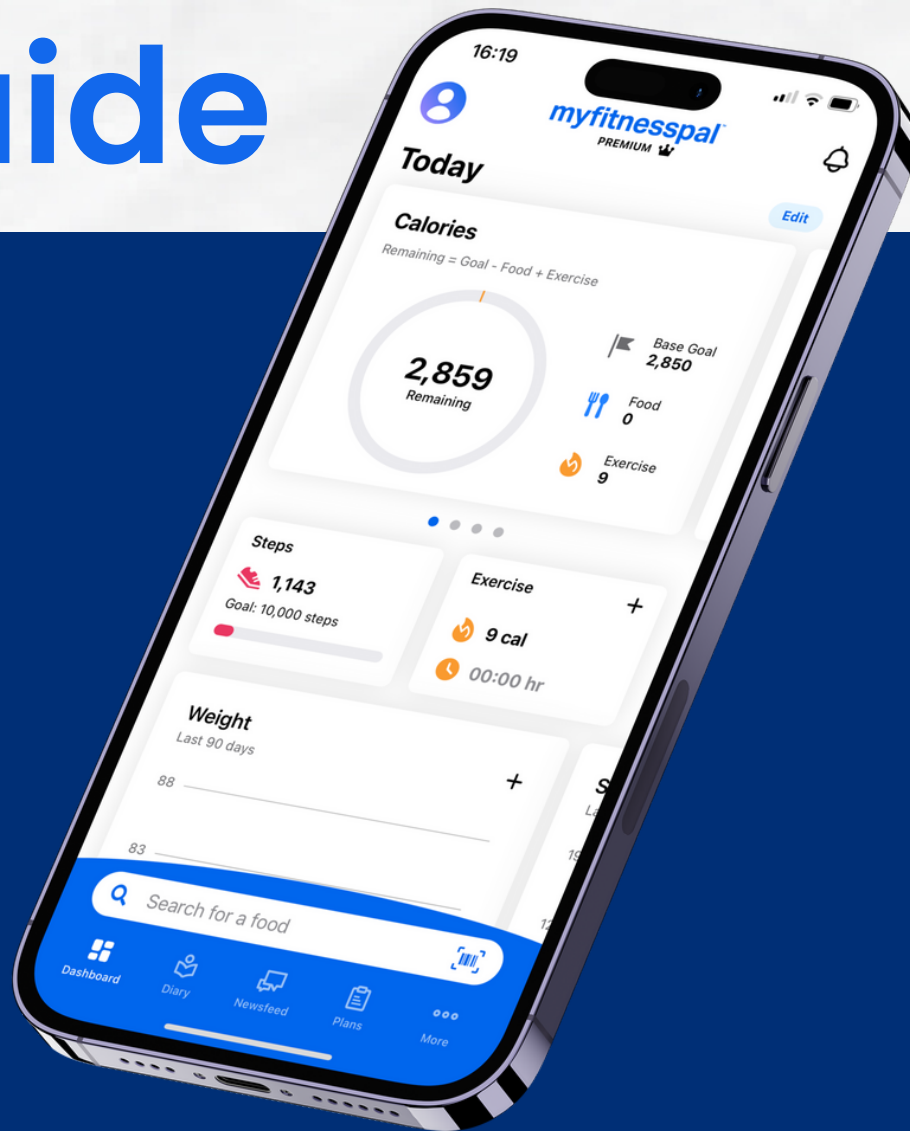# MyFitnessPal Guide

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👋 Introduction

Purpose of the Guide

Welcome to your MyFitnessPal guide! This guide provides step-by-step instructions for using the app's features, making it easier for you to track your food and exercise, set personal goals, and make informed decisions about your health.

Overview of MyFitnessPal

With an extensive food database, barcode scanner, recipe importer, and detailed nutritional insights, MyFitnessPal makes it easier than ever to monitor and adjust your dietary habits.

The app also integrates with many other fitness apps, providing a comprehensive view of your health and fitness journey.

In the following sections, we'll explore how to use these features effectively to support your health goals.

Let's embark on this journey to better health together!

