

MYFITNESSPAL

USERGUIDE

Follow this guide to set up your MFP account on your smartphone.

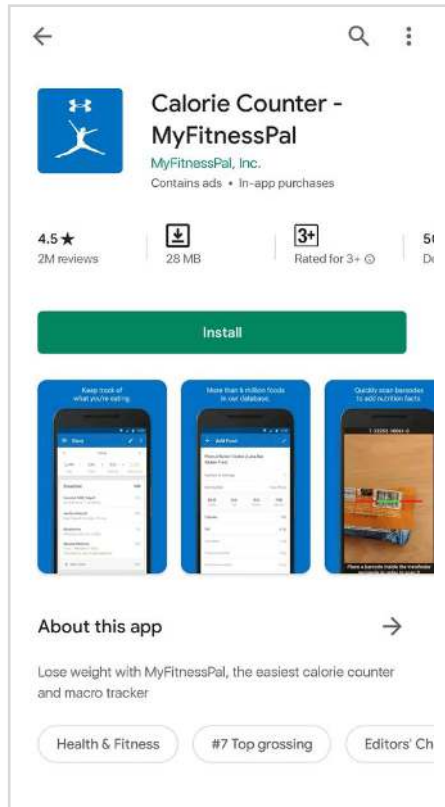
IMPORTANT NOTES

- Don't sync any fitness trackers that you have, as they will add calories back to your daily allowance.
- Make sure to change your calorie and macro goals to the ones we have given you.
- We don't want you to add your exercise into My Fitness Pal as we have already taken your activity level into account when calculating your allocated calories. If you input exercise, then MFP will give you more calories back to use for food and we don't want that.
- Make sure to log everything at the end of each day by clicking the Complete Diary Button at the bottom of your diary section. If you have signed up to an accountability plan or a challenge then you will also need to sync your daily log to our Training App.

DOWNLOADING THE APP

STEP 1

Go to App Store (Apple) or Google Play Store (Android) and search MyFitnessPal.



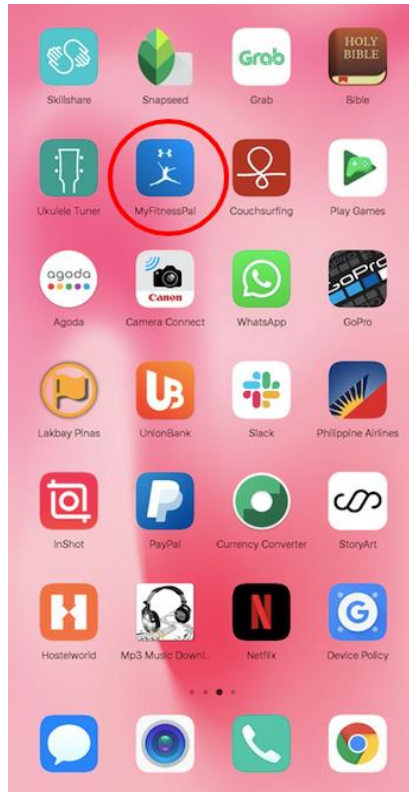
Tap INSTALL.



SETTING UP AN ACCOUNT

STEP 1: SIGN UP

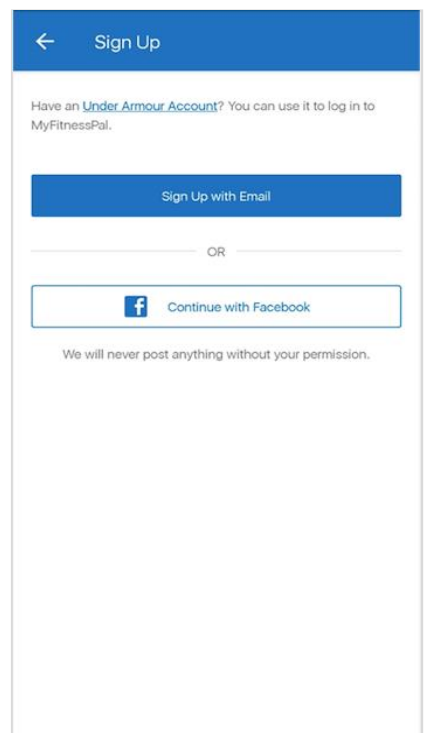
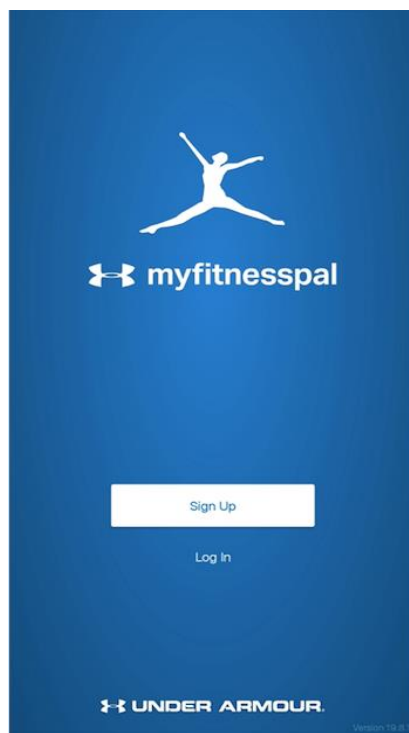
Open MPF app.



