



*User Guide:*

# GETTING STARTED WITH MYFITNESSPAL

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





# INTRODUCTION

# 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**



# GETTING 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'.

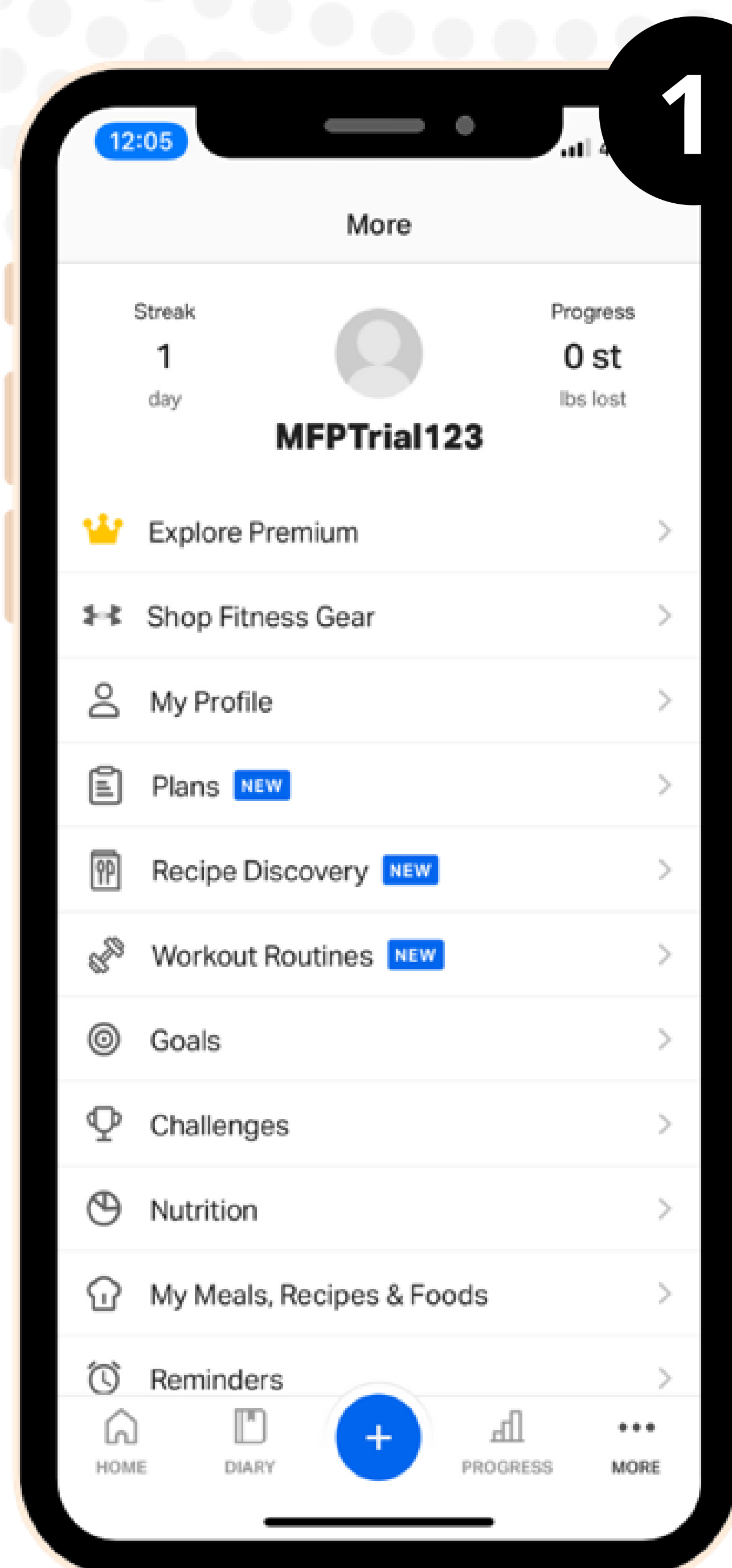
**Please ensure that you untick this action, as it's not necessary to track your calorie output through MyFitnessPal, and can cause confusion when tracking nutrition.**

