

SCAFFSTRONG

myfitnesspal

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THE COMPLETE GUIDE TO
myfitnesspalTM

Contents

- 3 **Welcome**
- 4 **Setting Up**
- 5 **Dashboard Overview**
- 7 **Calorie Target**
- 8 **Tracking Food**
- 9 **Adding Food**



Welcome To My Complete Guide To MyFitnessPal.

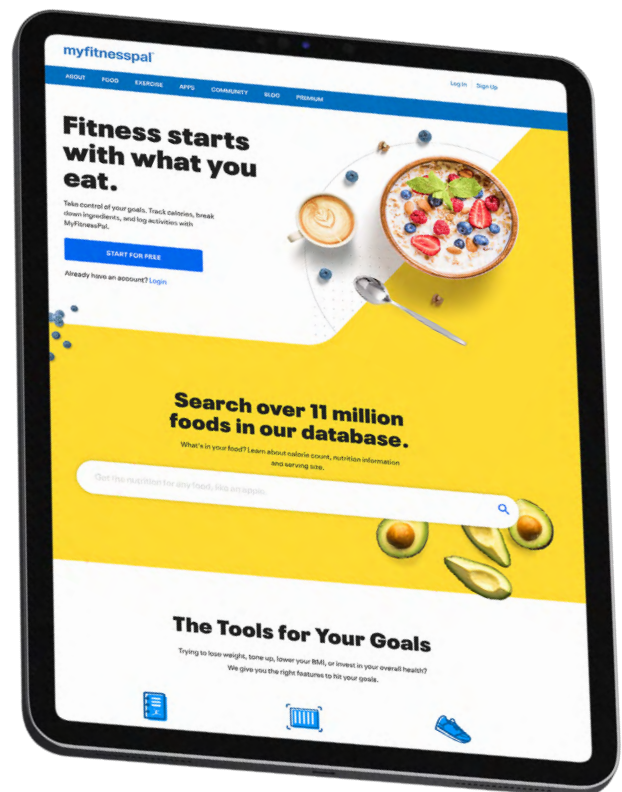
We all know that the toughest part in achieving our goals is managing to stay consistent and tracking nutrition correctly. When day-to-day life can be stressful and throw us off our own agenda it's a challenge to find the will-power and determination to remain steadfast with our nutrition.

MyFitnessPal is a great tool for monitoring your calorie intake, as well as macro and micro nutrients, and generally ensuring you are consuming a healthy and balanced diet. I have created this quick guide to enable you to use it to its full potential, to not only track and compile your food diary but also help you make educated choices along the way.

As tracking calories is my chosen method for an effective body transformation, MyFitnessPal is my go to App for tracking nutrition.

Everything you need is the free version, and minimal use of the App will give you all the functionality and effectiveness you need!

You put in so much energy to stay committed to your nutrition, you need to know that you're not sabotaging your hard work by making silly mistakes with your tracking or spending more time than necessary in the App.



Setting Up

DOWNLOADING AND SETTING UP MYFITNESSPAL

Using your mobile device download the free Myfitnesspal App for the correct device you own.

Apple app store

[IOS LINK](#)

OR

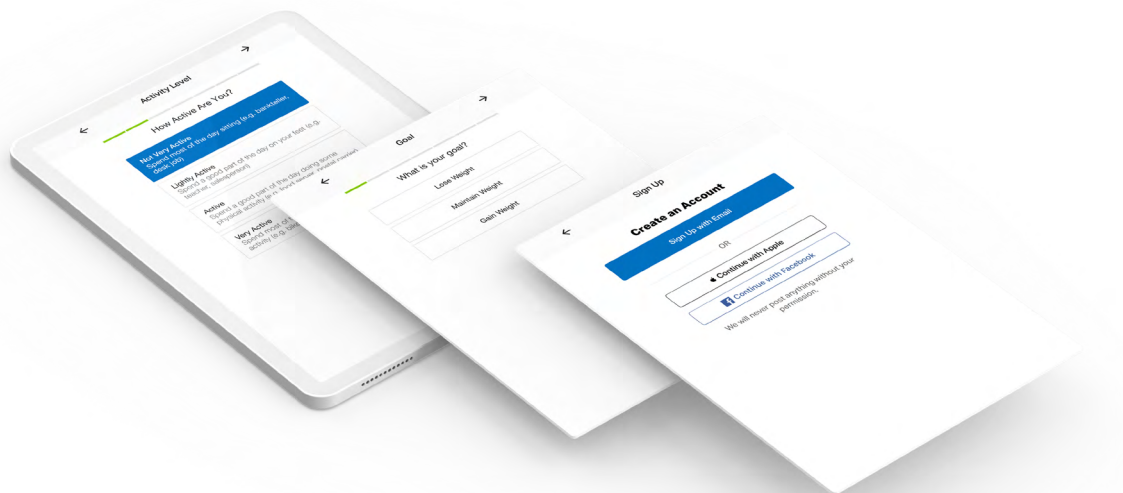
Google play store.

