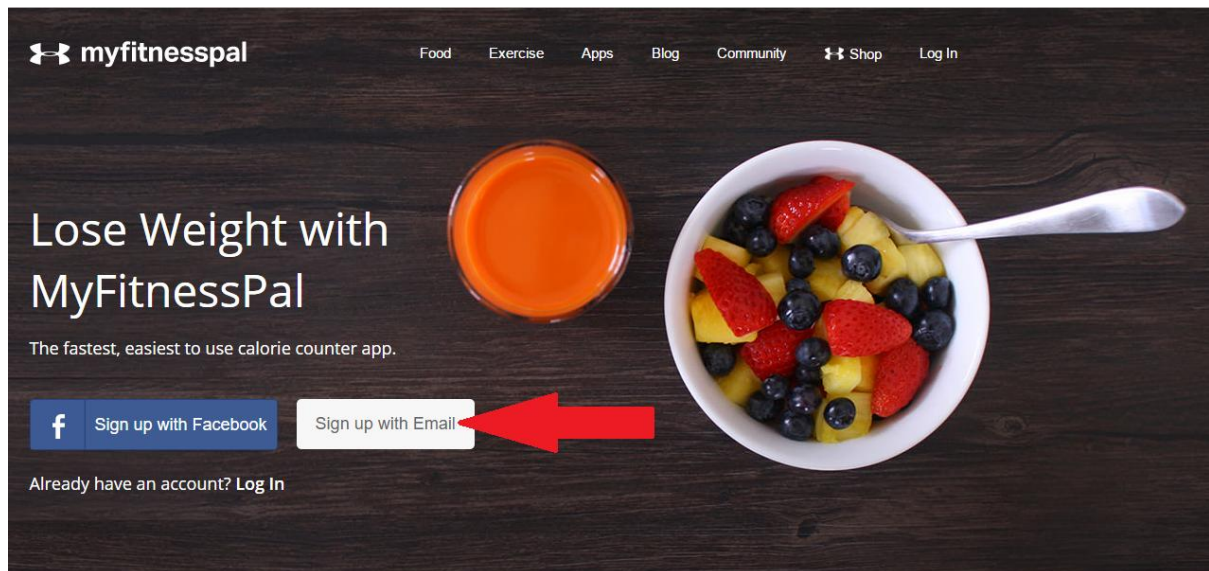


## Getting to grips with My Fitness Pal

### Step One - Signing Up

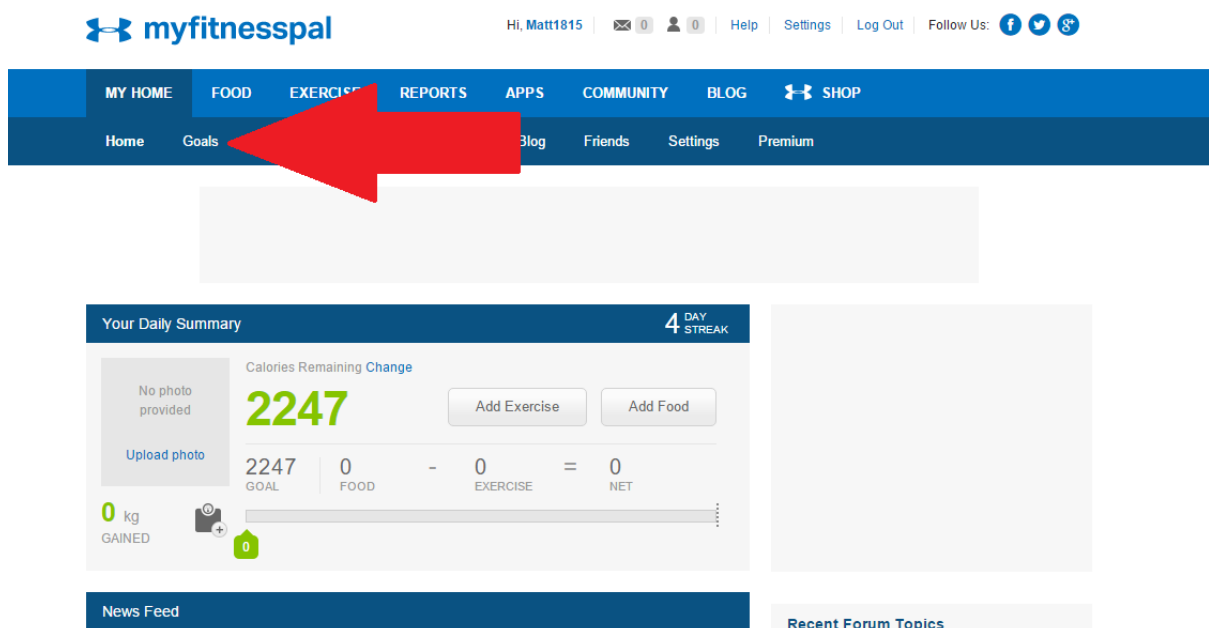
You can either sign up via facebook or email, personally I prefer email as I don't want to share what I had for breakfast with all of my friends and family but I'm sure there are a lot of people out there who do!



