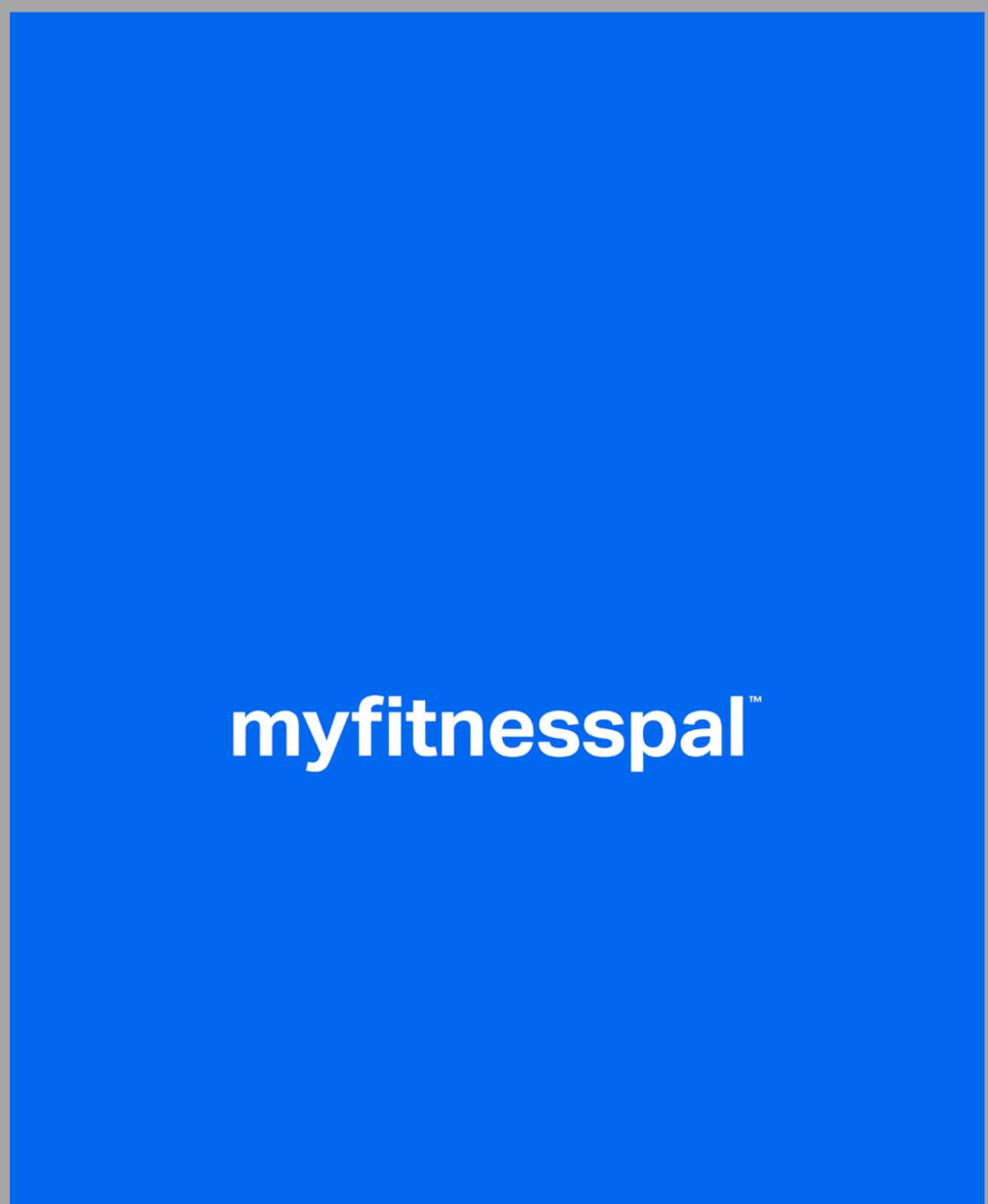
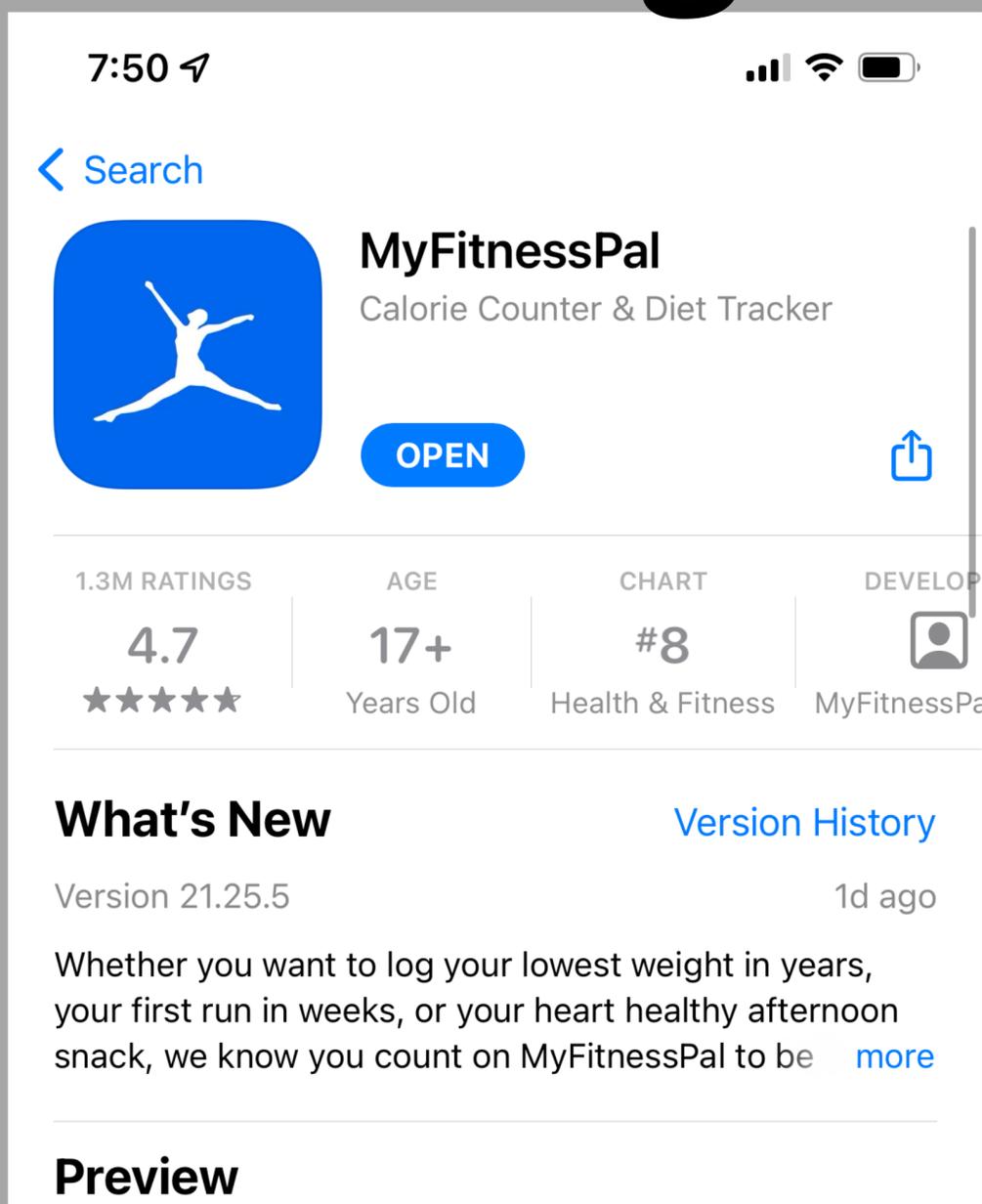


