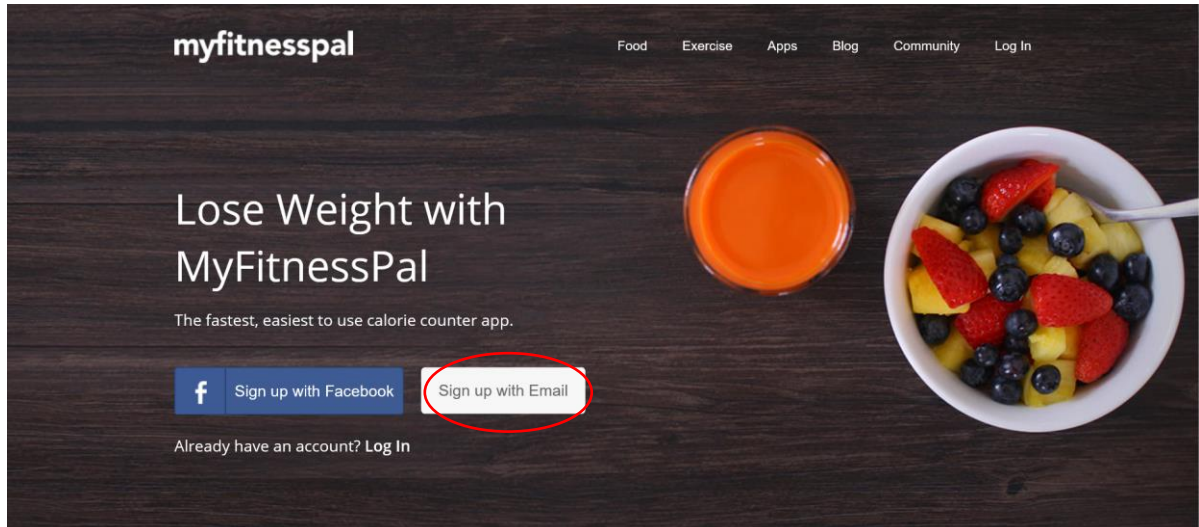
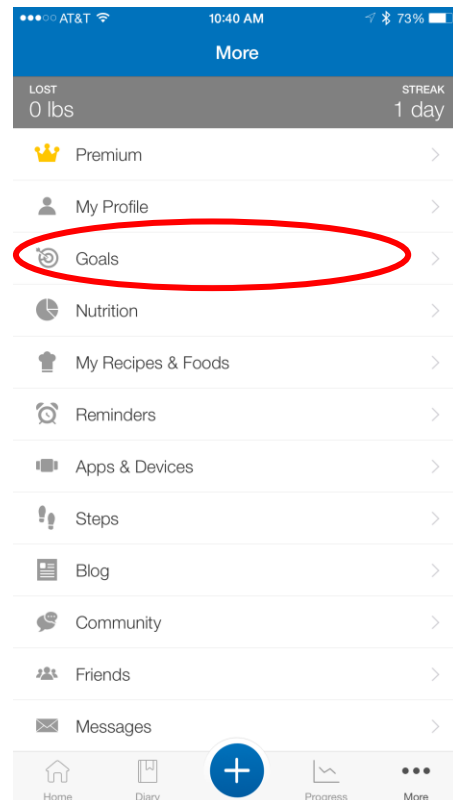
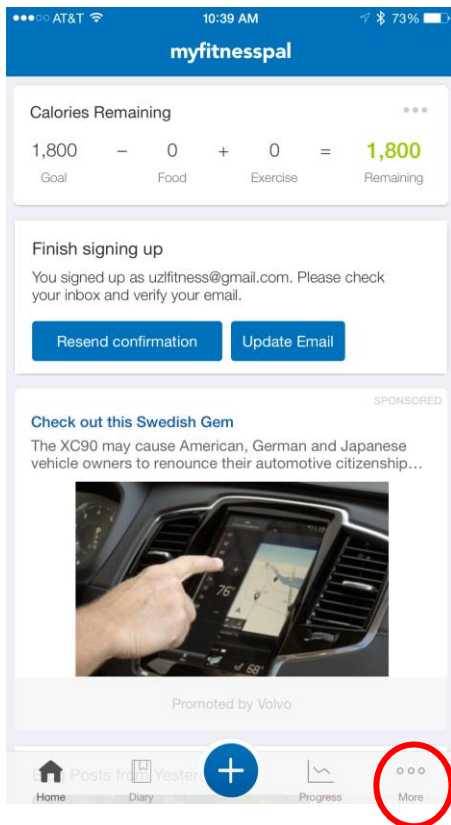