**GOAL SETTING** 

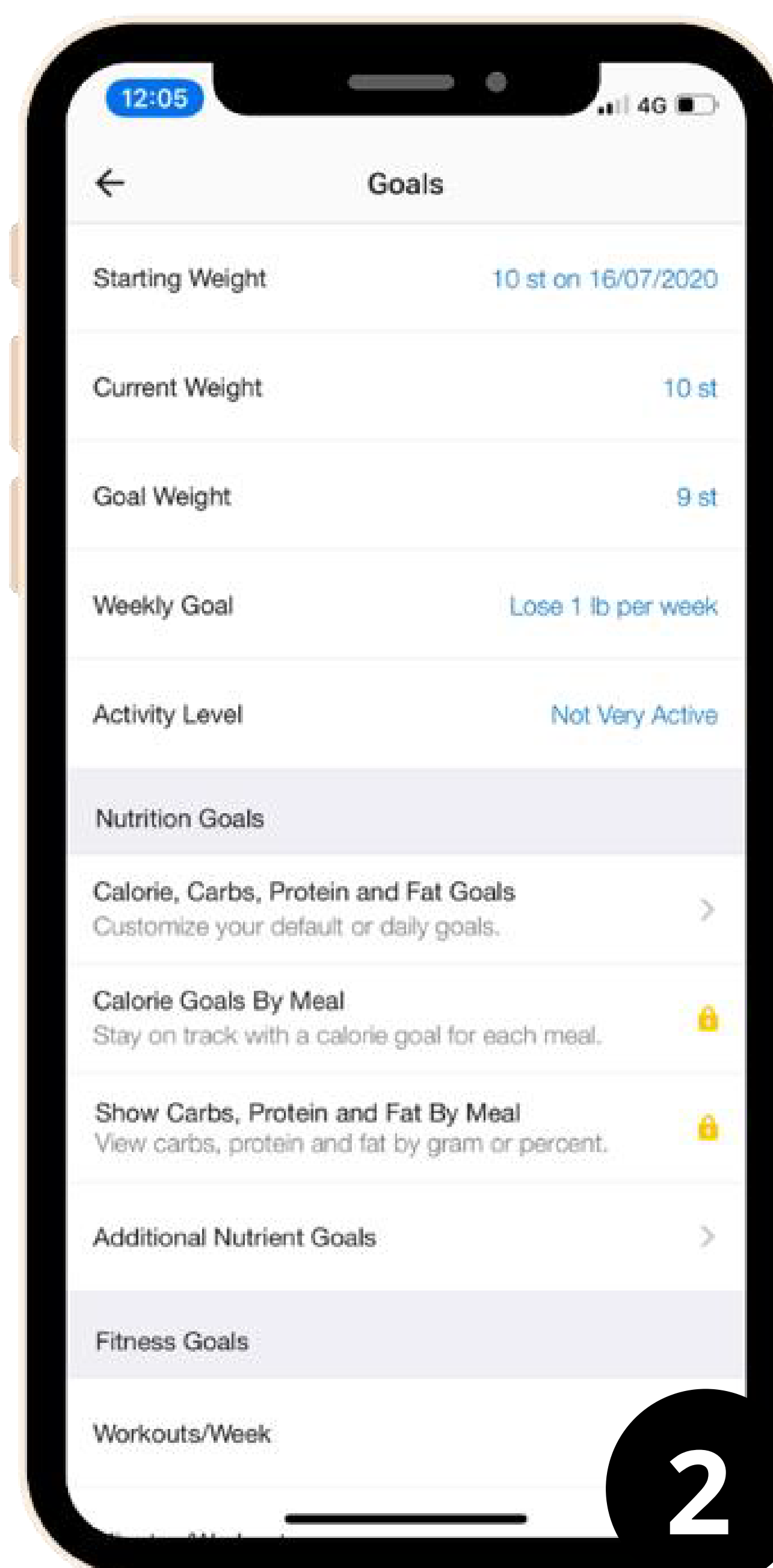


# GOAL SETTING

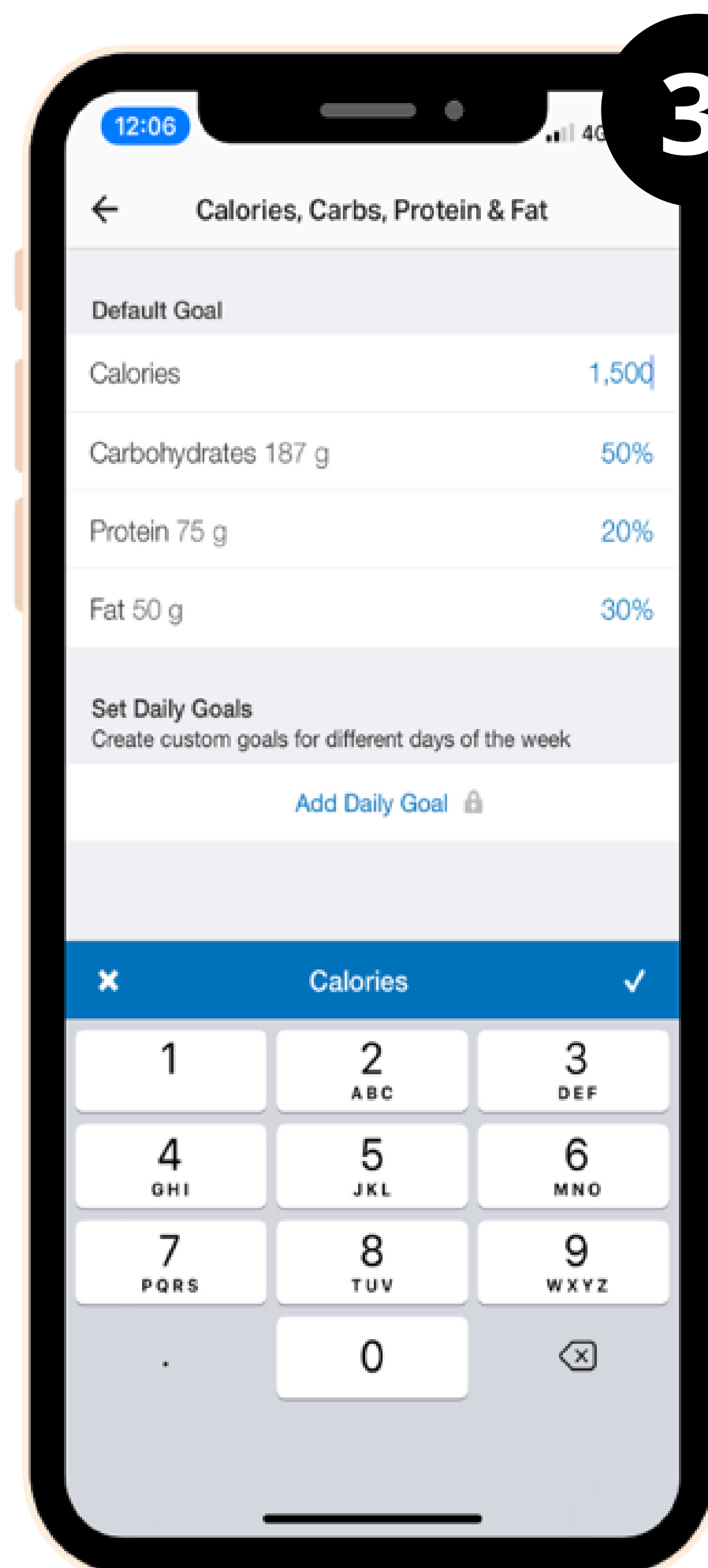
As mentioned above, the generic figures that MyFitnessPal provide when you initially set your account up aren't to be adhered to. You can manually input the figures I provide you using the following steps;



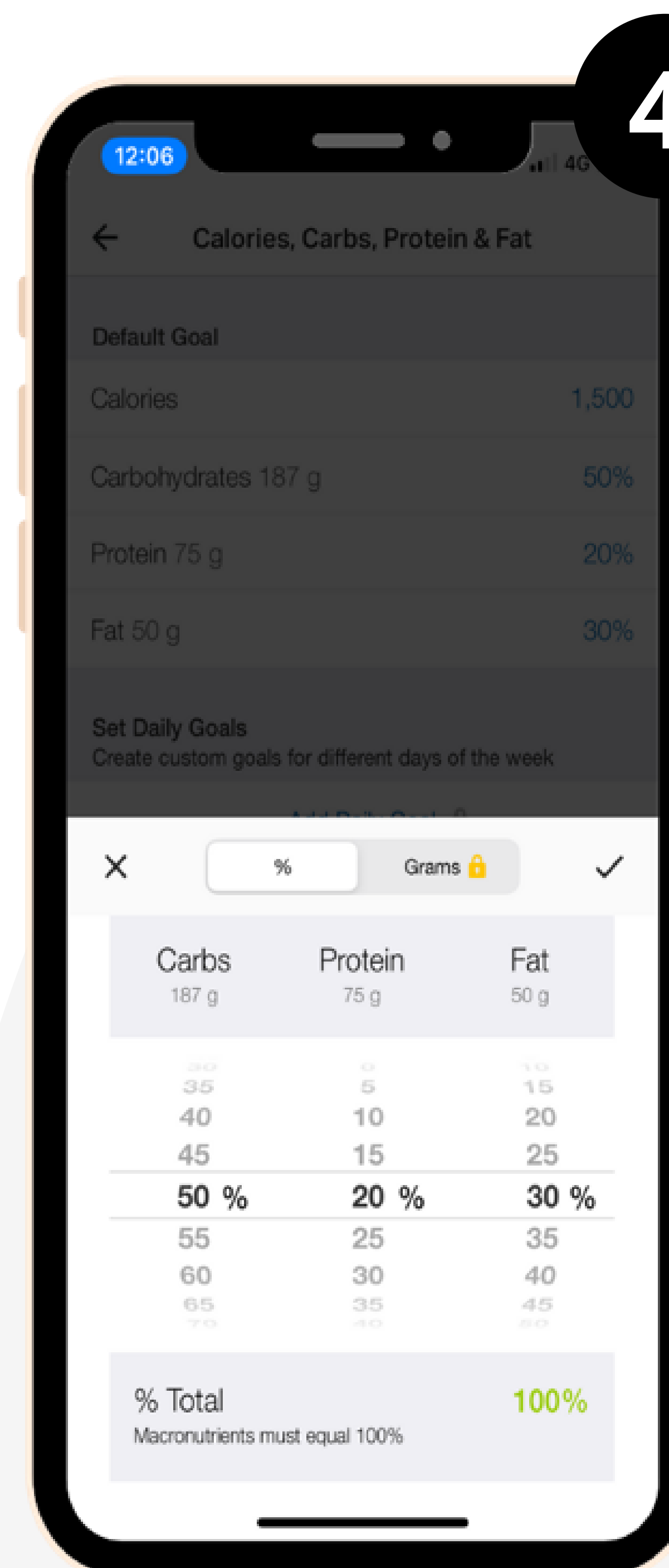
Enter the 'More' section of the MyFitnessPal app in the bottom, right-hand corner.