[ANDROID LINK](#)

Myfitnesspal will try to get you into the **PREMIUM** version of the App. **You don't need this.** The free version has everything you will need, apart from the barcode scanner.

Sign up using Facebook or a valid email address.

Myfitnesspal will ask you to add some basic information, goals, fitness level, height, weight, age, gender etc.



Dashboard Overview

When you open the MyFitnessPal app, the new Dashboard will show up on your home screen. You'll be able to log food, exercise and weight, track progress toward your goals, see beautiful visuals of your daily progression, and much more — all from your home screen.

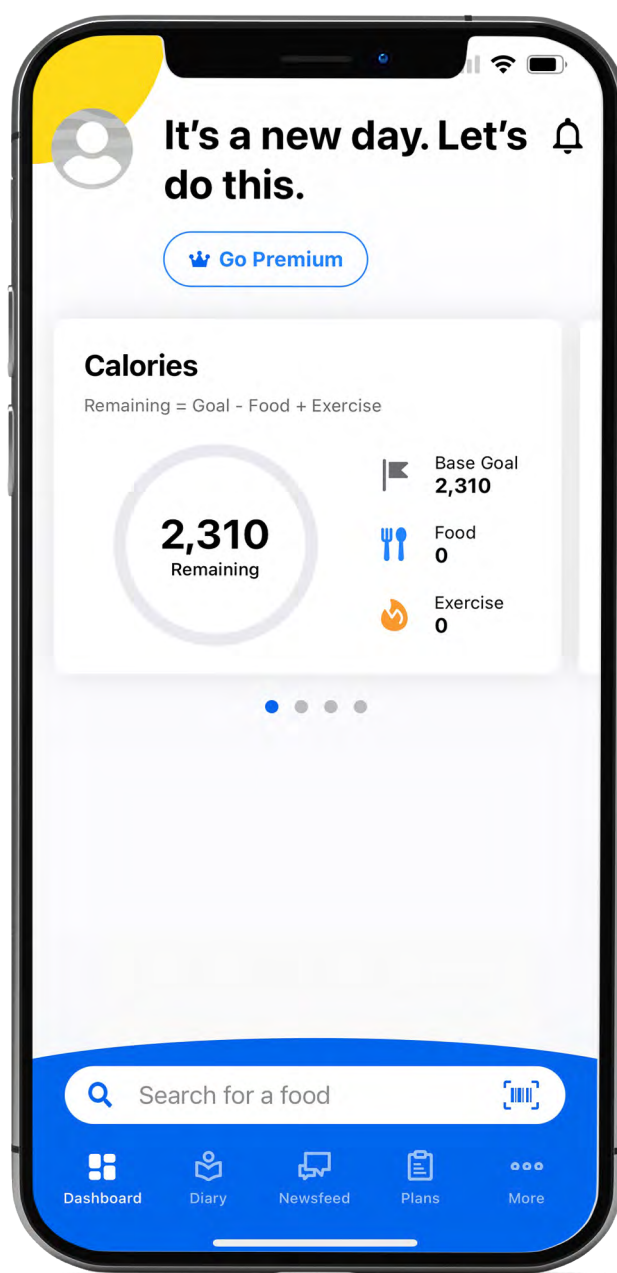
The number of on-screen taps it takes for you to log a meal or exercise or scan a food can really add up, especially when you're logging into MyFitnessPal multiple times a day. With the new Dashboard, we've made it easier and faster to do what you do most.