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Table of Contents

🪜 Getting Started

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Creating an Account

Download on the **App Store**   *GET IT ON* **Google Play**

MyFitnessPal is available for download on IOS and Android devices. Many of the selections made will be guided as per our consultations
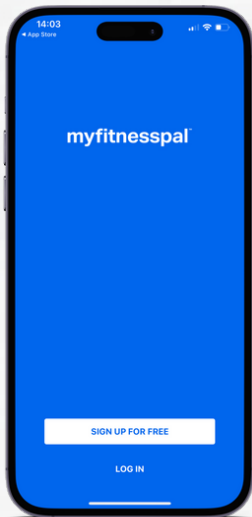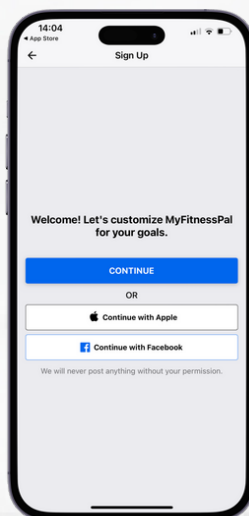
Select "sign-up" or choose "log in" to an existing account

Choose your goal from the list provided
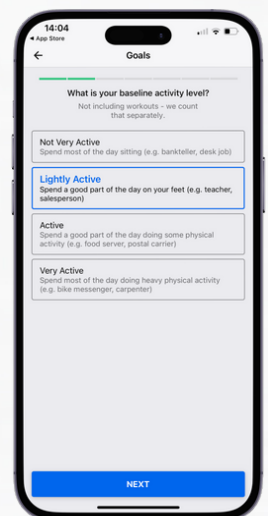
If new, choose your preferred registration method

Select the appropriate activity level

Creating an Account

If you are confused with any of the selection choices, please contact me immediately and I can guide you further.

Enter your sex, age and location.

Choose your rate of progress.

Enter your height, weight and goal weight.

Select the appropriate activity level

🏃 Premium

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MyFitnessPal Premium

MyFitnessPal Premium offers an enhanced experience with additional features to help you reach your health goals more effectively:

1. **Customized Goals**: Tailor your daily calorie and macronutrient goals to fit your needs. You can even set different goals for different days of the week.
2. **Quick-Add Macronutrients**: Quickly add the carbs, fat, and protein amounts of a meal without having to log each ingredient separately.
3. **Meal Scan**: Use your phone's camera to scan your meal and log it faster. This feature is currently available for iOS users.
4. **Food Analysis**: Understand the nutritional breakdown of your meals to make healthier choices.
5. **Exercise Calorie Settings**: Choose whether to increase your daily calorie goal when you log exercises.
6. **Nutrient Dashboard**: Customize your nutrient dashboard to focus on the nutrients that matter most to you.
7. **Ad-Free Experience**: Enjoy using the app without any interruptions from advertisements.

Is it necessary? No. However, the features available, especially the custom goals meal scanning & quick add make it a worthwhile investment.

Importance of Food Logging

Food logging is a powerful tool for understanding your eating habits and making necessary adjustments. Gain insights into your nutrient intake, identify patterns, and make informed decisions to help you reach your health goals.