STEP 2

When you open the app for the first time click the 'Sign Up' button.

Choose either to sign up with email or continue with Facebook.



STEP 3

You will be directed to the following pages where you need to answer a few questions. Follow from image 1 to 6:

1. Choose your weight-related goal
2. Choose activity level
3. Enter personal details
4. Enter weight and height
5. Create a username
6. Your account has been created and now you are ready to track

The image displays six sequential screenshots of a mobile application's onboarding process, numbered 1 through 6. Each screenshot shows a different step in the user setup process.

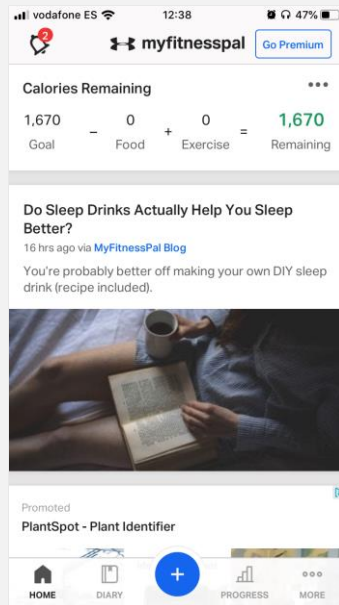
- Screenshot 1:** Titled "Goal", it asks "What is your goal?" and offers three radio button options: "Lose weight", "Maintain weight" (which is selected), and "Gain weight".
- Screenshot 2:** Titled "Activity Level", it asks "How active are you?" and offers four radio button options: "Not Very Active", "Lightly Active", "Active" (which is selected), and "Very Active".
- Screenshot 3:** Titled "You", it asks for "Gender" (with "Male" and "Female" radio buttons, "Female" selected), "Birthdate" (with "Feb 29, 1988" entered), "Location" (with "Philippines" selected in a dropdown), and "6045" entered in a field.
- Screenshot 4:** Titled "You", it asks for "Height" (with "5 ft, 4 in" entered) and "Current weight" (with "50 kg" entered).
- Screenshot 5:** Titled "Details", it asks for "Email", "Password", and "Create a username" (with "Username" entered).
- Screenshot 6:** Titled "Account Created", it displays "Congratulations!" and "Your custom plan is ready and you're one step closer to your goal weight." It shows "Your daily goal is: 1,920" in green, "Calories" with a dropdown arrow, and two checked checkboxes: "Keep me on track with reminders" and "Send me the latest news, innovations and offers from MyFitnessPal and Under Armour." A "Start Tracking Now" button is at the bottom.

CHANGING YOUR CALORIES AND MACRONUTRIENTS

STEP 1

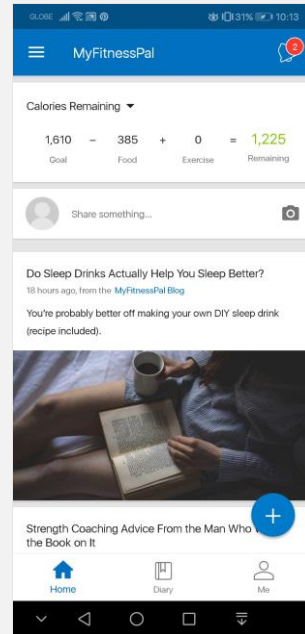
Open the app, and log in, if necessary. You will be presented with the Home screen.

