

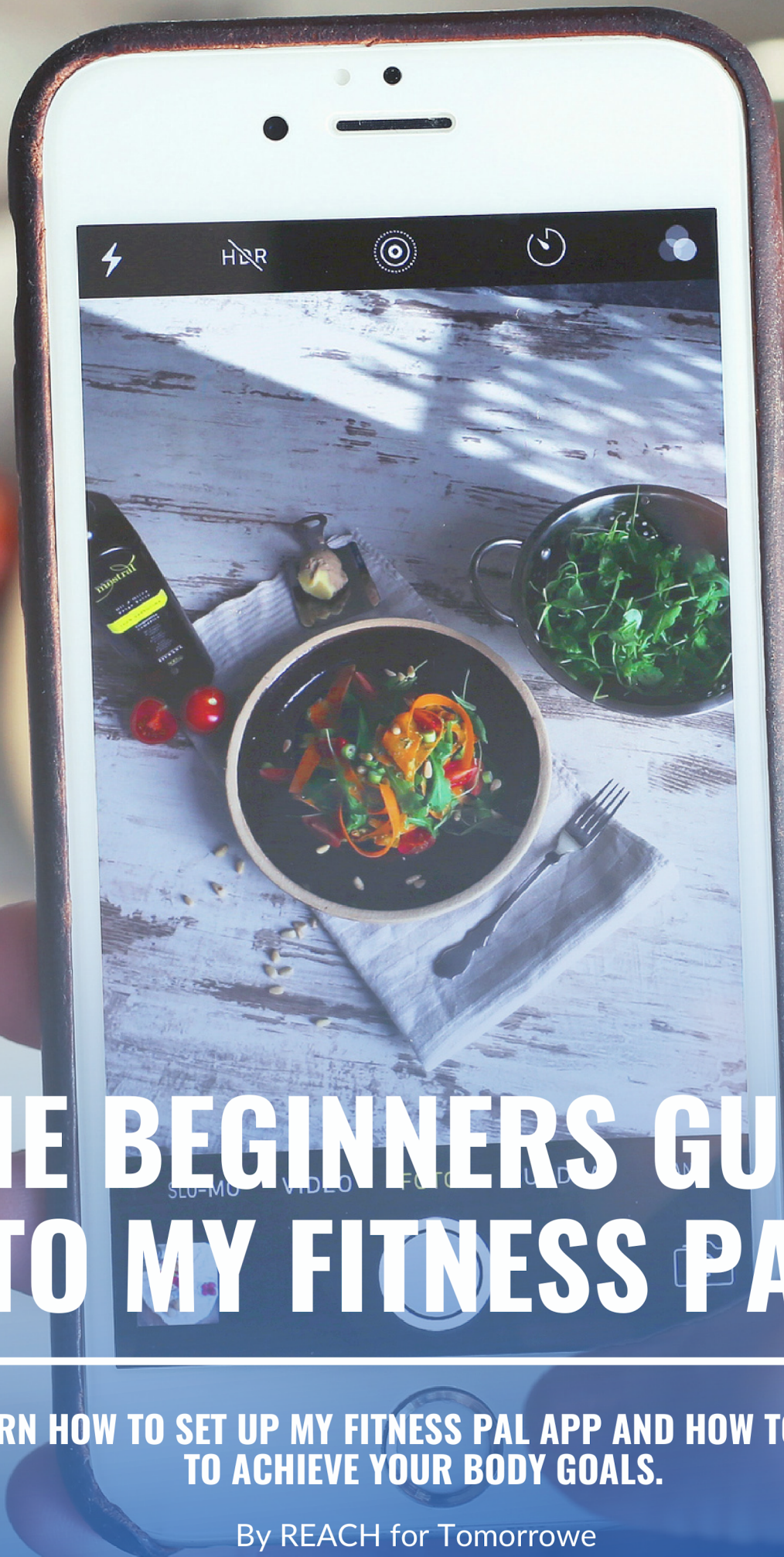


# THE BEGINNERS GUIDE TO MY FITNESS PAL

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LEARN HOW TO SET UP MY FITNESS PAL APP AND HOW TO USE IT  
TO ACHIEVE YOUR BODY GOALS.





# THE BEGINNERS GUIDE TO MY FITNESS PAL

LEARN HOW TO SET UP MY FITNESS PAL APP AND HOW TO USE IT  
TO ACHIEVE YOUR BODY GOALS.

By REACH for Tomorrow

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# Hey! Welcome.

If you're reading this guide, then you're interested in learning more about how the MyFitnessPal APP can help you reach optimum nutrition for both health and fitness goals -- and that's awesome.

MyFitnessPal APP is a great app that's free to use, and it's been designed to help you count and track your calories and macronutrients. The APP automatically calculates these things for you based on your body composition and your body goals. That's what makes it so powerful. You no longer need to manually weigh everything, read food labels and then calculate calorie after calorie.

With MyFitnesspal APP, you just input your details and the food you've eaten, and the APP calculates everything for you. It's that simple.

In this guide, we will take a look at how to set up the APP to suit your goals and how to make the most of it. The APP contains hidden gems that you may not have known about, and the good news is that we will cover these in this guide.

All right, let's get started.



# The Set Up

To start, you're going to need to download the APP from the apple or play store. You can find them using the links below.



[Download APP from Apple Store](#)