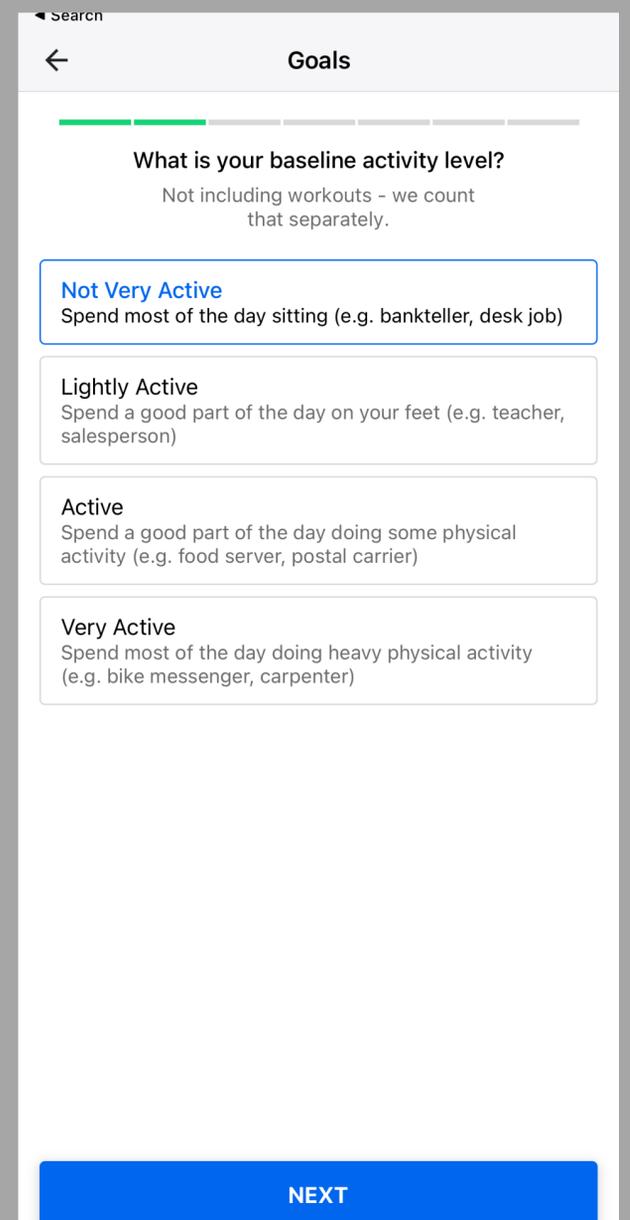
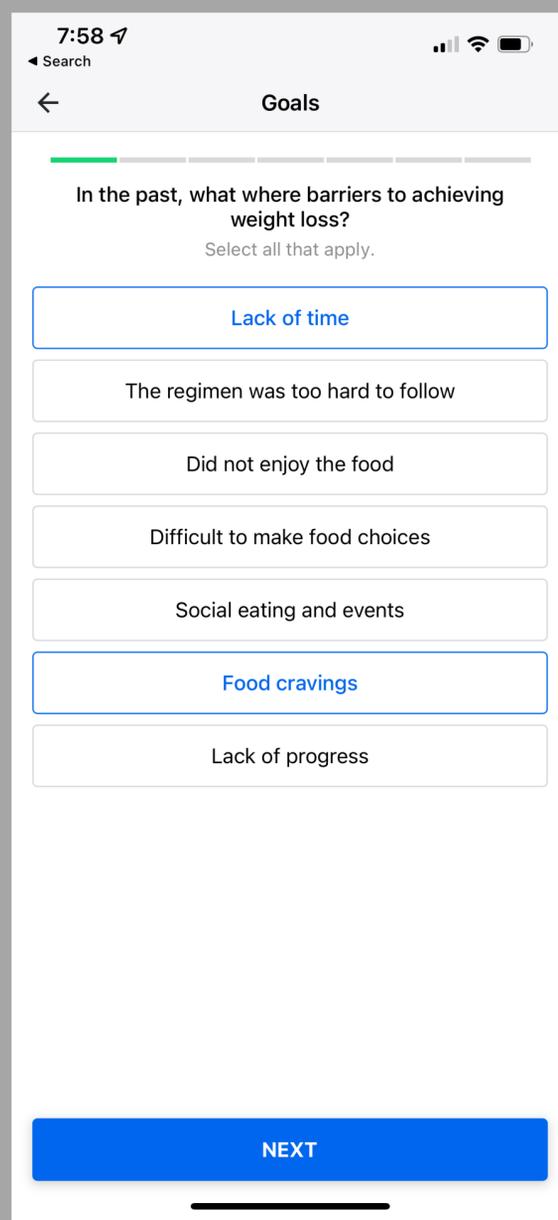
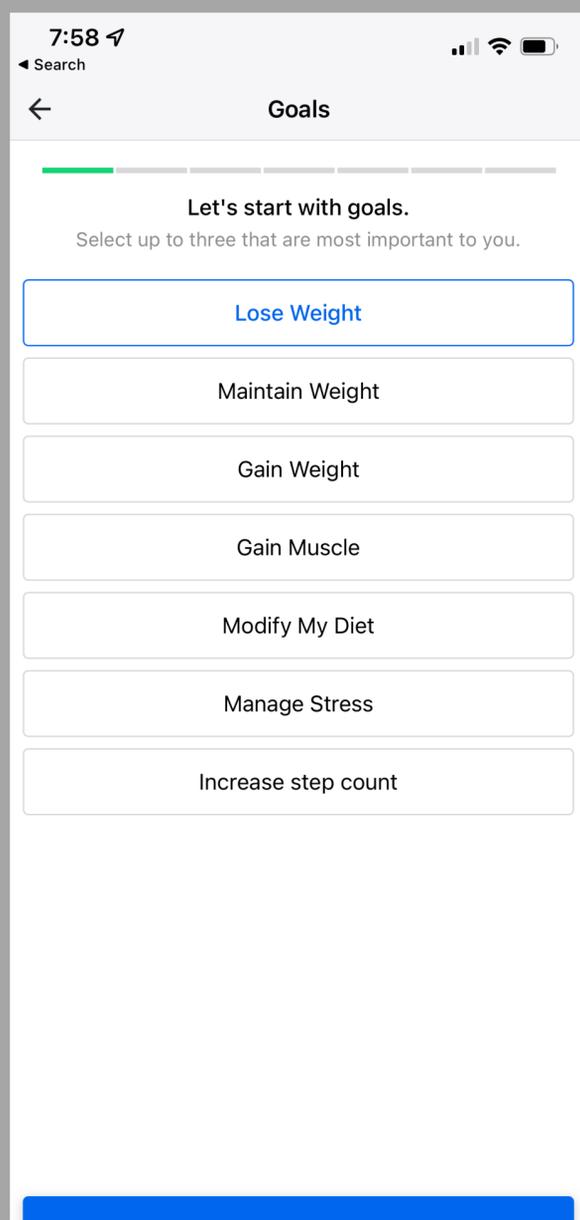
# My Fitness Pal App