If you don't see it, make sure you've updated to the most recent version of the MyFitnessPal app.

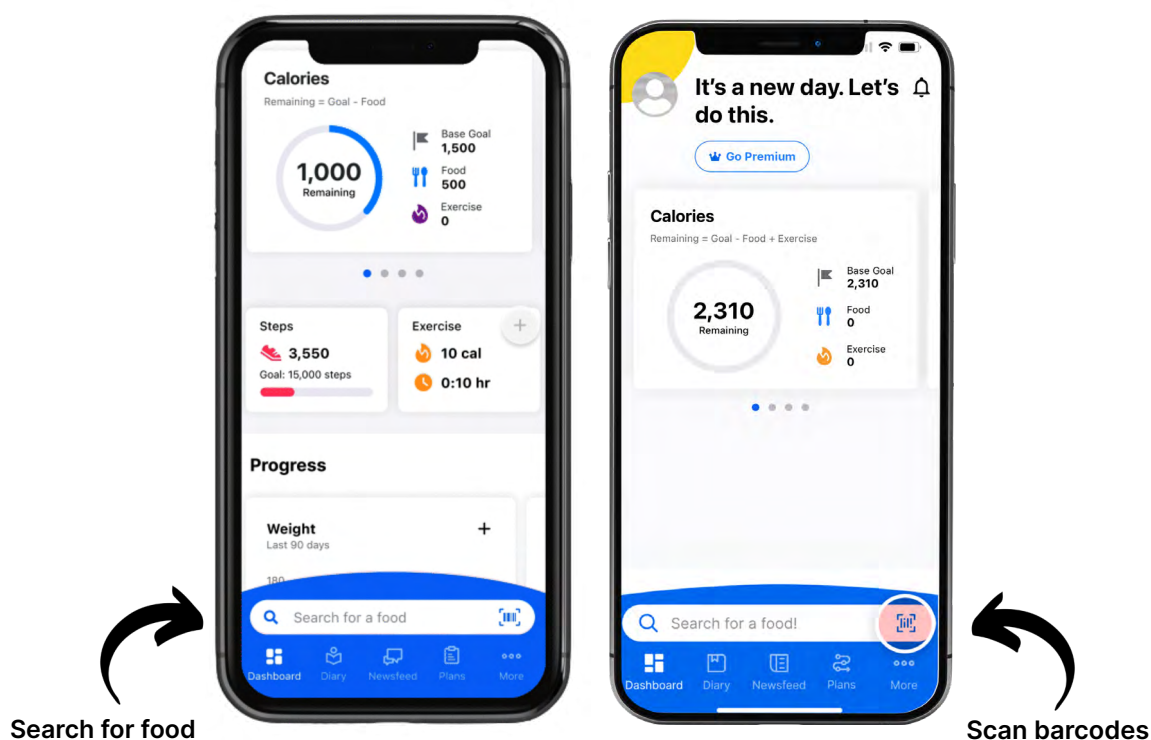
What happened to my old home screen?

Still want to see updates from the MyFitnessPal blog or updates from other community members you've connected with?

The previous version of your home screen is the Newsfeed, and is still accessible at the bottom of your Dashboard.



Log foods at app launch We understand you're tired of tapping through to search for food or scan a barcode. This is why you can now you can now do both from the bottom of your Dashboard.



What do the “+” signs mean?

On the premium version you can now log your exercise and weight directly from your Dashboard. Tap the + icon on the respective card to log your daily weight and exercise.



Calorie Target

The App will give you a calorie target.
YOU ARE NOT GOING TO USE THIS TARGET.
You are going to input your own targets from our nutritional plan.

From the start or home page on your App you are going to select the three horizontal lines in the top left corner.

From this list select **GOALS**.