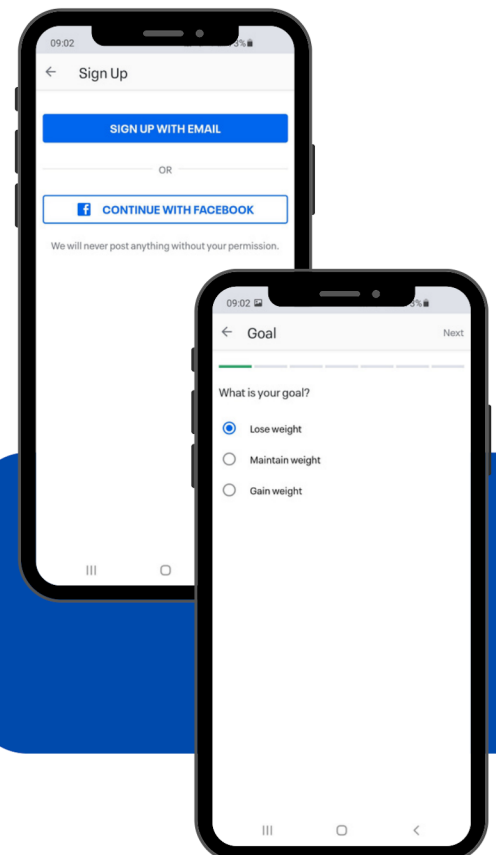


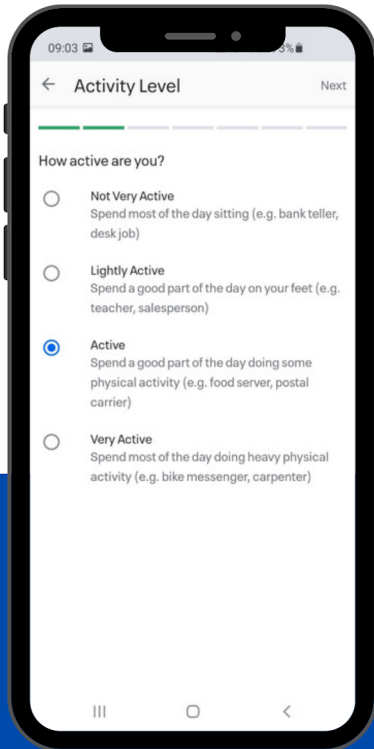
[Download APP from Play Store](#)

## GETTING STARTED

Once you download the APP, you'll need to sign up and set everything up according to your goals and body composition. So, choose whether you'd like to sign up with your email address or Facebook.

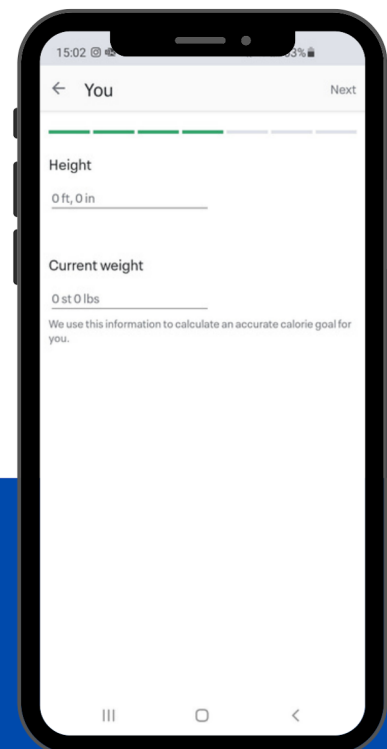
Choose an option, enter your details, and answer the questions. The first question you'll be asked is about your goal. You will have three options - lose weight, maintain weight and gain weight. If you are wanting to shed fat or tone up then choose the 'lose weight' option but if you're looking to gain muscle then choose the 'gain weight' option. The last option is 'maintain weight', and this is suitable for those who are happy with their weight, and they'd like to maintain it. This is a good option if you'd like to use the APP for tracking your nutritional intake. It's important to choose the right option as this will determine how many calories you'll need to consume.



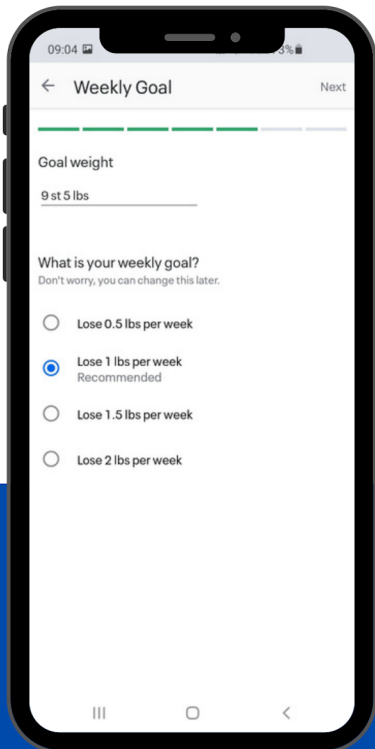


The second question you'll be asked is in regards to your activity level. There is no right or wrong answer here. All you need to do is take a holistic view of your lifestyle and consider whether you are not very active, lightly active, active, or very active. It's important to be honest, as the activity factor also plays an important role in calorie calculations.

Next! The APP will ask you some personal questions so it can understand more about your gender and age. Fill these details in, and you'll be taken to questions relating to your height and weight. For these questions, you want to make sure that you've weighed yourself in the morning on an empty stomach and after you've been to the toilet. This is important as that's when your weight will be most accurate. Weigh yourself at least 1 week before setting up the APP.

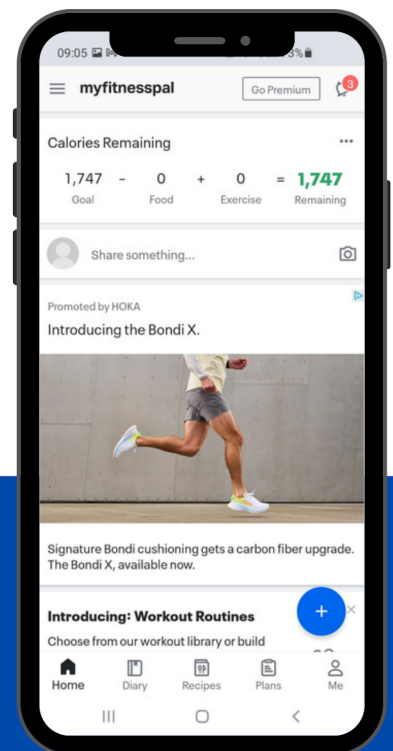






All right, you've entered everything that the APP needs to know about your body composition and your lifestyle. It is time to dive into your goals. The APP will ask you a number of questions about the things you wish to achieve using the APP. Be as honest as you can so it can manipulate your calories and macronutrients appropriately. The first question is in regards to the weight you wish to achieve. It will only show you the safe amounts so you don't go overboard.

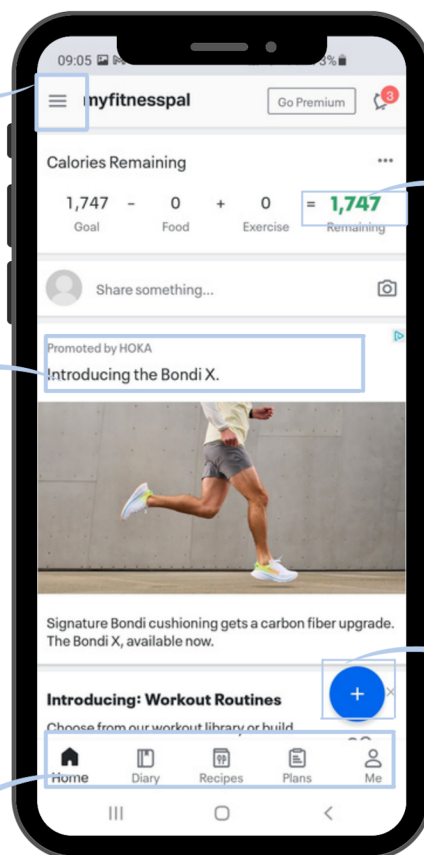
If you're looking to lose or gain weight, we recommend a weight loss/gain of 1-1.5lbs per week. This is a sustainable change to your caloric intake and will help you achieve your goals without causing any dramatic effects on your metabolism. Then, just enter your email address and password, accept your cookies, and voila! You'll be taken to the home page of MyFitness Pal!