## A step by step guide!



# Setting up your account

When you first download the app click sign up for free on the first page you will select Your goal and then a reason and then you will select how active you are!



# Setting up your account

Then you will enter your sex , age and where you live then your height weight and goal weight and how much you want to lose a week!

7:58 ◀ Search

◀ You

Please select which sex we should use to calculate your calorie needs:

Male  Female

Which one should I choose?

How old are you?

Your age

Please enter a valid age.

We use biological sex at birth and age to calculate an accurate goal for you.

Where do you live?

United States

18013

NEXT

7:58 ◀ Search

◀ You

How tall are you?

5 ft, 7 in

How much do you weigh?

165 lbs

It's ok to estimate, you can update this later.

What's your goal weight?

130 lbs

Don't worry, this doesn't affect your daily calorie goal and you can always change it later.

NEXT

7:59 ◀ Search

◀ Goal

What is your weekly goal?

Lose 0.5 pounds per week

Lose 1 pound per week (Recommended)

Lose 1.5 pounds per week

Lose 2 pounds per week

NEXT

# Setting up your account

Then you will enter an email address and password and it will give you a congratulations page once completed!

7:59 ◀ Search

◀ Create Account

—

**Last step! Create your account.**  
Tap Finish to see your calorie goal & start logging.

Email Address

Password

10 characters minimum

By signing up for MyFitnessPal, you are agreeing to our [Privacy Policy](#) and [Terms](#).

FINISH

7:59 ◀ Search

Account Created

**Congratulations!**

Your custom plan is ready and you're one step closer to your goal weight.

Your daily net calorie goal is:

**1,440** Calories

You should lose:  
5 lbs by January 24

Keep me on track with reminders.

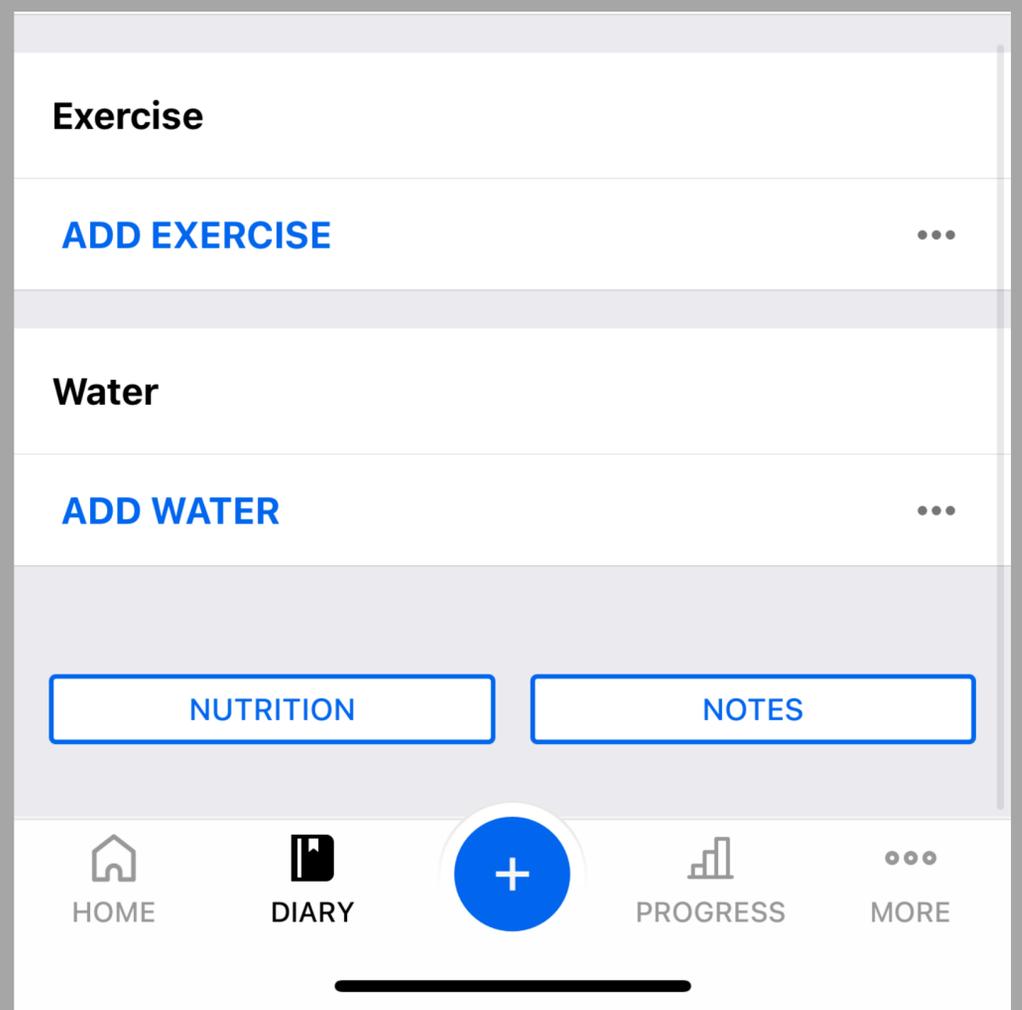
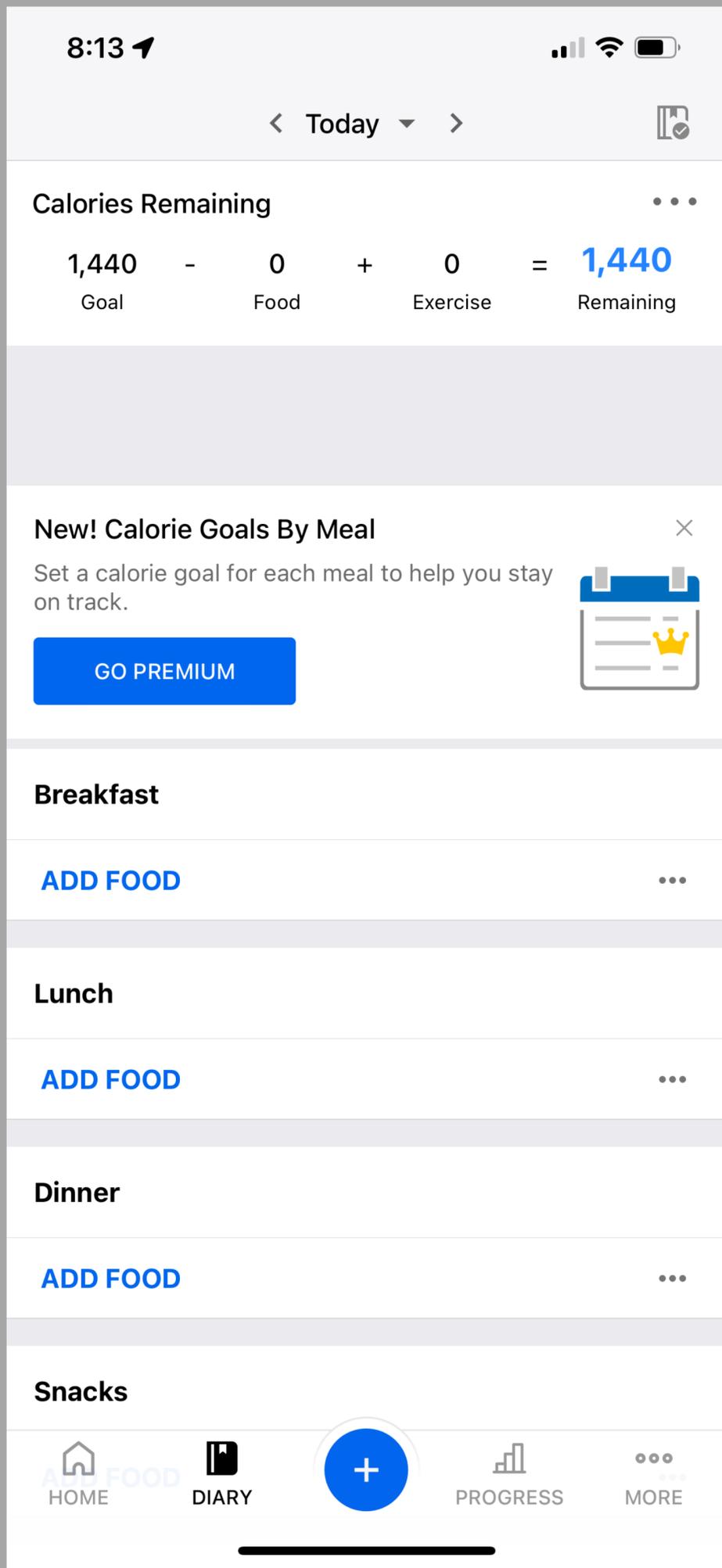
Use my phone to track my steps

