

MyFitnessPal User Guide

Logging Calories: Desktop 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

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MyFitnessPal User Guide

Step 1: Visit www.myfitnesspal.com

Step 2: Create a free account



Create Your Free Account - Step 1 of 4

Your Account Information

Email Address:

Password: (6-255 characters, no space)

We will never post anything without your permission

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

Step 3: Enter your personal data:

Note you can toggle between units of measurement by clicking on the 'Change units for weight and height (e.g. kg vs lbs)' (Circled in red below)

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:

Location:

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?

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

Change Units

How would you like to measure weight?

Kilograms

Pounds

Stone/Pounds

How would you like to measure height?

Centimeters

Feet/Inches

How would you like to measure distance?

Kilometers

Miles

How would you like to measure water?

Cups

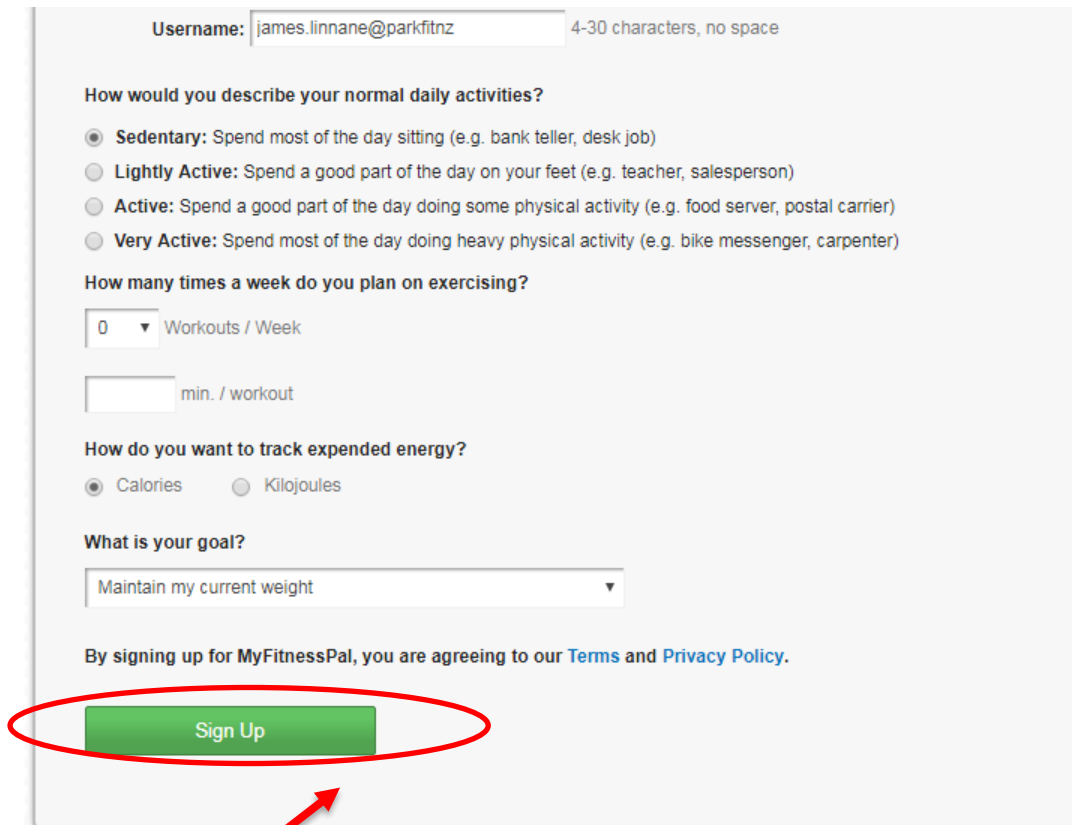
Milliliters

Ounces

MyFitnessPal User Guide

Step 4: 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

For the purposes of completing our registration to MyFitnessPal, copy my information below.



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?

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

Then click Sign Up

MyFitnessPal User Guide

Step 5: Optional

Sign Up For Emails

Send me the latest news, innovations and offers from MyFitnessPal and Under Armour, Inc.