# Brief explanation of the home page.

The second menu in the toggle is where you can find your profile, settings, and so much more. We'll go over this menu in a bit more detail later.

MyFitnessPal is great for providing support outside of calorie and macronutrients. On the home page, you'll also find useful articles and videos to help you get the most out of the APP.

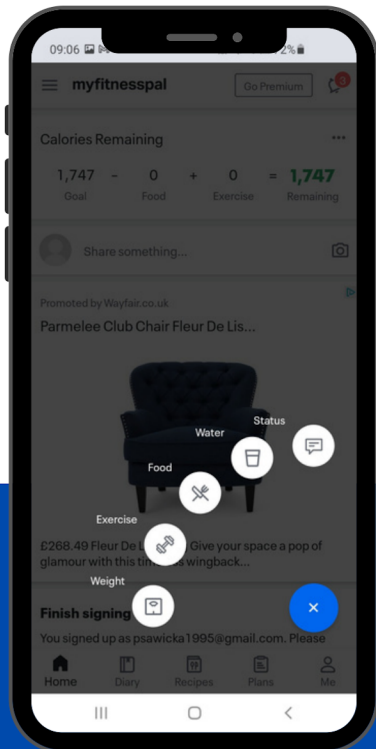


Your total daily calories are displayed at the top right-hand corner in green. If you ever consume more than these calories, they will turn red.

The blue plus button on the right bottom corner is used to log your weight, exercise, food, water and status. If there is anything you've consumed, or anything at all you wish to share then you can easily navigate to it using that button.

This is your main navigation. We will explore each button in more depth later in this guide, but these are probably the most common buttons that you'll need to navigate around the APP.

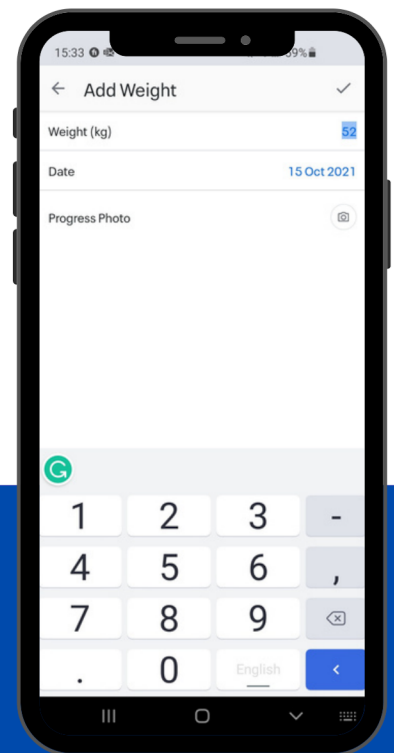


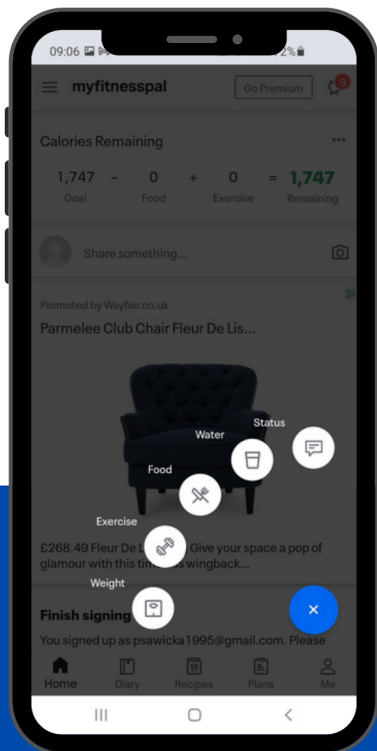


## THE BLUE BUTTON

From the home page, navigate to the blue button. When you click on it, you'll find that the screen will darken and you'll have 5 options; weight, exercise, food, water, and status. These are used to log food or any changes and achievements that happened on a given day.

Let's start with the bottom option and work our way up. If you're looking to log a change in your weight, then you'll need to use the 'weight' button. When you click on it, you'll be taken to another screen where you can enter your weight in either kilograms or pounds (depending on what you set it up as initially). You can add a date and a progress photo. This can be very beneficial for tracking your progress and watching your body change.

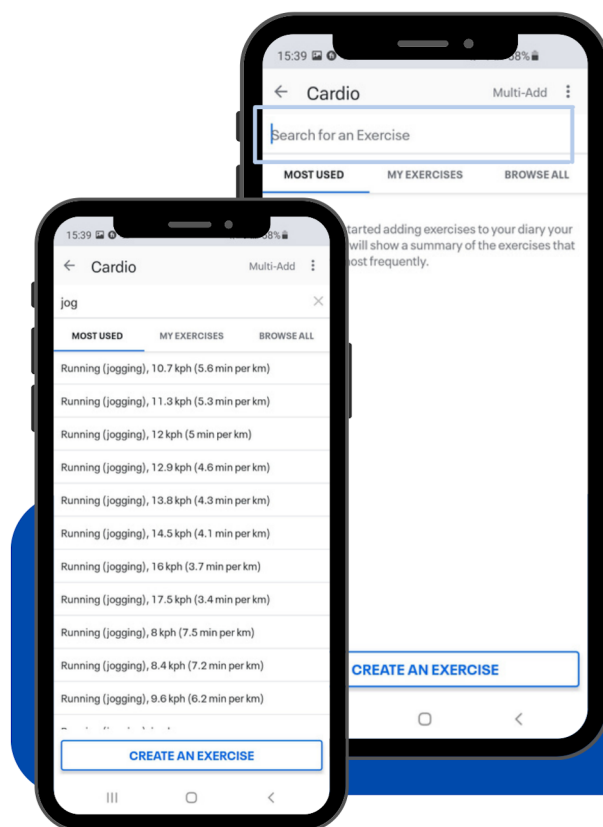




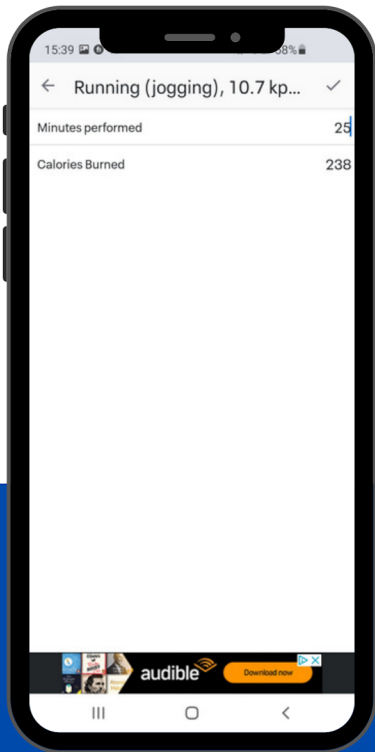
## EXERCISE

The second button from logging your weight is 'exercise'. When you click on that button, you'll need to enter what type of exercise you performed. If you did cardio like running, swimming, elliptical trainer, or other that lasted more than 15 minutes, select cardiovascular. If you performed weight training, then select 'strength'. However, if you used any workout routines that are displayed in the MyFitnessPal app, then you can select the bottom option.