Send me the latest news, innovations and offers from MyFitnessPal.

Continue

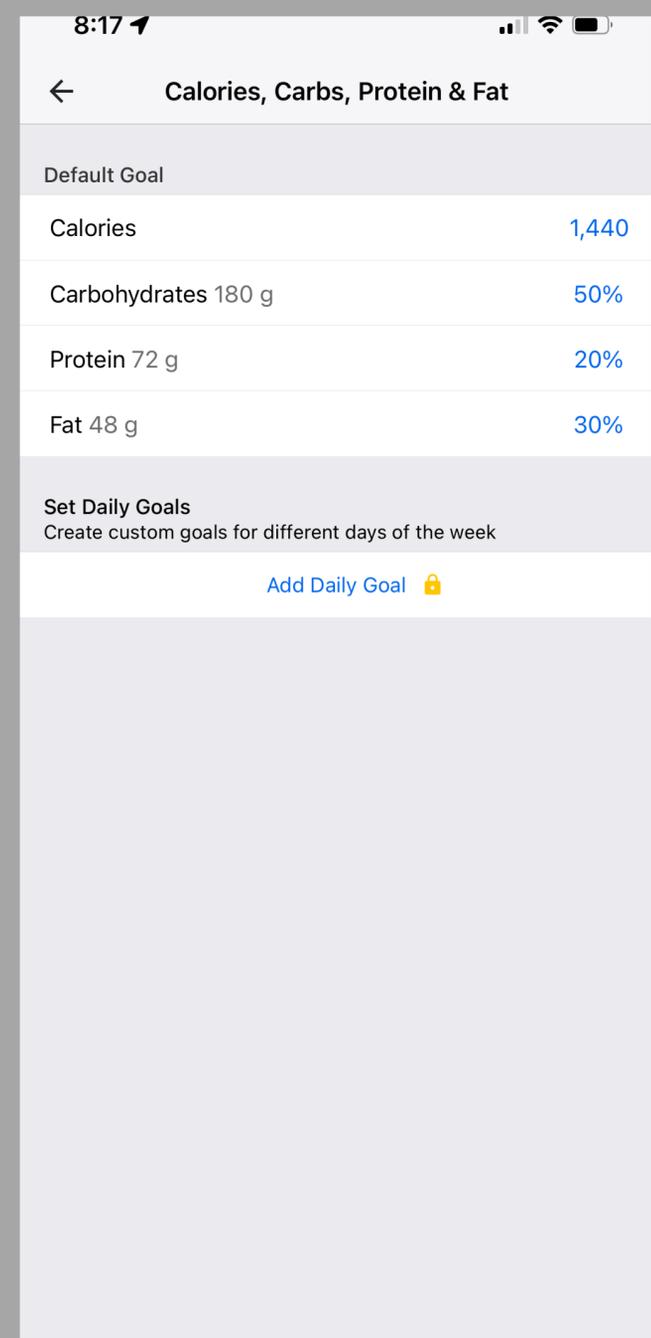
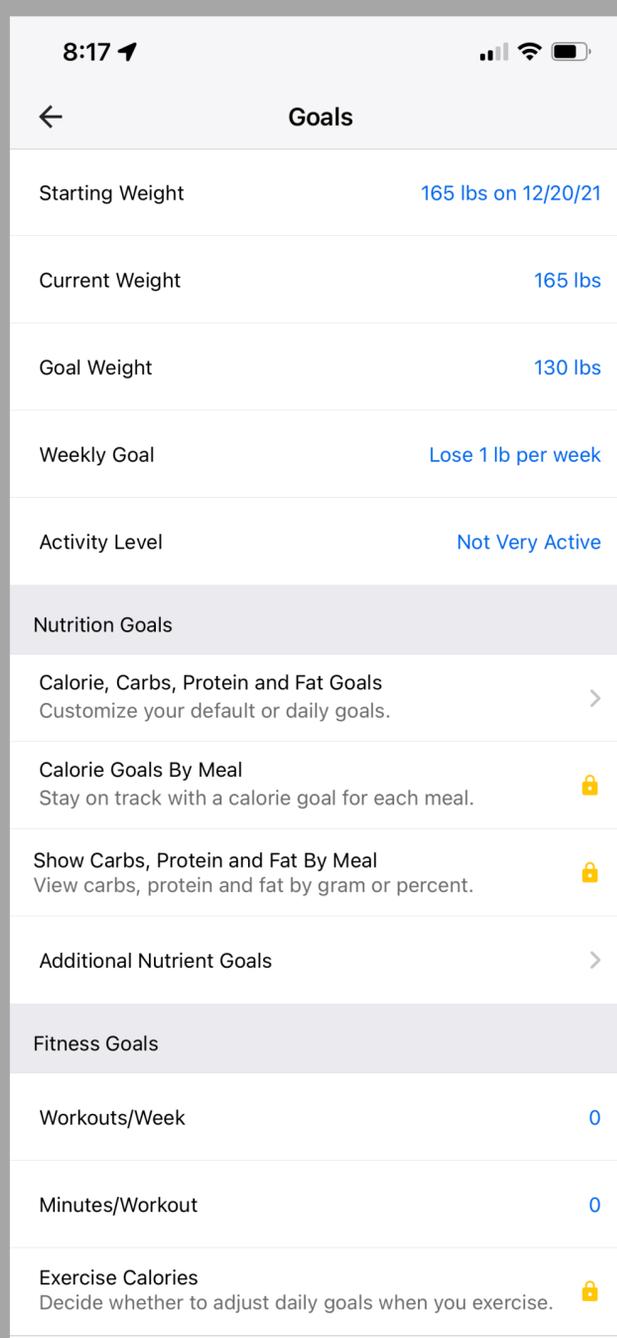
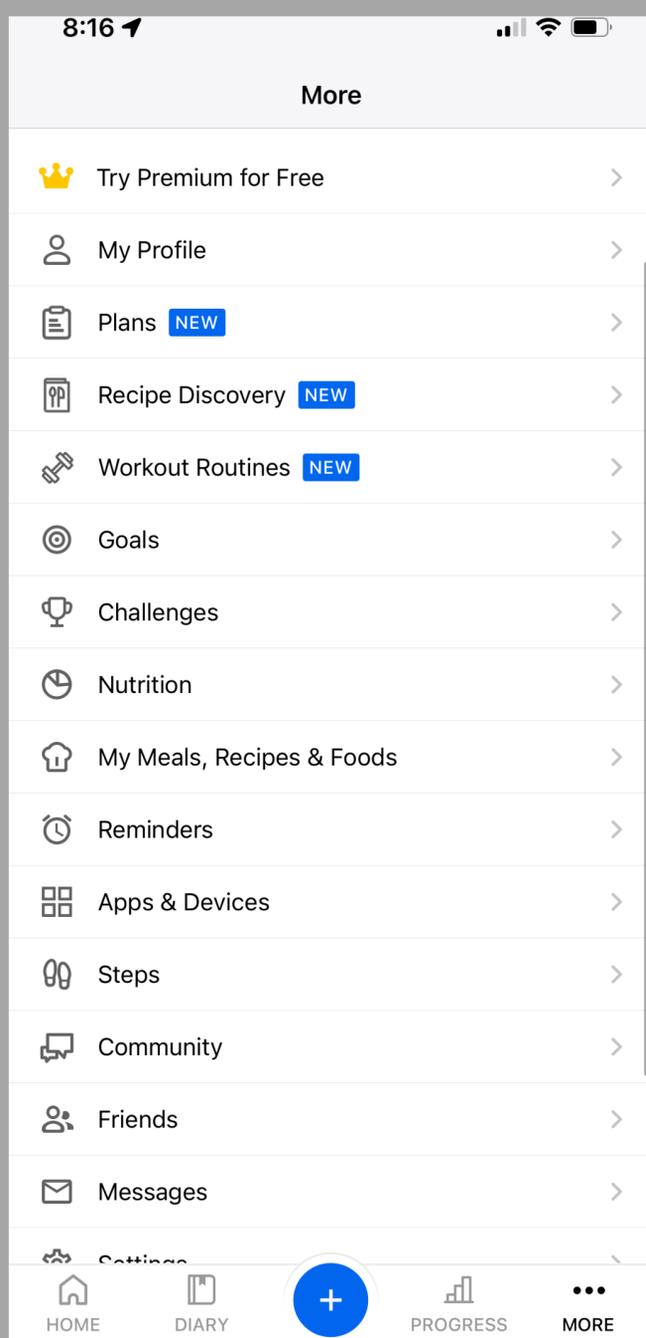
# About your dashboard

Track your calories and your water and exercise!