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.



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.

# FOOD DIARY

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.

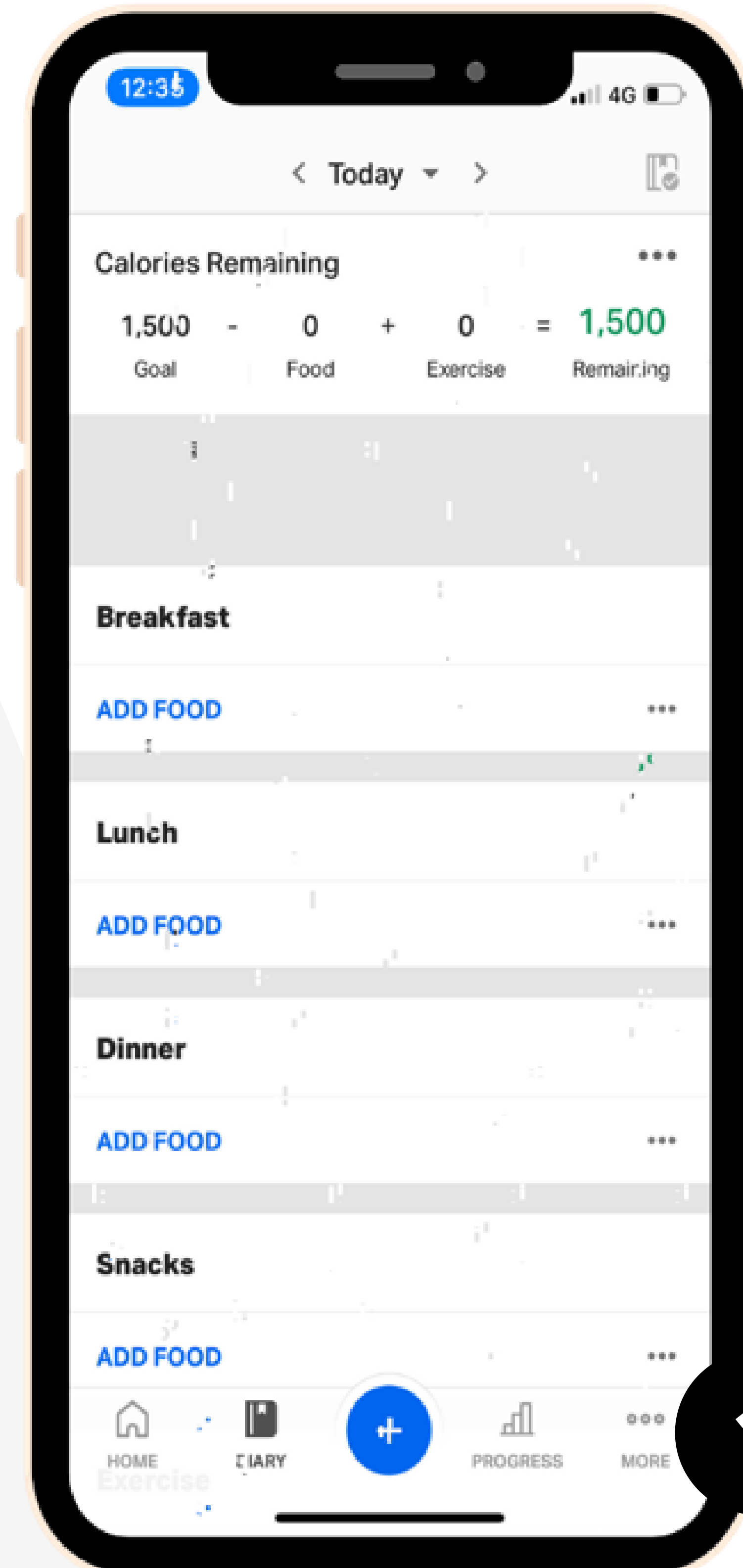
**1** Scanning barcodes

**2** Searching for items

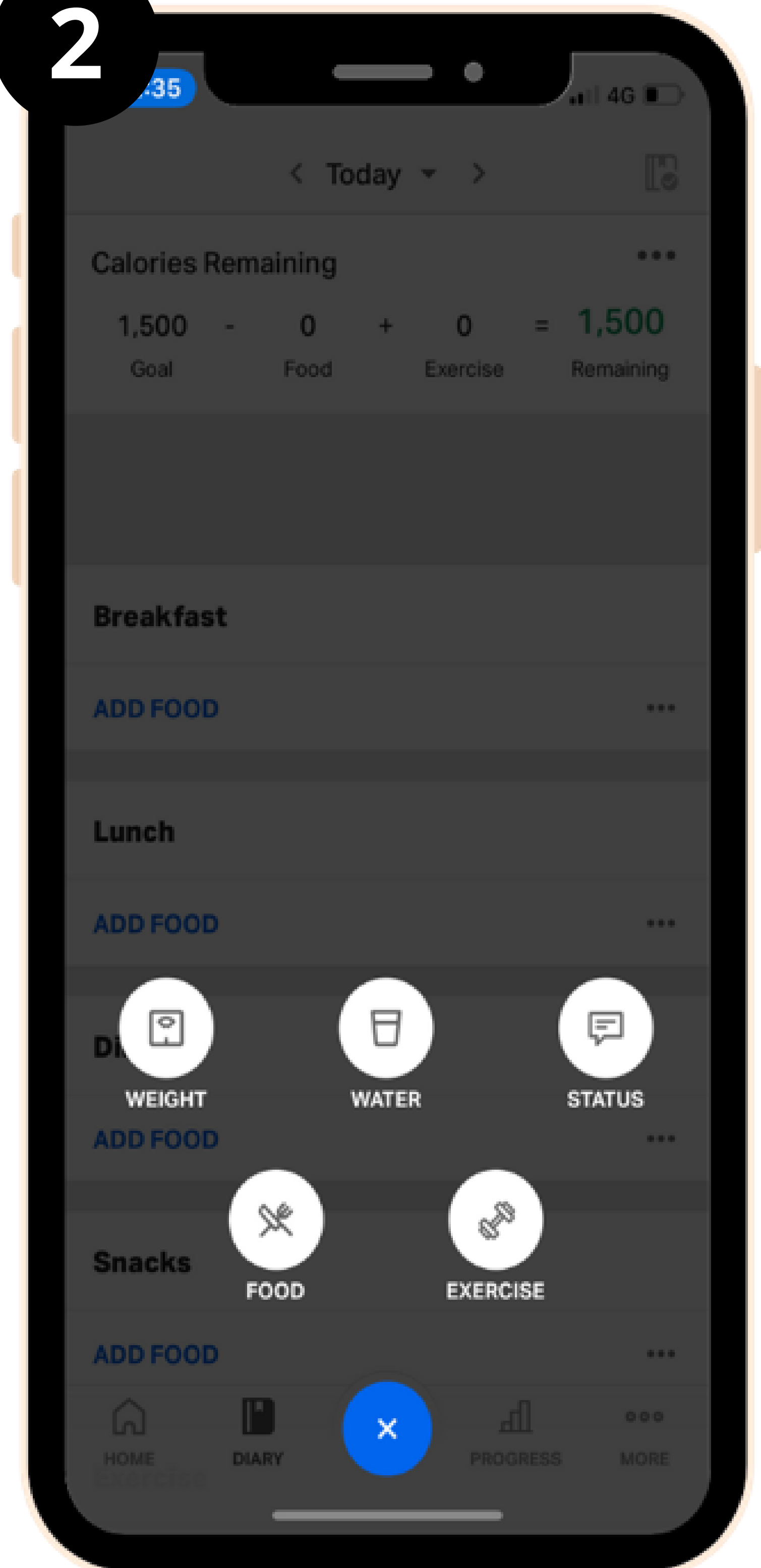
The initial steps to add an item to your food diary is identical for both, so we'll begin with the steps to do this.