IOS



Tap the ellipsis More button at the bottom right of the screen

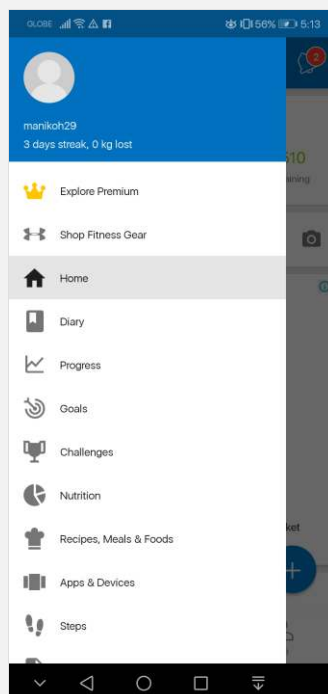
Android



Tap the 'hamburger' menu at the top left of the screen

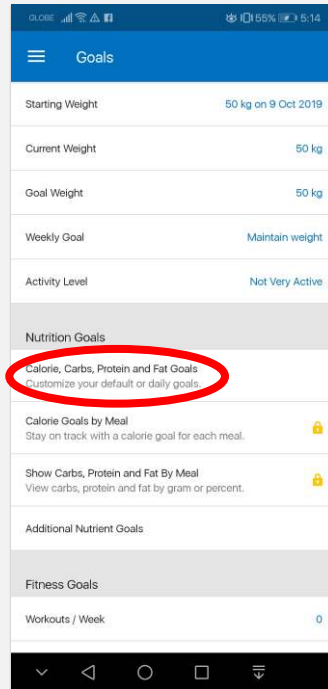
STEP 2

From the menu that appears, tap on GOALS.



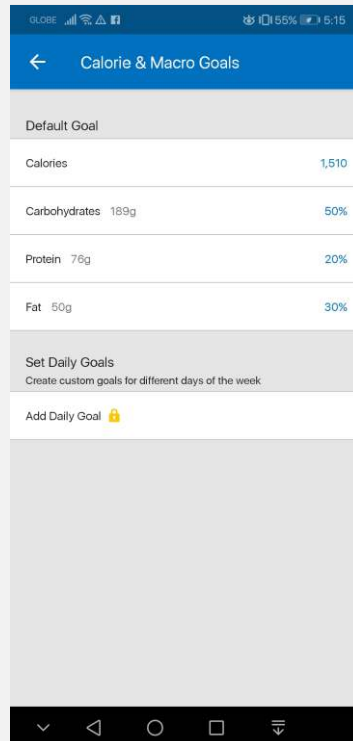
STEP 3

Tap **CALORIE, CARBS, PROTEIN & FAT GOALS** in the **NUTRITION GOALS** section.



STEP 4

To change your calorie goal, tap on **CALORIES**, or to change your macronutrients, tap on any of **Carbohydrates, Fat or Protein**.
We want you to change the calories to the figure we give you .

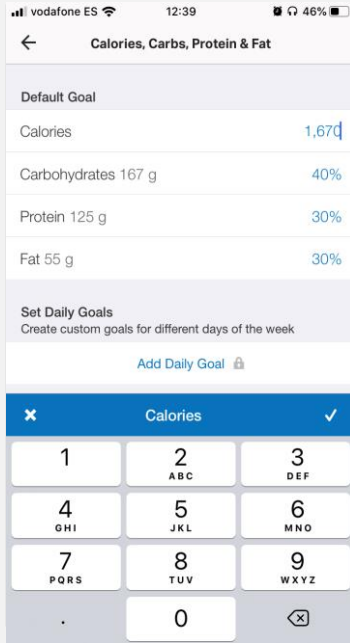


IOS

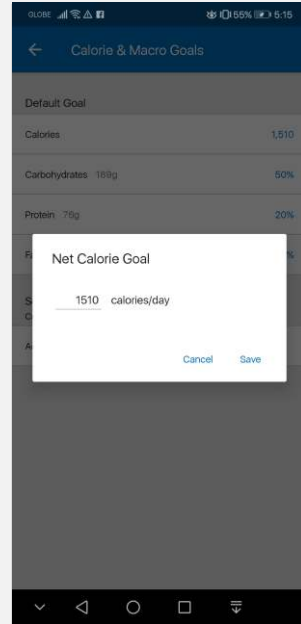
Android

STEP 5

When you have entered your new calorie goal, press ✓ in the upper right corner of the number pad.



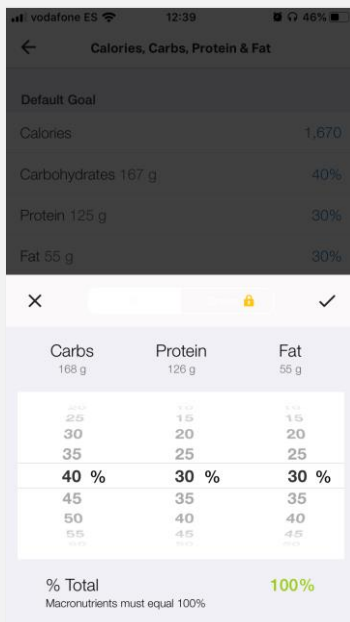
When you have entered your new goals, press SAVE in the bottom right corner of Net Calorie Goal.