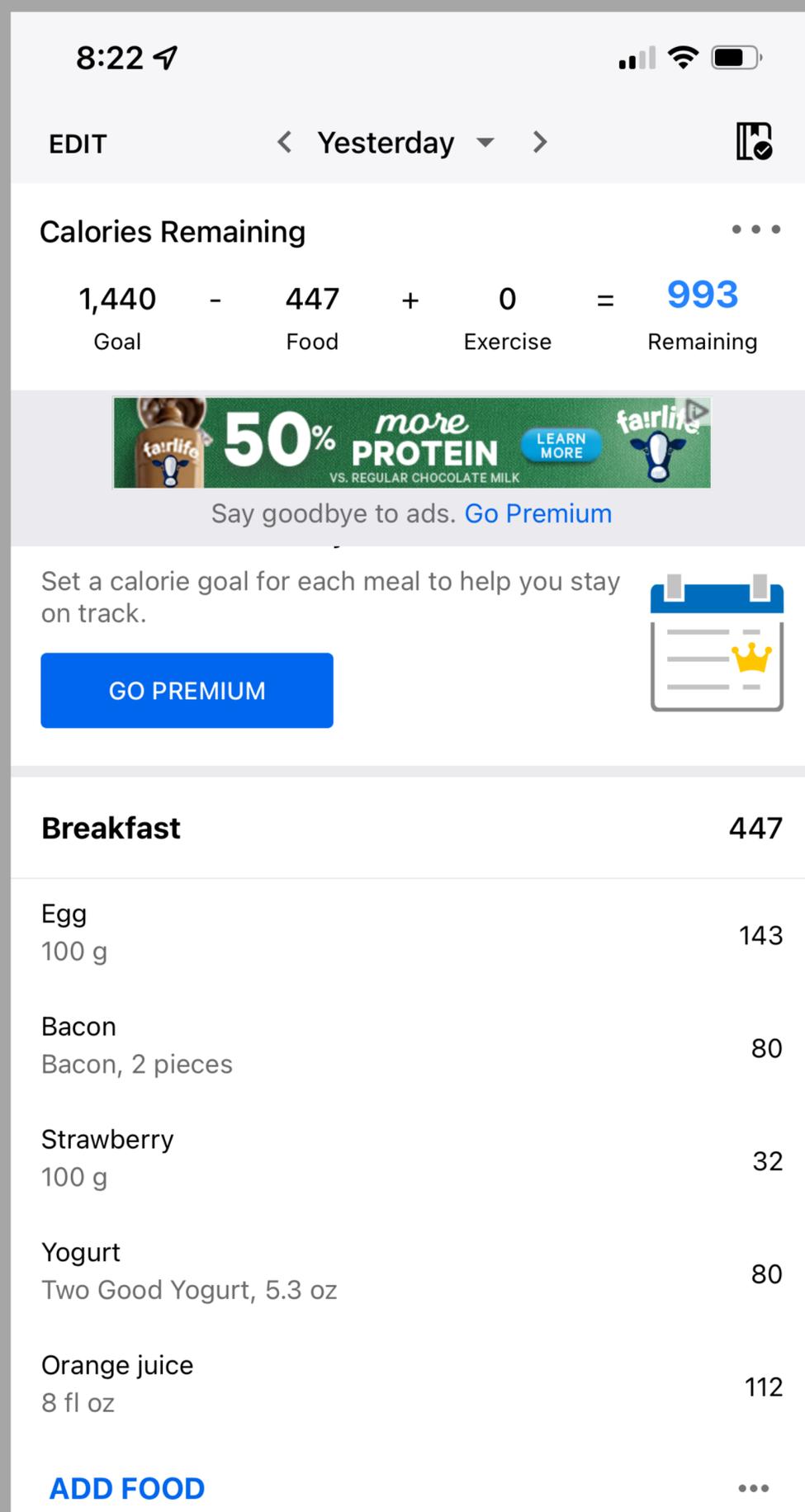
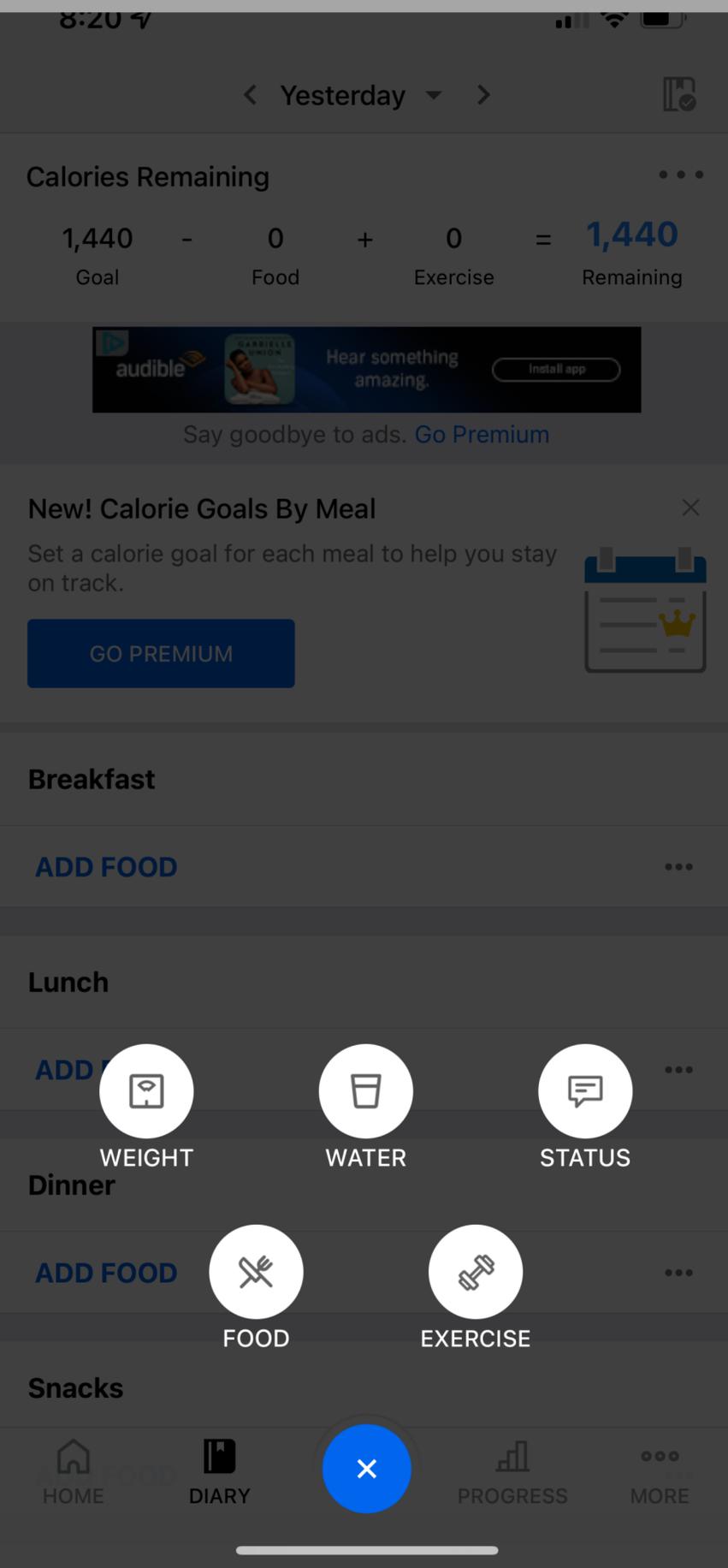
# More: setting up your nutrition

Your going to click more then  
click on goals and click  
Calories,Carbs,Protien and fat  
and enter the calories and  
macros I gave you!