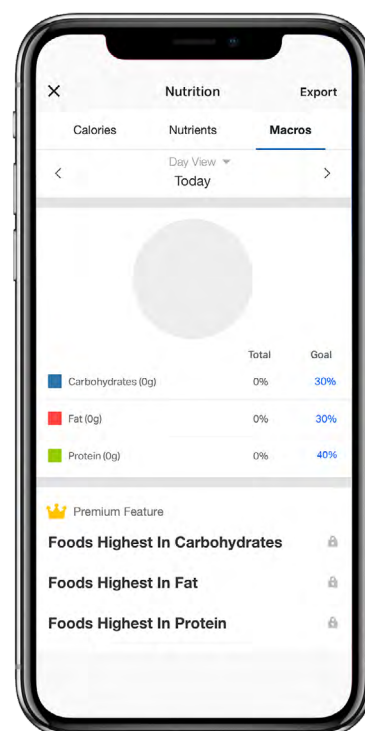
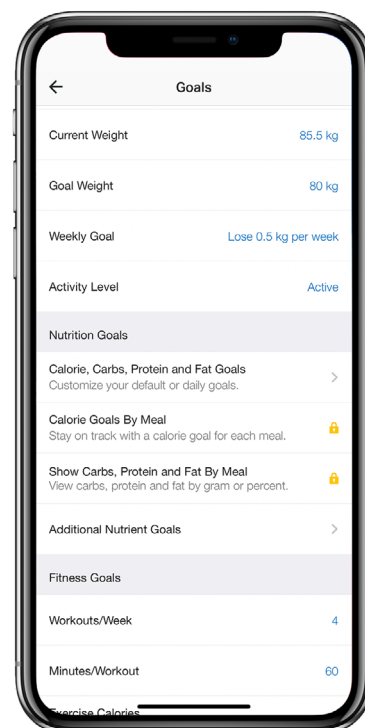
Leave the weight and activity goals as they are and scroll down to **NUTRITIONAL GOALS**.

Select calorie and macronutrient goals (carbohydrate, protein and fat are the macronutrients and its normally the 1st option under nutritional goals).

First select calories and change the calorie goals to the number I have supplied you with.

Next we are going to select protein and change the percentage so that the target number in the App is as close as possible to the target number on our nutritional plan (this may not work out exactly so close as possible is fine).

If you're not sure a good approximate breakdown is 40% Protein 30% Carbohydrates 30% Fats but anywhere close to this is OK, so long as the protein is close to our target.



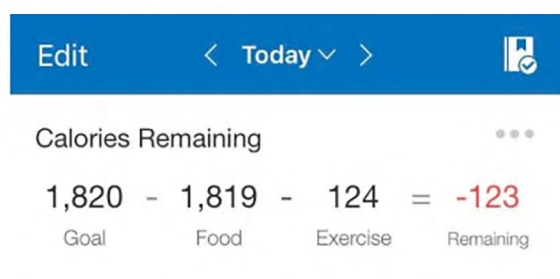
Tracking Food

Now you have your targets set, matched to your nutritional plan and you are ready to go.

From the home page you will see the top bar has goal - food + exercise = remaining.

You are **NOT GOING TO TRACK EXERCISE HERE** only food as it is very inaccurate for exercise.

THIS IS EXTREMELY IMPORTANT!

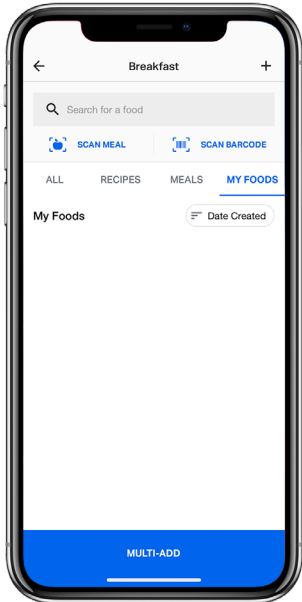


Tracking how much food you eat is pretty simple using MyFitnessPal - and the more you use it, the more efficient you become at tracking macros. It's essential you understand sources of carbohydrates, protein and fats when tracking as this will help you understand what you need to manipulate how much you need eat in order to hit your macro goals accurately. The more you do this, the easier it gets as MyFitnessPal remembers your prior foods and suggests things you normally eat. It is also necessary to purchase a digital food scale to more accurately weigh your food and establish clear serving sizes on MyFitnessPal.