## My Fitness Pal How-To's

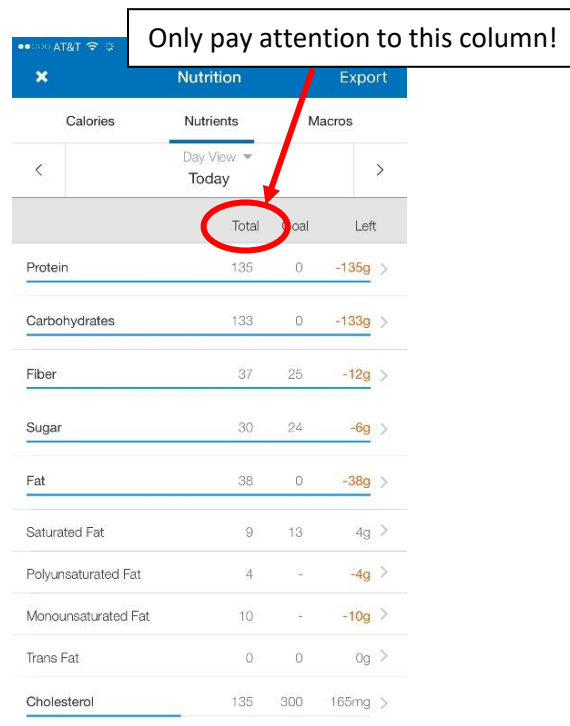
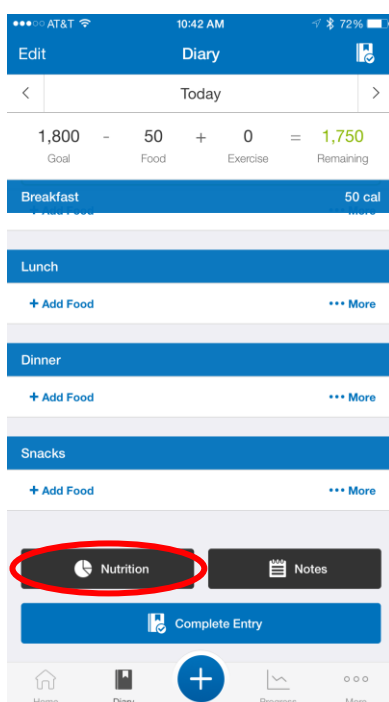
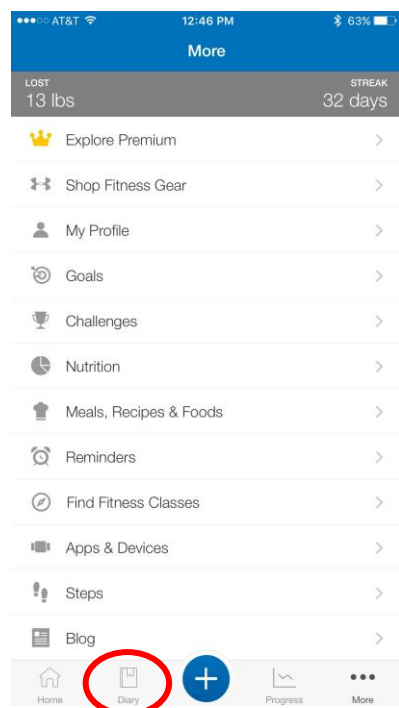
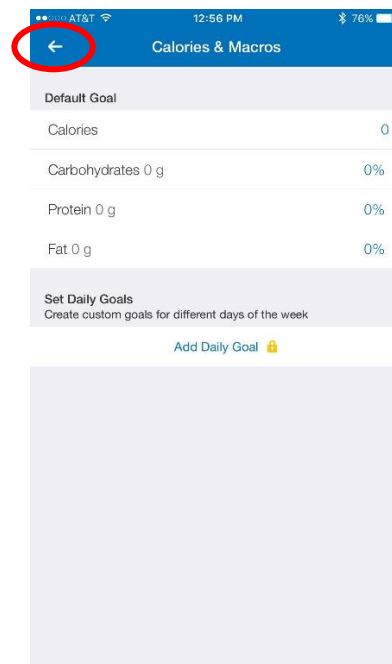
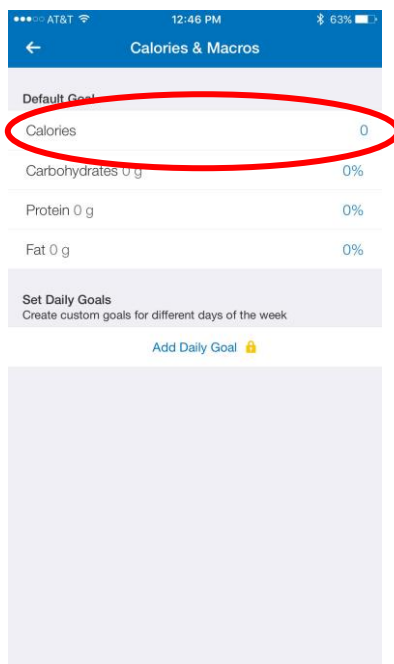
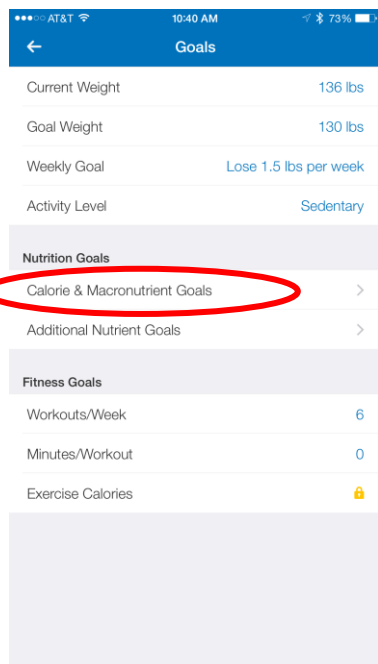
1. **Set up an account online or with the phone app:** Follow MFP instructions to sign up through your email account. Don't worry too much about the calorie "recommendations" MFP will give you – these can be ignored.



