

How to Use My Fitness Pal

1. Go into www.myfitnesspal.com and click “Sign-up” in the top right hand corner.
2. Enter a username, your email and select a password – write this down so you don’t forget!
*JohnnyDoe15, johndoe@gmail.com, healthyater
3. Now every time you log in you need to provide your username and password
4. It will then prompt you to fill out the, “Tell Us About Yourself” section, which includes: your current weight, goal weight, birthday, exercise habits, and exercise goals.
5. In order to change your **calorie** and **macronutrient** goals you need to:

- Click *Goals* under the *My Home* tab
- Click the Edit button in the Daily Nutrition Goals chart. This is where you can adjust your Calories and your Macronutrients to the appropriate calories and percentages indicated on your meal plan in which you will receive at Visit #3 (for example: 1500 calories)

Please note: The WMC meal plan has taken specific percentages from the 3 main macronutrients that need to be changed in order to have your daily goals converted into grams.
**Unless otherwise recommended by your physician/specialist, please fill in these percentages beside the Macronutrients in the Daily Nutrition Goals chart:

- Carbohydrates: (40%)
- Protein: (30%)
- Fat: (30%)
- Fibre: (30gm)

6. We strongly recommend frequent, small meals throughout the day with 3 meals and 3 snacks. Therefore, click the *Settings* under the *My Home* tab and then click *Diary Settings*

- Under *Meal Names* write from top to bottom in this order: breakfast, morning snack, lunch, afternoon snack, dinner, evening snack and then click *Save Changes*

7. Click the *Food* tab beside the *Home* tab and now it is finally time to start recording your daily food and drink intake 😊

8. Let’s start off with breakfast, hit *Add Food* and type in everything you have consumed for breakfast and be as accurate and descriptive as possible in order to find what you are looking for. Don’t to include the serving size.

- Example: PC Blue Menu Boiled Egg
- How Much? Serving size: 1

9. Once the serving size and food item is correct, click *Add Food to Diary*

10. At the end of the day it is recommended that you review your food diaries to ensure you are not exceeding or too low in calorie and macronutrient targets. Both can affect your weight management goals.

11. When you are finished recording everything for the day click *complete this entry* and then *view full report* and print it off. Bring at least 3-4 food diaries into your next nutrition visit so the BE can get a general idea of what you are eating/drinking and make suggestions to work on from there.