Once you select the type of exercise that you've performed, you'll be taken to another screen where you can use a search bar to find the exercises that you performed. For instance, let's take a look at jogging. When you type in 'jog' in the search bar, you'll see it will give you all kinds of options for the duration and speed. For the APP to accurately calculate how many calories you burned, be sure to track the duration and intensity of your exercise using an APP. There are many other APPs that can help with this.

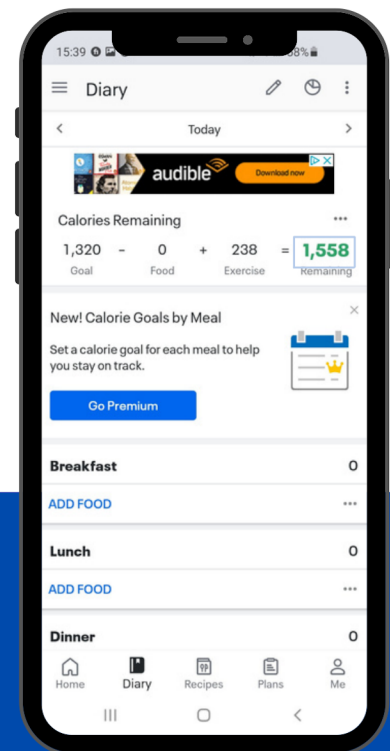


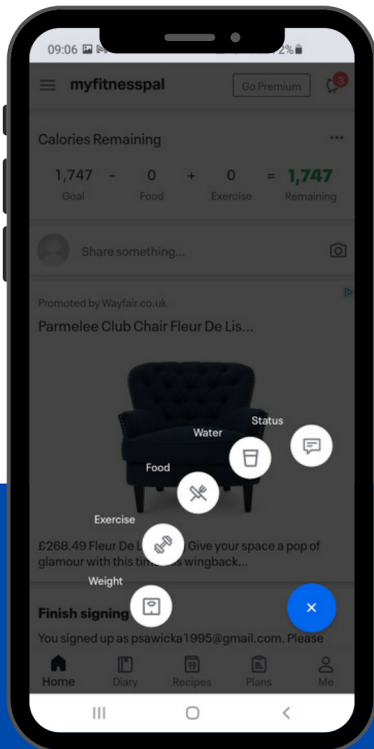




Once you choose the appropriate option, it will ask you how many minutes you performed the exercise for, and then it will automatically calculate how many calories you burned. This is great!

When you return back to the home page, you'll find that your total daily calories have changed. This is because you have given yourself a few extra calories by burning them through exercise. You can either leave them as they are and not consume more than your initial recommended intake to lose more weight, or consume the difference and lose the same weight you've set out to lose.

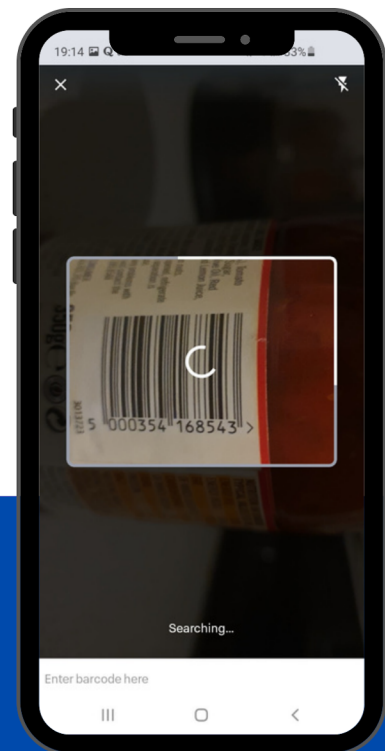




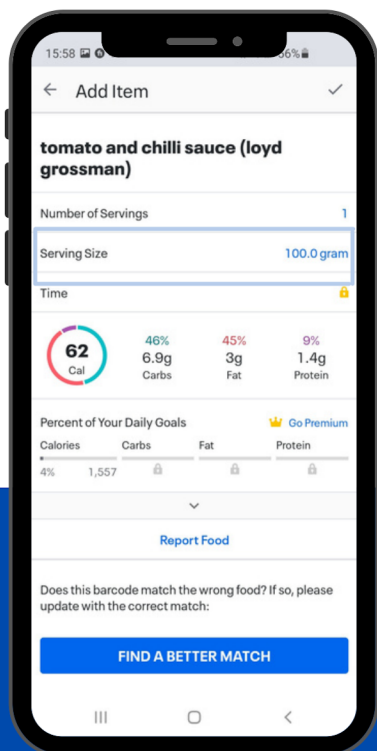
## FOOD OR DIARY

The diary which is found in the bottom navigation menu is exactly the same as the 'food' option found within the blue button. This is where you input any food and beverages that you've had throughout the day. It is best that you log these things as you drink or eat them because otherwise, it's very easy to forget what you had and how much. So, try to stay aware of what and when you eat and make a conscious effort to log them in the APP.

From there, you can select the kind of meal you wish to log; breakfast, lunch, dinner, and snacks. Then, use the search bar at the top to find your food, brands, and/or recipes. If you can't find it, you can use the barcode icon on the right-hand side of the search bar. When you click on the icon, you just simply point the camera at a barcode on a food label, and it will scan it for you.

