

## MyFitnessPal User Guide

### Logging Calories: App Version

This step by step guide has been prepared to help you get started with calorie counting and calorie logging.

It's main purpose is to:

- Assist you with setting up a Free Account
- Entering your personal details
- Setting and adjusting your calories targets
- Getting started with food logging
- Top tips for using MyFitnessPal

For the purposes of this guide, I do not get into macro or micronutrients – that's a longer discussion. For now, just getting started is the primary objective.

If after reading this guide you still have questions or are unsure of anything, please do not hesitate to contact me – I am more than happy to help.

I want you to succeed.

Good luck!



James Linnane- ParkFitNZ

ParkFitNZ - Personal Trainer

Phone: 021 852070

Email: [james@parkfitnz.com](mailto:james@parkfitnz.com)

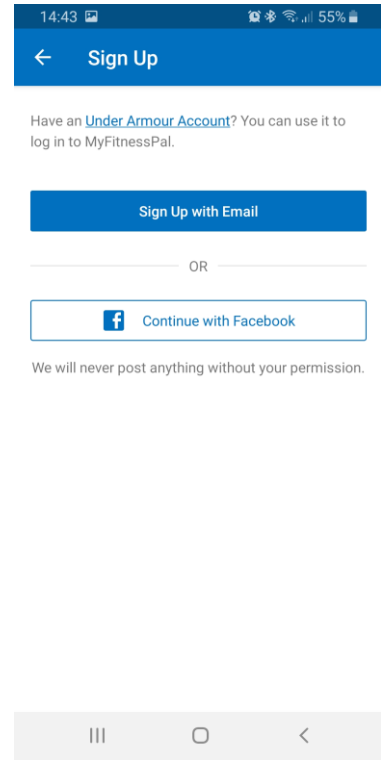
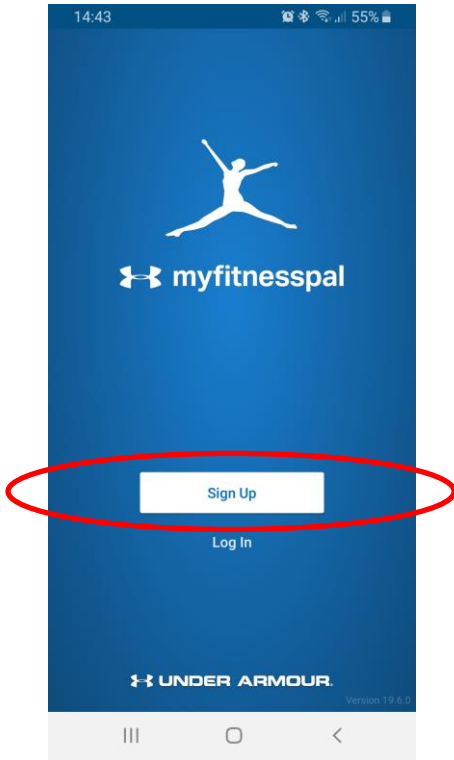
Web: [www.parkfitnz.com](http://www.parkfitnz.com)



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**Step 1:** Visit your applicable App store and download the MyFitnessPal application it's Free)