Change your macros percentages to those assigned to you.
Don't stress too much if you don't hit the macros exactly.

STEP 6

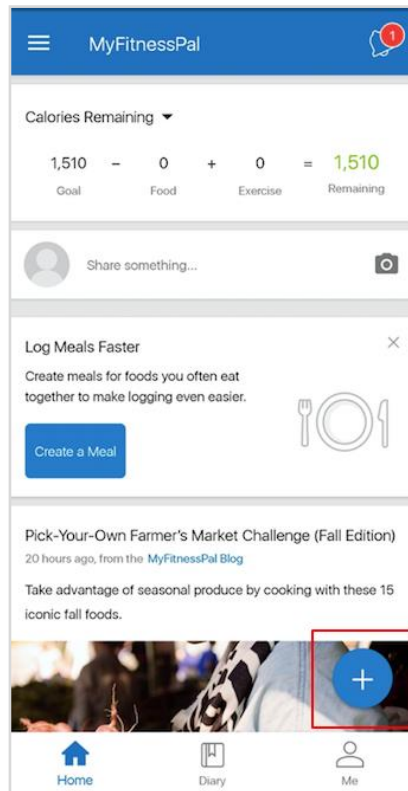
Similarly, once you've entered your new macronutrients goal, tap ✓ on the right, above the entry screen.



MYFITNESSPAL: HOW TO LOG YOUR FOOD & WATER

STEP 1

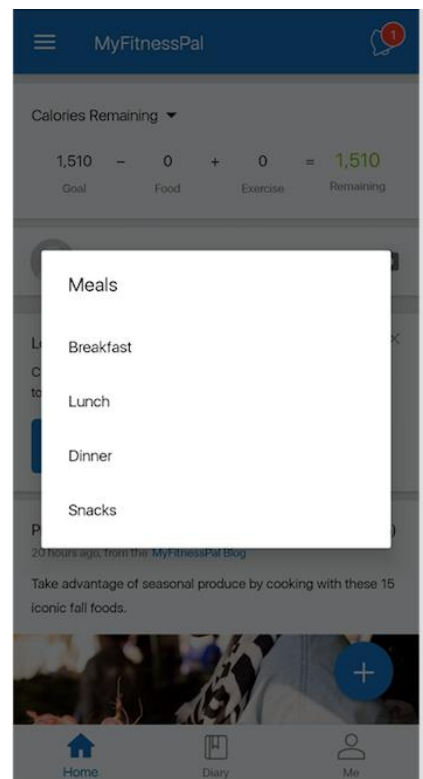
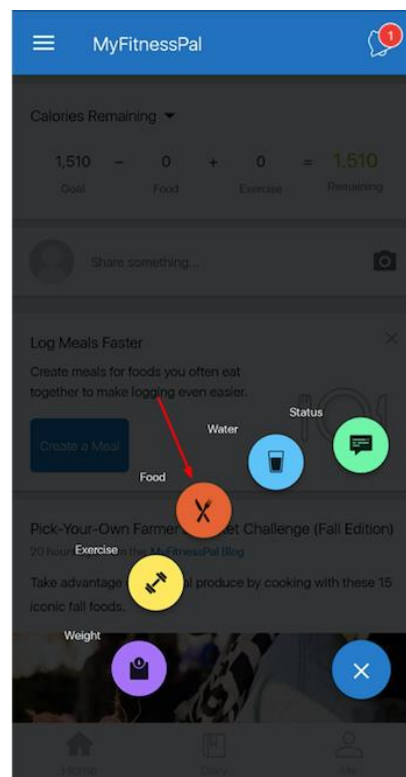
After you login to your MFP app, in your dashboard, tap the big blue plus sign found in the lower right. It will reveal options to add: **Status, Water, Food, Exercise and Weight.**



STEP 2

Tap the food icon in the middle to get to the food diary.

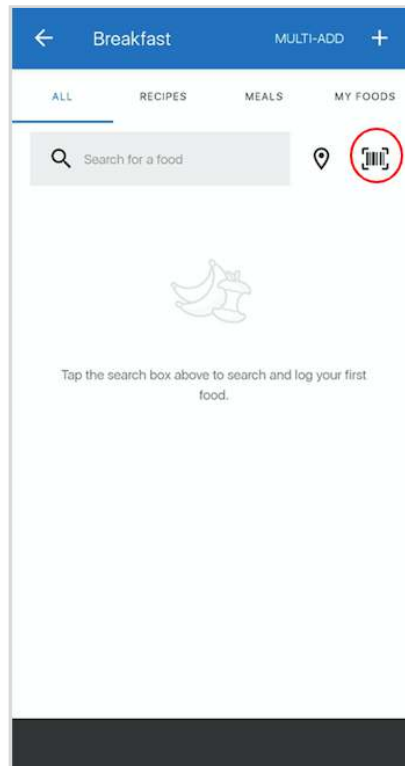
Here you can choose from any of the meals: breakfast, lunch, dinner or snacks. Tap any meal that you want to enter.