**FOOD DIARY CONTINUED** 

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



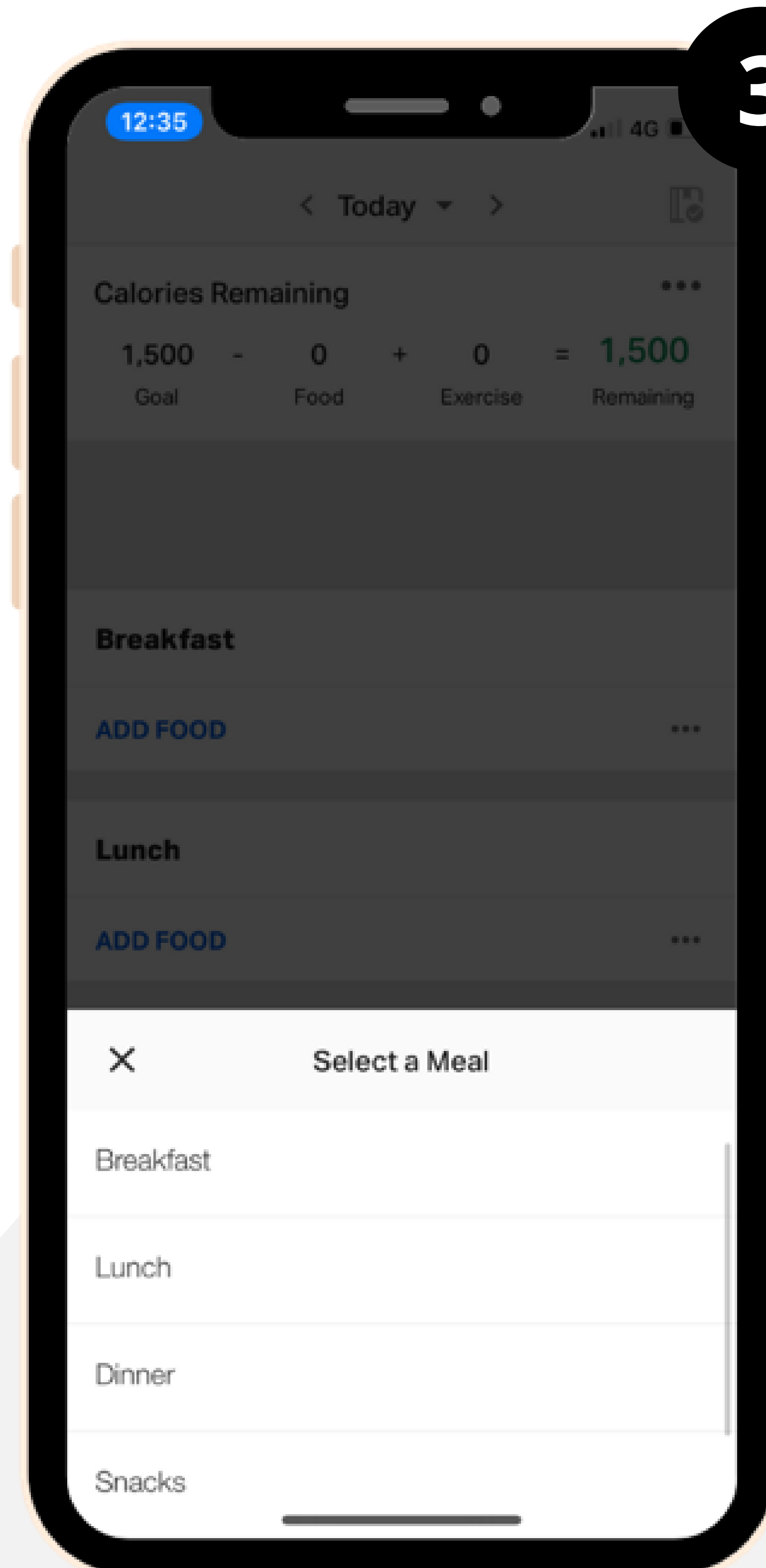
**2**



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

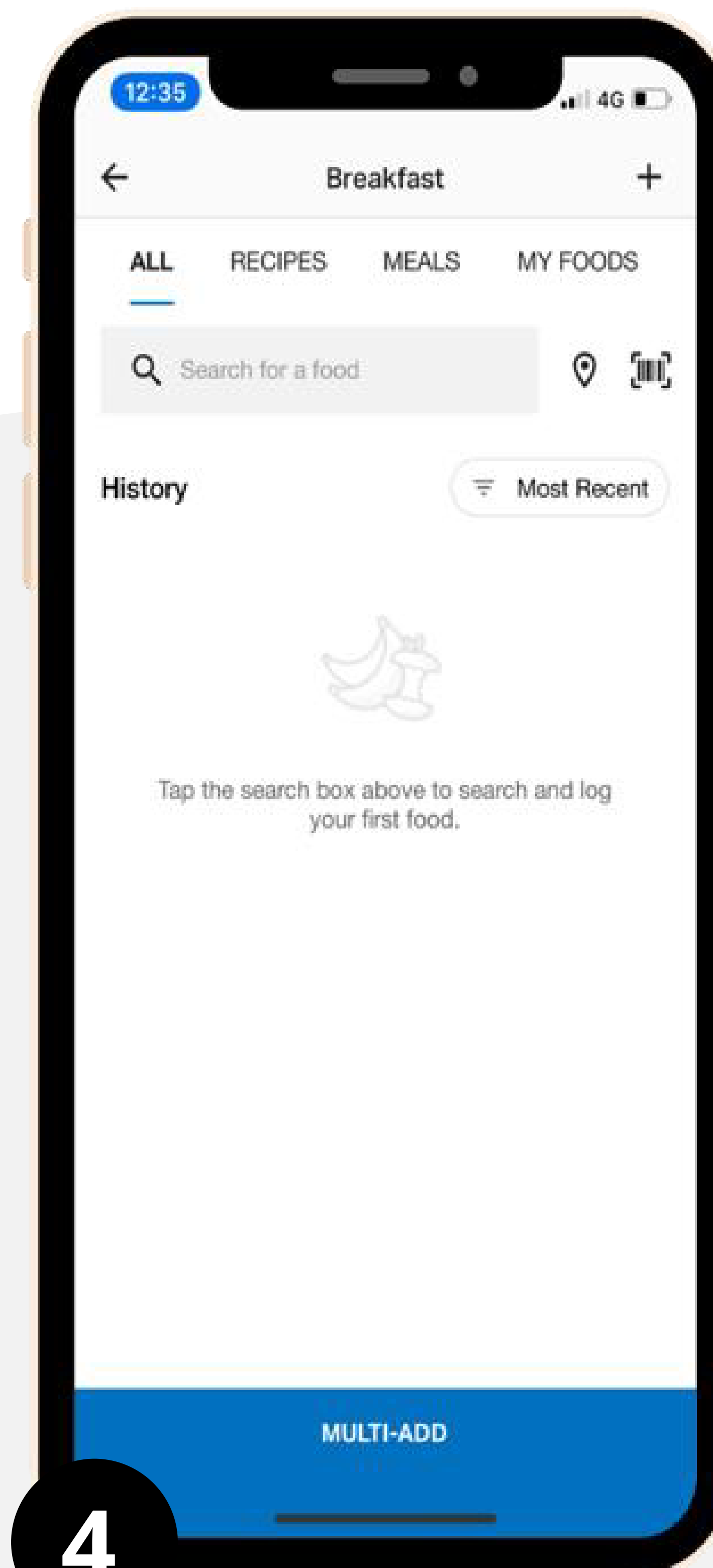
**1**





Select the appropriate meal that you'd like to add the food/drink item(s) to.

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.

