Setting Up MyFitnessPal

1. Using your mobile device, download the free MyFitnessPal App from either the (Apple app store or Google Play)

2. Open the app and login using your facebook or twitter account (easiest), or create an account using a valid email address.

3. MyFitnessPal will then ask you to enter some information including your goals, fitness level, height, weight, age, gender, exercise level, and goals. Enter this information as directed.

4. The app will then construct a plan for you consisting of your TDEE (total daily energy expenditure) based on the information you provided, but you’ll have to manually enter your specific diet TDEE and macro goals.
Here’s how to manually adjust MFP to fit your specific daily calorie and macronutrient ratios.

First use our macro calculator to calculate your TDEE and Macro amounts.

• Before you enter anything into MyFitnessPal, you must enter your average daily activity level:
  
  • **Sedentary**: Just normal everyday activity like a little walking, a couple flights of stairs, eating etc.
  
  • **Light activity**: Any activity that burns an additional 200-400 calories for females or 250-500 calories for a males more than your sedentary amount.
  
  • **Moderate activity**: Any activity that burns an additional 400-650 calories for females or 500-800 calories for males more than your sedentary amount.
  
  • **Very Active**: Any activity that burns more than about 650 calories for females or more than 800 calories for males in addition to your sedentary amount.
This way you will simply eat the same amount of each of your macros each day. While this makes it easier to track your macros it doesn’t account for varying exercise levels throughout the week or on rest days. So, you will have to make a mental note of this.

For example, if I am prescribed to eat 160 g of carbs, 142 g of protein and 45 g of fat on Training days, I will set up MY Fitness Pal that way. However, of non-training days, I am to only eat 130 g of carbs…I will have to make sure I only eat up to this amount on non-training days, despite the fact that My Fitness Pal says to eat 160 g of carbs.

Here’s how to manually enter your macros that I have prescribed for you:

1. From the home screen, click on the “More” button at the bottom of the screen.
2. Then click on the “Goals” heading.

3. Under Nutrition Goals enter your calorie amount given by me and adjust carbohydrates, protein, and fat to the percentages given by me (you’ll have to round to the nearest 5% increment).

- To turn off activity tracking under the “More” button, select “Steps”
  Then select “Don’t track Steps”

- Also do not pair any other fitness tracking apps or devices with MyFitnessPal nor add any exercises in your daily food diary.
How to Enter Food and Track Your Macros

Tracking how much food you eat is pretty simple using MyFitnessPal.

1. To get started click on the diary button at the bottom of the screen.

2. Then click the “add food” button below the appropriate meal.

- You then can search for a food, enter it manually, or scan the barcode of the food you are eating with your device’s camera.
- Adjust serving size as necessary and then click the check mark at the top of the screen.

_The more you do this, the easier it gets as MyFitnessPal remembers your prior foods and suggest things you normally eat._

It also may be useful to purchase a digital food scale to more accurately weigh your food and establish more accurate macro amounts.
3. Keep track of your macros as you eat.

- Scroll to the bottom of the diary screen and click the nutrition button.
- It will show you a pie chart which only shows you percentages, but you can see a macro grams breakdown by clicking the list icon in the far right of the blue calorie breakdown bar just above the pie chart.
- Now you can see your progress for the day so far and how many grams short or over you are in meeting your daily macro goals.

4. At the end of each day click “Complete Entry”.
As You Continue

MyFitnessPal is designed to track your progress, so every 2 or 3 days you should weigh yourself using a digital scale and enter your weight by clicking the + button and then the purple weight button at the bottom of your screen.

For every 5 pounds of weight lost or gained I will recalculate your macros based on your new weight. You will then enter this updated info into MyFitnessPal as instructed above.

MyFitnessPal has a lot of resources available to help you be successful such as:

- Reminders
- Community support
- Ability to save recipes, food, and meals
- And even personal coaching. (*Everything else is free except for this service.*)

*The more you use MyFitnessPal, the more you’ll discover!*