How to Log Foods
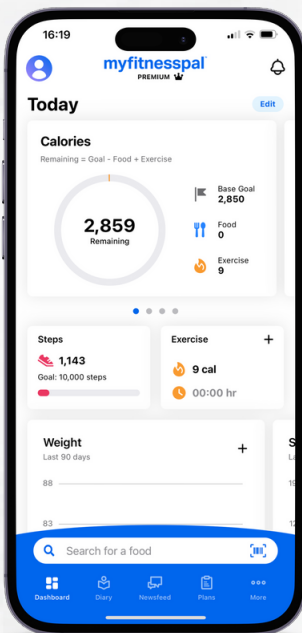
Step 1

Select "Diary" in the bottom bar
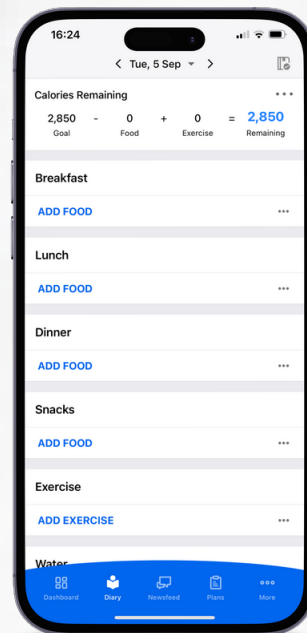
Step 2

Click "Add Food" for a given meal

📱 Basic Logging

OK

Food Logging Continured

How to Log Foods

Step 3 Option 1

Search for a food or toggle to your meals/foods

Step 3 Option 2

Scan a meal, scan a barcode or quick add to log the meal/food

Step 3 Option 3

Select a recently consumed food from the history log
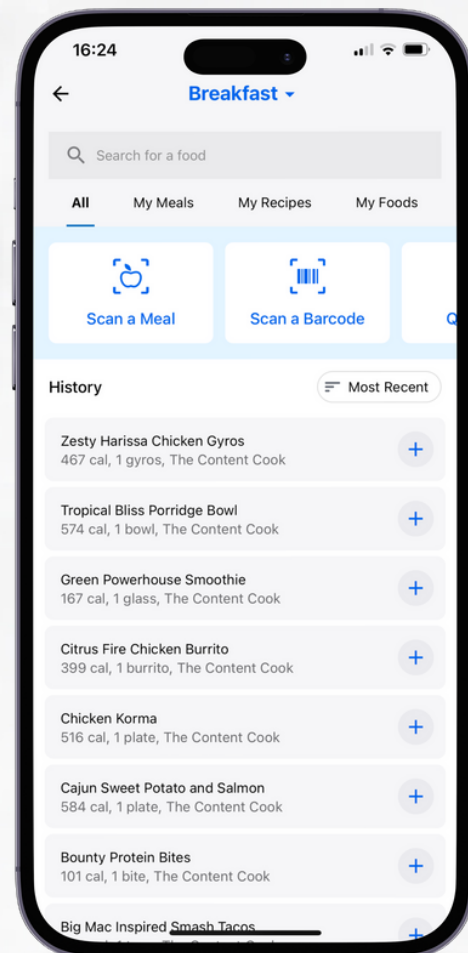
Importance of Food Logging

How to Log Foods
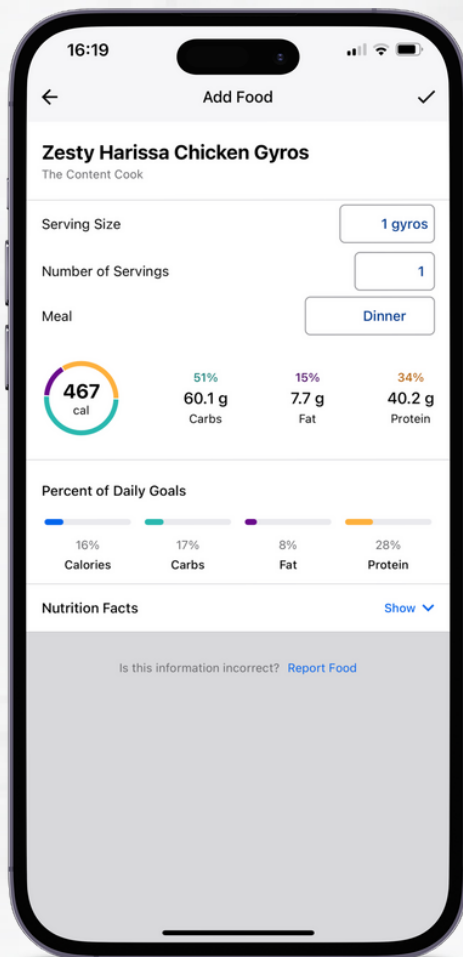
Step 5

Tap on the checkmark at the top right to log the food.

Step 4

Select your serving size & number of servings

Recipe Discovery Tool

This fantastic feature allows you to explore a wide range of recipes directly within the app. Whether you're looking for a healthy breakfast smoothie, a low-carb lunch, or a high-protein dinner, this feature has got you covered. Once you've found a recipe that suits your taste and needs, you can log it directly to your diary, making it a seamless part of your food logging routine.

