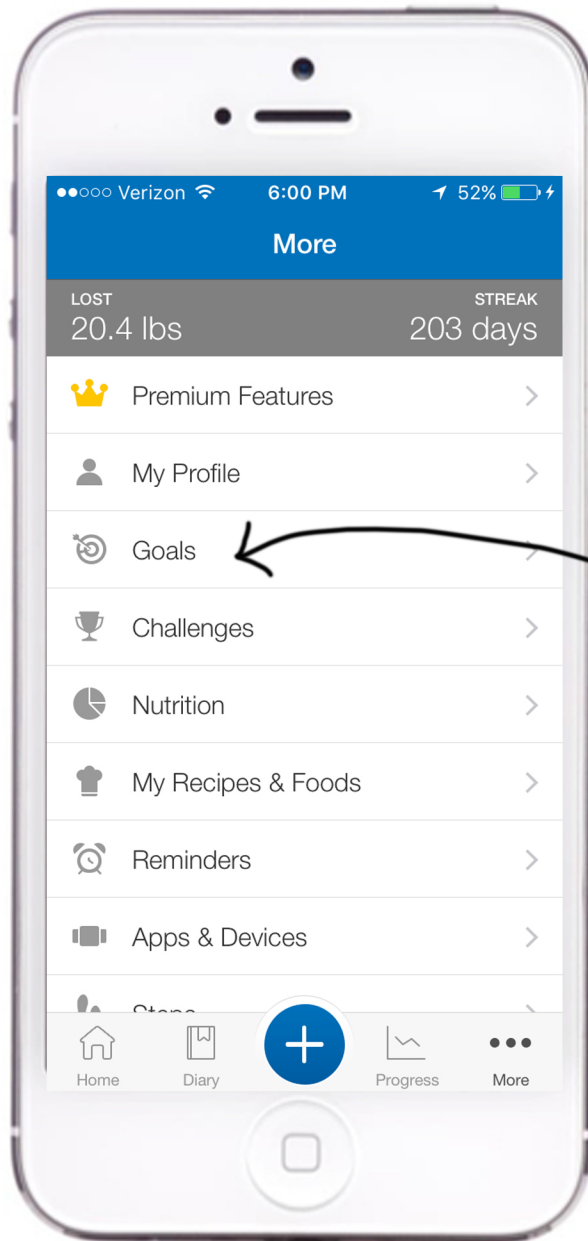


# 1

## *the home screen*

This is your home screen! At the top you see your calorie goal, how much you have already consumed and how many calories remaining. This scrolls like a blog and you can follow friends and/or your coach to get more information when they post! My Fitness Pal also blogs a lot of recipes and workout ideas here!

The first place we will go to get set up is to click on MORE.