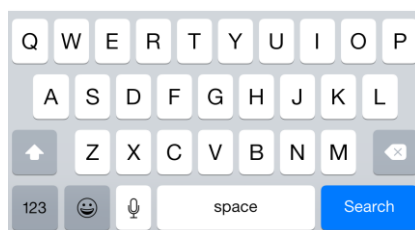
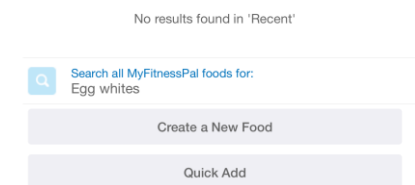
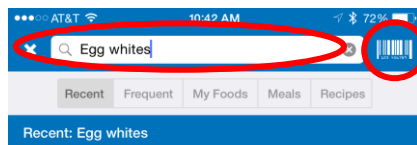
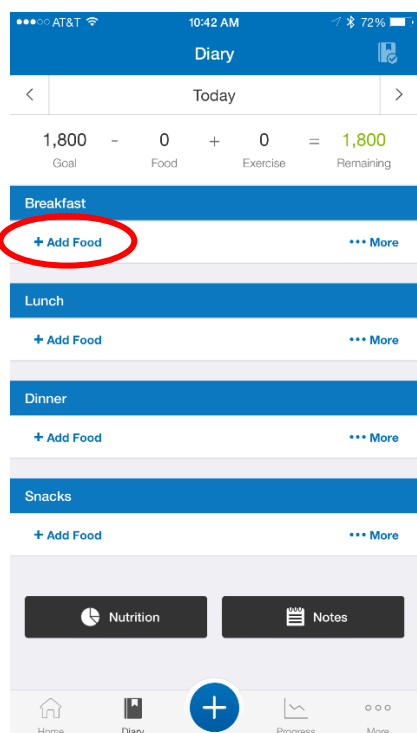
2. **Setting up your macronutrient profile in the app:** Select "More" at the bottom right corner, then "Goals".