To get started, click on the **DIARY BUTTON** at the bottom of the screen.

Then click the **"ADD FOOD"** button below the appropriate meal.

Adding Food



You then can search for a food, enter it manually, or scan the bar code of the food you are eating with your device's camera. MyFitnessPal has an impressive database and you find everything on there.

Using the barcode scanner is very easy. Tap the barcode icon in the top, right-hand corner will bring up the scanner screen. You can simply scan the barcode within the view-finder on the screen, and MyFitnessPal will automatically recognise it and add the correct product.

You can also manually add the barcode using the bottom of the screen.



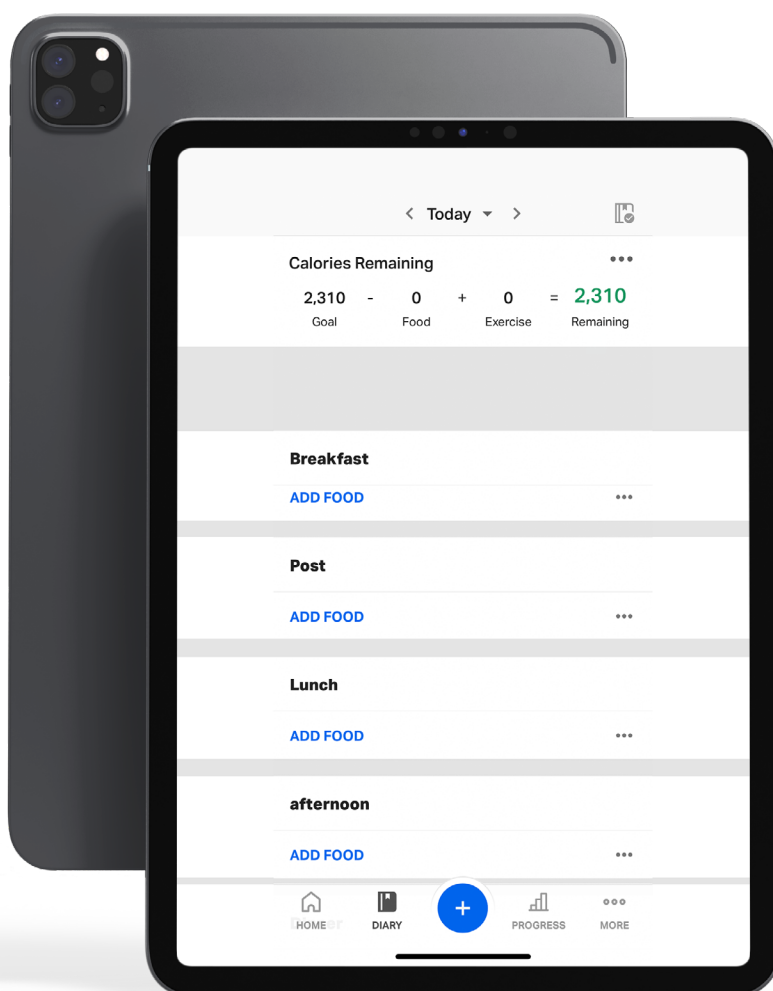
For example If you're weighing cooked rice, then search for it cooked. If it's uncooked, then search for uncooked rice. It's the same with chicken, pasta etc, basically anything that requires cooking.

Some products gain water weight, and some lose water weight when cooking.

I personally prepare a large container of food at the beginning of my week and I leave it in the fridge. So everything I track in the week will be cooked. Adjust serving size as necessary and then click the check mark at the top of the screen - be very careful and particular with this, I'll expand below. With regard to serving size, its important that you pick food with serving sizes that you're comfortable with.

Personally, I'm really comfortable with using grams, and I look for foods that give you the option to change it to grams. Most foods on MyFitnessPal have options to change between imperial and metric units.