OPTION 1 - USING THE BARCODE OPTION

STEP 3

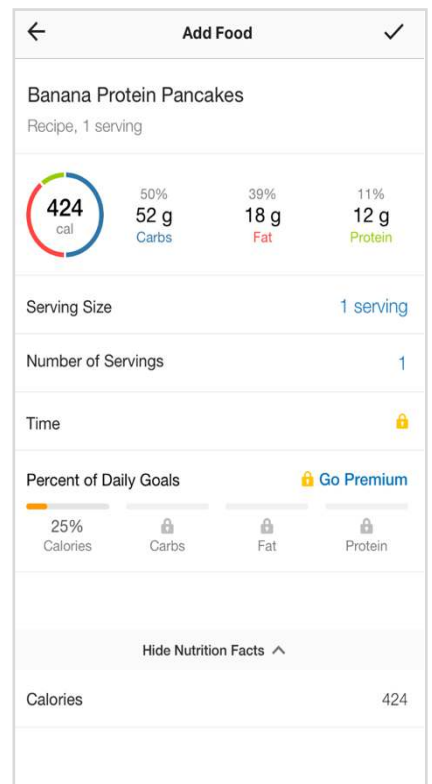
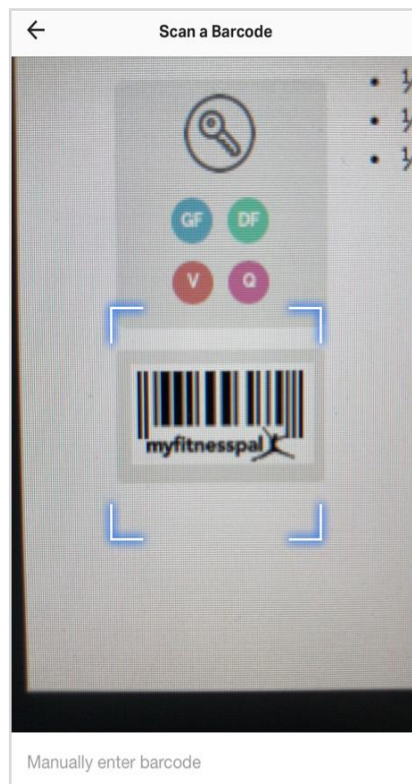
For example, here you tap Breakfast meal, it will show you tabs for recipes, meals, my foods, a search box, location icon and the barcode scanner icon. If you are using something that comes in a packet or one of our Recipe Booklets, then you can use the barcode scanner function. Just tap the barcode option.



STEP 4

The phone is now ready to scan any barcodes, so just use your camera to scan it.

After you scanned the barcode, a macro information field of the recipe or item will show. Tap the tick in the right top corner and the meal or item will be added to your diary. Just make sure the serving size is correct. Otherwise change the serving size.