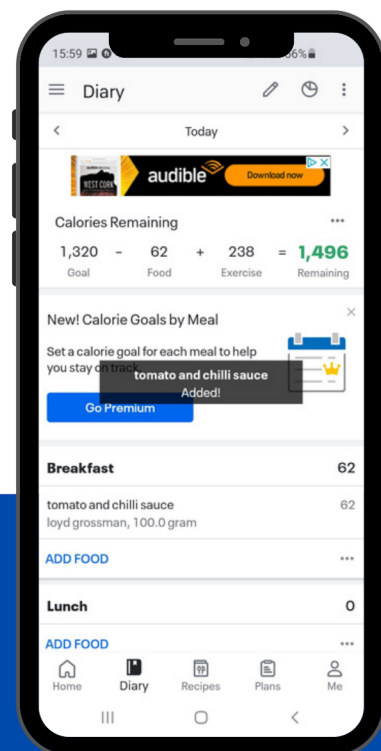


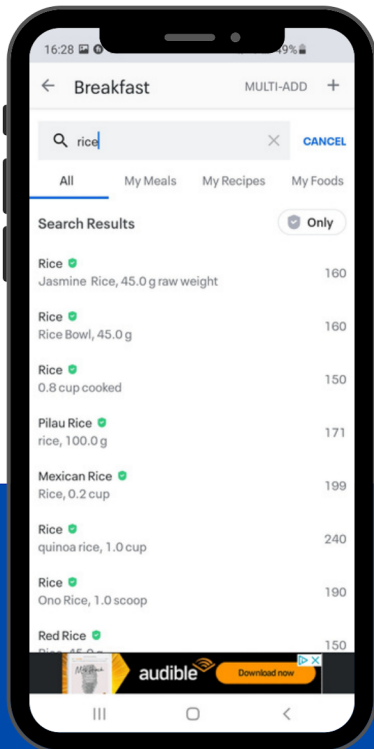




For instance, here is a scanned tomato and chilli sauce from Lloyd Grossman. When we scanned the barcode on the label, this is the screen you are taken to. Make sure to adjust the serving size appropriately to match what you actually consumed and select the tick button at the top right-hand corner.

When you return back to the home page, you'll find that your total daily calories have automatically adjusted again. This is because you have consumed something, and these calories were deducted from the calories. If you decide to exercise, you'll see these calories going back up.



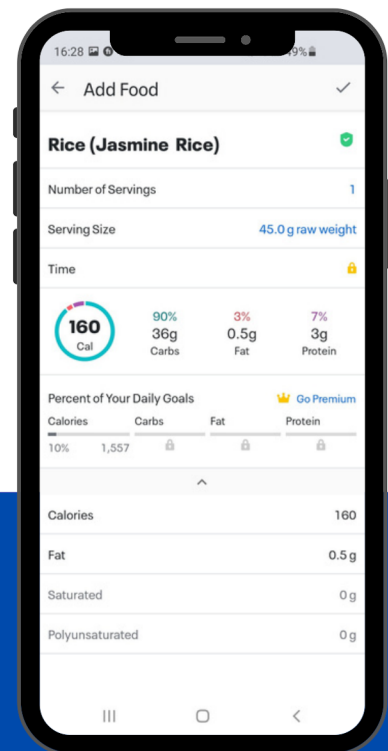


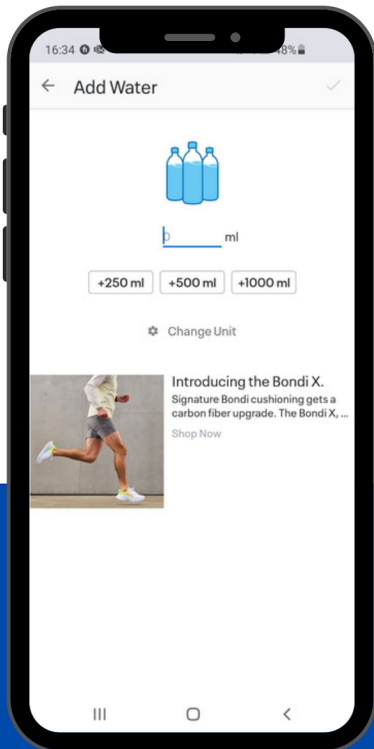
If you don't have a food label to scan, then you can just click on the 'diary' at the bottom navigation menu or 'food' from the blue plus button to enter details manually.

For example, let's search for rice. When you type the food in the top search bar, there will be many options to choose from. Make sure to select the correct one. A few things to consider are the type of food, brand and whether it is cooked or not (on the APP). This is important.

For instance, if you consumed 10g of cooked rice but you entered 100g of uncooked rice on the APP, you'll find that your calories will be inaccurate. Once you've found the right option, you can adjust the serving size, and MyFitnessPal will automatically adjust the calories, macronutrients, and any vitamins and minerals accordingly.

When you return to the homepage, you'll see your remaining calories adjusted.





## WATER

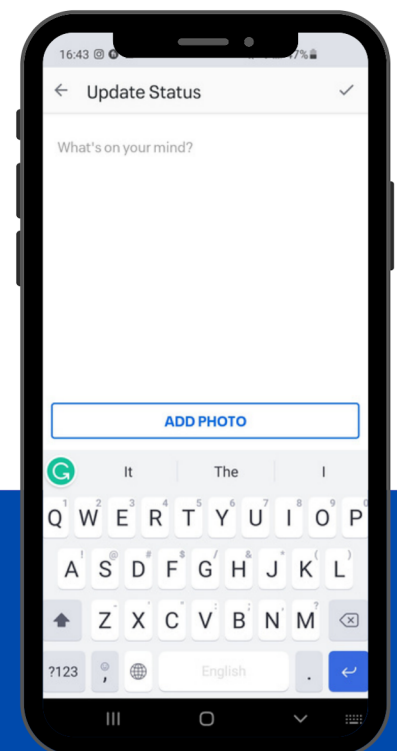
Staying hydrated is very important for your fitness goals and overall wellbeing. Without adequate intake of water, you may suffer from dry mouth, headaches or migraines, dry skin, and muscle cramps.

So, make sure to also track your water intake. Try to drink at least 2-3 litres of water a day.

## STATUS

Status is similar to any other social media platform. From there, you can simply update your status, and write about your goals and achievements as well as add any photos.

Here you can share your thoughts, ideas, and progress with others and connect with like-minded people.