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: <james@parkfitnz.com>

Email Address:

Email Address:

Email Address:

Email Address:

Email Address:

[Continue](#)

Step 6:

Success – Account Created

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



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	2,360 Calories / Day
Carbs / Day	295.0 g
Fat / Day	79.0 g
Protein / Day	118.0 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 0 kg/week

You should lose 0 kg by July 30

[Get Started Now!](#)



Then click Get Started Now

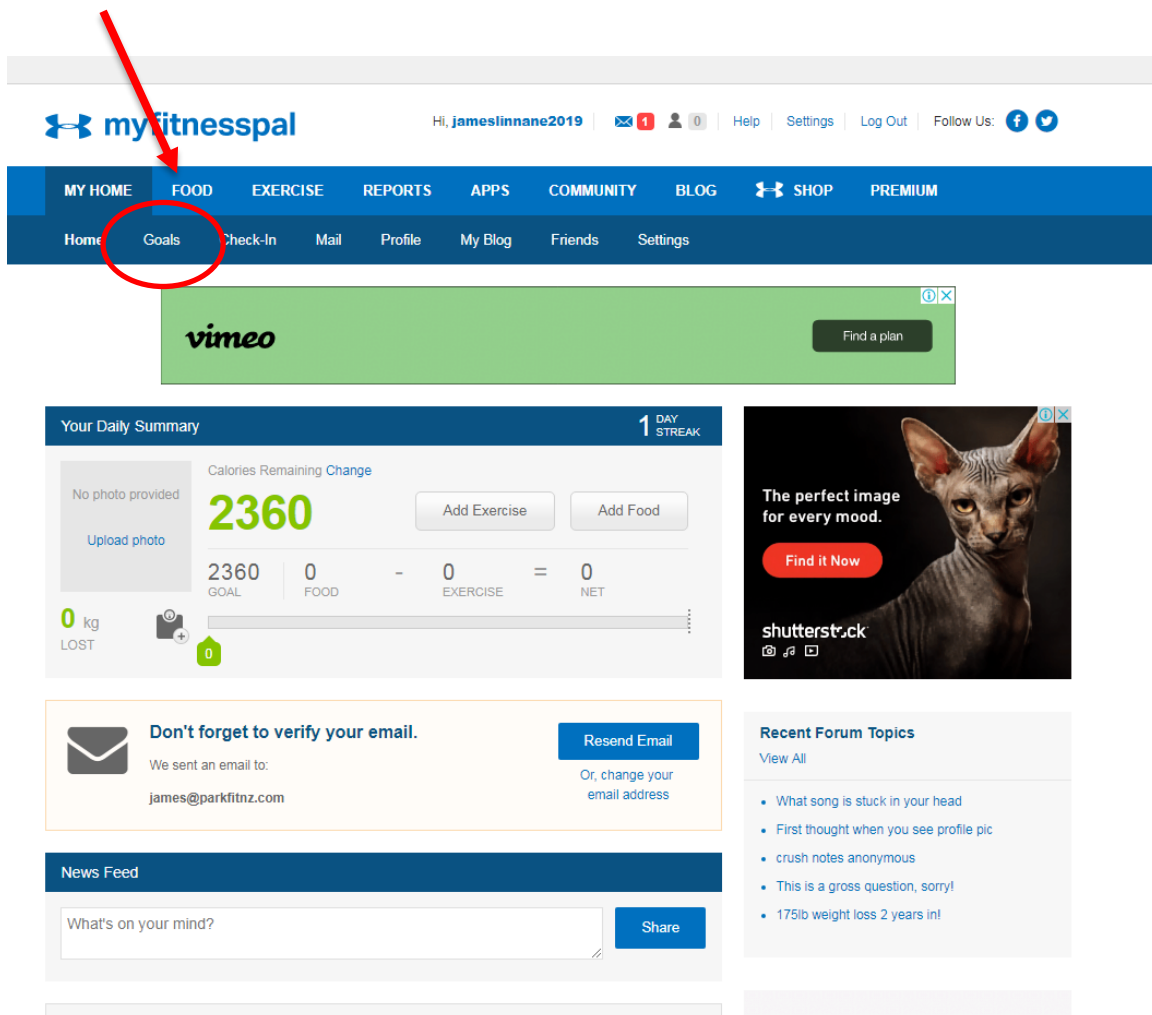
MyFitnessPal User Guide

Step 7

Your home page should look something like this.