Millions of people have lost weight with MyFitnessPal's FREE calorie counter  
Get free access to the world's largest nutrition and calorie database — over 5 million foods!

### Step Two - Establishing Your Goals

Click on the Goals tab so that you can customise your targets



## Step Three

Click on 'Edit' in Daily Nutritional Goals

### Your Fitness Goals

Would you like help setting up your goals? [View Guided Setup](#)

Daily Nutrition Goals	Edit	Targets	Edit
Calories	2247	Saturated Fat	32 g
Carbohydrates 253 g	45 %	Polyunsaturated Fat	0 g
Fat 62 g	25 %	Monounsaturated Fat	0 g
Protein 169 g	30 %	Trans Fat	0 g
Custom Daily Goals	🔒 No	Cholesterol	300 mg
		Sodium	2300 mg
		Potassium	3500 mg
		Fiber	25 g
		Sugar	110 g
		Vitamin A	100 %DV
		Vitamin C	100 %DV
		Calcium	100 %DV
		Iron	100 %DV

Fitness	Edit
Calories Burned / Week	2260 Calories
Workouts / Week	4 workouts
Minutes/Workout	70
Exercise Calories	🔒 On

## Step Four - Setting calorie targets

Change your calories to match your calorie target (your coach should have set you a target, alternatively you can use the [following link](#) to work this out for yourself), this will give you a much better idea of what calories you should be hitting than the MyfitnessPal target.

### Daily Nutrition Goals

Calories	2247
Macronutrients	🔒 Set by Grams
Carbohydrates 253 g	45% ▼
Fat 62 g	25% ▼
Protein 169 g	30% ▼
% Total	100%
Macronutrients must equal 100%	

### Set Custom Daily Goals

or different days of the week

🔒 Add Daily Goal

[Back to Goals](#) [Save Changes](#)

## Step Five - Setting Macronutrient targets

Either you will have been given your targets by your coach, or you will need to work them out for yourself. As a rule of thumb, you should use 0.825g of protein per lb of bodyweight. 25% of your calories should come from fat. The rest can be carbohydrates. Remember these are just estimates for the average person.

Daily Nutrition Goals

Calories	2247
Macronutrients	Set by Grams
Carbohydrates 253 g	45% ▼
Fat 62 g	25% ▼
Protein 169 g	30% ▼
% Total	100%
Macronutrients must equal 100%	


[Back to Goals](#)

Save Changes

Set Custom Daily Goals

Create custom goals for different days of the week

Add Daily Goal



## Step Six - Logging in your food

Now that you have your calorie and macronutrient targets set up it is time to log in your food for the day. Click on the 'food' tab to begin.

### Daily Nutrition Goals

Calories	<input type="text" value="2247"/>
<b>Macronutrients</b>	<a href="#">Set by Grams</a>
Carbohydrates 253 g	<input type="text" value="45%"/>
Fat 62 g	<input type="text" value="25%"/>
Protein 169 g	<input type="text" value="30%"/>
<b>% Total</b> Macronutrients must equal 100%	<b>100%</b>

[Back to Goals](#)



### Set Custom Daily Goals

Create custom goals for different days of the week

[Add Daily Goal](#)

## Step Seven - Adding food

Once you're on the food diary section you can begin to add your food, first pick which meal you are logging, and press 'add food'.