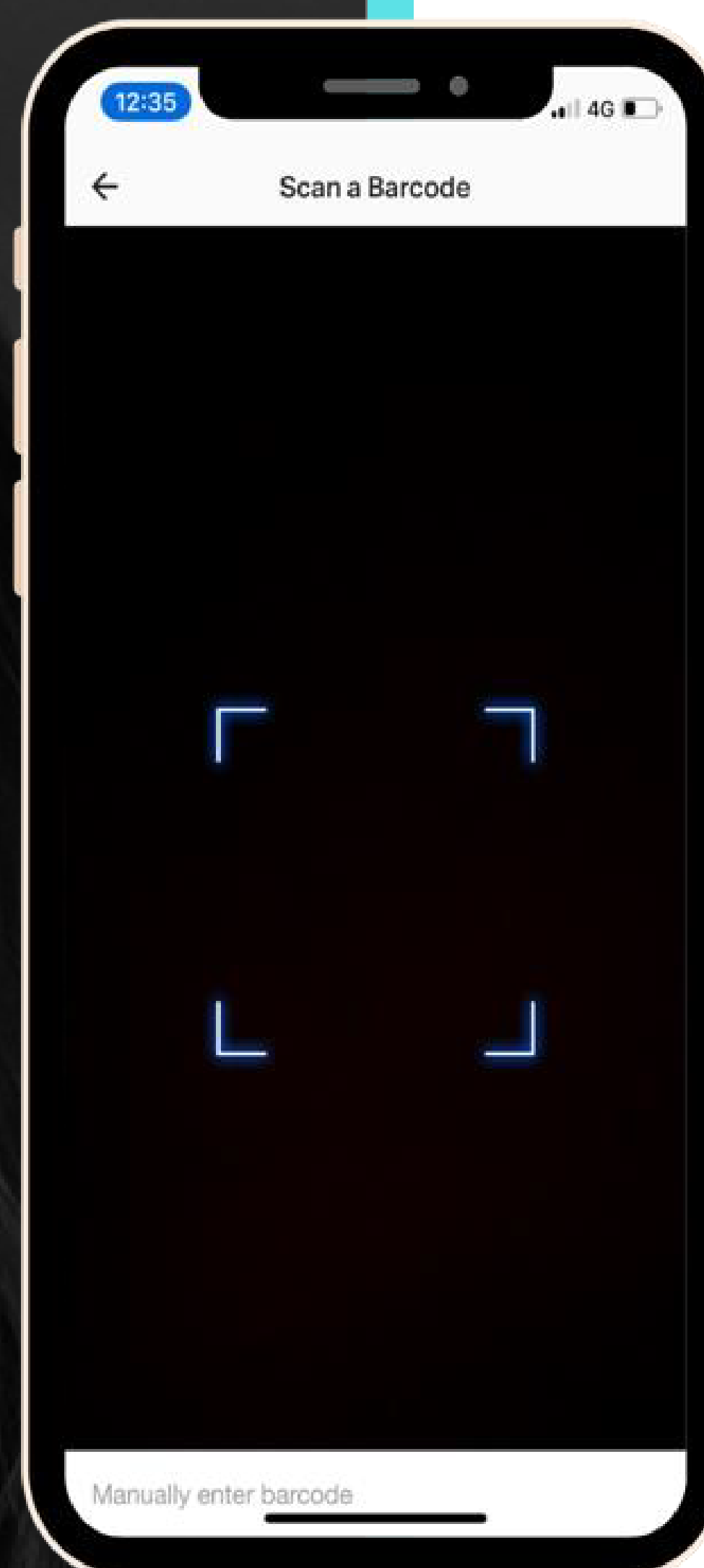


**FUNCTIONS**

1

## SCANNING BARCODES

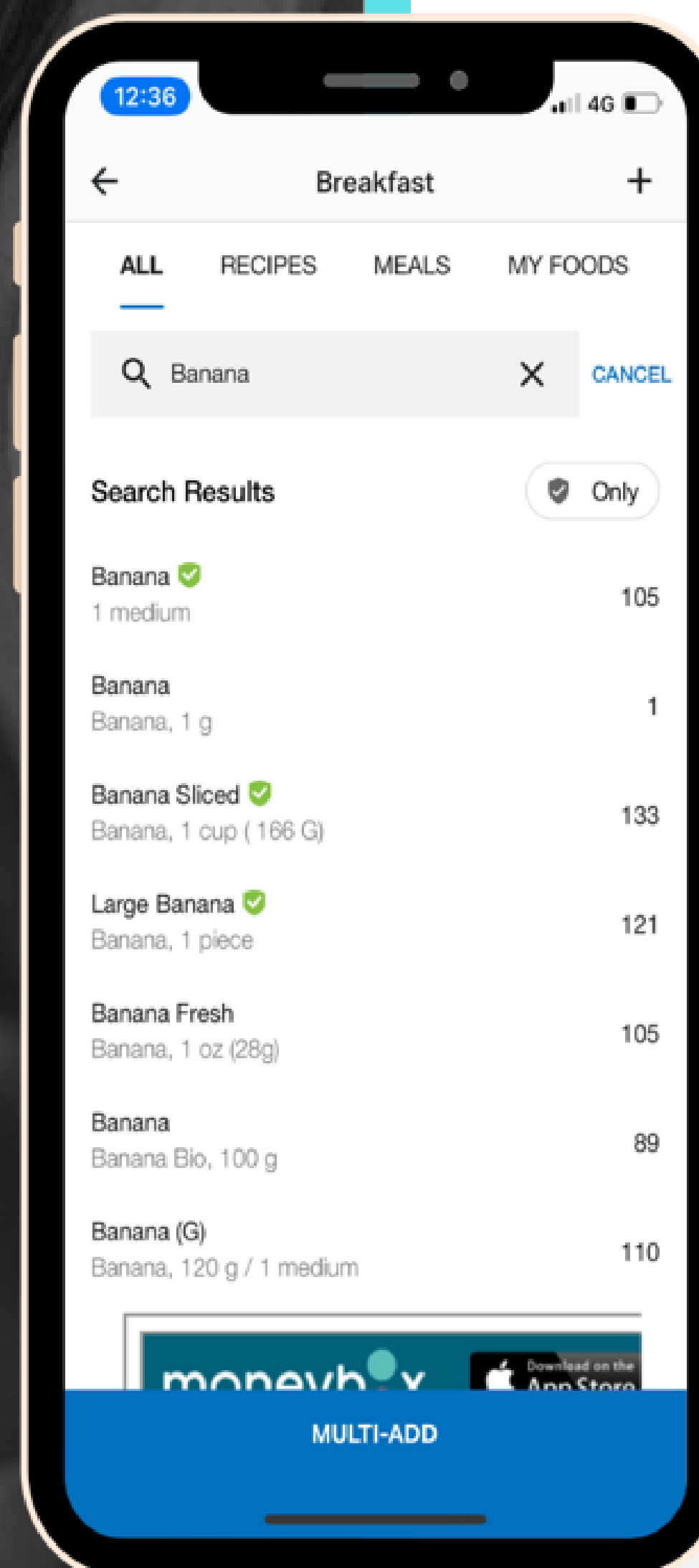
Hitting the barcode icon in the top, right-hand corner will bring up this screen. Simply place the barcode within the view-finder on the screen, and