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

Click on Goals



The screenshot shows the MyFitnessPal user interface. At the top, the user is logged in as 'jameslinnane2019'. The navigation bar includes 'MY HOME', 'FOOD', 'EXERCISE', 'REPORTS', 'APPS', 'COMMUNITY', 'BLOG', 'SHOP', and 'PREMIUM'. Below this, a secondary navigation bar has 'Home', 'Goals', 'Check-In', 'Mail', 'Profile', 'My Blog', 'Friends', and 'Settings'. The 'Goals' link is circled in red, and a red arrow points to it from above. Below the navigation bar is a green Vimeo advertisement with a 'Find a plan' button. The main content area is divided into several sections: 'Your Daily Summary' showing a calorie goal of 2360, 0 food, 0 exercise, and 0 net; a 'Don't forget to verify your email' notification; a 'News Feed' section with a text input field and a 'Share' button; and a 'Recent Forum Topics' section with a list of topics.

MyFitnessPal User Guide

Click Edit

Your Fitness Goals

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

Daily Nutrition Goals		Edit
Calories	2200	
Carbohydrates	295 g	50 %
Fat	79 g	30 %
Protein	118 g	20 %
Custom Daily Goals		🔒 No

Calories by Meal		Edit
Breakfast		🔒
Lunch		🔒
Dinner		🔒
Snacks		🔒

Fitness		Edit
Calories Burned / Week	0 Calories	
Workouts / Week	0 workouts	
Minutes/Workout	0	
Exercise Calories		🔒 On

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 below.