Your Food Diary For: ◀ Friday, March 11, 2016 ▶ 

### Breakfast

[Add Food](#)


Calories	Carbs	Fat	Protein	Fiber	Sugar
----------	-------	-----	---------	-------	-------

### Lunch

[Add Food](#) | [Quick Tools](#)

### Dinner

[Add Food](#) | [Quick Tools](#)

### Snacks

[Add Food](#) | [Quick Tools](#)

### Pre-Workout/Post Workout

[Add Food](#) | [Quick Tools](#)

### Supplements

[Add Food](#) | [Quick Tools](#)

Totals	0	0	0	0	0	0
Your Daily Goal	2,247	253	62	169	25	110
Remaining	2,247	253	62	169	25	110
	Calories	Carbs	Fat	Protein	Fiber	Sugar

When you're finished logging all foods and exercise for this day, click here:

[Complete This Entry](#)

## Step Eight - Searching for food

As you can see in the picture, once you have been using the food diary for a while it will have a record of frequent foods that you use. Which is really easy as you can just click on that when you're logging. There is also a recent food tab, and tabs for customising your own meals and recipes. Very

useful if you make the same meal (i.e. chilli) often. If your food isn't listed below then click on search and type in your food.

### Add Food To Breakfast

Search our food database by name [Quick add calories](#)

Or, add your favorites for: **All Meals** ▼

Sort by: Default ▼

Add Checked	RECENT	FREQUENT	MY FOODS	MEALS	RECIPES
<input type="checkbox"/>	Generic - Coffee White With 1 Sugar	Qty: 1	of 1 cup	▼	
<input type="checkbox"/>	Marks and Spencer - Plain Bagels	Qty: 1	of 80 g	▼	
<input type="checkbox"/>	Rowse - Squeezy Clear Honey	Qty: 0.2	of 100 g	▼	
<input type="checkbox"/>	Fage - Total. 0% Fat Free Authentic Greek Yoghurt	Qty: 150	of 1 g	▼	
<input type="checkbox"/>	Sainsburys - Whole Rolled Porridge Oats	Qty: 50	of 1 g	▼	
<input type="checkbox"/>	the Protein Works - Whey Protein 80 - Rocky Road	Qty: 1	of 1 scoop (25g)	▼	
<input type="checkbox"/>	Amoy - Straight to Wok - Rice Noodles	Qty: 1	of 150 grams	▼	
<input type="checkbox"/>	Blueberries - Raw	Qty: 1	of 100 g	▼	
<input type="checkbox"/>	Philadelphia - Light Garlic and Herbs	Qty: 1	of 30 g	▼	
<input type="checkbox"/>	Morrisons - British Turkey Breast	Qty: 1	of 160 g	▼	
<input type="checkbox"/>	Philadelphia Lightest - Cream Cheese	Qty: 0.5	of 30 g	▼	
<input type="checkbox"/>	Myprotein: Impact Whey Protein Powder - Mocha Flavoured	Qty: 1	of 25 g	▼	
<input type="checkbox"/>	Generic - Milk Full Fat	Qty: 1	of 100 ml	▼	
<input type="checkbox"/>	Morrisons - Morrisons Stir Fry Vegetables (Correct)	Qty: 0.25	of 1 container (500 gs ea.)	▼	
<input type="checkbox"/>	Small Handful - Cashew Nuts	Qty: 1	of 25 g	▼	
<input type="checkbox"/>	Morrisons - Plain Chicken Breast	Qty: 1	of 100 g	▼	
<input type="checkbox"/>	Sainsbury's - Microwave Pilau Rice	Qty: 1	of 1/2 pack	▼	

### Step Nine - Choosing the correct food

As you can see in the picture, you will get quite a lot of options when you type in something generic like 'chicken breast'. The trick is to find the correct option for you, don't add BBQ Chicken if you are talking about a plain chicken breast as the calories will be very different. Also check the serving size and calories of each option. As you can see the first option is only 1g which would give you an incorrect calorie measurement if you didn't adjust it (you can edit the serving size if you have the time, but normally it makes more sense to just find the correct size first).