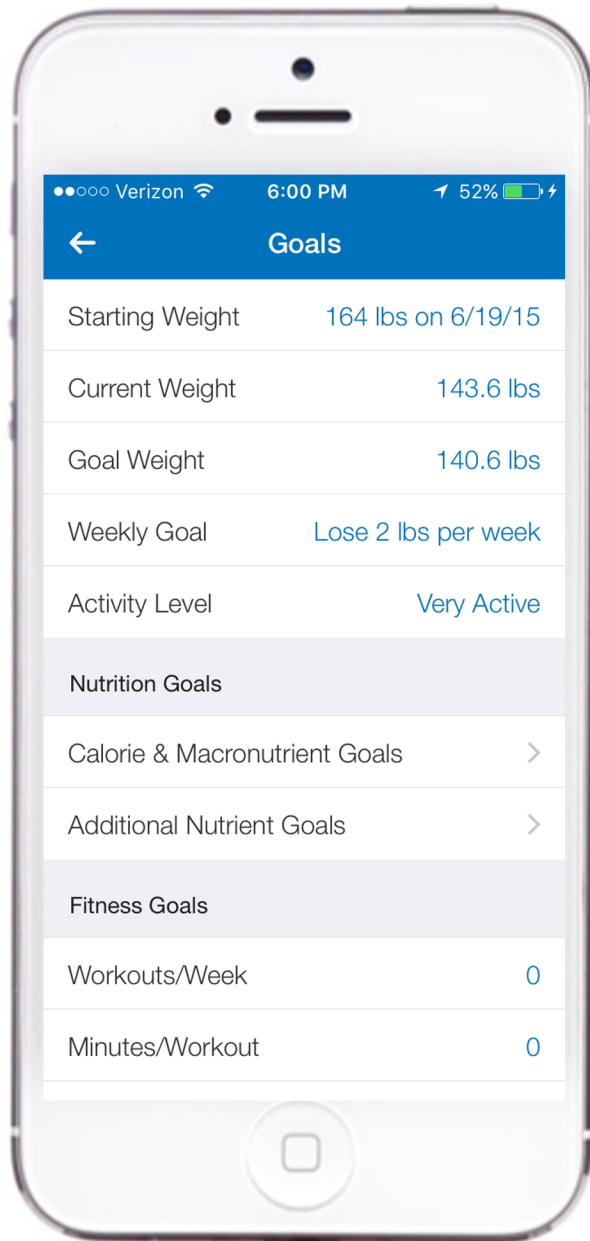
# 2

---

## *setting up*

The first step you want to take in setting up your app is to determine your goals.

Click on goals.



# 3

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## *type in your stats*

First, click on the numbers next to “current weight” and enter in your weight.

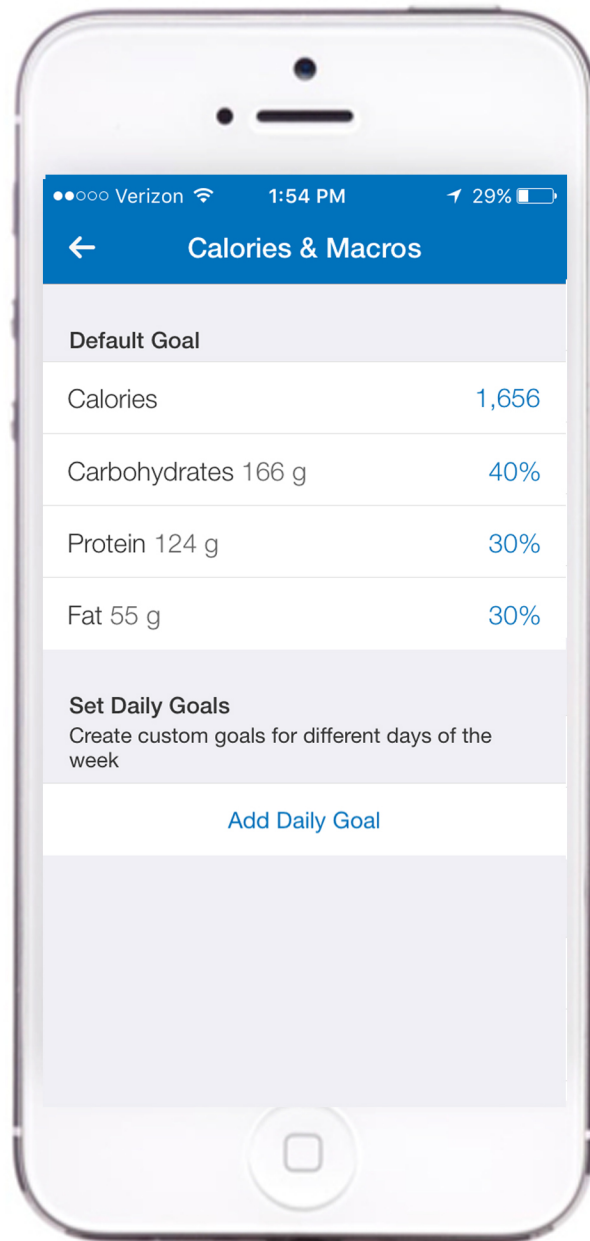
Next, click on the numbers next to “goal weight” and type in your goal! Next to weekly goal, you will decide how fast you want to get to your goal. This is selected at 2 lbs, but remember this is a slow and steady process.

Click on the activity level that best describes you!

Now, you can click on

“Calorie & Macronutrient Goals”

\*The app uses an algorithm to generate recommendations based off the info provided. Designating macros, in my opinion, is more of an art than a science. This is one of the many reasons why I personally use a macro coach to set, monitor and adjust my numbers according to my progress.



# 4

## *your macro breakdown*

Here is your calorie and macronutrient breakdown!

This is just an example, but the general rule of thumb for a balanced diet is a breakdown of 40% carbs, 30% protein and 30% fat.

Think of each of these macros like a budget, or money you have to spend throughout the day. Every time you log food into My Fitness Pal, you pay for it in macros. The app will automatically deduct from the daily goal and keep track of what you have left in the day.