**Step 2:** Create a free account (sign up via email or Facebook)

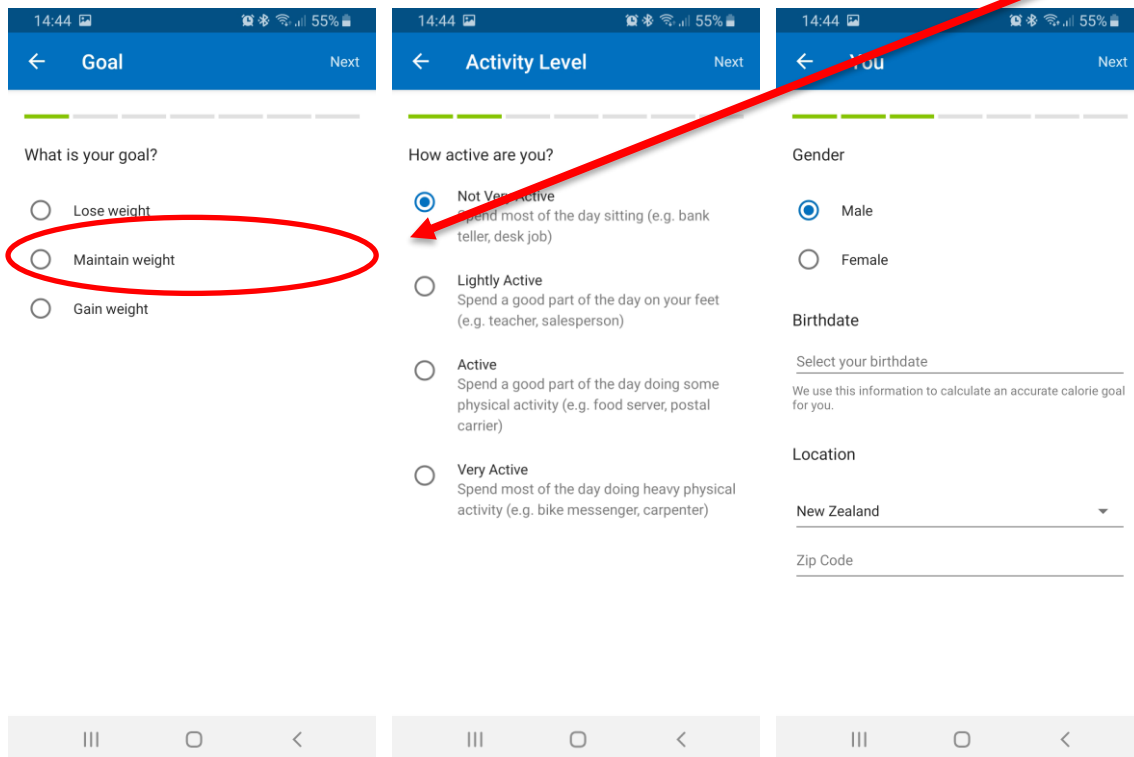


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### Step 3: Enter your personal data:

Note: MyFitnessPal is excellent for keeping track of your calories however it is not so good at working out your calorie targets – I prefer to work these out myself. Refer to our 'ParkFitNZ Calories 101', downloadable from our website [www.parkfitnz.com/free-stuff](http://www.parkfitnz.com/free-stuff)

For the purposes of completing our registration to MyFitnessPal, select 'Maintain Weight' below. We will update our calorie targets shortly.

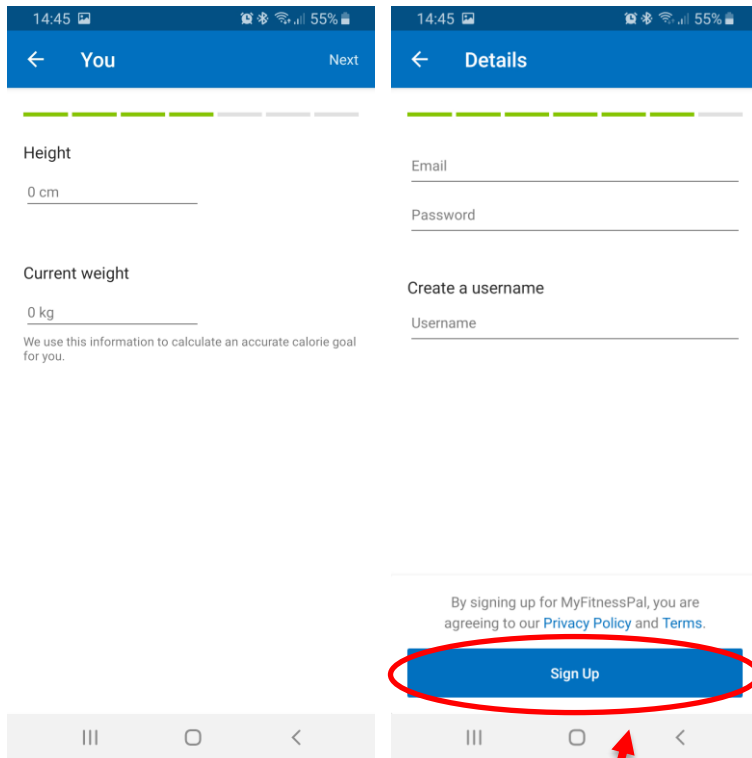


The image displays three sequential screenshots from the MyFitnessPal registration process, each showing a different step of data entry. A red line is drawn across the top of the three screenshots.