## Add Food To Breakfast

Search our food database by name:

### Matching Foods:

Chicken Breast

Chicken Breast, 1 gram, 1 calories

BBQ Chicken Breast

Aladdin, 1 Breast, 141 calories

Tyson Chicken Breast

Protein, 4 oz, 110 calories

Chicken Breast, Boneless

Chicken Breast, 1 oz, 30 calories

Chicken Breast, Boneless, Skinless

Can't find what you're looking for? [Add a food to the database](#)

## Step Ten - Getting the correct serving size

As mentioned above, getting the correct serving size is crucial. How heavy is your chicken breast? If it is twice the weight of the serving size shown then you're going to need to write 2 into the 'servings' box. Check the nutritional info box to make sure that the info is correct.

## Add Food To Breakfast

Search our food database by name:



### Matching Foods:

Chicken Breast,

Chicken Breast, 1 gram, 1 calories

---

BBQ Chicken Breast

Aladdin, 1 Breast, 141 calories

---

Tyson Chicken Breast

Protein, 4 oz, 110 calories

---

Chicken Breast, Boneless

Chicken Breast, 1 oz, 30 calories

---

Chicken Breast, Boneless, Skinless

**Protein - Tyson Chicken Breast**

**How much?**

1.0 servings of 4 oz

**To which meal?**

Breakfast

Can't find what you're looking for? [Add a food to the database](#)

## Step Eleven - Checking the nutritional info.

Sometimes MyfitnessPal will give you an option that seems perfect until you check the nutritional info. So the calories will be correct, but there will be no macronutrients listed. If Protein, Carbohydrates, and Fat are all listed as Zero then the nutritional info is incomplete and you should find another option. You can check to make sure it is accurate by typing "nutritional info for ....." into Google if you suspect that the info available might be incorrect.



myfitnesspal

Hi, Matt1815 | 0 | 0 | Help | Settings | Log Out | Follow Us:

MY HOME

FOOD

EXERCISE

REPORTS

APPS

COMMUNITY

BLOG

SHOP

Food Diary

Database

My Foods

My Meals

Recipes

Settings

Add Food To Breakfast

Search our food database

chicken breast

Matching Foods:

Chicken Breast, 1 gram, 1 calorie

BBQ Chicken Breast ✓

Aladdin, 1 Breast, 141 calories

Tyson Chicken Breast

Protein, 4 oz, 110 calories

Chicken Breast, Boneless

Chicken Breast, 1 oz, 30 calories

Chicken Breast, Boneless, Skinless

Can't find what you're looking for?

Nutrition Facts

Submitted on: 3/11/2016

Confirmed by: 0 users

Is this data accurate?

Yes No I Don't Know

Protein - Tyson Chicken Breast

Servings: 1.0 4 oz

Calories	110	Sodium	110 mg
Total Fat	4 g	Potassium	0 mg
Saturated	2 g	Total Carbs	0 g
Polyunsaturated	1 g	Dietary Fiber	0 g
Monounsaturated	2 g	Sugars	0 g
Trans	0 g	Protein	24 g
Cholesterol	65 mg		
Vitamin A	0%	Calcium	0%
Vitamin C	0%	Iron	0%

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Step Twelve - Add to food diary


Once you have checked that everything is correct you can press 'Add to food diary' and your item should appear there.

## Add Food To Breakfast

Search our food database by name:



### Matching Foods:

<a href="#">Chicken Breast</a> Chicken Breast, 1 gram, 1 calories	<div> <b>Protein - Tyson Chicken Breast</b> </div> <div> <b>How much?</b> </div> <div> <input type="text" value="1.0"/> servings of <input type="text" value="4 oz"/> </div> <div> <b>To which meal?</b> </div> <div> <input type="text" value="Breakfast"/> </div> <div> <input type="button" value="Add Food To Diary"/> <input type="button" value="Nutrition Info"/> </div>
<a href="#">BBQ Chicken Breast</a>  Aladdin, 1 Breast, 141 calories	
<a href="#">Tyson Chicken Breast</a> Protein, 4 oz, 110 calories	
<a href="#">Chicken Breast, Boneless</a> Chicken Breast, 1 oz, 30 calories	
<a href="#">Chicken Breast, Boneless, Skinless</a>	