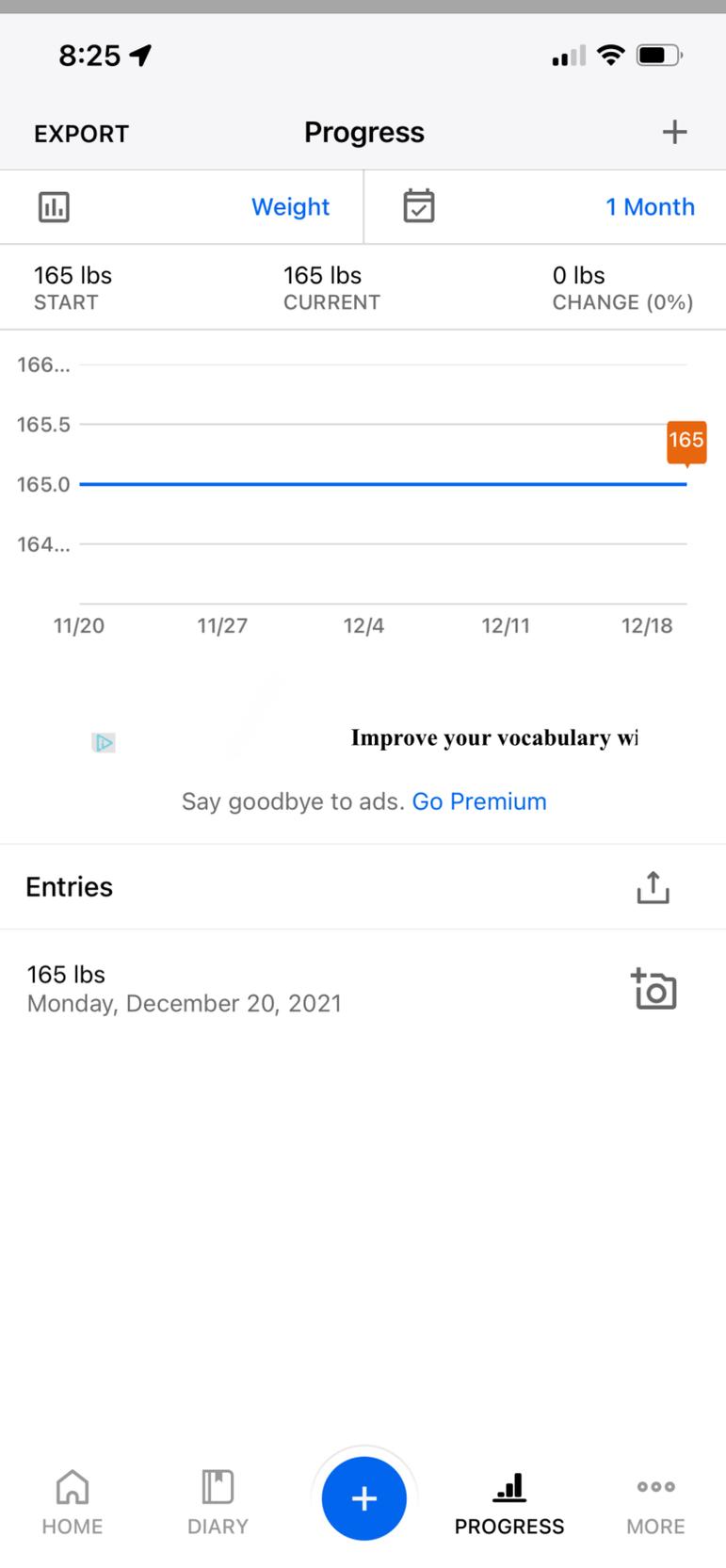
# Tracking Nutrition!

Your going to click the + sign and hit add food select which meal and then search each thing your eating And don't forget to track your water!