- Goal:** The first screenshot shows the 'Goal' screen. The question is 'What is your goal?'. There are three radio button options: 'Lose weight', 'Maintain weight', and 'Gain weight'. The 'Maintain weight' option is selected and circled in red.
- Activity Level:** The second screenshot shows the 'Activity Level' screen. The question is 'How active are you?'. There are four radio button options: 'Not Very Active', 'Lightly Active', 'Active', and 'Very Active'. The 'Not Very Active' option is selected, and a red arrow points to it.
- You:** The third screenshot shows the 'You' screen. The question is 'Gender'. There are two radio button options: 'Male' and 'Female'. The 'Male' option is selected.

Below the 'You' screen, there are fields for 'Birthdate', 'Location' (set to 'New Zealand'), and 'Zip Code'. At the bottom of each screenshot, there are navigation icons: a hamburger menu, a circle, and a back arrow.

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14:45 55%

← You Next

Height  
0 cm

Current weight  
0 kg  
We use this information to calculate an accurate calorie goal for you.

14:45 55%

← Details

Email

Password

Create a username  
Username

By signing up for MyFitnessPal, you are agreeing to our [Privacy Policy](#) and [Terms](#).

Sign Up

Once happy all info is correct – click on 'Sign Up'

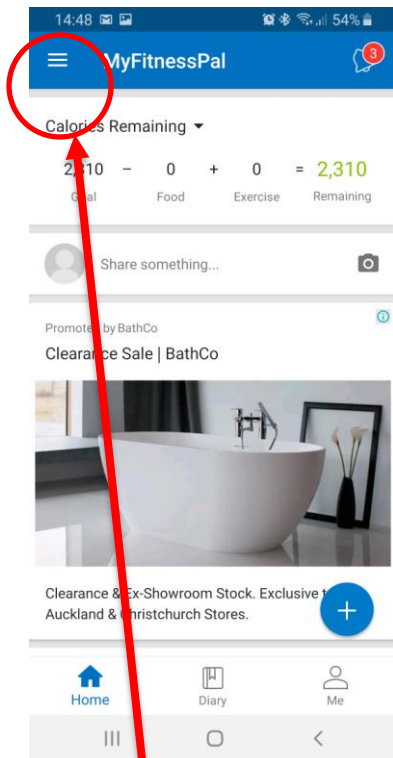
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### Step 4:

Success – Account Created

Ignore the calorie info below, we will be changing this shortly!

Your home page should look something like this:



### Step 5:

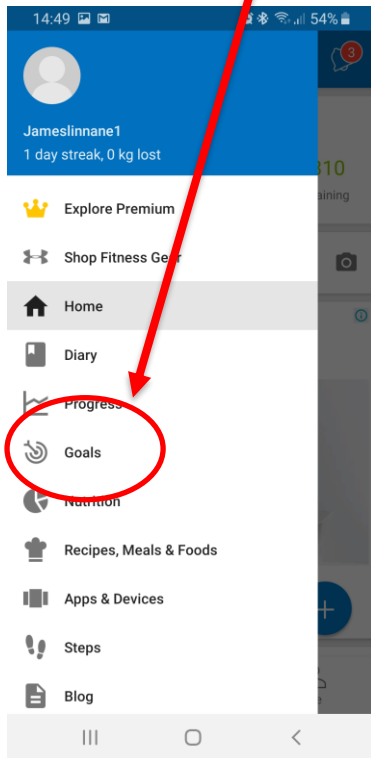
Now, remember in Step 4 I told you to ignore the calorie information. This is where we will edit that information.

Click here

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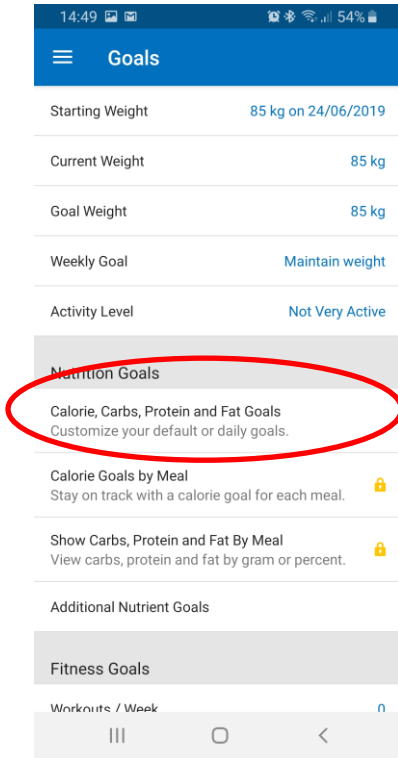
### Step 6:

Then, select 'Goals'



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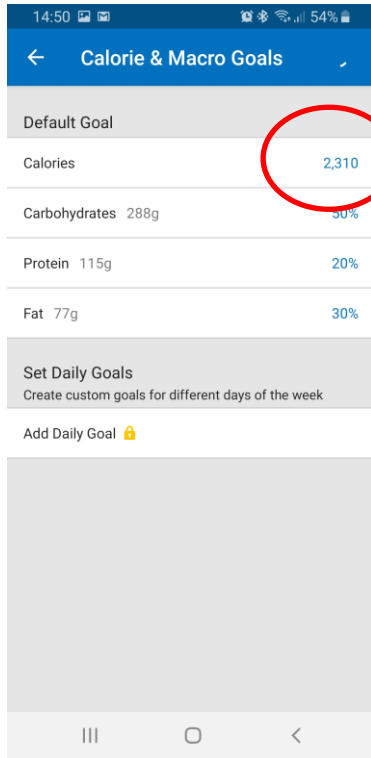
You should arrive on this screen.



Click on 'Calorie, Carbs, Protein and Fat Goals'

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## Step 7:

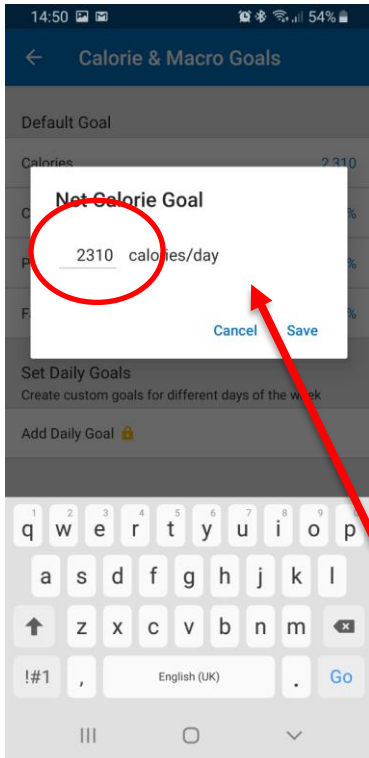


Select `Calories`

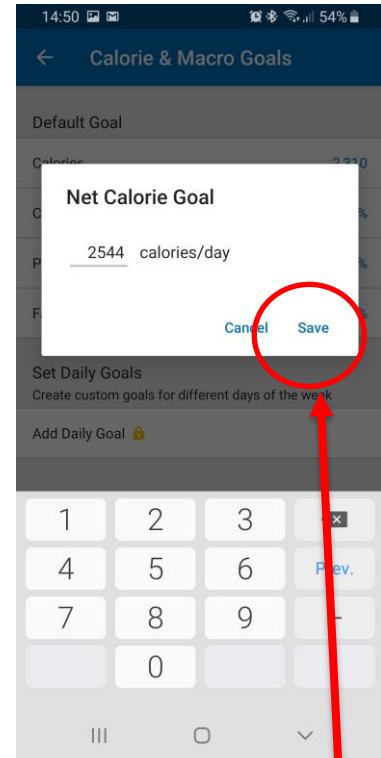


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## Step 8:

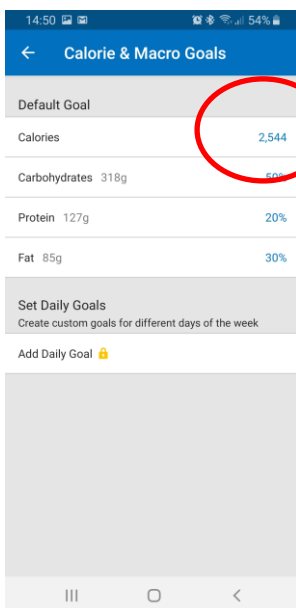


New calorie target



Taking the Target Daily Calories result you will have learned from our 'ParkFitNZ Calories 101' resource, we are going to input this number in the Calories Box above. Click Save