With the serving size, you may be given a serving size as "1 gram" and you've consumed 100 grams - so when inputting your food, punch it in as 100 servings of 1 gram. You may also be given a serving size of "200 grams" and yet again you've consumed 100 grams, you'd input your serving size as 0.5.



For foods that you regularly eat together, saving them as a Meal lets you easily add them to your diary as a group. For example, you can create a Meal called “Two eggs and cereal” consisting of two eggs a bowl of cereal, and milk. You can then add this as a group, instantly, instead of adding each item separately. You can also save a single item as a meal, if finding that item in your Meals list adds convenience.

For items already logged in your diary...

Tap the “Edit” or Pencil button

Tap the selection box next to each item you’d like to include in the remembered meal. You can select items from the same diary meal, or include items from multiple meals.

Tap the “Save Meal” button (fork and knife around a plus symbol). In Android app, you need to tap the three dots on the top right to select “Save Meal”.

Give the meal a name and tap “Save New” or tap “Save as..” to replace an existing meal (iOS apps, tap the check mark)

To quickly create a meal from all of the items logged in one diary category, tap the “More” button under that meal.

Creating meal from scratch...

Go to the drop down menu or more page

Tap My Meals, Recipes & Foods

Select Meals tab

Tap “Create a Meal”

Then add Meal name, photo (optional) and food items

When finished, make sure to hit the Save button on the top right.

When you are logging food in the future, you’ll find your remembered meals in the “Meals” tab of the food search screen.

Keeping track of your macros as you eat is important. Scroll to the bottom of the diary screen and click the nutrition button. It will then allow you to use the tabs at the top to see how your macros and calories are tracking for the day in question.

“Macros” shows you a pie chart & percentages while “Nutrients” shows you the grammage breakdown. 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.

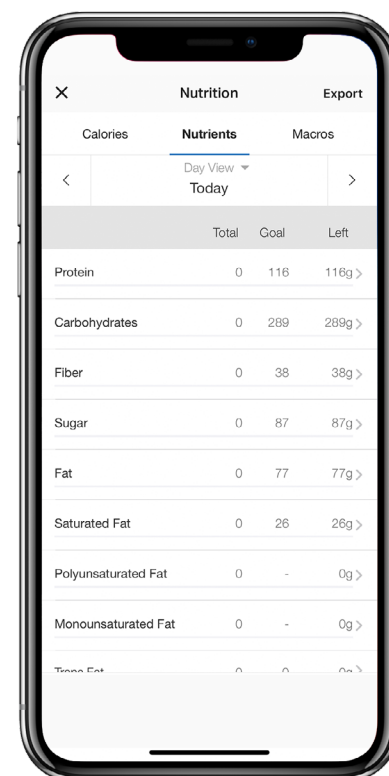
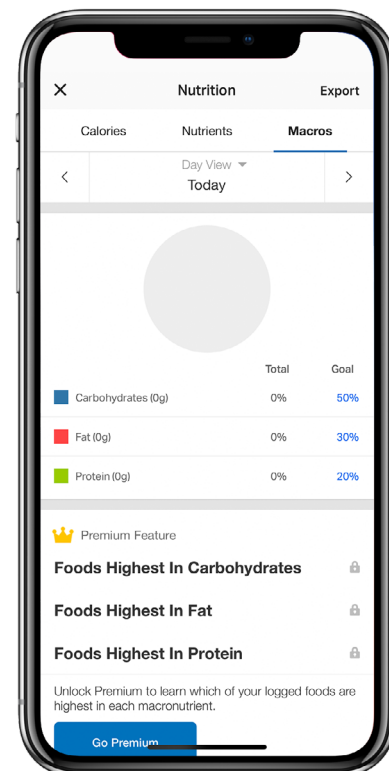
I always use the nutrients section to track my macros. The nutrients section shows “Total” (what you’ve eaten), “Goal” and “Left” (the amount left to hit your goal).

The macros you’ll be tracking are your protein, carbohydrates and fats.

In the above diagrams you will see a small arrow above the day which says day view.

If you click that arrow it will give you an option called week view.

This will show your average calories and macronutrients (protein, fats, carbohydrates) over the last 7 days.





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