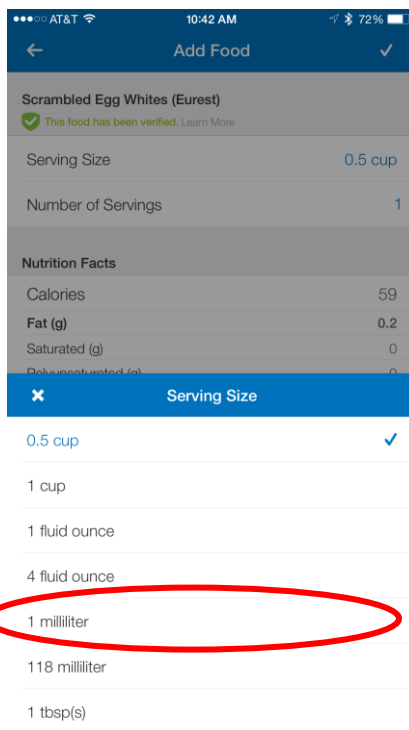
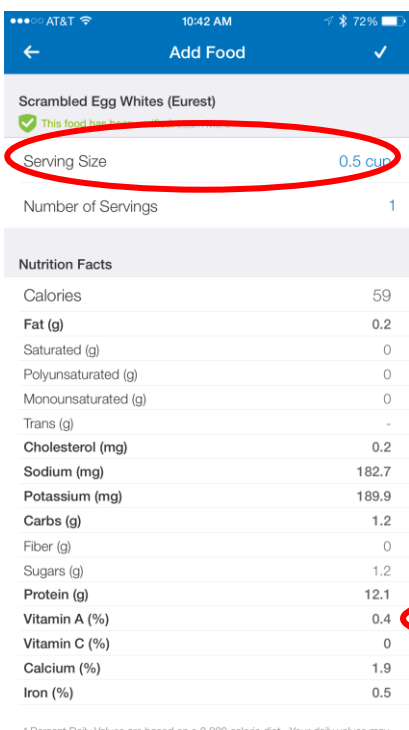
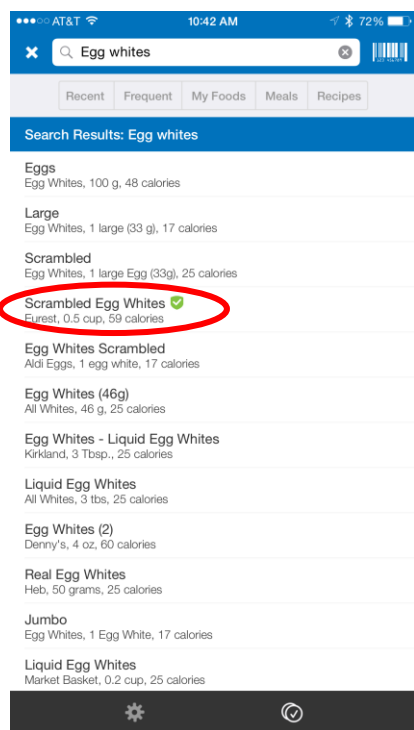
Although MFP does not allow you to set your macronutrient goals by the gram (without paying an extra fee, that is), you can bypass this by setting your calorie goal to zero. That way, as you track your food, your totals will not be compared to an arbitrary number MFP provides for your “goal”. Do not worry about filling in your weight, goal weight, weekly goal, or activity factor. My Fitness Pal will try to give you macronutrient numbers, but these are going to be calculated by your coaches instead.