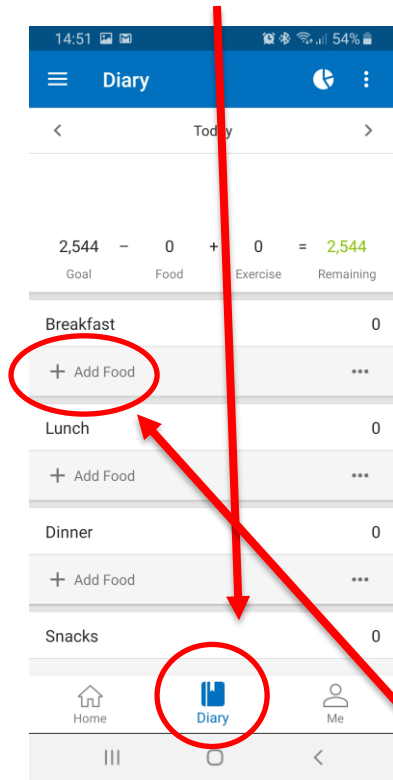
You will be redirected back to 'Calorie & Macro Goals' page, double check the number in the Calories box is the number you have just input.



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### Step 9:

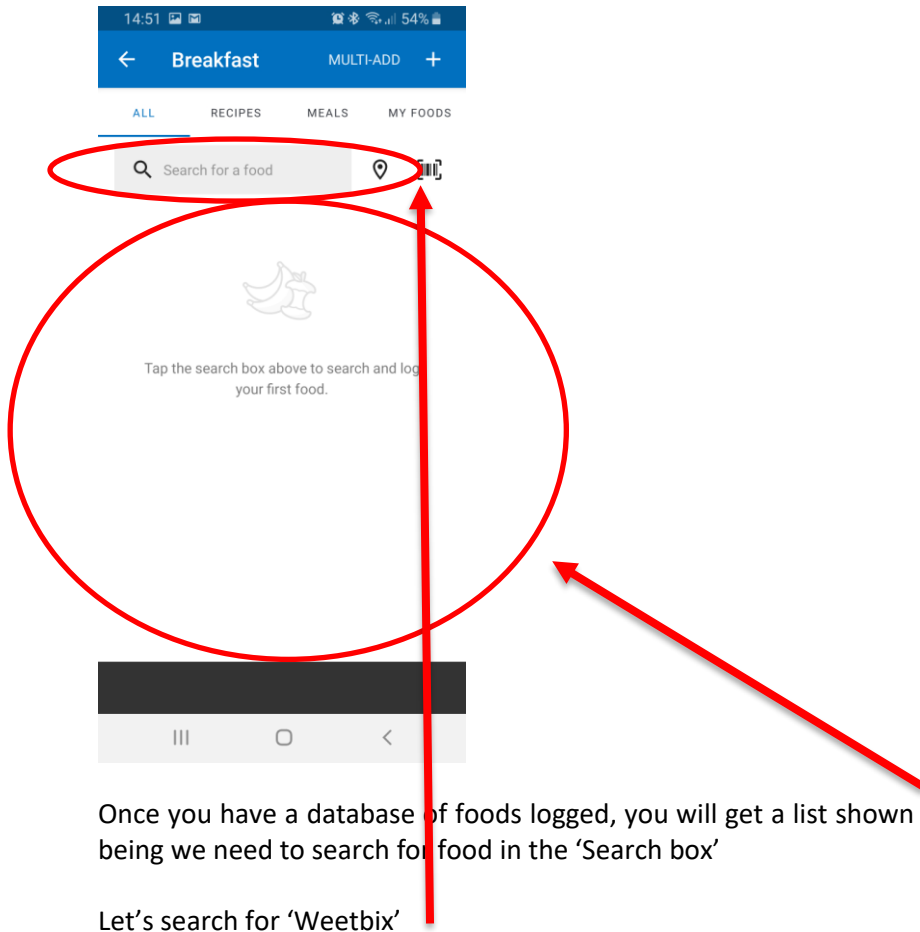
Click on the 'Diary' tab



That's the boring stuff done and dusted. Time to start inputting some food

To start logging calories, just click on the 'Add Food' field under the relevant meal (for the purposes of this demonstration I will use Breakfast as an example)