# Tracking weight!

You can track your weight and take your progress pictures within the app and send me them that way as well!



8:25

X Add Weight ✓

Weight 165 lbs

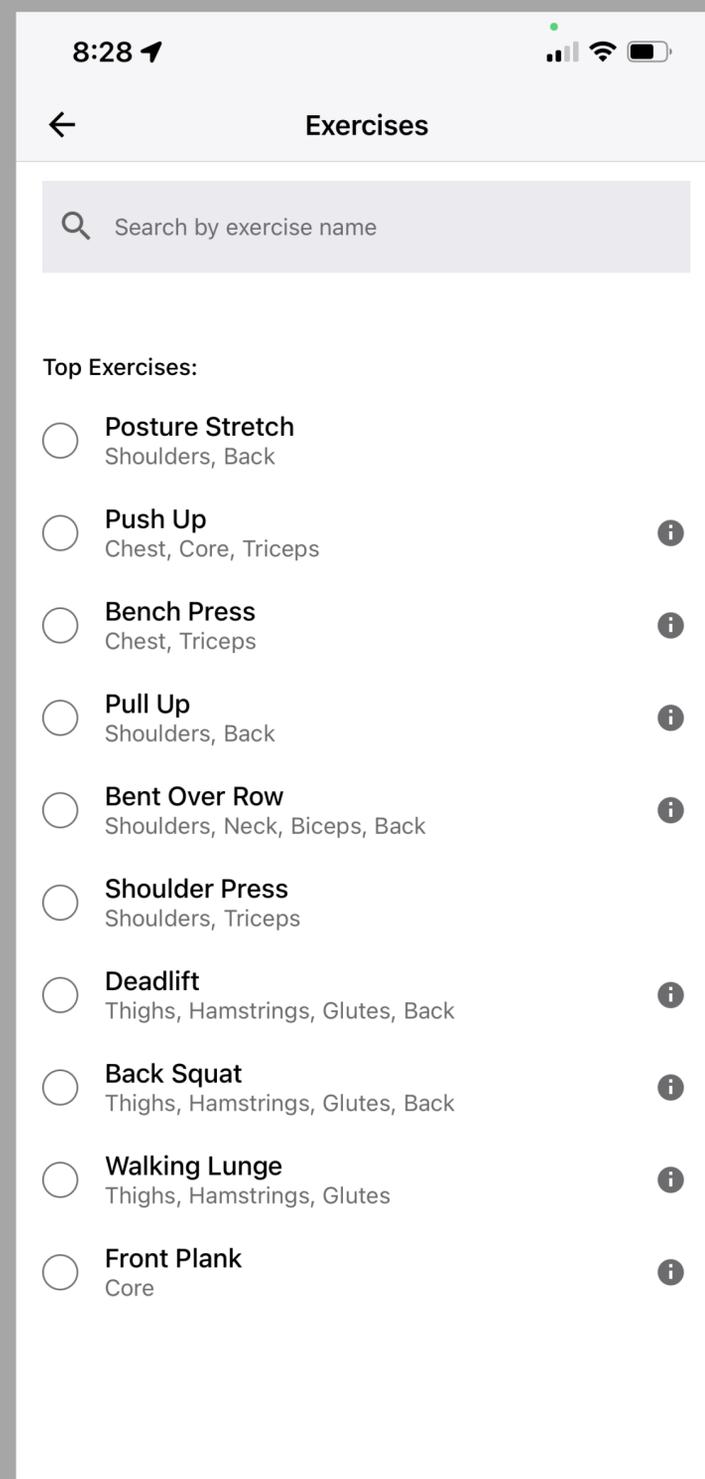
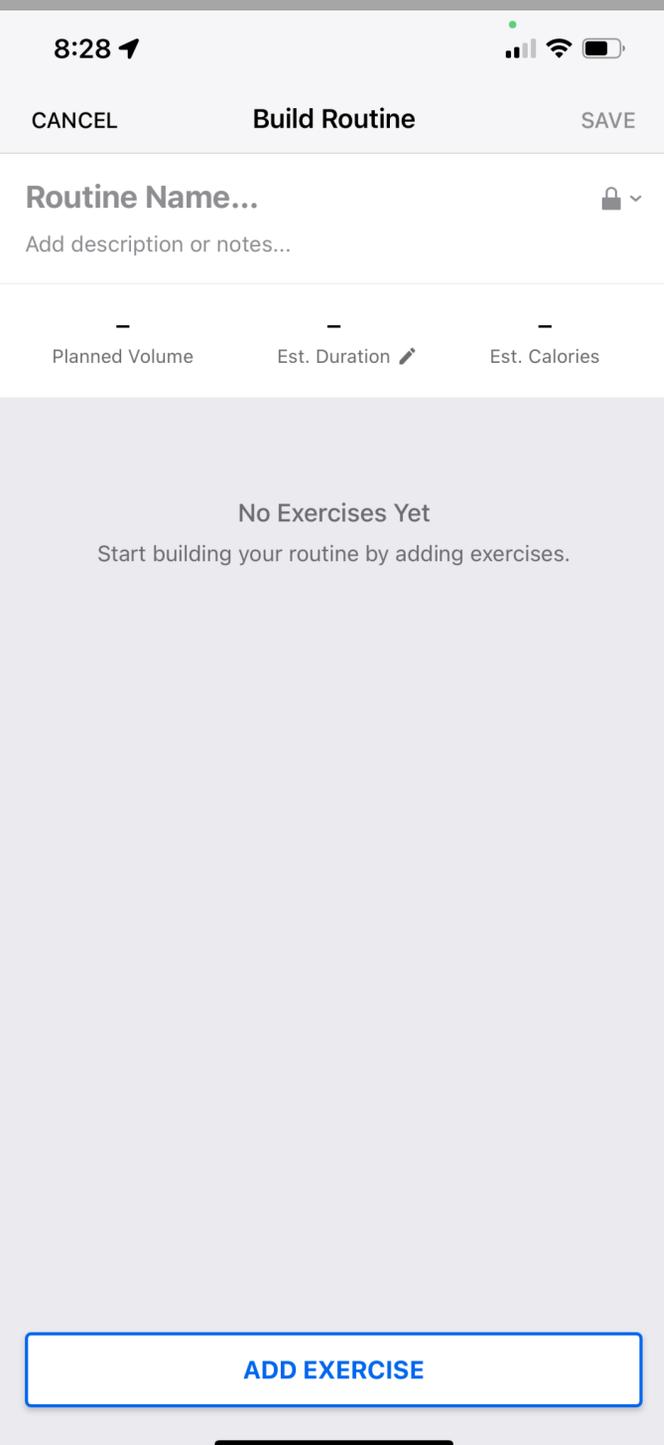
Date Dec 20, 2021

