

Setup of My Fitness Pal

www.myfitnesspal.com

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Heading out? Stay connected

Access your MyFitnessPal account from anywhere with MyFitnessPal's mobile apps.

[Learn More](#)

Member Login

[Log in with Facebook](#)

or

Email Address

Password

Remember me next time

[Log In](#)

[Forgot password?](#)
[Not a member yet? Sign up now!](#)



 **UNDER ARMOUR. CONNECTED FITNESS**

 **Create Your Free Account - Step 1 of 3**

Your Account Information

Email Address:

Password: 6-255 characters, no space

 [Continue »](#)

- ▶ [Have an Under Armour account?](#) You can use it to log in to MyFitnessPal.
- ▶ [Click here to log in.](#)
- ▶ [Forgot your password?](#)

Step 2 you will input your information to the best of your knowledge. Don't worry about the daily exercise as we are not going to be logging exercise in this program. You also do not need to worry about how much you want to lose a week. I'd suggest unchecking the box to get their newsletter unless you want it.

Tell Us About Yourself

We will use this information to create a personalized diet and exercise profile for you.

[Change units for weight and height \(e.g. kg vs lbs\)](#)

Current Weight: lbs

Height: ft in

Goal Weight: lbs

Gender: Male Female

Date of Birth:

Country:

ZIP/Postal Code:

Username:  4-30 characters, no space

How would you describe your normal daily activities?

- Sedentary:** Spend most of the day sitting (e.g. bank teller, desk job)
- Lightly Active:** Spend a good part of the day on your feet (e.g. teacher, salesperson)
- Active:** Spend a good part of the day doing some physical activity (e.g. food server, postal carrier)
- Very Active:** Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter)

How many times a week do you plan on exercising?

Workouts / Week

min. / workout

How do you want to track expended energy?

- Calories
- Kilojoules

What is your goal?

Yes, I would like to receive by email the latest news, innovation updates, and offers from MyFitnessPal and Under Armour.



By continuing, you agree to the [Privacy Policy](#) and [Terms](#).

Step 3: click on the get started now button.

Your Suggested Fitness And Nutrition Goals

Congratulations! Your personalized diet and fitness profile is now complete. Based on your answers, here are your suggested nutrition and fitness goals.

Nutritional Goals	Target
Net Calories Consumed* / Day	1,820 Calories / Day
Carbs / Day	228.0 g
Fat / Day	61.0 g
Protein / Day	91.0 g

*Net calories consumed = total calories consumed - exercise calories burned. So the more you exercise, the more you can eat!

Fitness Goals	Target
Calories Burned / Week	0 Calories / Week
Workouts / Week	0 workouts
Minutes / Workout	0 minutes

If you follow this plan...

Your projected weight loss is 1 lb/week
You should lose 5 lbs by March 22

[Get Started Now](#)



Step 4: If you'd like to invite friends, you'll do it here. If not just skip ahead.

Members Who Diet With Friends Lose 3X As Much Weight!

Don't diet alone - your friends can provide you the critical support and motivation you need to succeed.

Having a support group is key to losing weight, and keeping it off. So invite your friends, and when they join, they'll automatically be added to your friends list. You'll then be able to track each other's progress and success, and motivate each other to achieve your goals.

Don't Worry!

- ✓ We hate spam just as much as you, so we promise not to spam your friends, family, or colleagues! We will only send them your invitation - nothing more.
- ✓ Your weight is kept hidden. We know what it's like to be on a diet, and we are not going to tell anyone — not even your friends — how much you weigh.

Enter the email address of up to 5 friends below:

Your Name: First name Last name <team@mypathwellness.com>

Email Address: Email Address

[Continue »](#) [Skip »](#)



Step 5: Setup your goals by clicking the goals icon.

myfitnesspal

Hi, mypathteam | 0 | 0 | Help | Settings | Log Out | Follow Us: f t G+

MY HOME | FOOD | EXERCISE | REPORTS | APPS | COMMUNITY | BLOG | SHOP | PREMIUM

Home | **Goals** | Check-In | Mail | Profile | My Blog | Friends | Settings

Think you don't have a marketing budget?

Step 6: Edit your Daily Nutrition Goals only.

Your Fitness Goals

Would you like help setting up your goals? [View Guided Setup](#)

Daily Nutrition Goals		Edit
Calories	1820	
Carbohydrates 228 g	50 %	
Fat 61 g	30 %	
Protein 91 g	20 %	
Custom Daily Goals	No	

Mic
Satu
Poly
Mon
Tran
Cho

Step 7: For women enter in 1500 calories and for men enter in 2000 calories. Carbohydrates at 50%, Fats at 25% and Protein at 25%. Then save at the bottom.

