN THIS PROCESS IS INPUTTING YOUR CURRENT WEIGHT.



As you can see in the final screenshot, MyFitnessPal will automatically try to use your phone to track your steps, and thus use these steps to calculate your 'calories burned'.

Please ensure that you untick this action, as it's not necessary to track your calorie output through MyFitnessPal, and can cause confusion when tracking nutrition.





As mentioned above, the generic figures that MyFitnessPal provide when you initially set your account up aren't to be adhered to. You can manually input the figures I provide you using the following steps;

12		ĺ
	More	
	Streak 1 day MFPTrial123 Progress 0 st Ibs lost	
*	Explore Premium	>
н	Shop Fitness Gear	>
Do	My Profile	>
Ē	Plans NEW	>
PP	Recipe Discovery NEW	>
8 ¹⁰	Workout Routines NEW	>
0	Goals	>
Φ	Challenges	>
\odot	Nutrition	>
\bigcirc	My Meals, Recipes & Foods	>
C HOM	Reminders	> RE

FOOD DIARY

Enter the 'More' section of the MyFitnessPal app in the bottom, right-hand corner.

÷	Goals
Starting Weight	10 st on 16/07/2020
Current Weight	10 s
Goal Weight	9 s
Weekly Goal	Lose 1 lb per week
Activity Level	Not Very Active
Nutrition Goals	
Calorie, Carbs, Pro Customize your def	tein and Fat Goals ault or daily goals.
Calorie Goals By M Stay on track with a	leal I calorie goal for each meal.
Show Carbs, Prote View carbs, protein	in and Fat By Meal and fat by gram or percent.
A statistics of Michael and	Quela I

dditional Nutrient Goals	
itness Goals	
Vorkouts/Week	
	-

	_ •	
← Calor	ries, Carbs, Protei	••11 4G
Default Goal		
Calories		1,500
Carbohydrates	187 g	50%
Protein 75 g		20%
Fat 50 g		30%
Set Daily Goals Create custom go	oals for different days o	of the week
	Add Daily Goal	Bi di
×	Calories	 ✓
1	2	3 Def
4 ©H1	5 JKL	6 MN0
7 PORS	8 TUV	9 wxyz
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Hit the 'Goals' section of the menu. This will take you into an overview menu of your current situation and goals. From the 'Goals' sub-menu, hit 'Calorie, Carbs, Protein and Fat Goals' under the 'Nutrition Goals' section. This will take you into the screen shown here, where you can manually set calorie and macronutrient targets as per the figures I've provided.

12:06	- •	
← Calor	ies, Carbs, Protei	n & Fat
Default Goal		
		1,500
		50%
		20%
		30%
Create custom go	% Grame	f the week
Carbs 187 g	Protein 75 g	Fat 50 g
35 35 40 45	ິຣ໌ 10 15	15 20 25
50 %	20 %	30 %
55 60 65	25 30 35	35 40 45
% Total Macronutrients	must equal 100%	100%

Once you've manually inputted your bespoke calorie target, hitting any of the macronutrient targets will take you into the percentage screen.

Aim to match the gram targets on the app to match the macronutrient targets I've provided. The 'Premium' version allows you to specify by grams, but as long as your targets are roughly close for the purpose of the app, this is fine.



The crucial element of your MyFitnessPal account is ensuring that your food diary is as accurate and honest as possible.

What matters is what you put in your mouth - so ensure that the food you track is reflective of this.

Food diary entries can be done one of two ways.



Scanning barcodes



Searching for items

The initial steps to add an item to your food diary is identical for both, so we'll begin with the steps to do this.



Hit 'Food' on the add options, which will prompt you to select a Meal/Snack to add said item to.





Ensure you're on the 'Diary' section of the app, and press the + icon at the bottom of the screen.



12:35	- •	I 4G B
	< Today 👻 >	
Calories Rema	aining	
1,500 - _{Goal}	0 + 0 Food Exercise	= 1,500 Remaining
Breakfast		
ADD FOOD		
Lunch		
ADD FOOD		
×	Select a Meal	
Breakfast		
Lunch		
Dinner		
Snacks		

This will bring you to your choice of adding by barcode or manual search. If you're adding more than one food(s)/drink(s) for one meal/snack, you can use the 'Multi-Add' function at the bottom of the screen. Select the appropriate meal that you'd like to add the food/drink item(s) to.







SCANNING BARCODES

Scan a Barcode

Breakfas

MULTI-ADD

MEALS

MY FOODS

× CANCEL

Only

105

133

121

105

Hitting the barcode icon in the top, right-hand corner will bring up this screen. Simply place the barcode within the view-finder on the screen, and MyFitnessPal will automatically recognise it. You can also manually type the barcode at the bottom of the screen.

2 **SEARCH FUNCTIONS**

Simply search the item of food you're looking for within the search bar at the top. Be as accurate and as detailed as possible with your wording, to ensure accuracy of search results.



DISCLAIMER

When using both the scan/search functions on MyFitnessPal, please ensure that the data provided is accurate. If you have the packaging to hand, make sure that the data matches. Generic items will have all sorts of nutritional data stored, so find one as identical as possible.