1. Tap the "More" button at the bottom right of the screen (for iOS) or the three horizontal lines at the top left (for Android).
2. Select "Recipe Discovery".
3. Browse through the recipes or use the search bar to find specific ones.
4. Once you find a recipe you like, you can log it directly into your diary.
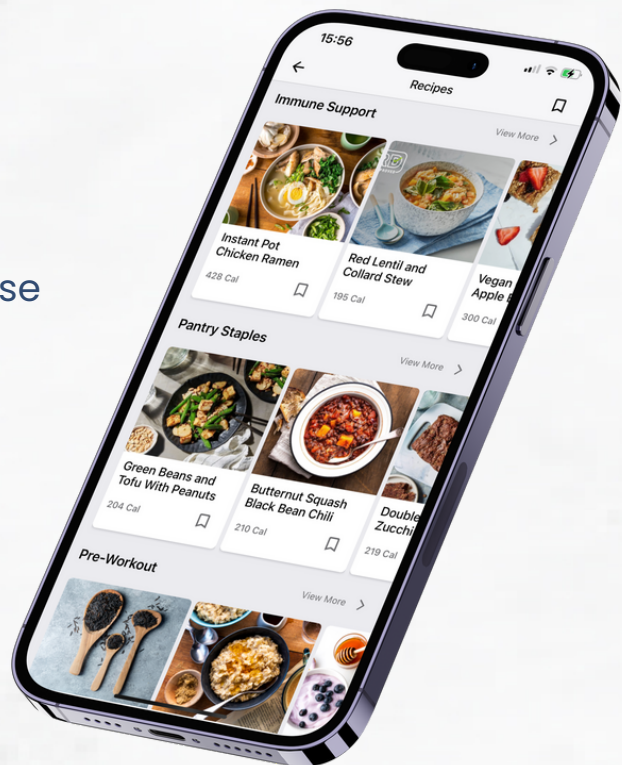
Quick Add

This convenient tool allows you to log the calories and macronutrients of a meal without having to enter each ingredient separately. With just a few taps, you can enter the total calories, carbs, protein, and fat for a meal, making your food logging process faster and more efficient. Remember, while "Quick Add" is a great tool for convenience, for the most accurate nutritional tracking, it's best to log individual foods whenever possible.

1. Choose the meal you want to log: Breakfast, Lunch, Dinner, or Snacks.
2. Tap on "Quick Add" at the top right of the screen.
3. Enter the total calories for the meal. If you're a MyFitnessPal Premium user, you can also enter the total carbs, fat, and protein.
4. Tap the checkmark at the top right to log the meal.
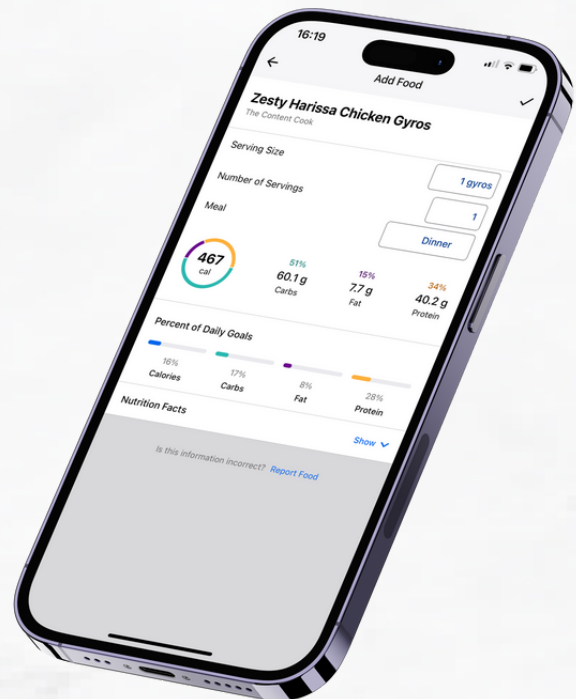
🧰 Secret Tools

Meal Scanner

This is a cutting-edge tool available to MyFitnessPal Premium users on iOS. This feature uses your phone's camera to identify the foods in your meal and estimate portion sizes, making food logging faster and more convenient than ever. Whether you're dining out or enjoying a homemade meal, the "Meal Scan" feature simplifies the food logging process, allowing you to focus more on enjoying your meal and less on logging it.