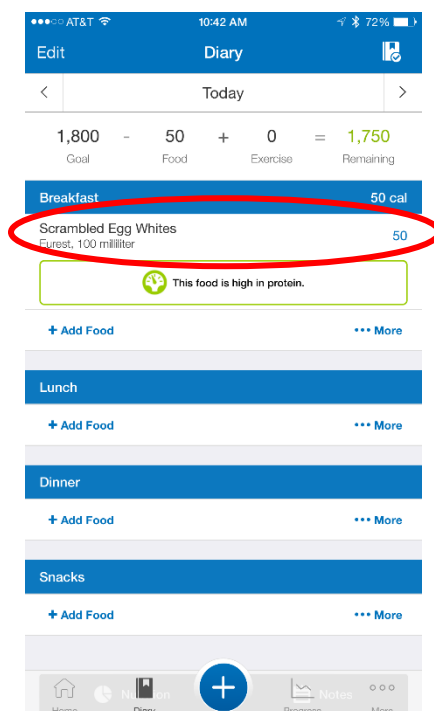
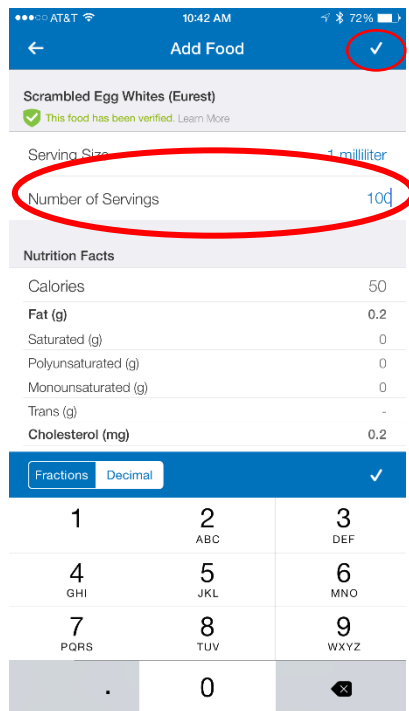
3. **Adding foods to your diary:** You can easily search for any food on MFP either by the search function, or by using the bar code scanning feature.



MFP allows you to search for specific foods and add them to your diary. It also allows you to change the serving size from cups to ounces, mL, grams, etc. Select the serving size you wish to use, enter the number of servings, and click the “check mark” to add the food to your diary. You can follow the same procedure by simply using the scanner function to scan the barcode of the food item. MFP will automatically pull up the nutrition facts and you can add the item to your diary.



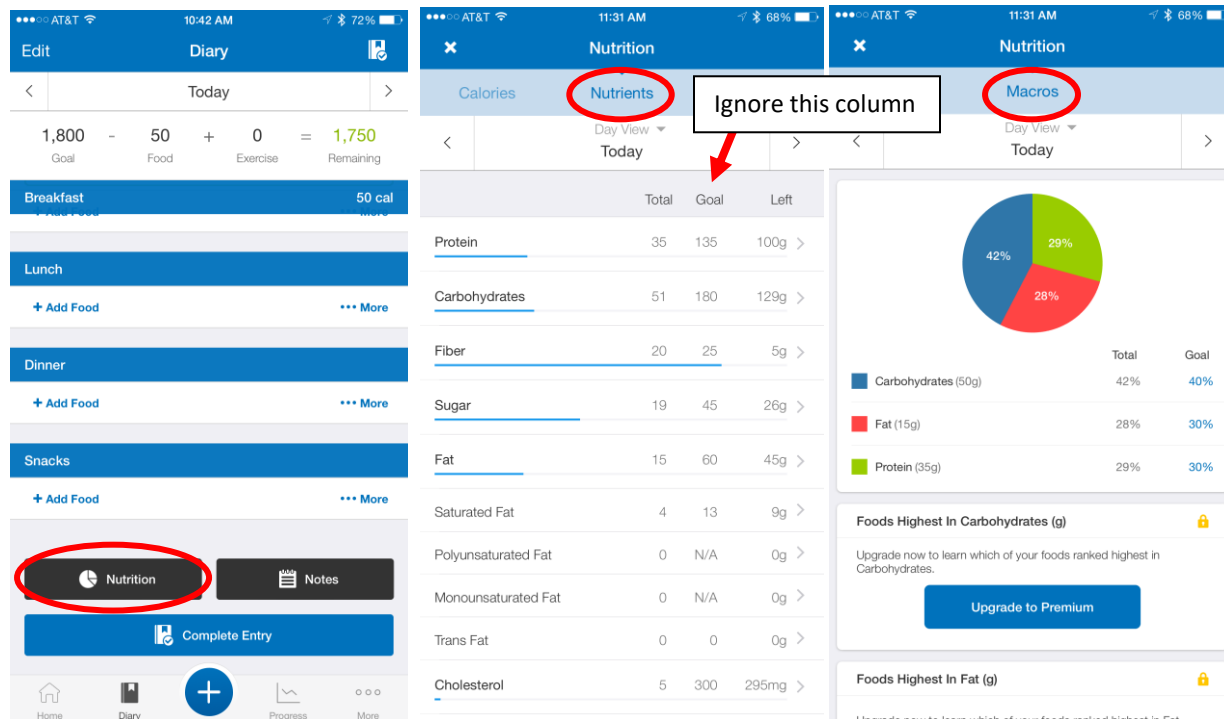
\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may vary.