# Tracking calories, macronutrients and vitamins and minerals

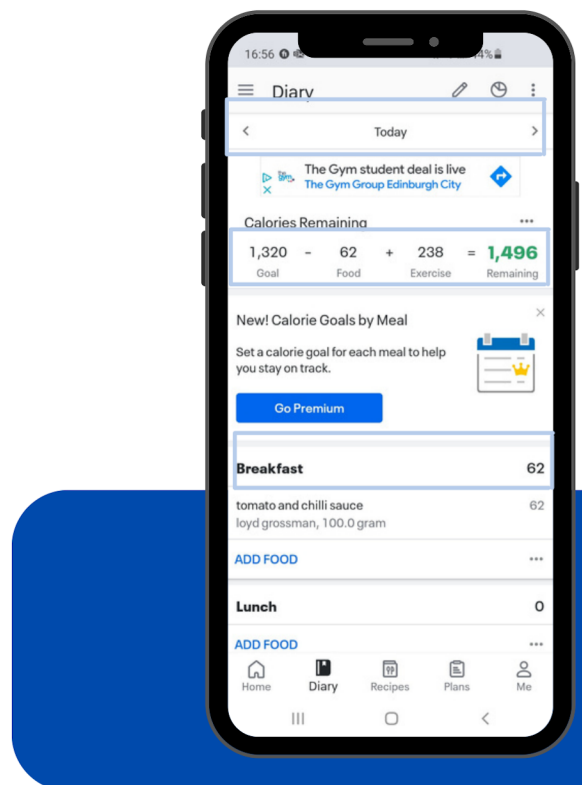
Okay, by now you should have a fair idea of how to use the basics of the APP. You should have a fair understanding of how to log your exercise, food, water and update your weight.

So, now it's time to dive deeper into the way to track all these things and get a proper view of all the macronutrients, and vitamins, and minerals.

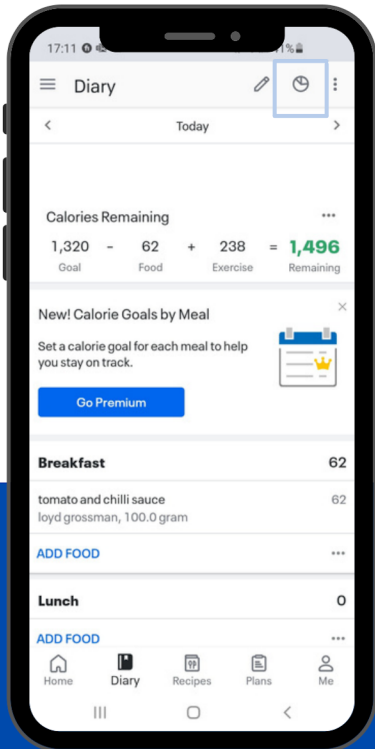
## DIARY

As you may have read earlier, the most commonly used area of the APP is either the navigation menu right at the bottom of the APP or the blue plus icon.

At the bottom navigation menu, you'll find a 'diary'. Click on it and you'll be taken to another page where you can view your calories (just as on the home page), and all the meals that you have consumed on a given day. From here, you can take a holistic view of all the things you've eaten and drink as well as their calories. You can also use the toggles at the top to change the days if you want to take a look at anything from a previous day.





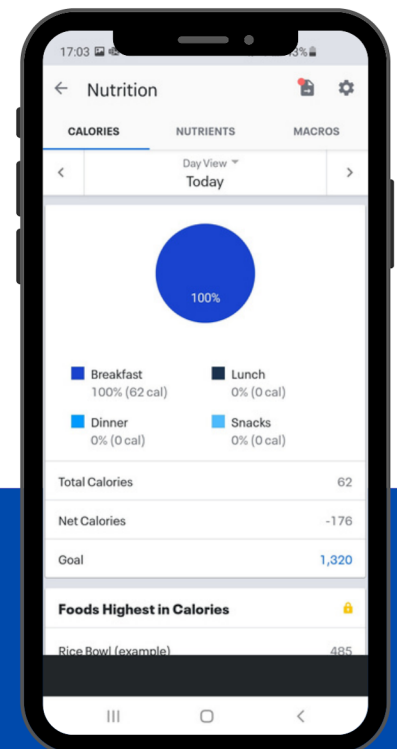


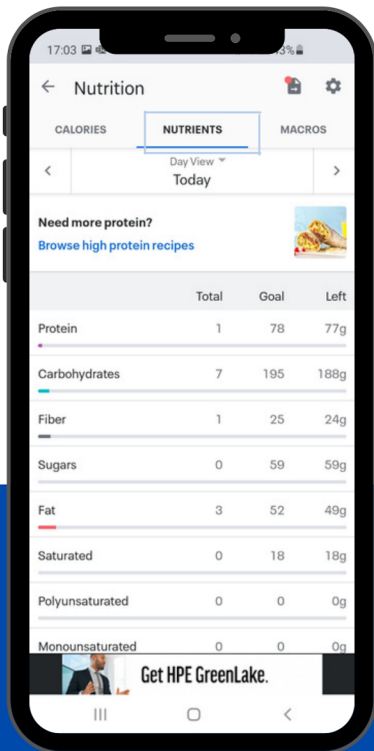
So, that gives you an insight into what you've eaten for each meal and you can view nutrition by clicking on each food.

Now, in order to track the actual intake of macronutrients, and vitamins, and minerals, simply click on the weechart icon in the top right-hand corner.

From there, you'll be taken to a greater view of your nutritional profile for the day. As you can see, at the very top, you can change the days you wish to view, and below you can see the calories that have come from each meal, as well as the total calories and comparison against your goal.

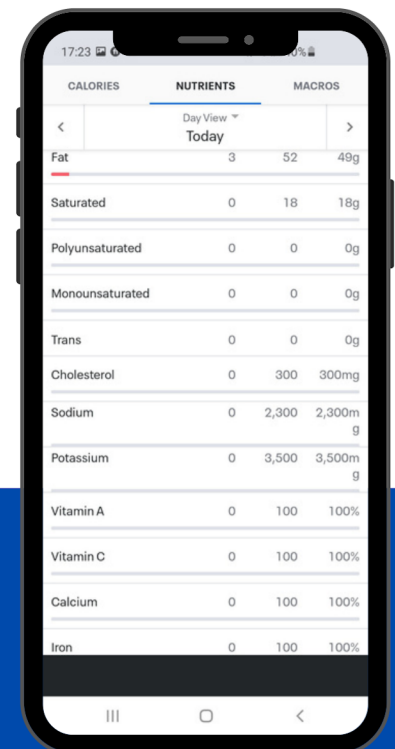
We have only input the sauce jar earlier hence why our chart looks like this. However, once you input all the foods for different meals, your chart will be much more colourful.