1. Select "Scan a Meal".
2. Point your phone's camera at your meal. Try to capture all the different foods in your meal in the frame.
3. The app will identify the foods and estimate the portion sizes. Review the identified foods and portion sizes, and make any necessary adjustments.
4. Tap "Add" to log the meal to your diary.
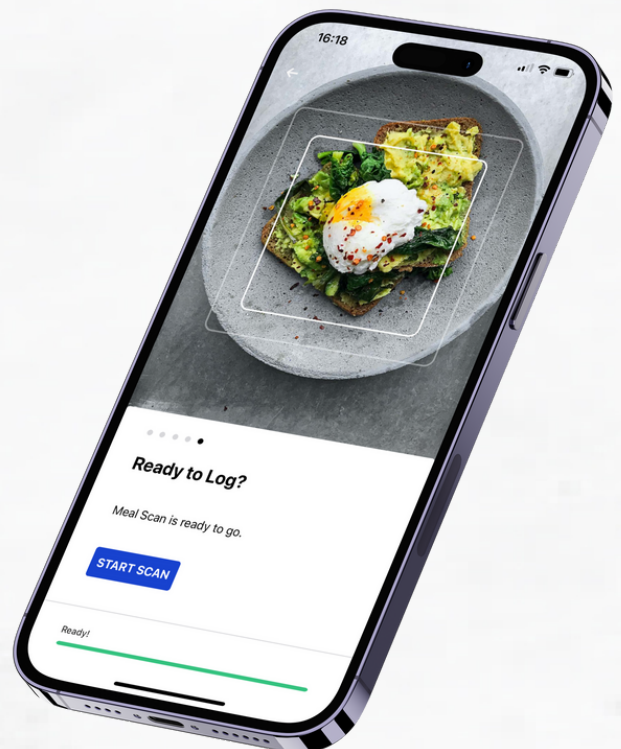
Barcode Scanner

The Barcode Scanner in MyFitnessPal is a handy tool that simplifies the process of logging packaged foods. Instead of manually searching for the food and entering the nutritional information, you can simply scan the barcode on the package. The app will automatically fill in the nutritional information for you, saving you time and ensuring accuracy.

1. Tap the Barcode icon next to the search bar.
2. Point your phone's camera at the barcode on the food package. Make sure the barcode is well-lit and fully visible in the camera frame.
3. The app will automatically recognize the barcode and fill in the nutritional information. Review the information and adjust the serving size and number of servings as needed.
4. Tap the checkmark at the top right to log the food.

🎯Your Goals
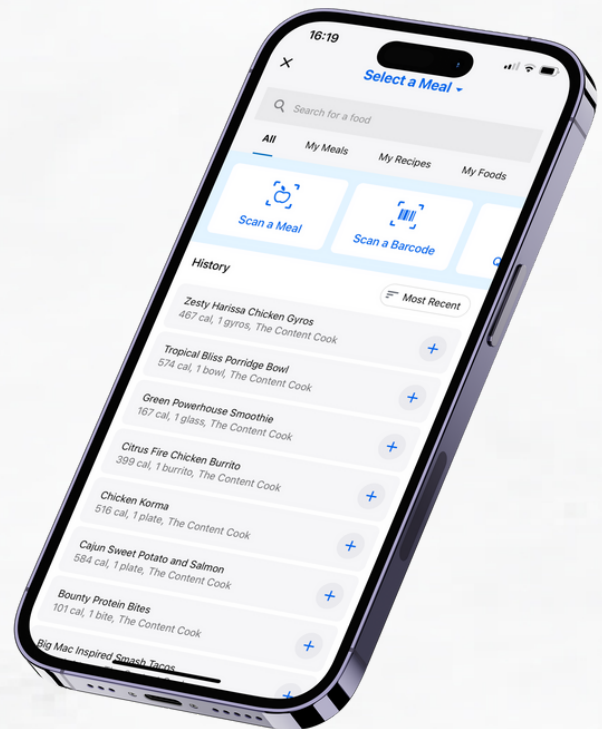
Customizing Nutritional Goals

Achieving your health goals requires a personalized approach. As your coach, I'll work with you to customize your daily calorie and macronutrient goals in MyFitnessPal to align with your specific needs. Whether you're aiming to lose weight, gain muscle, or maintain your current weight, setting and adjusting your nutritional goals is key to your success.