Make adjustments according to your needs, especially if your doctor suggests a low carb diet, you will adjust the percentages accordingly.

It is wise to never allow the protein goal fall below 25% of your daily intake, then set the carbs and fat percentages with the remainder.



# 5

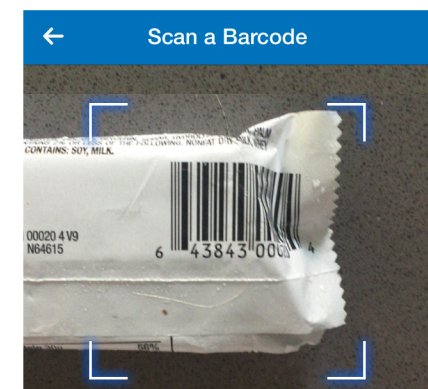
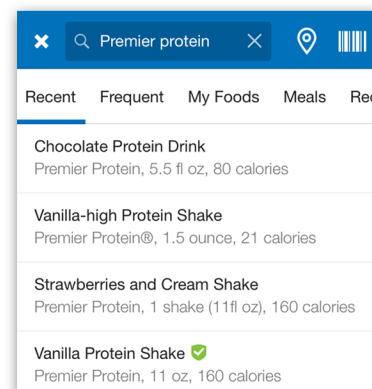
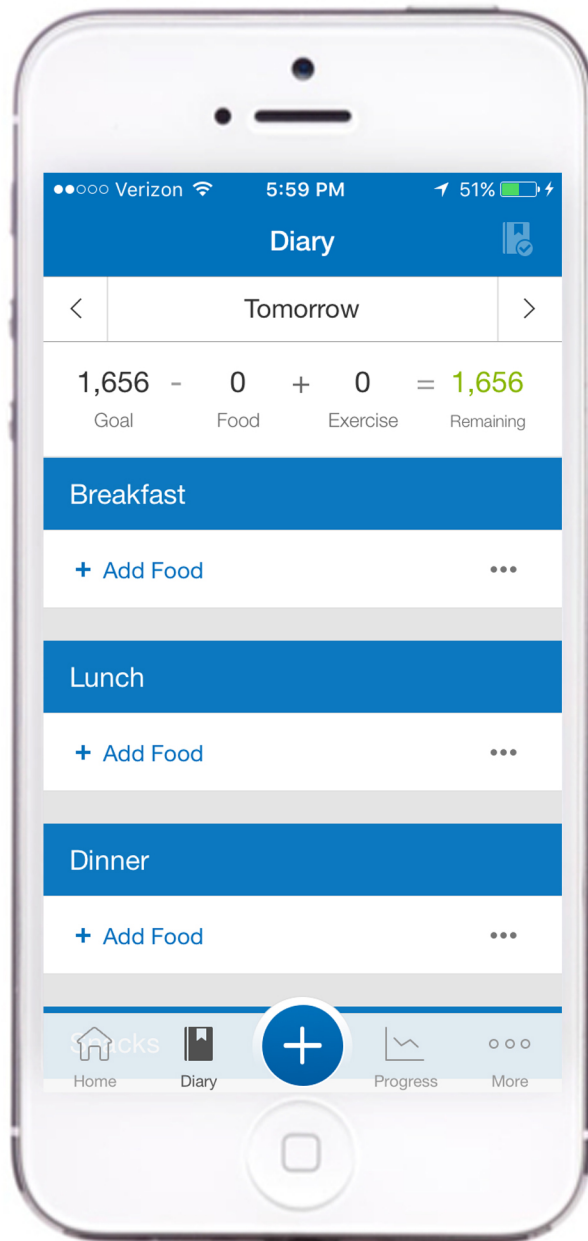
## *logging your food*