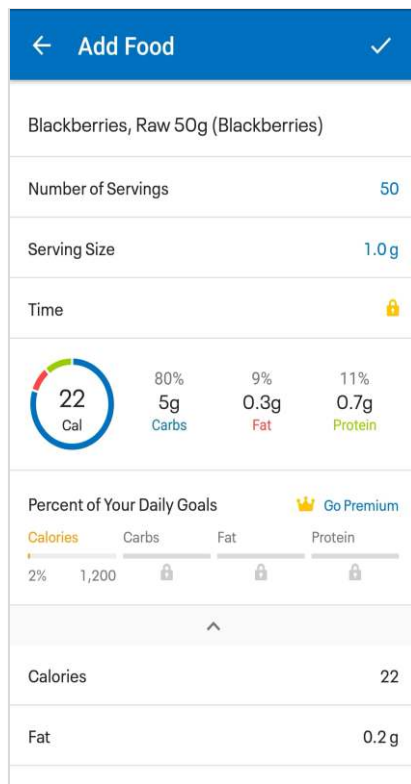
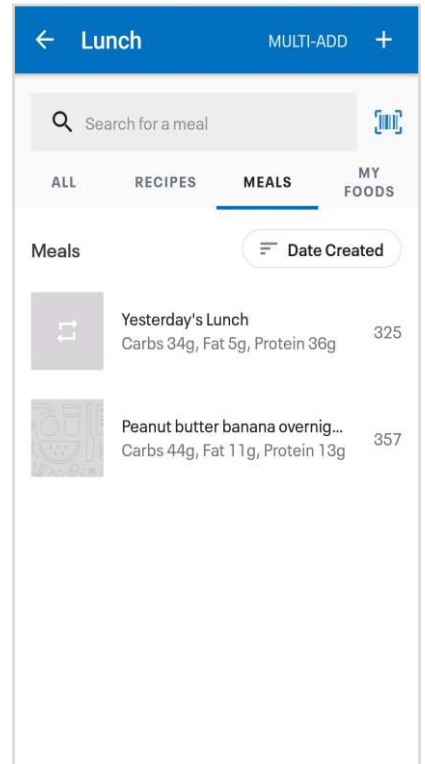
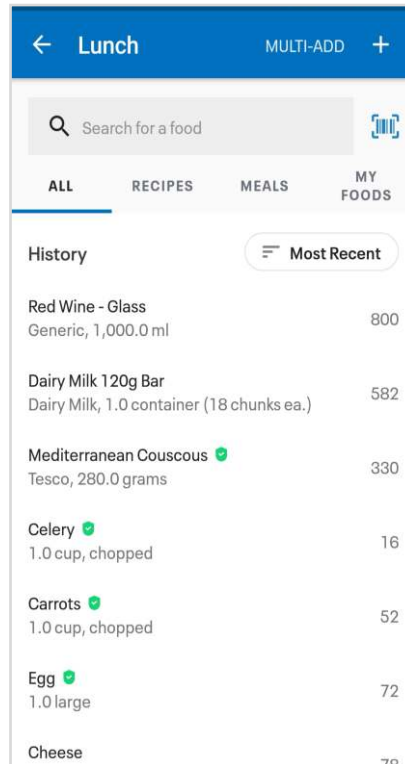
OR

OPTION 2 - USING THE SEARCH OPTION, SAVED MEAL OR RECIPE

STEP 3

Say you tapped on the Lunch option. Type the food you are eating in the search box and pick the one that suits, i.e. granny smith apple, chicken breast, etc. Make sure you pick a portion size that is correct or click into one option and change the serving size.

MFP will store your recent or regularly used foods so they will start to show up in your history. It is also possible to add a meal from yesterday if you are eating the same thing again.



If you are having something like Homemade Vegetable Soup, don't just search Vegetable Soup and pick one, as there are so many different calories and macros that can come up. It's best here to add all the ingredients separately or to input it as a recipe if it is something you eat often.

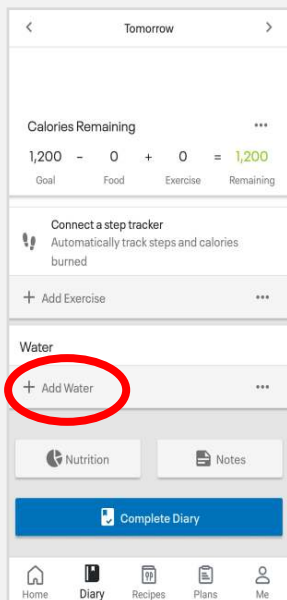
To create a recipe, you need to go to your profile section, then My Items and input your recipe or import from the web.

ADDING YOUR WATER INTAKE

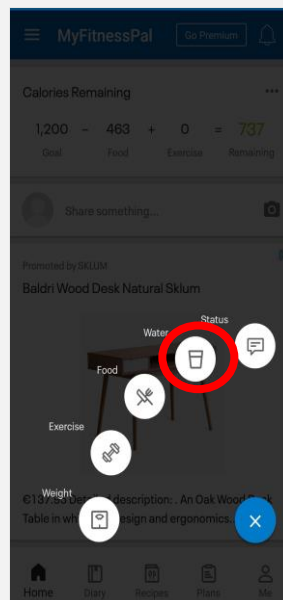
STEP 1

You can add water by either clicking on the Add Water Button in the Diary

OR



Click on the + Button on the main screen which will bring you to this section below, where you click on the water option and enter amount in ml.