Setting Calorie and Macro Goals

1. Tap on the "More" button on the bottom right of the screen (for iOS) or the three horizontal lines on the top left (for Android).
2. Select "Goals".
3. Under "Nutrition Goals", tap on "Calorie, Carbs, Protein & Fat Goals".
4. Adjust your daily calorie goal and the percentage of calories you want from carbs, protein, and fat based on our discussion
5. These targets are fluid, meaning they will need to be adjusted as you make progress.
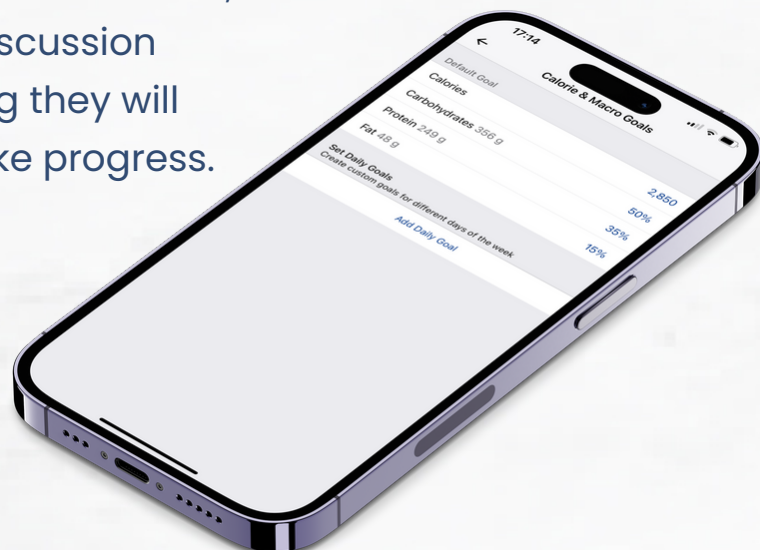
⚡Exercise Calories

Ignore the Exercise Calories

When tracking your caloric intake and expenditure, it's important to understand that the calorie estimation equation **accounts for your exercise expenditure.** This means that the daily calorie goal set for you includes an estimate of the calories you burn through physical activity.

When you log a workout in MyFitnessPal, the app adds the calories you've burned back to your daily calorie goal.

However, since your daily calorie goal already factors in your exercise, adding these calories back in **can lead to an overestimation of your calorie allowance for the day**. This could potentially slow your progress if your goal is weight loss, or skew your results if you're aiming for muscle gain or weight maintenance.
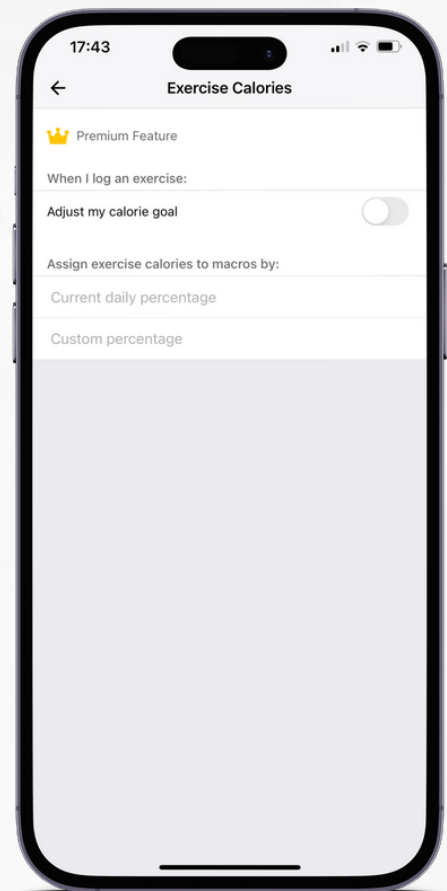
Thankfully, with premium you can turn off this feature,
1. Tap the "More" button at the bottom right of the screen (for iOS) or the three horizontal lines at the top left (for Android).
2. Select "Goals"
3. Under "Exercise Calories", choose "Off".

🧑‍🍳 Creating Recipes

How to Create and Log a Recipe

Cooking at home allows you to have full control over the ingredients and portion sizes, ensuring that your meals align with your nutritional goals. MyFitnessPal offers a feature that lets you create and log your own recipes, making it easier to track the nutritional content of your homemade dishes.