Then click Save Changes

Daily Nutrition Goals

Calories

Macronutrients 🔒 Set by Grams

Carbohydrates 318 g	50%
Fat 85 g	30%
Protein 127 g	20%

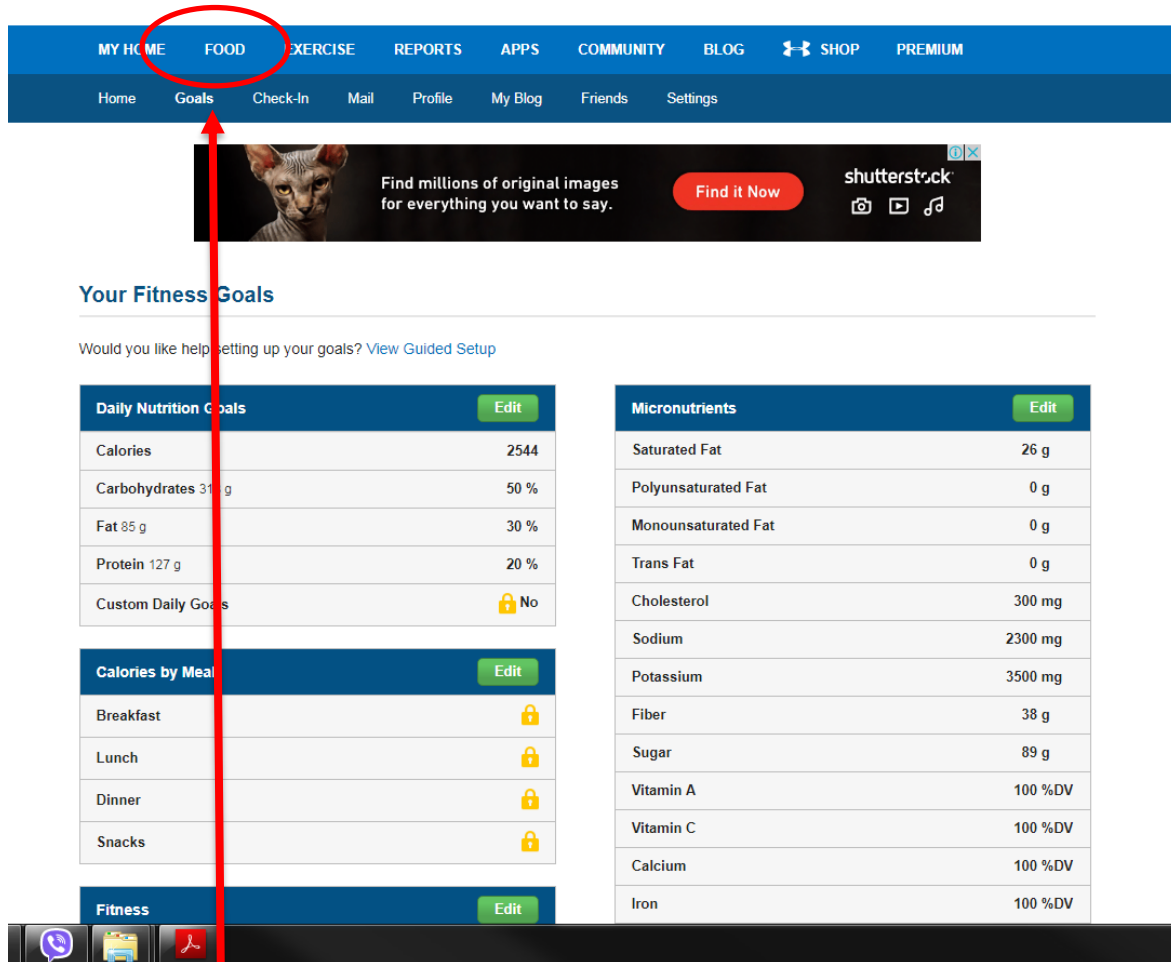
% Total 100%
Macronutrients must equal 100%

[Back to Goals](#)

MyFitnessPal User Guide

Step 8

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



Navigation Bar: MY HOME, **FOOD**, EXERCISE, REPORTS, APPS, COMMUNITY, BLOG, SHOP, PREMIUM

Secondary Navigation: Home, Goals, Check-In, Mail, Profile, My Blog, Friends, Settings

Your Fitness Goals

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

Daily Nutrition Goals		Edit
Calories	2544	
Carbohydrates 310 g	50 %	
Fat 85 g	30 %	
Protein 127 g	20 %	
Custom Daily Goals	No	