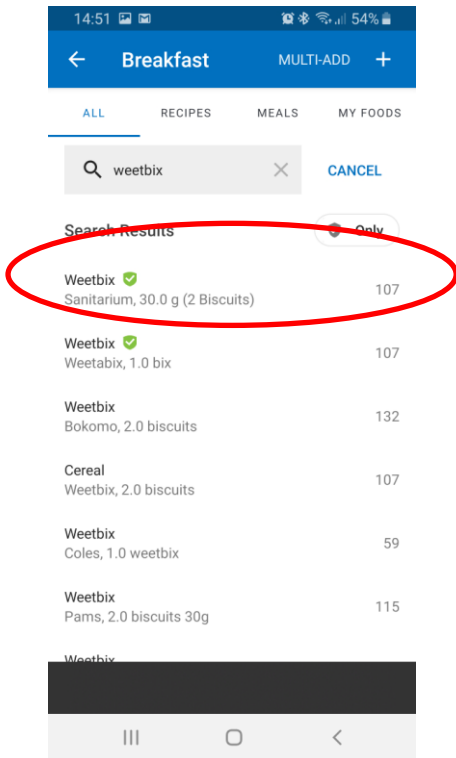
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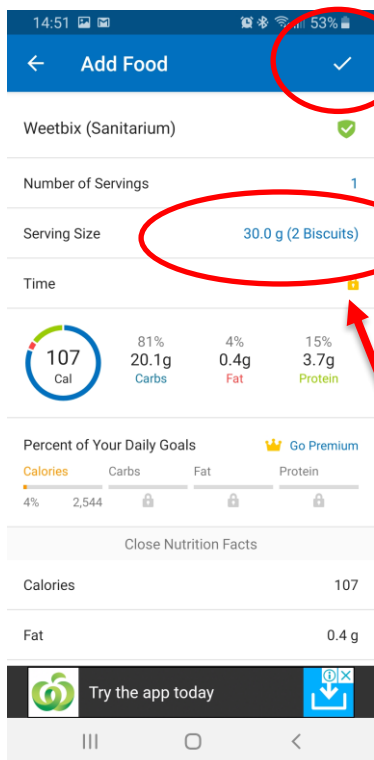
Once you have a database of foods logged, you will get a list shown in this space, however for the time being we need to search for food in the 'Search box'

Let's search for 'Weetbix'

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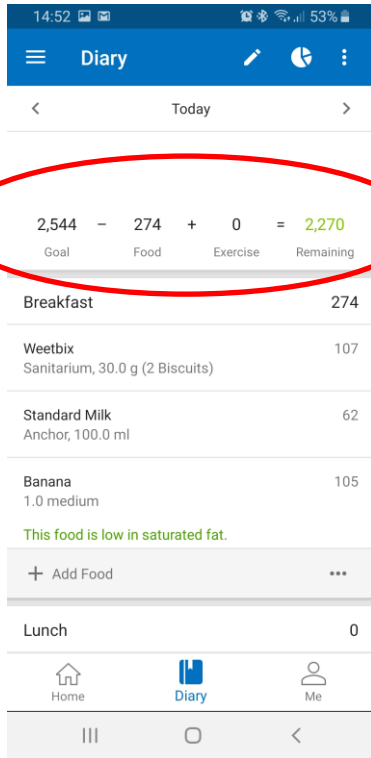
Then select your brand, let's say 'Sanitarium'



To alter your serving size, you can select the drop-down menu here and then 'Tick'

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## Step 10:



Keep adding items in the same way until you have logged all your breakfast items.

And there we have it. Breakfast for today logged

This section will show you your calories consumed plus your remaining calories for the day.