Daily Nutrition Goals

Calories	1500
Macronutrients Set by Grams	
Carbohydrates 188 g	50%
Fat 42 g	25%
Protein 94 g	25%
% Total Macronutrients must equal 100%	100%

Step 8: Click Settings, on the next screen you will select Diary Settings.

The screenshot shows the myfitnesspal website interface. At the top, the logo is on the left, and user information (Hi, mypathteam) and navigation links (Help, Settings, Log Out) are on the right. Below this is a blue navigation bar with categories: MY HOME, FOOD, EXERCISE, REPORTS, APPS, COMMUNITY, BLOG, SHOP, and PREMIUM. A sub-menu is visible below the main bar, with 'Settings' highlighted and an orange arrow pointing to it. Below the navigation bar is a promotional banner for Michelob Ultra beer with the text 'BREWED FOR THOSE WHO GO THE EXTRA MILE' and a 'LEARN MORE' button. The main content area is titled 'Account Settings' and lists various options: Subscription Settings, Change Password, Change email address/email preferences, Change Username, Change Time Zone, Update diet/fitness profile, **Diary Settings** (highlighted with an orange arrow), Privacy Settings, Automatic News Feed Update Settings, Change Units, Facebook/Twitter sharing settings, Change Language, and Delete Account.

Food and Exercise Diary Settings

The screenshot shows the 'Nutrients Tracked' settings page. Under the heading 'Nutrients Tracked:', there is a sub-section 'Calories (Required)'. Below this, there are five dropdown menus, each with an orange arrow pointing to it from the left. The dropdown menus are labeled: Carbohydrates, Fat, Protein, Sodium, and Saturated Fat. Each dropdown menu has a small downward-pointing triangle on the right side.

Step 9: Click the drop down icons and select Carbohydrates, Fat, Protein, Sodium and Saturated Fats. Then scroll down a bit further...

Meal Names:

Breakfast
2nd Breakfast
Lunch
2nd Lunch
Dinner
2nd Dinner

Change Meal Names

You can change the names of the meal eating habits by time, you could change "1PM", etc.

To delete a meal, just edit the meal name. All entries will also have their meal names.

Diary Sharing:

Private

Public

Friends Only

Locked with a key:

Change Diary Sharing

The privacy settings of your food and exercise diary can be set to Private (viewable only by you); Public (viewable by anyone); Friends Only (viewable only with your friends); or Locked (viewable only with you and a key).

Your diary can be viewed at: <http://www.myfitnesspal.com/food/diary>

Step 9 Continued: Change the Meal Names to:

- Breakfast
- 2nd Breakfast
- Lunch
- 2nd Lunch
- Dinner
- 2nd Dinner

Select Friends Only

Then you'll Save Changes

Step 10: At the top you will select Community - Find Members - Enter in the username mypathgym then search.

myfitnesspal Hi, mypathteam | 0 | 0 | Help | Settings | Log Out | Follow Us: f t g+

MY HOME | FOOD | EXERCISE | REPORTS | APPS | **COMMUNITY** | BLOG | SHOP | PREMIUM

Message Boards | Groups | Blogs | **Find Members** | Invite Friends

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Zip code or Username or Email required.

Member Search

Gender: Any | Age: to | Weight Loss Goal: Any | Within: 25 miles | Country: United States | Zipcode: | Username or Email: mypathgym |

Step 11: You will Add mypathgym as your friend.

Myopathgym's profile



[View all of myopathgym's photos \(1\)](#)

myopathgym

37 years old

Male

[Send Message](#)

[Add As Friend](#)



Logging Food

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Your Food Diary For: **Wednesday, February 15, 2017**

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sat Fat g
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Add Food | Quick Tools

2nd Breakfast

Add Food | Quick Tools

AdWords can help you receive more phone calls.

WHAT MAKES *ThermaCare* DIFFERENT?

Add Food To Breakfast

Search our food database by name [Quick add calories](#)

Or, add your favorites for: **Breakfast** Sort by: Default

[Add Checked](#) [RECENT](#) [FREQUENT](#) [MY FOODS](#) [MEALS](#) [RECIPES](#)

You have not added any Breakfast foods yet.

TIP: As you enter foods to your food diary, the foods you've eaten most recently will appear in this list so that you can quickly add them to your meals.

[Add Checked](#)

Note: Checked items from all tabs will be added

NEW! Raisin Crunch Raisin Flavored Apple Strawberry

THE TASTE OF SWEET STRAWBERRIES AND TART APPLES