MyFitnessPal will automatically recognise it. You can also manually type the barcode at the bottom of the screen.



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.



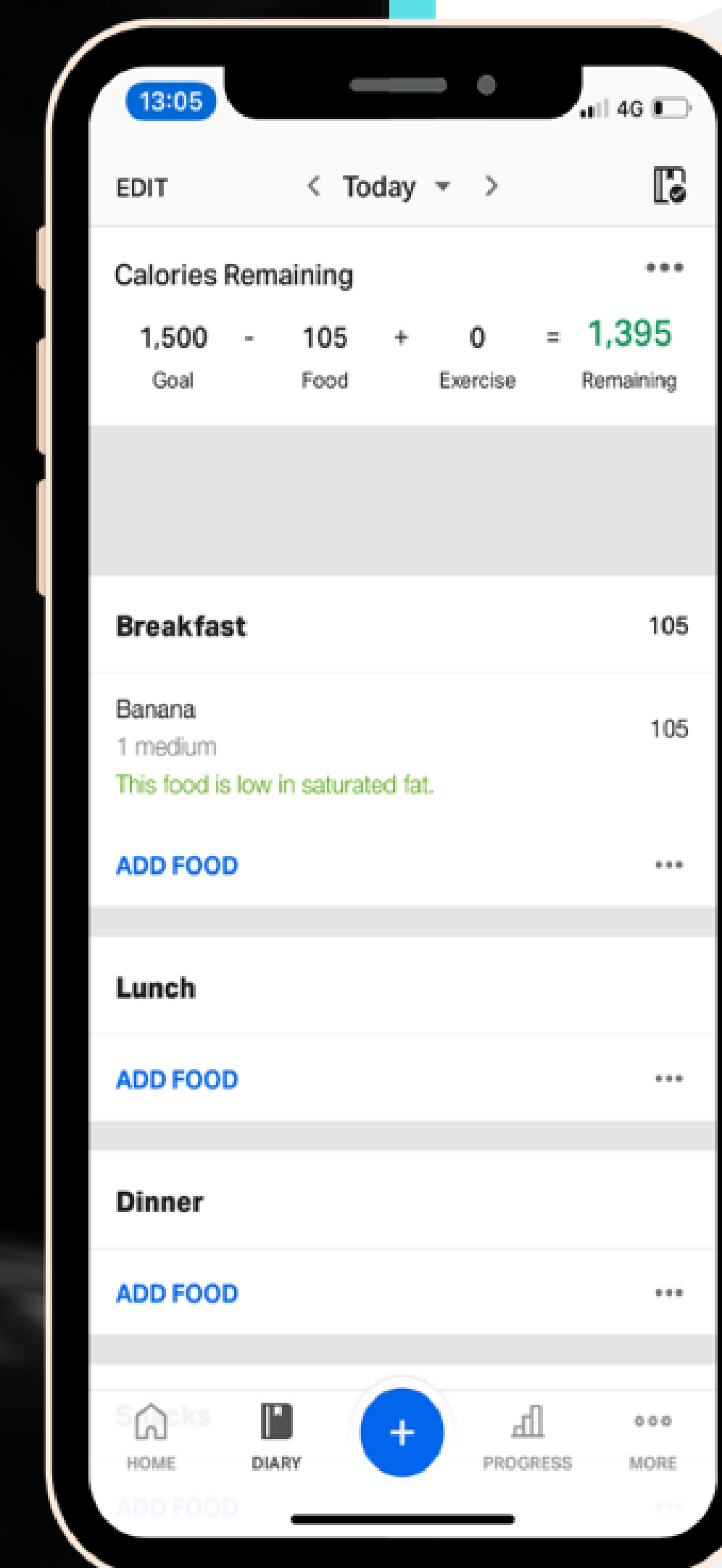
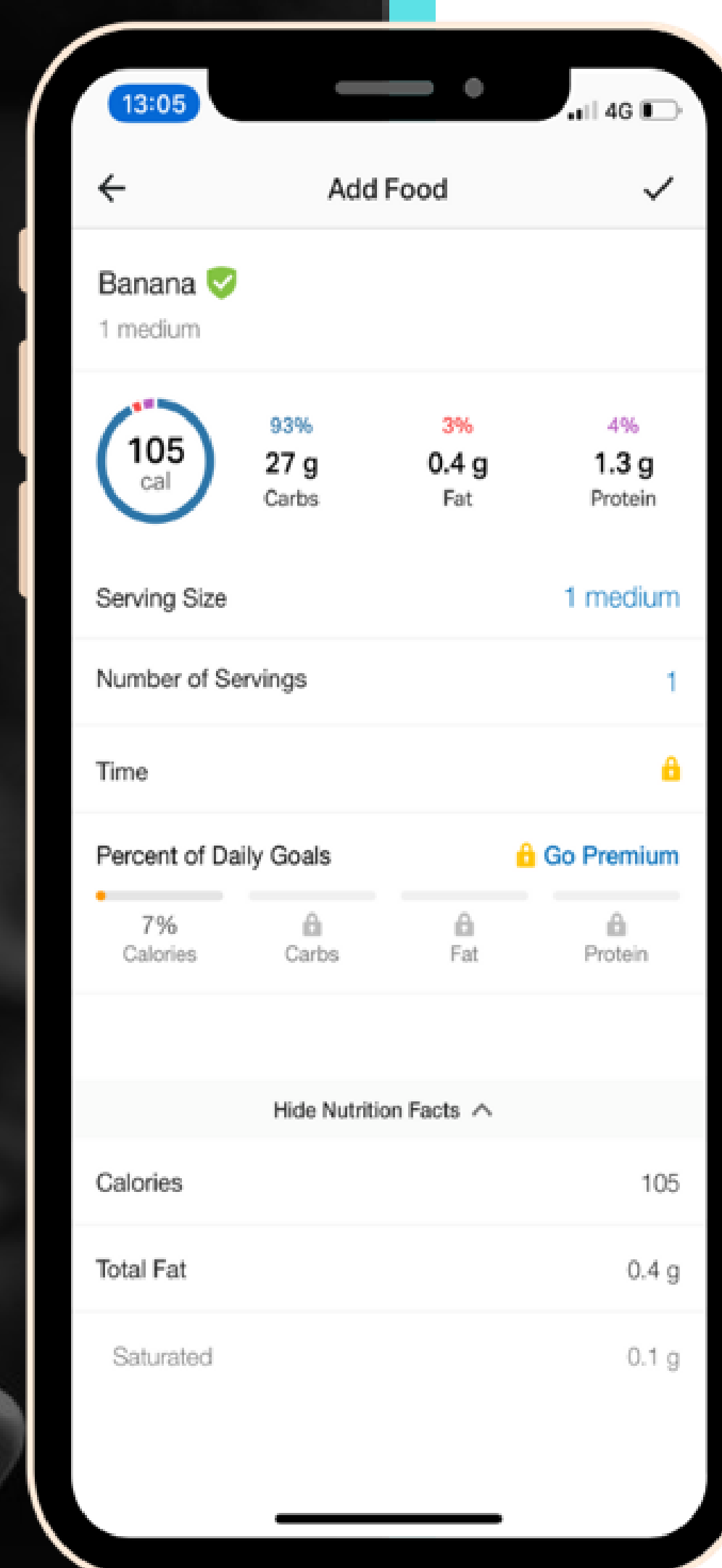
**MORE FUNCTIONS**