(13:05	_	•	,1 4G 🕞
	÷	Add	Food	~
	Banana 💙 1 medium			
	105 cal	93% 27 g Carbs	3% 0.4 g Fat	4% 1.3 g Protein
	Serving Size			1 medium
	Number of Se	rvings		1
	Time			â
	Percent of Da	ily Goals		🔒 Go Premium
	7% Calories	(arbs	i⊡ Fat	Protein
		Hide Nutriti	on Facts へ	
	Calories			105
	Total Fat			0.4 g
	Saturated			0.1 g
		_		
/				
(13:05			
			- •	111 4G 🕞
	EDIT	< Toda	ay 🔹 >	4G 🕞
	EDIT Calories Re	< Toda	ay • >	4G
	EDIT Calories Re 1,500 Goal	< Toda emaining • 105 Food	ay -> + 0 Exercise	•••• •••• = 1,395 Remaining
	EDIT Calories Re 1,500 Goal	< Toda emaining • 105 Food	ay - > + 0 Exercise	- 11 46
	EDIT Calories Re 1,500 Goal	< Toda emaining • 105 Food	ay -> + 0 Exercise	46
	EDIT Calories Re 1,500 ··· Goal Breakfast Banana 1 medium This food is k	< Tod: maining • 105 Food	ay - > + 0 Exercise	•••1 40 ••• ••• ••• ••• ••• ••• ••• ••• ••• ••
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	EDIT Calories Re 1,500 - Goal Breakfast Banana 1 medium This food is k ADD FOOD	< Tod. maining • 105 Food	ay -> + O Exercise	■ 1 46 ■ 3
	EDIT Calories Re 1,500 oau Breakfast Banana 1 madum This food is lo ADD FOOD	< Tod: maining • 105 Food	ay -> + O Exercise	• 1 46 C
	EDIT Calories Re 1,500 - Goal Breakfast Banana 1 medium This food is k ADD FOOD Lunch ADD FOOD	< Tod: maining • 105 Food	ay - > + 0 Exercise	■ 1 46 ■
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	EDIT Calories Re 1,500 Goal Breakfast Banana 1 medium This food is k ADD FOOD Lunch ADD FOOD	< Tod.	ay - > + 0 Exercise	Il 46 Il 46 Il 46

3

SEARCH FUNCTIONS

Once you've scanned/selected the appropriate food, you'll see a nutritional breakdown of your selection. Calorie and macronutrient values will be displayed, and you can confirm this entry with the tick button in the top, right-hand corner.

SEARCH FUNCTIONS

This will now be logged within the meal you selected. As you can see, your calorie allowance will have adjusted at the top of the page to reflect your consumption.

MONITORING NUTRITION >>

MONITORING NUTRITION

Your diary screen will give you an overview of calorie intake, but you can also check your macronutrient breakdown in various formats. It can be displayed in a number of ways, and over the course of days, weeks, months, or a custom, specified date-range. This helps to give you a more in-depth overview of how your day has been nutritionally.

13:25		• Juli 4	ig 🕞
÷	Nutrition	E	xport
Calorie	s Nutrients	Macro	s
<	Day View 👻 Today		>
7 2	16% 21% 56% reakfast Lu kinosca) kinosca S 10 (105 ca)	unch 8% (842 ca) nacks 8% (232 ca)	
Total Calories			1,495
Net Calories			1,495
Goal			1,500
Premiur Foods Hig	n Feature ghest In Calorie:	5	A
Unlock Prem highest in cal	ium to learn which of y lories.	our logged food	ds are
Go Pr	emium	_	

÷	Nutrition		Export
Calories	Nutrients	N	lacros
<	Day View 🔻 Today		>
	Total	Goal	Left
Protein	67	75	8g>
Carbohydrates	198	187	-11g>
Fiber	7	38	31g>
Sugar	30	56	26g>
Fat	41	50	9g)
Saturated Fat	9	17	8g)
Polyunsaturated Fat	7	-	-7g>
Monounsaturated Fat	11		-11g>
Trans Fat	26	0	-26g>
Cholesterol	26	300	274mg>

÷	Nutrition		Export
Calories	Nutrients	Mac	cros
<	Day View 👻 Today		>
	19% 55% 26%		
Carbohydrate	s (198g)	Total 55%	Goal
Carbohydrate	s (198g)	Total 55% 26%	Goal 50% 30%
Fat (40g) Protein (67g)	s (198g)	Total 55% 26% 19%	Goal 50% 30% 20%
Carbohydrate: Fat (40g) Protein (67g)	s (198g) sature	Total 55% 26% 19%	Goal 50% 30% 20%
Carbohydrate: Fat (40g) Protein (67g) Foods Highe	s (198g) eature est In Carbohyd	Total 55% 26% 19% drates	Goal 50% 30% 20%

TIPS & TRICKS

As an experienced user of the MyFitnessPal app, I've compiled a list of tips and tricks on how to use the app correctly and get the most out of the process.

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TIP ONE

1

Ensure the data you're inputting is accurate. Compare it to packaging, and ensure you're tracking the correct weight, whether that's cooked or uncooked. The packaging should specify this.

TIP TWO

2

Pre-track your food before you eat it. This is a handy tool to avoid subconscious overconsumption. **TIP THREE**

3

Foods that you track are automatically stored within your database, so you won't have to scan every single time. Simply start typing the name of the food item, and it'll automatically prompt you.



IT IS NOT A SHORT TIME DIET. IT IS A LONG TERM LIFESTYLE CHANGE.