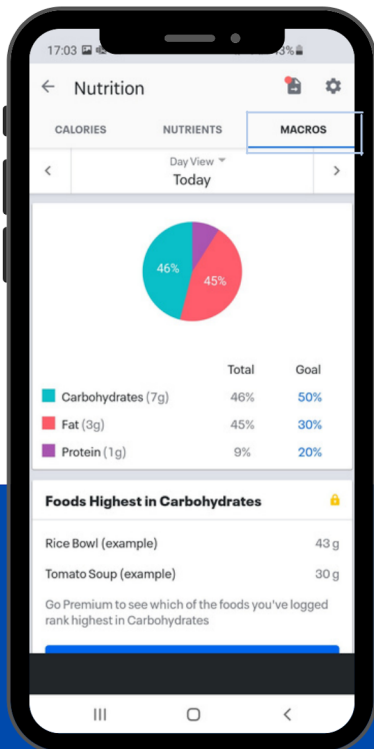




At the very top of the screen, you'll find three tabs. The calories tab is where you can view your total intake of calories for each meal (as seen in the previous step), nutrients, and macros tabs. In the nutrients tab, you'll find all the vitamins and minerals. In this tab, you'll see your intake of all the nutrients against the government's recommended intake. The total column shows how much you've consumed, the goal column shows how much you should consume and the left column shows how much more you have to consume in order to achieve enough of that particular nutrient.

In the 'nutrients' tab, you can track your intake and if you're lacking certain vitamins and minerals, simply try to consume foods that are high in them. Consuming an adequate intake of vitamins and minerals is important since they are codependent on each other. If you fail to obtain enough of one nutrient, your body may struggle to absorb another. This can lead to a variety of nutritional deficiencies and a multitude of symptoms like headaches, fatigue, hair loss, skin problems, cramps, joint pain, and so much more.



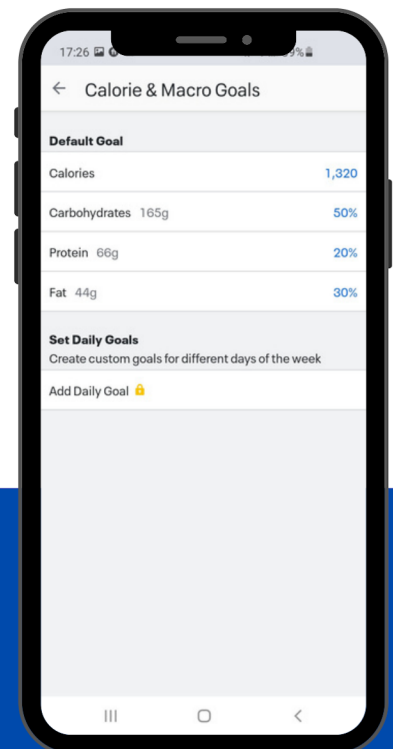


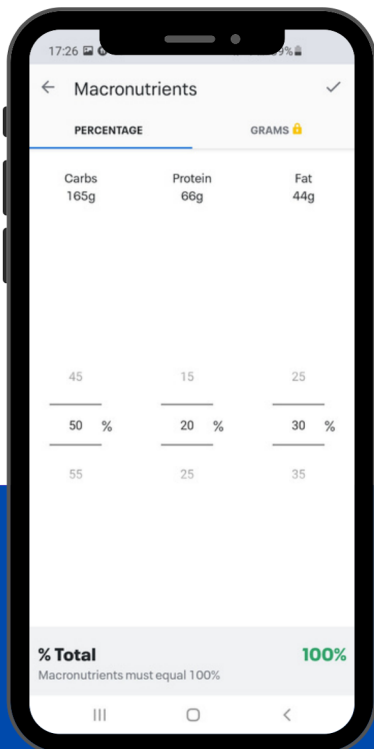
On the other hand, on the macros tab, you can see a full breakdown of your intake of carbohydrates, fats, and proteins. As you can see, on the right-hand side, your intake is also compared to the government's recommended intake. It's important to consume a balance of these as they provide all the vitamins and minerals. Everything you consume will offer a variety of nutrients, with some foods being more nutritionally dense than others.

If you are unhappy with the way that the APP has broken down your macronutrients, you can also change these.

To change these, simply click on the percentage of the macronutrient intake in the 'goal' tab. This is highlighted in blue.

You will then be taken to this screen. Here, you can click on any of the macronutrients to be taken to a different screen to update the macronutrients. Before we jump to the next screen, you can also change your daily calories if you like by clicking on the calories.





When you click on a macronutrient, you will be taken to this screen.

You can maneuver any of the percentages of each macronutrient as you please. However, before you decide to change any of the percentages, it's important to consider a few things.

These percentages are set according to the government recommendations, are you sure you want to change them?

The government recommendations are set in a way to make sure that your body obtains optimum nutrition. Whether you are looking to lose weight or build muscle, some nutrients do need to be updated. Here are some brief guidelines.

### WEIGHT LOSS

- 50-55% carbohydrates
- 30-35% healthy fats
- 15-17% proteins (1g of protein per 1kg of body weight)

### BODYBUILDING

- 50-55% carbohydrates
- 30-35% healthy fats
- 17-25% proteins (1g of protein per 1lb of body weight)

\*\* Percentages refer to the total daily calorie intake.



# Great food choices for each macronutrient.

## LEAN PROTEIN

### PLANT-BASED

- Tofu
- Tempeh
- Edamame
- Lentils
- Beans
- Hummus
- Peanuts, almonds
- Pea or hemp
- protein powders

### MEAT AND POULTRY

- Chicken
- Turkey
- Lean Beef
- Lamb
- Venison
- Eggs

### SEAFOOD

- Shrimp
- Mussels
- Crab and lobster
- Calamari
- Octopus

### FISH

- Salmon
- Cod
- Herring
- Trout
- Mackere

### DAIRY

- Natural Yogurt
- Milk
- Cottage Cheese



## VEGETABLES

- Cabbage Varieties
- Carrots
- Cauliflower
- Celery
- Cucumber
- Kale Lettuce
- Mushrooms
- Spinach
- Mixed bell peppers
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Turnip
- Greens
- Collard greens
- Radishes
- Okra onions, leeks, shallots
- Tomatoes
- winter squash
- pumpkin
- Zucchini
- Courgette

## HEALTHY FATS

### COLD-PRESSED OILS

- Flaxseed oil
- Extra virgin oil
- Avocado seed oil
- Fish oil
- Hempseed oil
- Walnut oil
- Coconut oil

### NUTS AND SEEDS

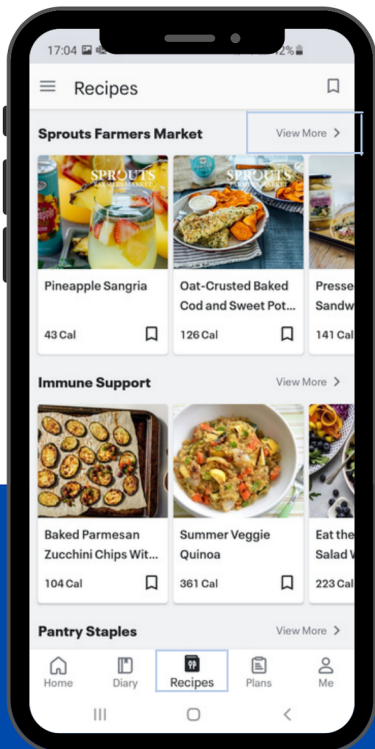
- Almonds
- Cashews
- Walnuts
- Hazelnuts
- Brazil nuts
- Pecans