Calories by Meal		Edit
Breakfast		
Lunch		
Dinner		
Snacks		

Fitness		Edit

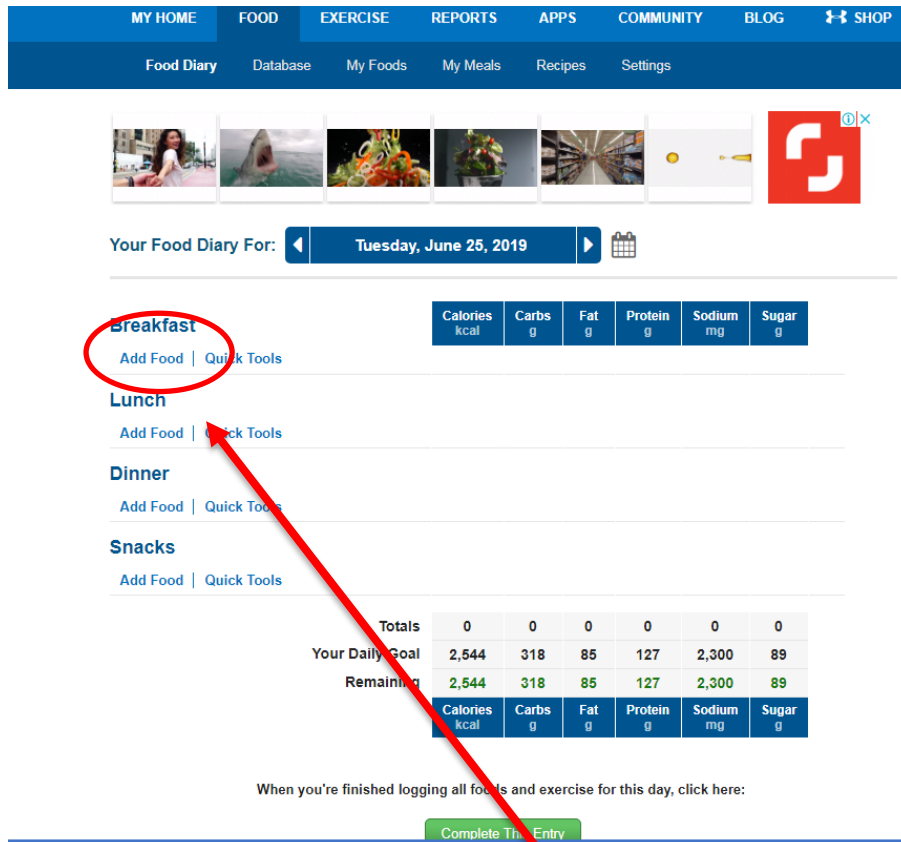
Micronutrients		Edit
Saturated Fat	26 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	300 mg	
Sodium	2300 mg	
Potassium	3500 mg	
Fiber	38 g	
Sugar	89 g	
Vitamin A	100 %DV	
Vitamin C	100 %DV	
Calcium	100 %DV	
Iron	100 %DV	

Step 9

Click on the 'Food' tab next

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

MyFitnessPal User Guide



MY HOME FOOD EXERCISE REPORTS APPS COMMUNITY BLOG SHOP

Food Diary Database My Foods My Meals Recipes Settings

Your Food Diary For: Tuesday, June 25, 2019

Breakfast Calories kcal Carbs g Fat g Protein g Sodium mg Sugar g

Add Food | Quick Tools

Lunch

Add Food | Quick Tools

Dinner

Add Food | Quick Tools

Snacks

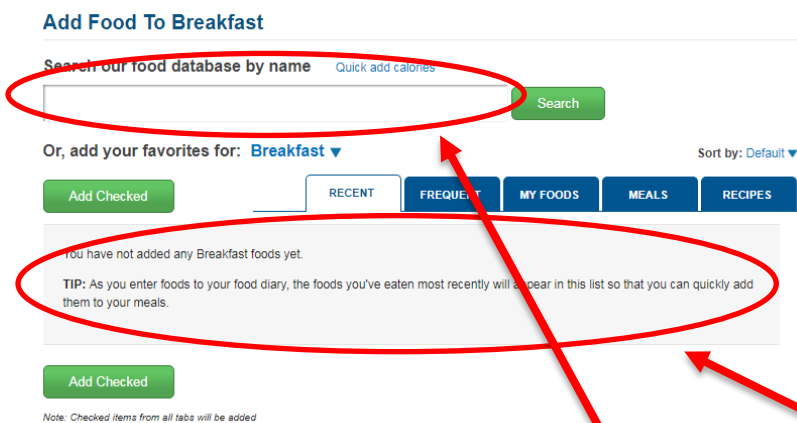
Add Food | Quick Tools

Totals	0	0	0	0	0	0
Your Daily Goal	2,544	318	85	127	2,300	89
Remaining	2,544	318	85	127	2,300	89

When you're finished logging all foods and exercise for this day, click here:

Complete This Entry

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)



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

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'

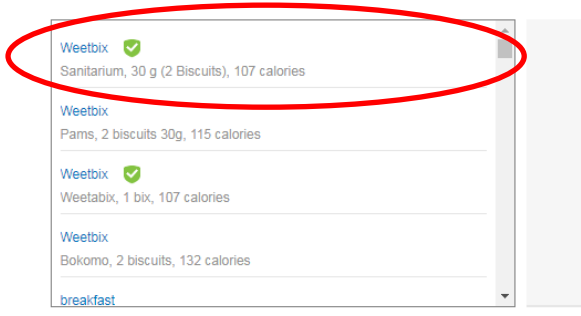
Let's search for 'Weetbix'