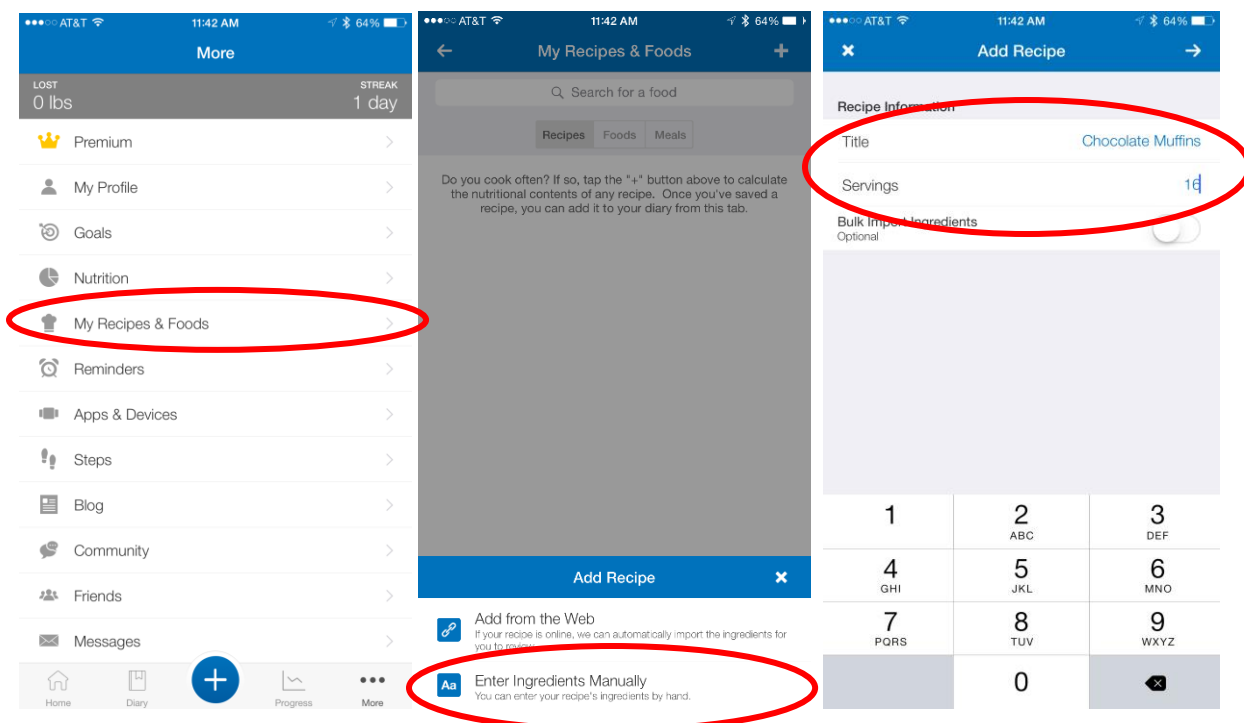
#### A few tips when searching/tracking food:

