# Setup of My Fitness Pal

www.myfitnesspal.com

**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: [5] ft [7] in

Goal Weight: [        ] lbs

Gender: ○ Male  ● Female

Date of Birth: [February ▼] [15 ▼] [1982 ▼]

Country: [United States ▼]

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?

[0 ▼] Workouts / Week

[        ] min. / workout

### How do you want to track expended energy?

● Calories  ○ Kilojoules

### What is your goal?

[Lose 1 pound per week ▼]

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

[ **Save And Continue »** ]

By continuing, you agree to to the Privacy Policy and Terms.

**myfitnesspal**

**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.

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Create Your Free Account - Step 3 of 3

### 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]

Email Address: [Email Address]

Email Address: [Email Address]

Email Address: [Email Address]

Email Address: [Email Address]

Continue »    Skip »

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



**Step 6:** Edit your Daily Nutrition Goals only.



**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.

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



**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 nam
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 e
by you); Public (viewable by anyone); F
friends); or Locked (viewable only with

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

**Save Changes**    Cancel

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**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

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

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myfitnesspal

Hi, **mypathteam**    ✉ 0    👤 0    Help    Settings    Log Out    Follow Us: 🄵 🅃 🄶⁺

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

Message Boards    Groups    Blogs    **Find Members**    Invite Friends    ①

②

Zip code or Username or Email required.

**Member Search**

③                                                                    ④

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

**Step 11:** You will Add mypathgym as your friend.

## Mypathgym's profile



mypathgym
37 years old
Male

Send Message

Add As Friend

View all of mypathgym's photos (1)

# Logging Food

myfitnesspal

Hi, mypathteam | ✉ 0 | 👤 0 | Help | Settings | Log Out | Follow Us: f y g+

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

Food Diary | Database | My Foods | My Meals | Recipes | Settings

Your Food Diary For: ◄ Wednesday, February 15, 2017 ►

**Breakfast**

| Calories kcal | Carbs g | Fat g | Protein g | Sodium mg | Sat Fat g |
|---|---|---|---|---|---|

Add Food | Quick Tools

**2nd Breakfast**

Add Food | Quick Tools

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myfitnesspal

Hi, mypathteam | ✉ 0 | 👤 0 | Help | Settings | Log Out | Follow Us: f y g+

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

Food Diary | Database | My Foods | My Meals | Recipes | Settings

## Add Food To Breakfast

Search our food database by name    Quick add calories

[                                    ]    Search

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*