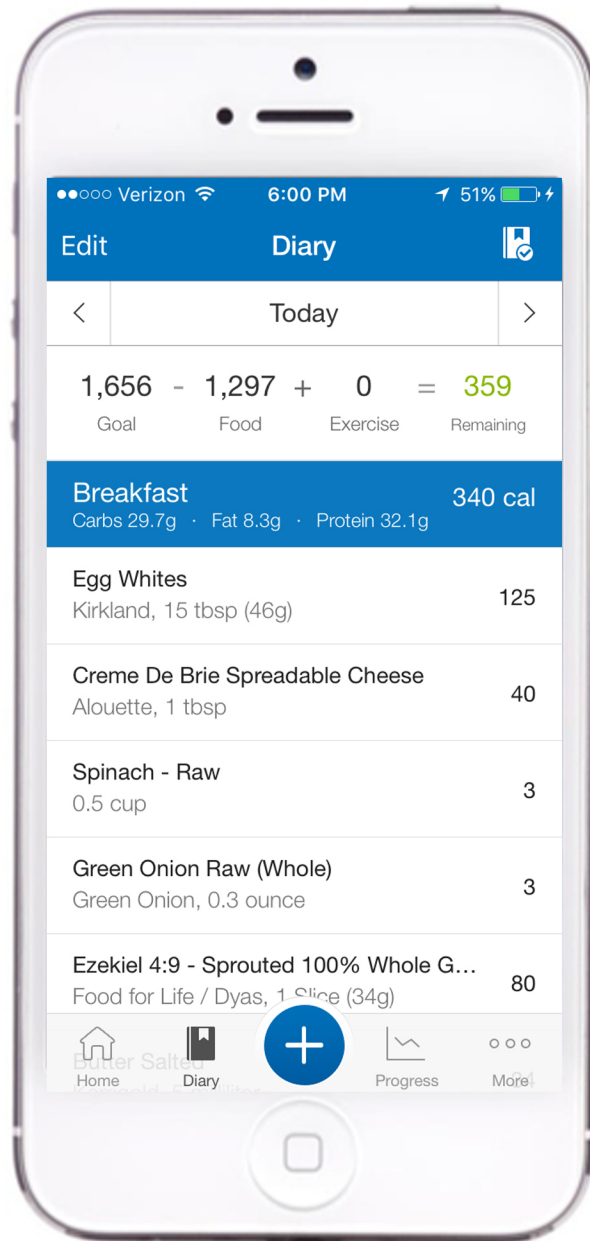
To start logging your food, you will first click on DIARY to get to this screen.

Starting with BREAKFAST, click on + Add Food  
From here, you have the option to either type in the exact brand name and type of food OR scan it with the barcode scanner! You will be surprised, there are MILLIONS of foods already logged into the database!

TYPE IN

OR SCAN





# 6

## *a sample breakfast*

Now you can see everything you have entered into the app. Accuracy is key, so be sure you are measuring your portions (preferably with measuring cups or a food scale)!

Continue logging anything you eat throughout the day into the respective sections. Having the app is great accountability. It should not prevent you from eating the foods you love because you don't want to log them, it just keeps track for you!

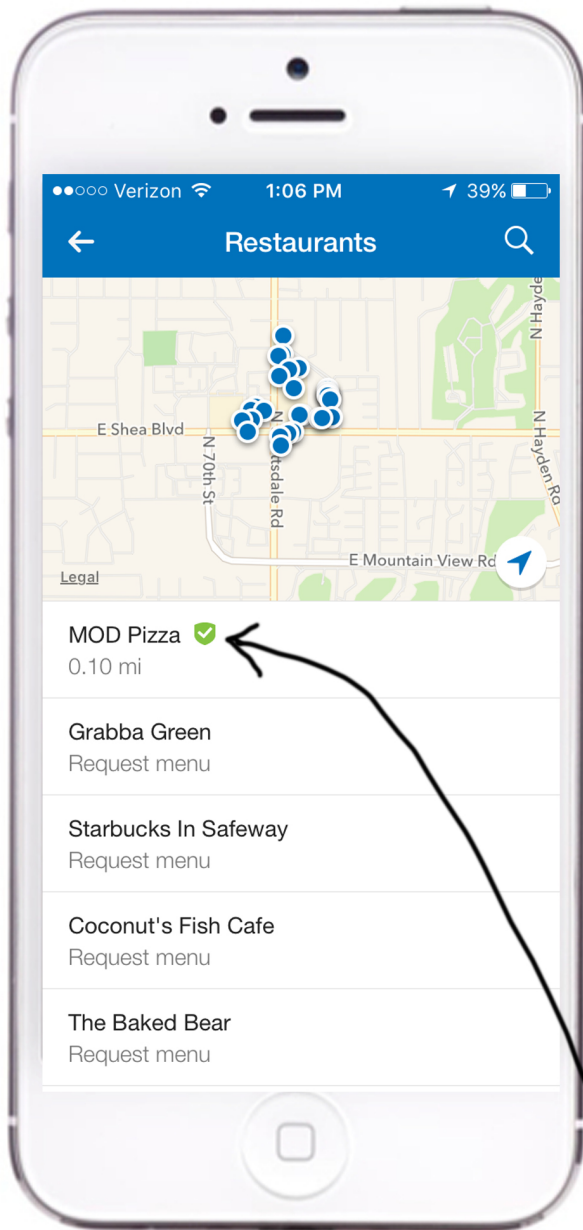
But you must log it ALL in order to educate yourself on what is going into your body! This will get you to your goals faster!