1. If you are weighing your already cooked protein (chicken, steak, etc.) on a food scale, make sure you search for the “cooked” version of that protein in MFP. For example, if you weighed out 4 ounces of grilled chicken breast, you would search for “chicken breast, cooked” in my fitness pal.
2. Any food with a green check mark next to it is “verified” by MFP. This means that the serving sizes and nutritional facts have been verified accurate by MFP. This doesn’t mean that all foods without a green checkmark are inaccurate, they can still be used as well, but if the verified version of an item is available, use it.
3. In the beginning, it will be a little arduous to search every food and enter it into your journal. However, MFP will keep a log of your frequently used foods under the “Frequent” tab for you to easily use without searching first.

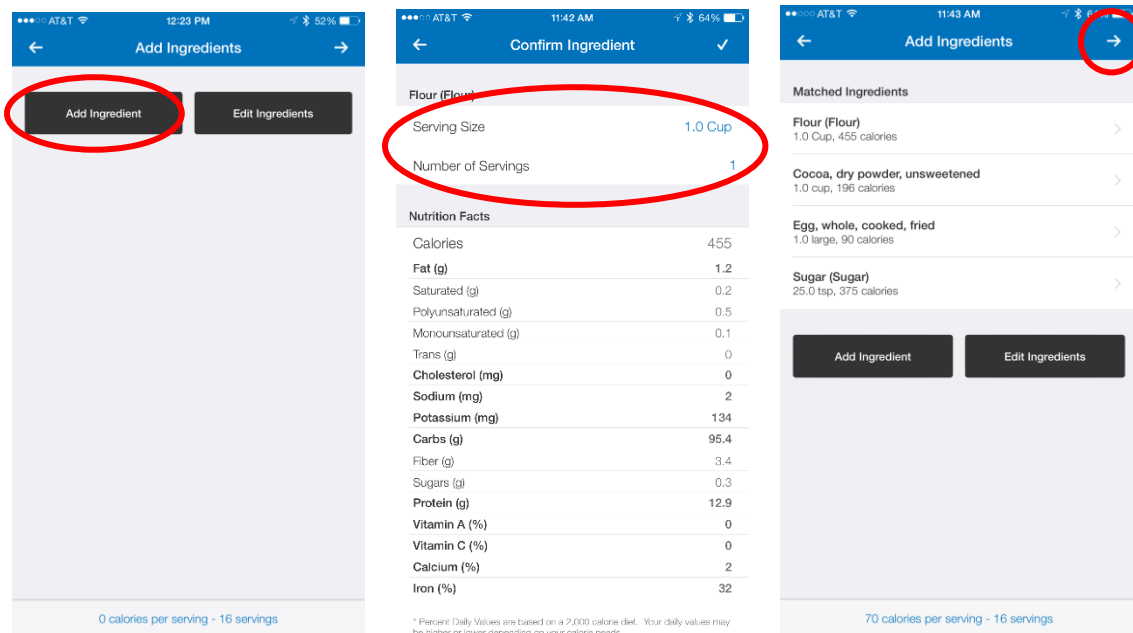
4. **Viewing your macronutrient intake for the day:** MFP allows you to view your macronutrient intake in grams as well as percentages. Click on “Nutrition” at the bottom of your diary to find these options. Ignore the middle “Goal” column under “Nutrients” and only focus on the “Total” column for your tracking purposes.



5. **Creating Recipes in MFP:** If you have a favorite recipe that you frequently use, you can calculate the macros and save the recipe in MFP! After selecting “My Recipes and Foods”, click the “+” sign in the top right hand corner to start a new recipe. Select “Enter Ingredients Manually”, then enter the title and servings your recipe makes.



To add an ingredient, click the “Add Ingredient” button. Search for ingredients and adjust the serving size and servings. Continue this process until all ingredients are added. When finished, click the arrow in the top right hand corner of the screen.



MFP will display your recipe with the nutritional facts per serving. To add your recipe to your diary in the future, click “Recipes”, and your new recipe should appear as an option.