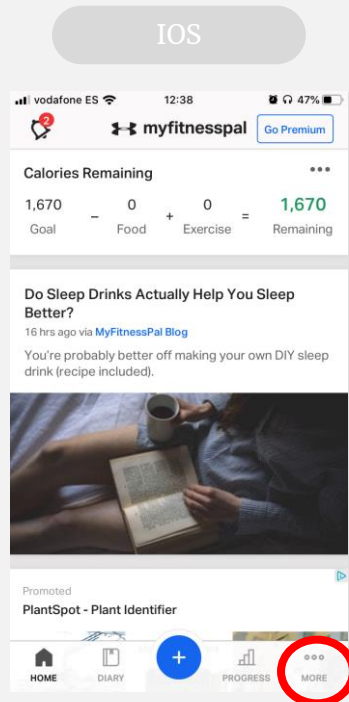


VIEWING YOUR INPUTTED CALORIES AND MACRONUTRIENTS

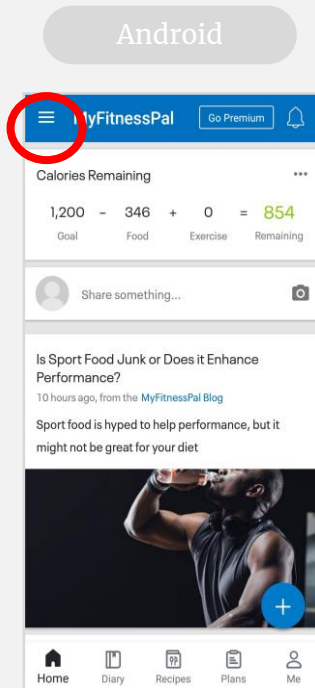
Viewing how many calories you have input for the day or what your macros are from the foods you have entered is very similar on iOS and Android. Where there are significant differences between the two, instructions are given below.

STEP 1

Open the app. The Home Screen will be displayed.



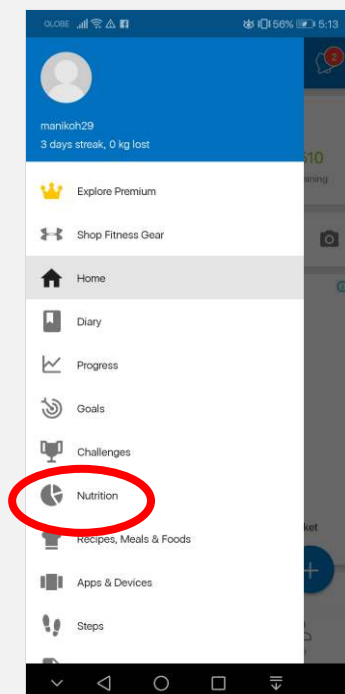
Tap the ellipsis More button at the bottom right of the screen



Tap the 'hamburger' menu at the top left of the screen

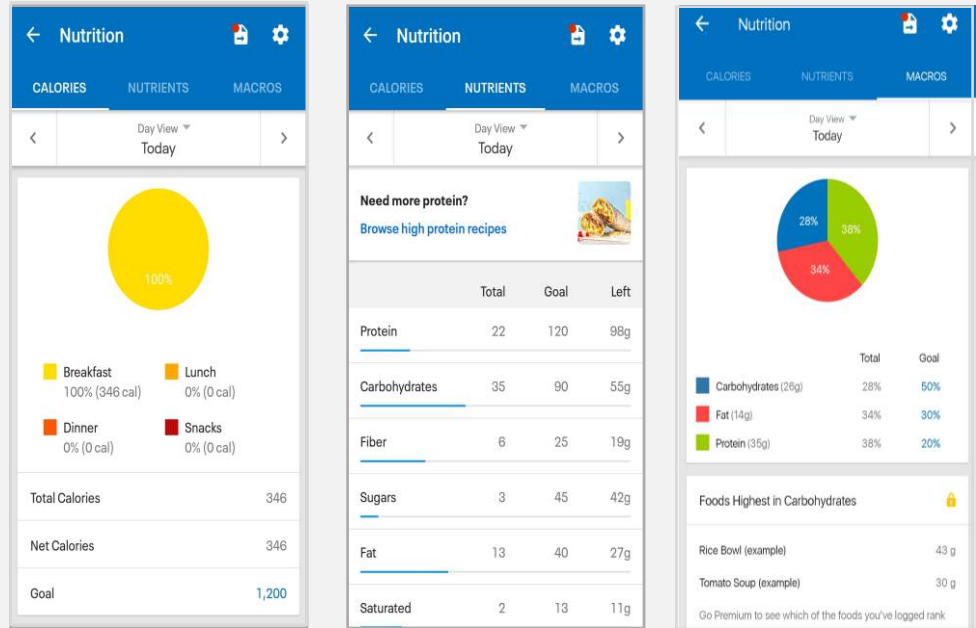
STEP 2

Tap on NUTRITION. If you use iOS, go to step 3.