MyFitnessPal User Guide

Add Food To Breakfast

Search our food database by name:

Matching Foods:



A list of search results for 'Weetbix'. The first item, 'Weetbix' with a green checkmark, is circled in red. Below it are 'Sanitarium, 30 g (2 Biscuits), 107 calories', 'Weetbix Pams, 2 biscuits 30g, 115 calories', 'Weetbix Weetabix, 1 bix, 107 calories', 'Weetbix Bokomo, 2 biscuits, 132 calories', and a 'breakfast' category link.

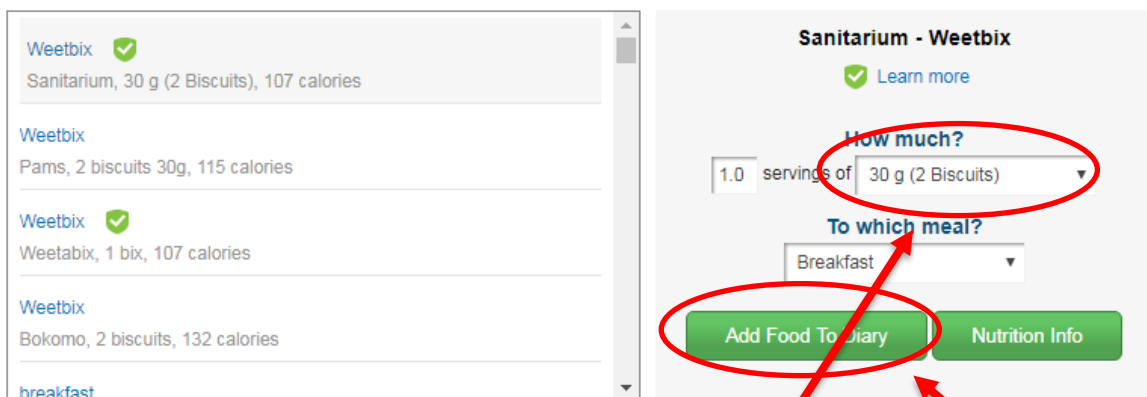
Can't find what you're looking for? [Add a food](#)

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

Add Food To Breakfast

Search our food database by name:

Matching Foods:



The interface shows the search results on the left and a detailed view on the right. The detailed view for 'Sanitarium - Weetbix' includes a 'Learn more' link, a 'How much?' section with a dropdown menu set to '30 g (2 Biscuits)', and a 'To which meal?' dropdown set to 'Breakfast'. The 'Add Food To Diary' button is circled in red, and a red arrow points from the text below to it.

Can't find what you're looking for? [Add a food to the database](#)


To alter your serving, you can select the drop-down menu here and then 'Add Food To Diary'

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

MyFitnessPal User Guide

Step 10

And there we have it. Breakfast for today logged

Your Food Diary For: ◀ **Tuesday, June 25, 2019** ▶ 

Breakfast	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g	
Sanitarium - Weetbix, 30 g (2 Biscuits)	107	20	0	4	87	1	⊖
Anchor - Blue Top Milk, 1 cup	150	11	8	8	95	11	⊖
Banana, 1 medium	105	27	0	1	1	14	⊖
Add Food Quick Tools	362	58	8	13	183	26	

Lunch

[Add Food](#) | [Quick Tools](#)

Dinner

[Add Food](#) | [Quick Tools](#)

Snacks

[Add Food](#) | [Quick Tools](#)

Totals	362	58	8	13	183	26
Your Daily Goal	2,544	318	85	127	2,300	89
Remaining	2,182	260	77	114	2,117	63
	Calories kcal	Carbs g	Fat g	Protein g	Sodium mg	Sugar g

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

MyFitnessPal User Guide

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) 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.