My Fitness Pal App

A step by step guide!

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MyFitnessPal Calorie Counter & Diet Tracker

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1.3M RATINGS	AGE	CHART	DEVELOP
4.7	17+	#8	
****	Years Old	Health & Fitness	MyFitnessPa

What's New

Version History

Version 21.25.5

1d ago

Whether you want to log your lowest weight in years, your first run in weeks, or your heart healthy afternoon snack, we know you count on MyFitnessPal to be more

myfitnesspal

Preview

Setting up your account

When you first downloa 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!

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In the past, what where barriers to achieving weight loss?

Goals

Select all that apply.

Lack of time

The regimen was too hard to follow

Did not enjoy the food

Difficult to make food choices

Social eating and events

Food cravings

Lack of progress

What	is your baseline activity level?
No	t including workouts - we count that separately.
Not Very Ac Spend most o	<mark>tive</mark> f the day sitting (e.g. bankteller, desk job
Lightly Activ Spend a good salesperson)	e part of the day on your feet (e.g. teache
Active Spend a good activity (e.g. fr	part of the day doing some physical ood server, postal carrier)
Very Active Spend most o (e.g. bike mes	f the day doing heavy physical activity ssenger, carpenter)

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!



~	You		
Please select v	which sex we sho your calorie ne	ould use to calculate eds:	
Male		Female	
Ø	Which one should I	choose?	1
	How old are y	ou?	
	Your age	9	
Please enter a valid a We use biological s	ige. ex at birth and age to for you. Where do you	o calculate an accurate goa	al
	United States	S	
	18013		
	NEXT		

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

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!

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\leftarrow	Create Account	

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	Acco	ount Created	
	Cong	rotulational	

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.



Continue

FINISH

About your dashboard

X

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		< To	oday	- >		
Calories R	emaini	ng				• • •
1,440 Goal	-	O Food	+	0 Exercise	=	1,440 Remaining

Track your calories and your water and

New! Calorie Goals By Meal

GO PREMIUM

Set a calorie goal for each meal to help you stay on track.

exercise!

Breakfast			
ADD FOOD			•••
Lunch			
ADD FOOD			•••
Dinner			
ADD FOOD			•••
Snacks			
		Д	000
HOME DIARY	+	PROGRESS	MORE



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!



←CoalsStarting Weight165 lbs on 12/20/21Current Weight165 lbsCoal Weight165 lbsGoal Weight130 lbsWeekly GoalLose 1 lb per weeklActivity LevelNot Very ActiveNutrition Goals2Calorie, Carbs, Protein and Fat By Meal2Show Carbs, Protein and Fat By Meal2Show Carbs, Protein and fat by gram or percent.2Additional Nutrient Goals2Workouts/Week0Minutes/Workout0Exercise Calories2Geide whether to adjust daily goals when you exercise.2	8:17 🗲	• • • • • • • • • • • • • • • • • • •
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Default Go	al			
Calories				1,440
Carbohyd	lrates 180 g)		50%
Protein 72	2 g			20%
Fat 48 g				30%
Set Daily G Create custo	oals om goals for c	different days o	f the week	
	,	Add Daily Goa	I 🔒	

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!

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Calories Rem	aining				•••
1,440 -	0	+	0	= 1,4	40
Goal	Food		Exercise	Rema	ining
audible	Constant	Hear som	ething _	Install app	





Say goodbye to ads. Go Premium

New! Calorie Goals By Meal

Set a calorie goal for each meal to help you stay on track.



Tracking weight!

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

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EXPORT	Prog	ress		+
11.	Weight			1 Month
165 lbs START	165 lbs CURREN	т	0 lbs CHAN	IGE (0%)
166				
165.5				165
165.0				
164				
11/20	11/27 12	/4	12/11	12/18
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Weight		165 Ibs
Date		Dec 20, 2021
Progress Photo		
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HOME	DIARY		PROGRESS	MORE

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!



CANCEL	Build Routine	SAVE
Routine Na Add description	me or notes	□ ~
– Planned Volume	e Est. Duration 🖍	_ Est. Calories

No Exercises Yet Start building your routine by adding exercises.

ADD EXERCISE

Q	Search by exercise name	
Тор	Exercises:	
\bigcirc	Posture Stretch Shoulders, Back	
\bigcirc	Push Up Chest, Core, Triceps	0
\bigcirc	Bench Press Chest, Triceps	0
\bigcirc	Pull Up Shoulders, Back	0
\bigcirc	Bent Over Row Shoulders, Neck, Biceps, Back	0
\bigcirc	Shoulder Press Shoulders, Triceps	
\bigcirc	Deadlift Thighs, Hamstrings, Glutes, Back	6
\bigcirc	Back Squat Thighs, Hamstrings, Glutes, Back	0
\bigcirc	Walking Lunge Thighs, Hamstrings, Glutes	0
\bigcirc	Front Plank Core	6

apps / devices



You can also connect your

Fitbit Activity Tra...

Garmin Connect Activity Tra...

Activity Tra... Fitness Apps

All Apps 👻



5K Runmeter Get fit with 5K, 10K, and marathon training plans



Accupedo Pedometer

Walk 10K steps a day towards a healthier you!



Boot Camp Challenge Get fast safe results from a Veteran Army Trainer.



BTFit





C25K - 5K Trainer The easiest 5K training program! Doctor recommended.



C25k Trainer Pro The easiest 5K training program! Doctor recommended

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



WITH ALEXA