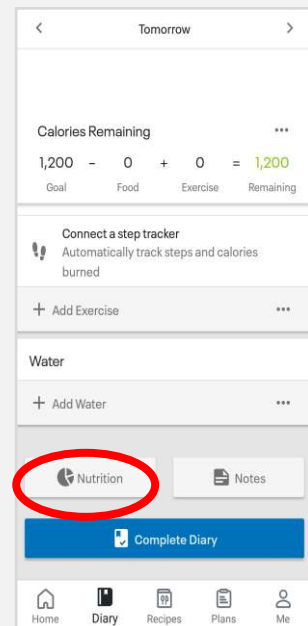
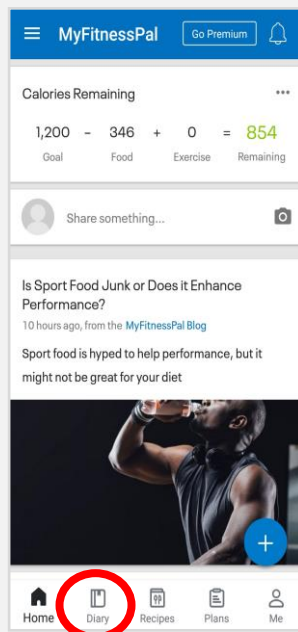


STEP 3

The Nutrition Section will give you options to view your CALORIE, NUTRIENTS AND MACROS from your food entries. They will show you a breakdown of your intake and a comparison of today's total consumption against your consumption goal. In the Nutrients Section it will also show you the amount in grams you have left for each macro to reach your goal or if you have gone over.



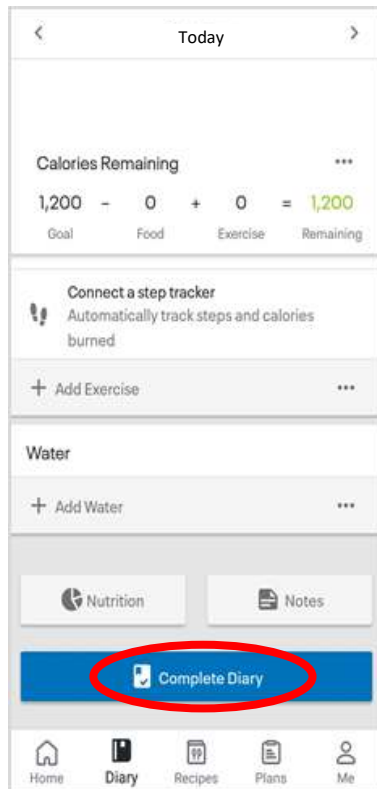
Alternatively, at the bottom of the home screen, tap the DIARY icon, then tap the NUTRITION icon at the bottom of the screen which will take you to breakdown section as per the above STEP 3.



MYFITNESSPAL: COMPLETING YOUR DIARY & SYNCING TO OUR TRAINING APP

STEP 1

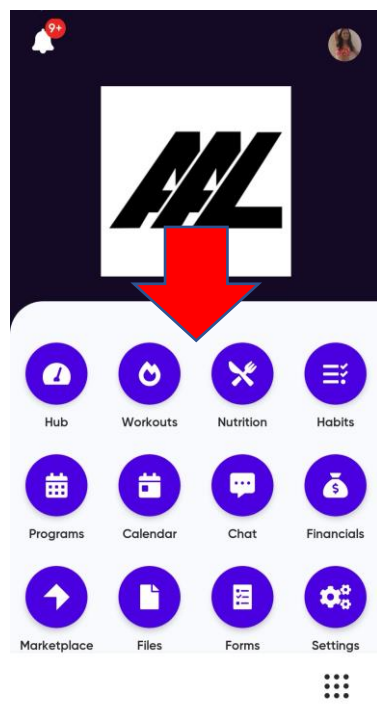
At the end of each day when you have input all your food and water, make sure to hit the Complete Diary Button to log it.



STEP 2

Once you have completed your diary log in MyFitnessPal, return to our Training App and “Pull down” on the dashboard to activate a manual synchronisation. You will need to do this step daily for it to sync to our training app.

If you have yet to link your MyFitnessPal account to our Training App, go to Step 3 now.



Steps 2 & 3 are only for people signed up to a challenge or an accountability plan.

STEP 3

To link your MyFitnessPal account to our Training App:

- Click into the Settings Section
- Then Feature Settings
- Then Integrations and toggle MyFitnessPal to “On”
- Fill in your own MFP login details in the prompt.
Wait a few seconds for sync to complete.