Can't find what you're looking for? [Add a food to the database](#)

## Step Thirteen - Your Food Diary

As you can see in the picture, the item has been logged in the breakfast section and all of the macronutrients and calories are shown. At the bottom of the diary is the total of your calories for the day, you can use this to make sure you are not going over your calories for the day (or as a guide to what to eat next if you are short of your targets). At the very bottom of the screen is the 'Complete this Entry' button which you press when you've finished.

Your Food Diary For: ◀ **Friday, March 11, 2016** ▶

### Breakfast

	Calories	Carbs	Fat	Protein	Fiber	Sugar	
Protein - Tyson Chicken Breast, 4 oz	110	0	4	24	0	0	⊖
<a href="#">Add Food</a>   <a href="#">Quick Tools</a>	110	0	4	24	0	0	

### Lunch

[Add Food](#) | [Quick Tools](#)

### Dinner

[Add Food](#) | [Quick Tools](#)

### Snacks

[Add Food](#) | [Quick Tools](#)

### Pre-Workout/Post Workout

[Add Food](#) | [Quick Tools](#)

### Supplements

[Add Food](#) | [Quick Tools](#)

	Totals	110	0	4	24	0	0
	Your Daily Goal	2,247	253	62	169	25	110
	Remaining	2,137	253	58	145	25	110
		Calories	Carbs	Fat	Protein	Fiber	Sugar

When you're finished logging all foods and exercise for this day, click here:

[Complete This Entry](#)

## Step Fourteen - Adding Friends

If you have a coach who is planning on checking your calories you will need to add them as a friend. As you can see in the picture, you are now on the 'My Home' section of MyfitnessPal. It has your current remaining calories for the day on it, and a Tab saying 'Friends' at the top. Click this button.

## Your Daily Summary

4 DAY STREAK

No photo provided

[Upload photo](#)

Calories Remaining Change

2137

2247  
GOAL

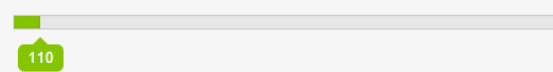
110  
FOOD

-

0  
EXERCISE

=

110  
NET

0 kg  
GAINED


## News Feed

What's on your mind?

Share

## Recent Forum Topics

[View All](#)

- Amount of Working out to achieve abs
- Cardio robs you of your lifting gains.

## Step Fifteen - Adding Friends

Note: I have blacked out my friend's list on this, so that is why there are a bunch of black squares in this picture. You can either add friends via facebook (they need to be a member) or via email. Again, I much prefer the email option. So click this button to proceed.

### Matt1815's Friends

[Email](#)
[Facebook](#)

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

### Step Sixteen - Sending the invite

Put your First and Last name in the first box, then write your coaches' (or whomever you want to add) email in the 'To' box. You can also add a message if you want. Then click invite.

## Add Friends by Email

From:

First name

Last name

To:

(use commas to separate emails)

Message:

(optional)