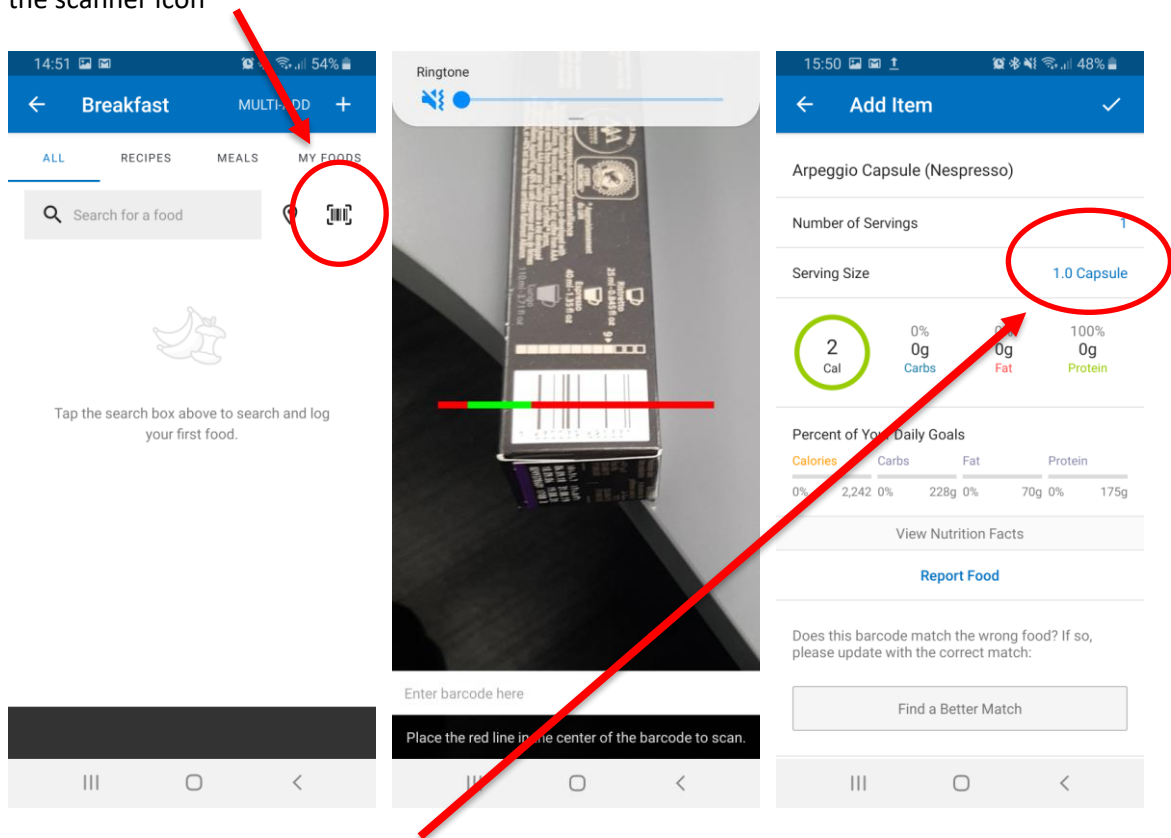
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## Step 11:

Probably the best function of the MyFitnessPal app is the scanner.

With this you can scan the barcode of your food item and log it directly rather than having to search for that item.

Follow the process outlined in Step 7 for adding food, however instead of the search function click on the scanner icon



You will need to select the serving size as per Step 7 however I find this function makes the app superior to the desktop version.

(I wouldn't normally log coffee however this was the only barcode I had to hand when creating this guide 😊 )

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### Top Tips for using MyFitnessPal

- If you are just starting out, don't stress too much about the Carbohydrates, Fat and Protein targets per day – focus more on the calories and get used to that initially
- If fat loss is your target and you have calculated your calories targets accordingly (10-15% calorie deficit as per our '*ParkFitNZ Calories 101*', downloadable from our website [www.parkfitnz.com/free-stuff](http://www.parkfitnz.com/free-stuff)) then try to hit your calories. By that I mean if you get to 1500 and your target is 2000, don't stop and think great I have banked an additional 500 calories. The 10-15% deficit is calculated to be sustainable and give you a better chance of long-term success
- There is no need to add your daily exercise to MyFitnessPal – this has already been accounted for when you worked out your TDEE in our '*Calories 101*' resource
- Sort of the opposite to above but don't feel the need to force feed yourself either. As you get more and more experienced you will find that you feel fuller for longer after eating certain foods. So, if you get to 9pm and still have 100 or so calories to play with – don't feel the need to force it down
- As you progress and hopefully are losing weight, re-adjust your calories in line with your new weight (Every 2-3 weeks)
- The hardest part is getting started. Once you have a few weeks of logging under your belt it will be super quick. It takes me less than 5 minutes per day
- Don't feel the need to change everything at once. Make small changes week to week, reassess and make a few more changes
- Be accountable. If you have a bad day own it. We all have them. Log the calories anyway, strive to do better next time and learn from it. Don't skip logging just because you might not like the result
- Finally, don't be a slave to the numbers. This is not an exact science, but it is a pretty good resource none the less. If you are +/- 100 calories at the end of the day that's enough.