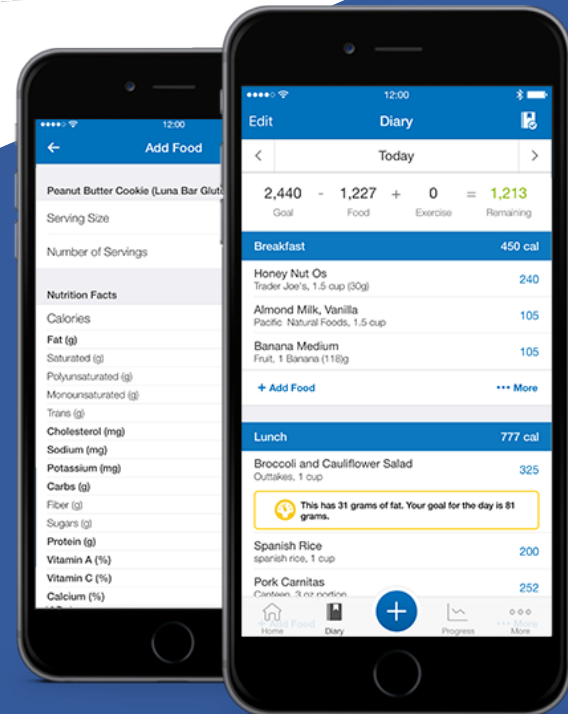


# THE EDGE

## NUTRITION PROTOCOL

### PREPARING FOR PHASE 2

### SETTING UP MyFitnessPal



# PREPARING FOR PHASE 2

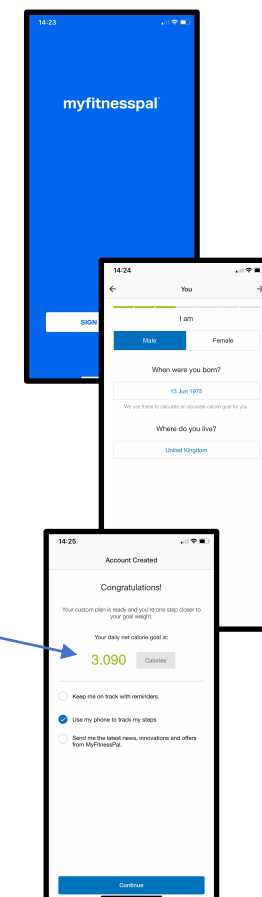


## GETTING STARTED WITH MYFITNESSPAL

- In phase 2 we're going to be stepping it up a level - getting a more accurate picture of what you're eating and how it affects you - and using that info to fine tune your diet.
- To do this you're going to track the food that you eat, using a free app called MyFitnessPal (there is a paid version, but you just need the free account).
- So -in the final week of Phase 1 - you have a task...
- **SET UP A MYFITNESSPAL ACCOUNT & DOWNLOAD THE APP TO YOUR PHONE.**
- **IMPORTANT** - please read the instructions on the next page of this document - there's a few details that you need to know in order to set it up properly..

## SETTING UP MYFITNESSPAL

- You can set up an account via the [MFP website](#) - or via the app once you've downloaded it.
- You can download the free MyFitnessPal app from either the Apple App Store or Google Play.
- Make sure you create an account using the same email address that you gave me.
- MyFitnessPal will ask you to enter some information about yourself..
- It will then make some basic calculations and produce a daily calorie goal, which will be displayed on the next screen.
- ***Right now, I don't want you to worry about this number. We will discuss calorie targets etc. in the coming weeks.***



# PREPARING FOR PHASE 2

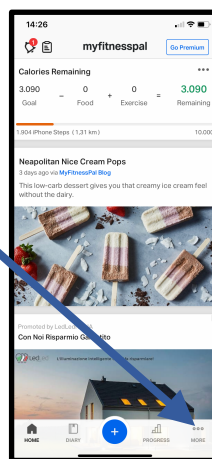
## ALLOWING ME TO VIEW YOUR DIARY

- Next, please set up your account so that I can also view your food diary - by changing your DIARY SETTINGS to "FRIENDS"

- To do this, open your MyFitnessPal app, and select "**MORE**" in the bottom right of the page, then select...

- **SETTINGS**
- **DIARY SETTINGS**
- **DIARY SHARING**
- **FRIENDS**

- You can also do this via the MFP website, by clicking settings at the top and then following the same process.



- **Finally, you need to make sure that you are 'Friends' with me on MFP.**
- I will be sending you a 'Friend Request'. If you have used a different email to set up your MFP account, please let me know.
- Alternatively, you can send me a 'Friend Request' using my email [jamesbrown.coach@gmail.com](mailto:jamesbrown.coach@gmail.com)

## RECORDING YOUR MEALS

- After your next coaching call you're going to start using MFP to log your meals.
- To record a meal, click on DIARY at the bottom of the screen.
- Then, click "ADD FOOD" below the appropriate meal.
- To search for a food, enter it manually in the space provided - or you can scan the barcode of the food's label.
- Remember to adjust the serving size as necessary and then click the tick mark at the top of the screen.