Instructions

1. **Start a New Recipe**: Tap the "More" button at the bottom right of the screen (for iOS) or the three horizontal lines at the top left (for Android). Select "Meals, Recipes & Foods", then tap "Create a Recipe".
2. **Choose Recipe Type**: Decide if you're entering ingredients manually or importing a recipe from a website.
3. **Add Ingredients**: If entering manually, search for each ingredient and specify the quantity used. If importing, paste the recipe URL, and the app will attempt to pull the ingredients for you. Review and adjust as necessary.
4. **Specify Servings**: Indicate how many servings the recipe makes. This helps the app calculate the nutritional content per serving.
5. **Name and Save**: Give your recipe a name, and save it. The recipe will now be available in your "Meals, Recipes & Foods" section for future logging.
6. **Log the Recipe**: To log a serving of your recipe, tap the "+" icon, select "Food", search for your recipe by name, and add it to your diary.

Adding Foods to the Database

Sometimes, you might consume a food item that isn't listed in MyFitnessPal's extensive database. In such cases, the app allows you to manually input the food's nutritional information, ensuring your logs remain accurate and comprehensive.

How to Add Foods

1. **Search First**: Before adding a new food, always search the database first to ensure it hasn't been added by another user.
2. **Navigate to Add Food**: If you can't find the food, tap the "+" icon, select "Food", and then choose the meal you want to add it to.
3. **Select "Create a Food**": At the bottom of the search results, you'll see an option to "Create a Food". Tap on it.
4. **Enter Food Details**: Fill in the food's name, brand (if applicable), and serving size.
5. I**nput Nutritional Information**: Using the nutritional label on the food packaging, enter the calories, macronutrients (carbs, fats, protein), and any other relevant information.
6. **Save**: Once you've filled out all the necessary details, tap "Save" or the checkmark at the top right. The food will now be available in your personal database and can be used in future logs.

Remember, when adding a new food, it's crucial to be as accurate as possible with the nutritional information. This ensures that your daily totals are correct, helping you stay on track with your health goals.

🏆 Tips for Success

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How to Tack with Accurracy

Embarking on a health journey requires dedication, and the key to seeing results is consistency and accuracy in your food logging. MyFitnessPal is a powerful tool designed to make this process efficient and insightful. Here's how to maximize its potential:

Consistency & Accuracy in Logging

1. **Daily Habit**: Logging daily provides a clearer picture of your habits.
2. **Immediate Logging**: Log your food right after eating. The longer you wait, the easier it is to forget or overlook items.
3. **Consistent Logging Method**: Whether you're logging a food item as cooked or raw, be consistent in your approach.
4. **Use Verified Entries**: Opt for food entries with a green checkmark in MyFitnessPal. These have been verified for accuracy.
5. **Weigh and Measure**: For precision, use a food scale and measure in grams or ounces.
6. **Barcode Scanner**: Use the app's barcode scanner. It pulls accurate nutritional information directly from the product.
7. **Mindful of Beverages**: Log all beverages, including water, coffee, tea, and juices. It's easy to overlook the calories and sugar in drinks.

By maintaining a consistent and accurate food diary, you're gaining valuable insights into your eating habits. This data can reveal patterns, helping us tailor your nutrition plan more effectively. The more detailed and accurate your logs, the better I can guide you.

📒 Your Diary

Sharing Your Diary with Me

To help me better guide you on your nutrition journey, it's beneficial for me to have access to your MyFitnessPal diary. By sharing your diary, I can review your food and exercise logs, provide feedback, and offer tailored advice to help you stay on track with your health goals.

Instructions

1. **Access Settings**: Open MyFitnessPal and tap the "More" button at the bottom right of the screen (for iOS) or the three horizontal lines at the top left (for Android). From there, select "Settings".
2. **Navigate to Diary Settings**: Scroll down and tap on "Diary Settings".
3. **Set Diary Sharing Options**: Under "Diary Sharing", choose the "Friends Only" option. This ensures that only your MyFitnessPal friends, including me, can view your diary.
4. **Save Changes**: After selecting "Friends Only", make sure to save any changes.
5. **Add Me as a Friend**: You'll need to add me as a friend. This will allow me to view your diary entries and provide feedback.

🥩 Cooked vs Raw

Logging Accurately

When logging your food in MyFitnessPal, you might come across a common dilemma: should you log the food as cooked or raw? The difference in weight and nutritional content between raw and cooked food can be significant, so it's essential to log accurately to get a precise picture of your intake.