# 7

## *eating at restaurants*

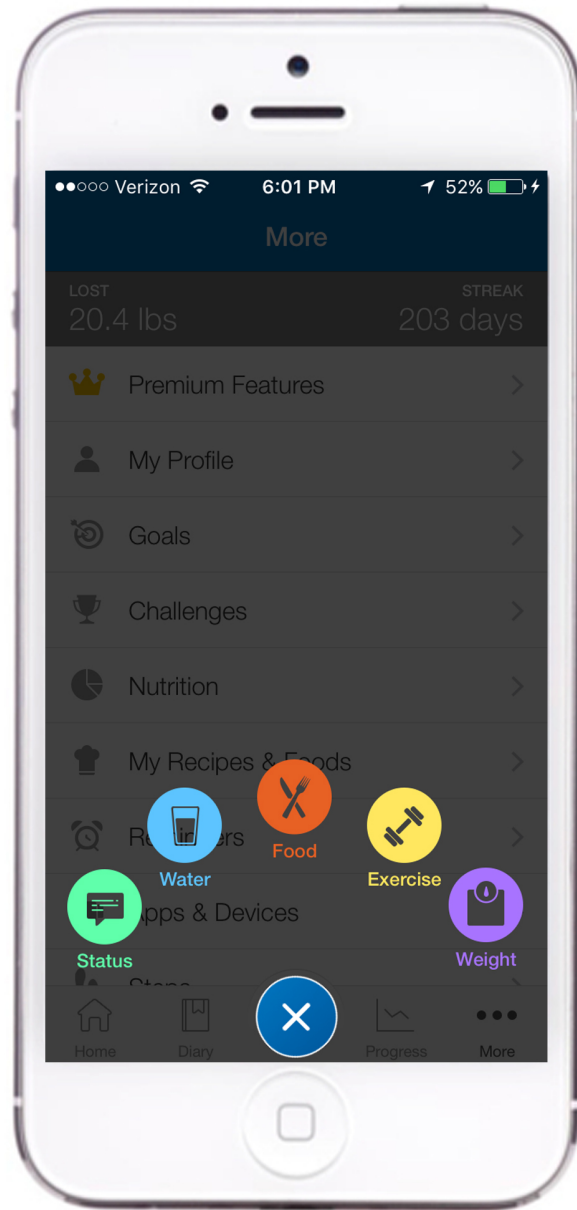
Going out to eat and logging your food is easier than ever with this new feature on the MFP app! When you click to “+Add Food” a location icon will appear on the top right of your screen. If you allow the app to know your location, it will load all of the nearby restaurants that have a pre-loaded menu and nutrition facts. Unfortunately, not every restaurant has this feature!

Something VERY IMPORTANT to note here. When you go through this app, the restaurant (who really wants your business) breaks orders and plates into “servings” For example, if you type in the famously delicious Blooming Onion from Outback, it will tell you what the breakdown is for ONE SERVING, (1/4 of the deep fried onion) not the whole thing. Being aware of serving sizes will help you stay on track. I always double check when I’m using the app. Since most of the data is user based, there is room for error. Look for the GREEN checks to know if foods have been verified by the website.



# 8

## *the navigation bar*



The bottom row of your screen is the NAVIGATION BAR.

When you press the blue circle with the + sign (which is now an x) you have the option to log any of these items. This is where I enter my weight. For the most true and consistent results, weigh yourself first thing in the morning before you begin eating or drinking!

You will also be given the option in the WEIGHT log to take a progress photo. I HIGHLY recommend taking photos. These are safely stored in the app and will not show up on your main camera roll.

Sometimes scale weight is not a great indicator of progress, but seeing change is where we really stay motivated! You will be happy you did!