### OTHER FATS

- Eggs
- Avocado
- Dark chocolate
- Cheese
- Chia seeds

## CARBOHYDRATES

- Apples
- Bananas
- Strawberries
- Blueberries
- Raspberries
- Cantaloupe
- Cherries
- Cranberries
- Currants
- Grapefruit
- Mangoes
- Melons
- Oranges
- Watermelon
- Oats
- Potatoes
- Quinoa
- Prunes
- Pulses
- Pumpkin
- Buckwheat
- Taro
- Beetroot
- Cassava
- Brown, red, or wild rice
- Amaranth
- Sorghum
- Couscous
- Spelt



## HIDDEN GEMS

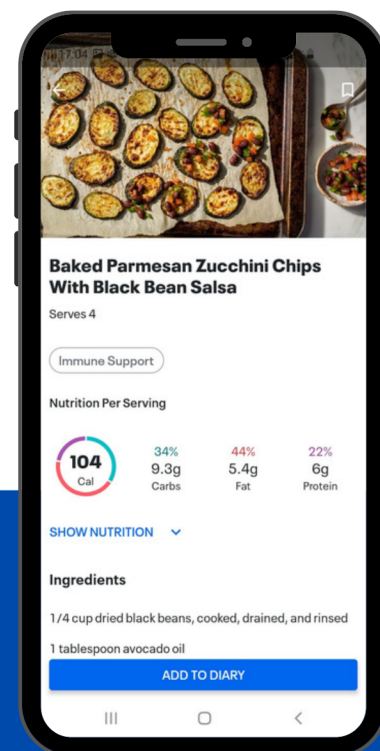
MyFitnessPal APP takes a holistic approach to your health. Aside from being amazing for tracking your calories and macronutrients, you can also get access to delicious recipes and workouts!

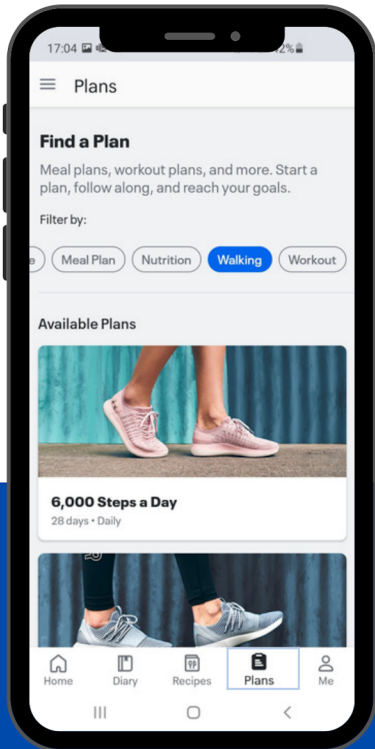
Navigate to the bottom menu, and click on recipes. You'll be taken to hundreds of FREE recipes that are quick,easy and healthy.

From there, you can click on any recipe to be taken to its ingredients and directions. At the top of the recipe, you'll also see a nutritional breakdown per serving. Be sure to always check it against your available calories.

If the recipe doesn't fit your remaining calories then simply leave it for another day.

When you try a recipe, you can add it to your food diary with just a click of a button. At the bottom you'll find the 'add to diary' button, click it and that's it! Your calories and nutrients have been logged automatically.



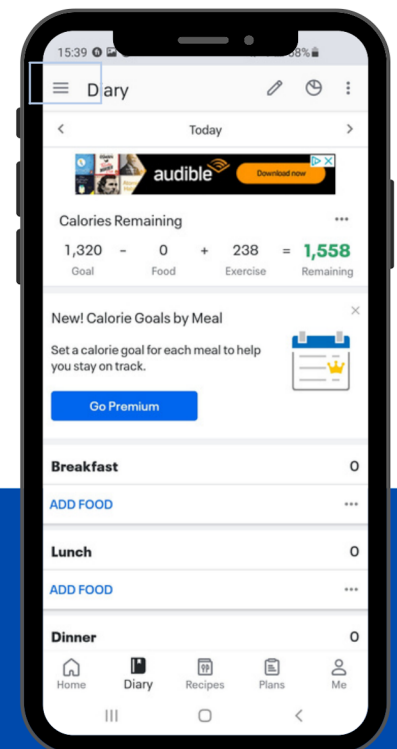


Another hidden gem on MyFitnessPal APP is the 'plans' option which can be found at the bottom navigation menu.

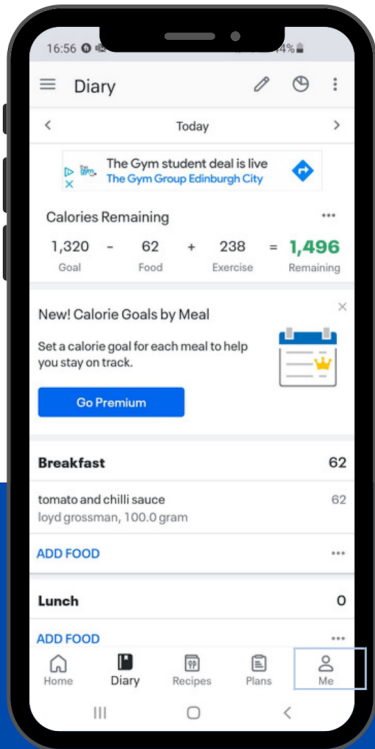
This is an amazing option where you can find a variety of plans for your health and wellbeing.

You can find meal plans, nutrition, exercise, and workout plans which can support your health and fitness goals.

The last hidden gem we'd like to discuss is the workout routines. You can find these by going to the home page and clicking the menu toggle at the top of the page. From there, you can navigate down the menu to 'workout routines'. Then, you'll be taken to another page that displays a variety of workouts ranging from 5-30 minutes. These are led by fitness professionals who are ready to get you sweating so this is great!







## YOUR PROFILE

Your profile contains your information, settings and your posts. Whenever you update any details, these will be displayed in your profile.

To find the profile, simply navigate to 'Me' option at the bottom menu and you'll be taken to your profile.

In your profile, you can take a holistic view of everything you've done including your fitness progress, and how far you have progressed. That chart under the 'progress' will start turning green the moment that you start updating your weight changes.

As you scroll down on your profile, you can view your friends or invite friends to follow you, and enter any challenges you like.

Explore your profile and all the options to find things that you'd like to get involved in!