How to Choose Between Cooked and Raw

1. **Consistency is Key**: Whether you decide to log foods as cooked or raw, the most important thing is to be consistent.
2. **Weighing Matters**: Always log the food in the state you weighed it. If you weighed it raw, log it as raw and vice versa
3. **Nutritional Differences**: Cooking can change the weight and sometimes the nutritional content of food.
4. **Personal Preference**: Ultimately, the choice between logging cooked or raw comes down to personal preference and what's more convenient for you.
5. **Use Descriptive Entries**: When searching for foods in the database, be specific. If you're logging a raw chicken breast, search for "raw chicken breast" to get the most accurate entry.

Remember, the goal is to capture the most accurate representation of your food intake. Whether you choose to log foods as cooked or raw, the key is to be consistent and mindful of the state in which you weighed and logged the food. This ensures that your logs are as precise as possible, helping you stay on track with your health goals.

Setting Daily Calorie Goals

As we work together on your nutrition journey, one approach we might explore is calorie cycling. This method involves adjusting your daily caloric and macronutrient intake based on your activity levels and specific goals.

How to Set Daily Goals

1. **Navigate to More**: Tap the "More" button at the bottom right of the screen (for iOS) or the three horizontal lines at the top left (for Android).
2. **Select Goals**: From the menu, tap on "Goals."
3. **Access Calorie & Macronutrient Goals**: Under the "Nutrition Goals" section, you'll see your current daily calorie goal.
4. **Adjust Daily Calorie Goal**: Use the input field to set your daily calorie intake.
5. **Set Macronutrient Breakdown**: Below the calorie goal, you'll see the breakdown for carbohydrates, protein, and fat. Tap on each macronutrient to set its percentage.
6. **Save Changes**: Once you've adjusted your daily goals, make sure to save any changes.

❌ Deleting Foods

Deleting Logged Foods

Occasionally, you might log a food item by mistake or decide not to consume something you've already added to your diary. In such cases, it's straightforward to remove these entries from your log. Here's how you can delete logged foods in MyFitnessPal:

How to Delete a Logged Food

1. **Access Your Diary**: From the main screen, tap on "Diary" to view your food logs for the day.
2. **Locate the Food Entry**: Scroll through your diary to find the meal (Breakfast, Lunch, Dinner, Snacks) where the food item you want to delete is logged.
3. **Tap on the Food Item**: Once you've located the food entry you wish to remove, tap on it to open its details.
4. **Delete the Entry**: On the food item's detail page, look for the "Delete" option. This might appear as a trash can icon or the word "Delete" depending on your device. Tap on it.
5. **Confirm Deletion**: A prompt will appear asking if you're sure you want to delete the entry. Confirm by selecting "Yes" or "Delete."
6. **Review Your Diary**: After deleting, ensure that the food item has been removed from your diary. If you have multiple entries to delete, repeat the process for each one.

Syncing with Wearable Devices

MyFitnessPal can integrate with various fitness trackers and smartwatches, making it easier to log workouts and track calories burned automatically.

How to Sync Devices

1. **Open MyFitnessPal**: Launch the app.
2. **Navigate to More/Menu**: Tap the "More" button (for iOS) or the three horizontal lines (for Android).
3. **Select "Apps & Devices"**: This will show you a list of compatible devices and apps.
4. **Choose Your Device**: Find and select your wearable device or fitness app from the list.
5. **Follow On-Screen Instructions**: Each device or app has specific syncing instructions. Follow the prompts to connect your device.
6. **Automatic Tracking**: Once synced, your workouts, steps, and other data from your wearable device will automatically appear in MyFitnessPal.

By integrating your wearable device with MyFitnessPal, you'll have a more comprehensive view of your daily activity and its impact on your nutritional goals.

🧑‍🔧 Troubleshooting

Troubleshooting Common Issues

While MyFitnessPal is user-friendly, you might occasionally encounter issues or have questions. Here are solutions to some common problems:

Common Issues

1. **Syncing Delays**: If your data isn't syncing, try logging out and logging back in. Ensure you have a stable internet connection.
2. **Incorrect Calorie/Macro Totals**: Double-check your food entries and ensure you've selected the correct serving sizes. Remember, raw and cooked foods have different nutritional values.
3. **App Crashes**: Ensure your app is updated to the latest version. If problems persist, try uninstalling and reinstalling the app.