Progress Photo

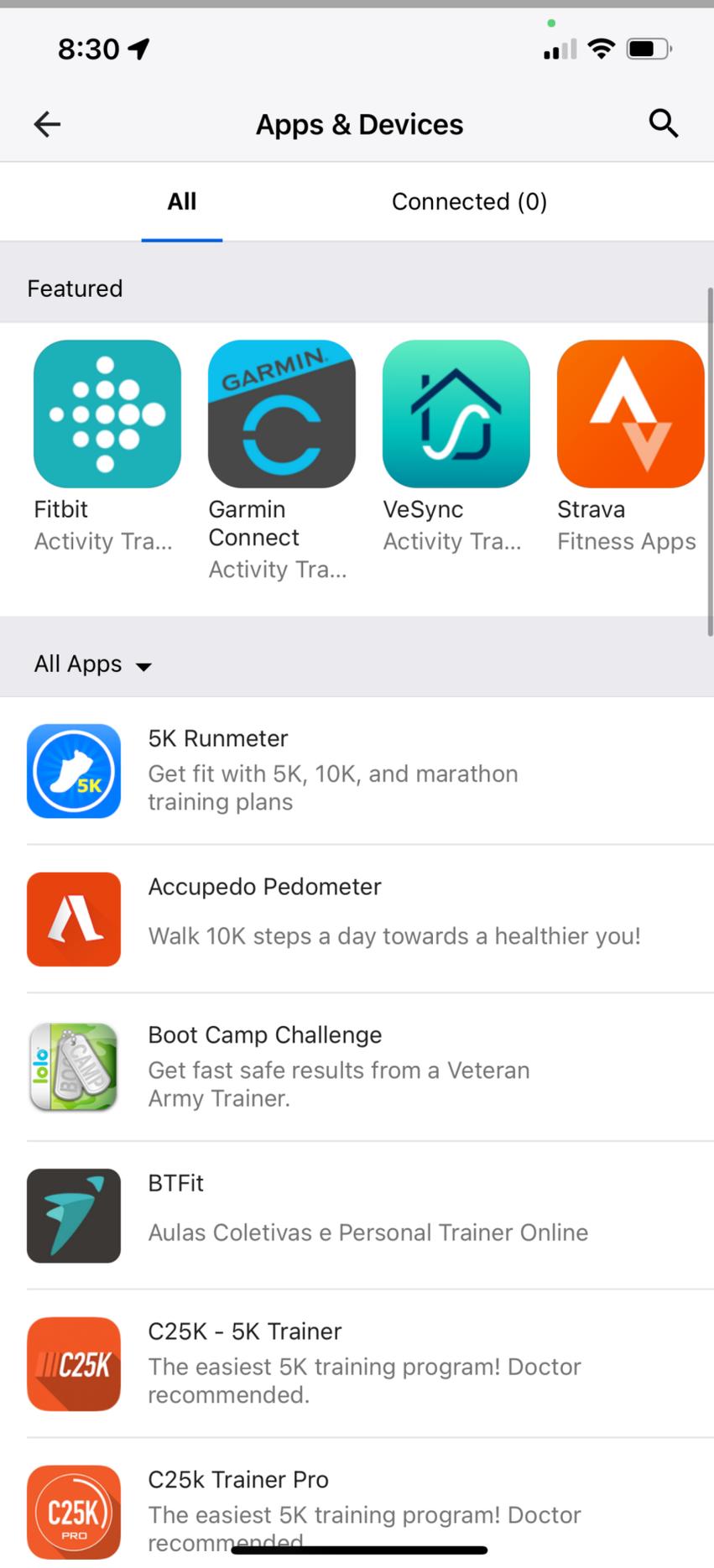
1 2 ABC 3 DEF  
4 GHI 5 JKL 6 MNO  
7 PQRS 8 TUV 9 WXYZ  
0

# Workouts

You can also add your workout routine into the app so for instance if you did day one of the challenge you can enter that information into the app!



# apps / devices



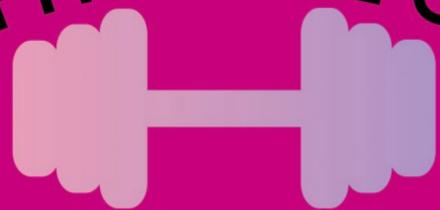
You can also connect your Apple Watch or fit bit to track your workouts and steps directly to the app!

**This is a lifestyle!**

**I am here  
to help  
you reach  
your goals  
and  
succeed**



**GET FITT GIRL GANG**



**WITH ALEXA**