## 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.



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.

4

## 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.

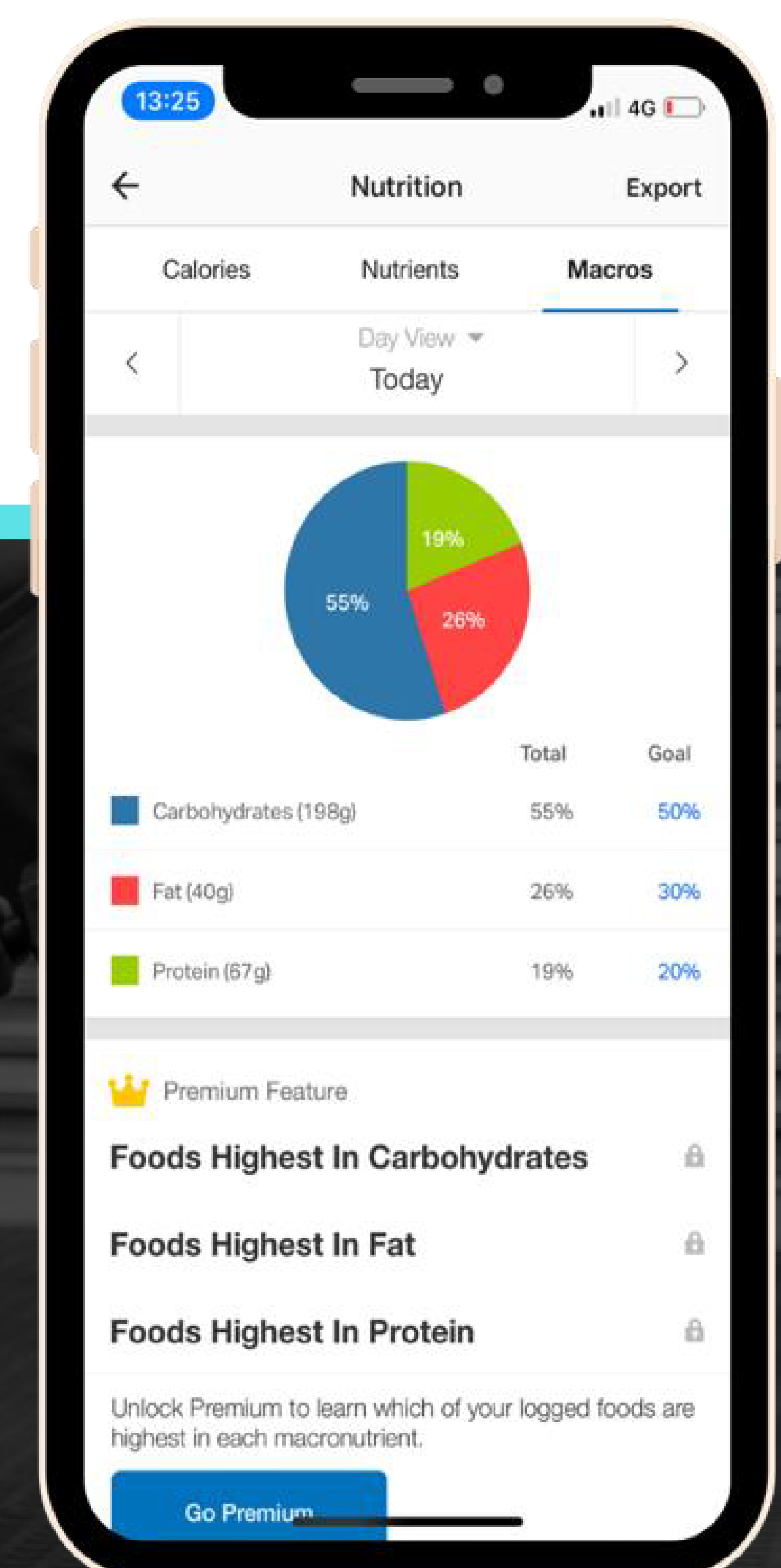
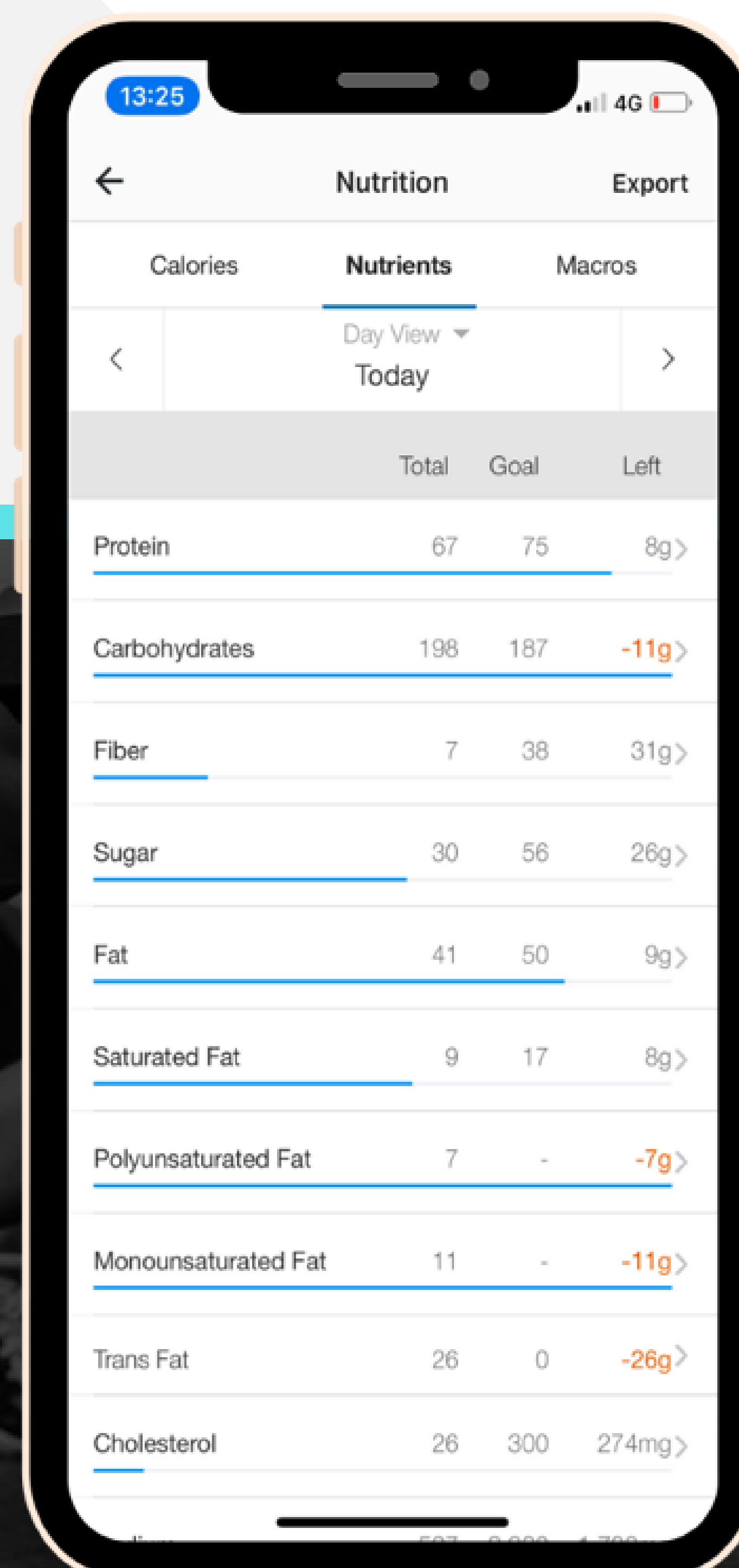
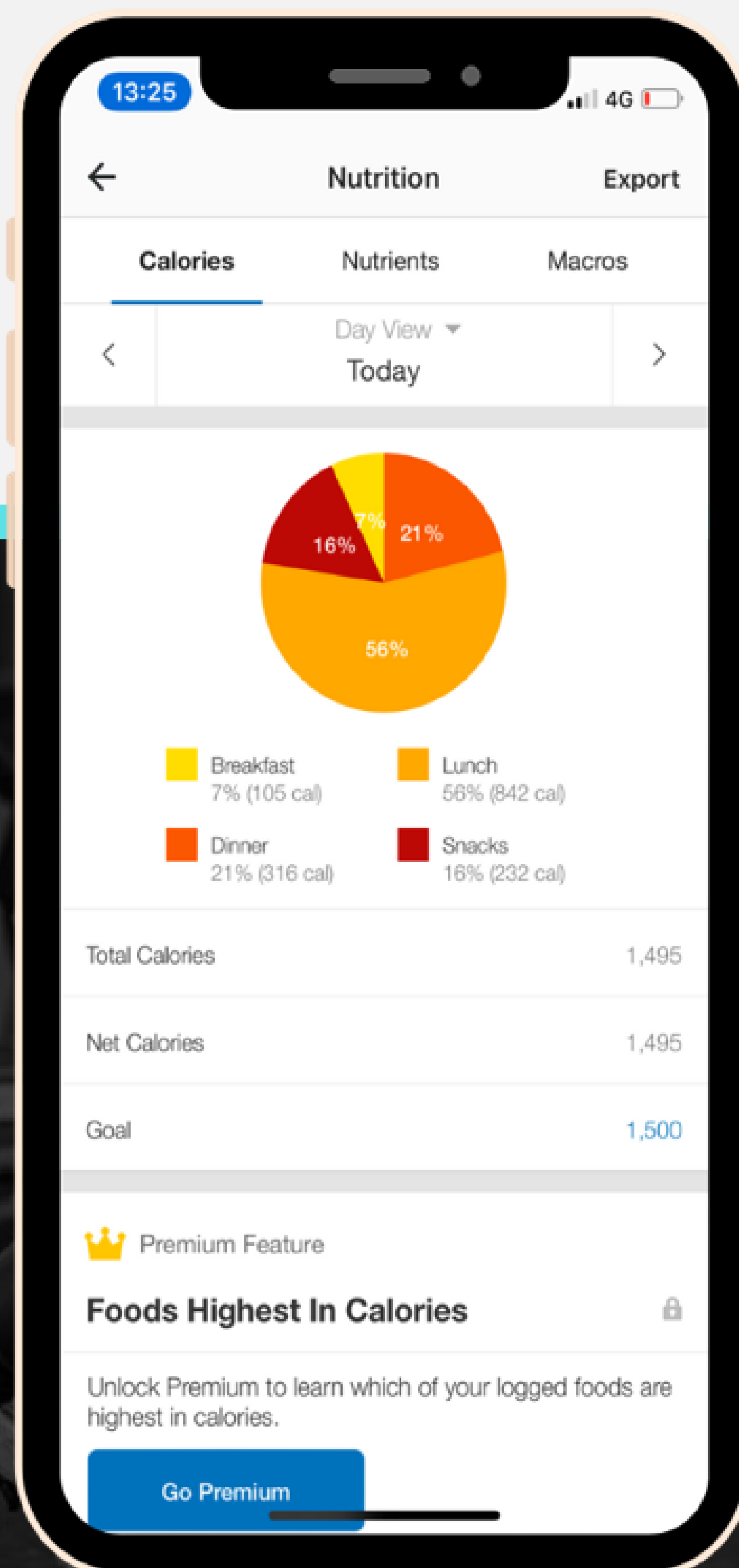
## MONITORING NUTRITION





# 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.



# 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.



1

## TIP ONE

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.

2

## TIP TWO

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

3

## TIP THREE

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.



**REMEMBER...**

**IT IS NOT A SHORT TIME DIET.**

**IT IS A LONG TERM LIFESTYLE  
CHANGE**