Invite

Cancel

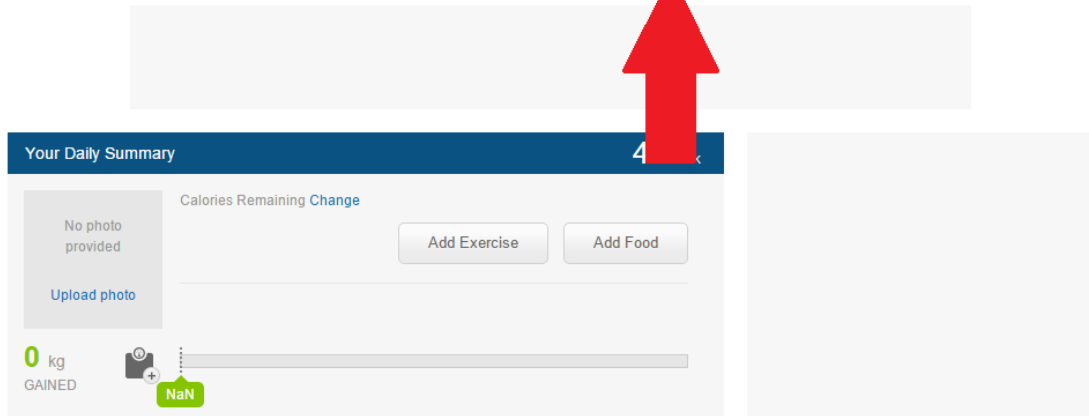
**Don't Diet Alone!**

Enter the email addresses of the people you'd like to invite. When they join, they'll automatically be added to your friends list. If they are already MyFitnessPal members, they'll be sent a Friend Request instead.

Once your friends have joined, you'll be able to monitor each other's progress and provide each other support and encouragement.

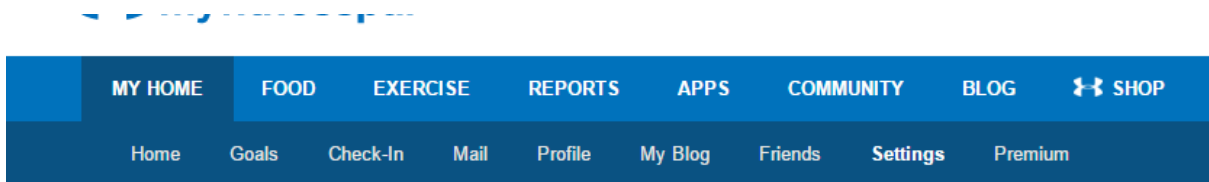
## Step Seventeen - Changing your diary settings

If you are being coached then you will need your coach to be able to see your diary, to do this you will need to change your default diary settings. Go to the 'My Home' page and click the 'settings' tab.



## Step Eighteen - Account Settings

Once you are on the settings page, scroll down to 'Diary Settings' and click on it.



### Account Settings

- [Subscription Settings](#)
- [Change Password](#)
- [Change email address/email preferences](#)
- [Change Username](#)
- [Change Time Zone](#)
- [Update diet/fitness profile](#)
- [Diary Settings](#)
- [Privacy Settings](#)
- [Automatic News Feed Update Settings](#)
- [Change Units](#)
- [Facebook/Twitter sharing settings](#)
- [Change Language](#)
- [Delete Account](#)



## Step Nineteen - Changing your diary setting

Scroll down to 'Diary Sharing' at the bottom of the page, and change the setting from Private to Friends only. That way your coach will be able to access your diary without having to be logged into your account. If you have more than one friend on it, and you don't want everyone to see your account you can choose 'Locked with a Key' and then give your coach the password. I don't recommend this though, because your coach will almost certainly forget it!

### Food and Exercise Diary Settings

**Nutrients Tracked:**  
**Calories** (Required)  
Carbohydrates  
Fat  
Protein  
Fiber  
Sugar

**Change Nutrients Tracked**  
If you'd like to change which nutrients you are tracking in your food diary, just use the controls to the left to choose which nutrients you'd like to track, then click "Save Changes".

**Default Add Food View:**  
Frequent

**Change Add Food Default View**  
By default we display your most recent entries when you add foods to your diary. If you would like to change this default, click on the drop-down box and select your preferred view.

**Meal Names:**  
Breakfast  
Lunch  
Dinner  
Snacks  
Pre-workout/Post workout  
supplements

**Change Meal Names**  
You can change the names of the meals used in your food diary. For example, to track your eating habits by time, you could change your meal names to "9AM to 11AM", "11AM to 1PM", etc.  
  
To delete a meal, just edit the meal name to be blank. Please note that previous food diary entries will also have their meal names changed

**Diary Sharing:**  
☒ Private  
☐ Public  
☐ Friends Only  
☐ Locked with a key:

**Change Diary Sharing**  
The privacy settings of your food and exercise diaries can be set to Private (viewable only by you); Public (viewable by anyone); Friends Only (viewable only by your MyFitnessPal friends); or Locked (viewable only with a password).  
  
ed at:

Hope this Guide has helped!

Matt Smith

*Matt Smith Coaching*