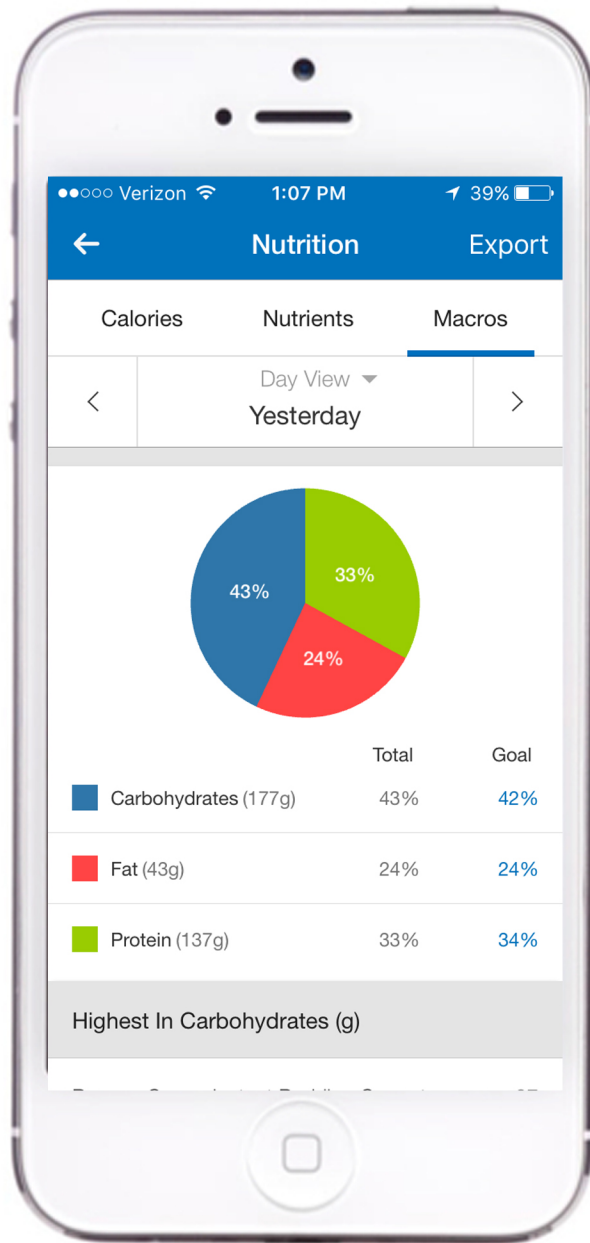
You also have the option to log your exercise. I actually recommend NOT logging it because it will take your activity into account and change your calorie count to give you more. You can turn this feature off completely under MORE>STEPS. Select “Do not track steps”



# 9

## *progress and trends*

As you can see, when you go to the PROGRESS screen from your navigation bar, you see the chart. It's great to log your weight as often as possible, so we start to see the trends. It's common to be discouraged when you see the scale go UP instead of down if weight loss is your goal. BUT, you can see that even through the up and downs, the trend of the progress is still going downward.



# 10

## *pie chart breakdown*

When you are on the diary screen and scroll to the bottom, you will find a button that says “Nutrition” with a pie chart. This pie chart is another way of visually displaying the percentages of where your calories have come from throughout the day.

Don’t worry too much about keeping this pie chart perfectly balanced throughout the day with every meal. As long as it looks like it should for your breakdown at the very end of the day, you will see progress!

This is just another way to view the breakdown!



# 11

## *hitting your daily goal*

At the end of every night, we will see what remaining calories and macronutrient we have left! Please do your best to hit the calorie target, rather than fall short or go over even if you are not feeling hungry.

This is how we repair the metabolism (and have FUN doing it!!) So, when you come to the end of the night and you have calories to fill, here is a list of foods that are predominately CARBS, FAT AND PROTEINS if you are tracking the specific nutrients!

### CARBS

Sweet Potatoes

Brown Rice

Fruit

Juice

Bread

Cereal

Candy (not chocolate)

### FAT

Coconut Oil

Coconut Butter

Peanut Butter/nut butters

Butter

Olive Oil

Fish Oil

### PROTEIN

Chicken Breast

Egg Whites

Plain nonfat Greek Yogurt

Whey Protein

Lean ground turkey

\*NOTE: This is not a list of foods you can ONLY eat, this is just foods that are predominantly 1 MACRO, to help in filling at the end of the night. Otherwise, ALL FOODS are fair game, just like fitting them into a puzzle!

\*Insider tip: Sometimes when I KNOW I want to have my ice cream at the end of the day, I log it at the beginning of the day, so it already deducts from my totals and I know it's already accounted for!



