



HOW TO	SET UP MY FITNESS PAL
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# START HERE

COACH NIMI	@NIMINUTRITION
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# How to Start Logging Food: A Guide to MyFitness Pal 🎉

☀️ Food tracking comes down to two mindsets. Some find tracking snacks or meals before they eat them helpful in making better food choices. Others live by the motto, “You bite it, you write it.” Either way, we’re going to get you in the habit of tracking! ➡️📱🌟

## Where to Start. What to Do First. 🏆

If tracking is new for you, start by only logging breakfast or lunch. Don’t overwhelm yourself with too many goals. Avoid “impossible” expectations by making small changes, week by week. If you want to cut back on added sugar, start by limiting your daily intake to 50 grams rather than eliminating it altogether. This will allow you the practice of making better food choices, lower in added sugar.

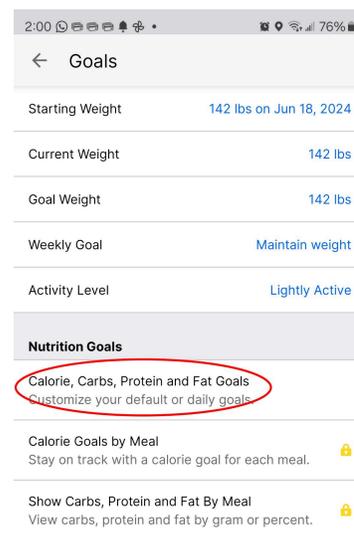
Many people struggle with overeating proportions of pasta, rice, sweets, and snacks, especially in dining halls where quantity is unlimited! 🍝🍫 You can learn to measure proportions of food with your eyes after you have practiced portion control at home with measuring utensils. You can also utilize this handout as a reference for “eye” proportioning. Once you have become comfortable with tracking your foods regularly, you will easily recognize portions that meet your needs and goals. 🥗👍

## First Things First... Let’s Get You Set Up on MyFitness Pal! 🎬

Download MyFitness Pal from Google Play or App Store and set up an account. MFP will walk you through some questions that they will use to suggest a calorie goal. Accept whatever goal they set for you. We will change it before we are finished. Finish all the prompts to get you to your dashboard screen.

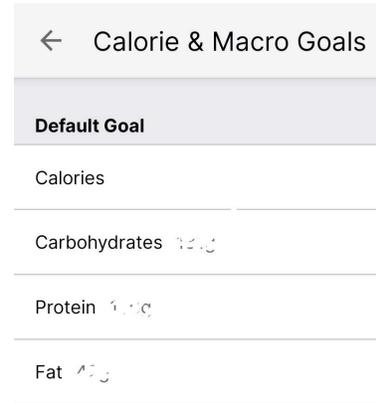
## Setting Up Goals 🎯

1. **To locate your goals**, click on the MORE menu item on the bottom, right-hand side of the screen. Then select GOALS.
2. **Select Calorie, Carbs, Proteins and Fat Goals.**
3. **Select any of the macros (Carbs, Protein, Fats) which will open up the macro sliders.** Use these sliders to assign yourself percentages for your macros. What this is telling the app is that of my total caloric goal for the day, I want X percent of those calories to come from protein/carbs/fats.  
Not so sure about macros? That’s okay! That’s usually



a conversation that happens down the road with the guidance of the coach. Let's just get you started and cross that bridge when we get there.

- Based on these percentages and your calorie goal, MFP sets your grams of C/F/P for the day. To change your calorie goal, select CALORIES to get a pop-up window where you can input your goal for the day. This number will take into consideration your BMR (Basal metabolism is usually the largest component of a person's total caloric needs. It is the number of calories your body needs to accomplish its most basic life-sustaining functions). You can find your BMR by Googling BMR Calculator and plugging in your information. You may also find this number on your inbody results.



## Logging Food 🥗➡️📱

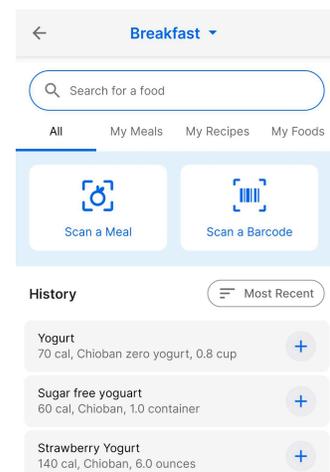
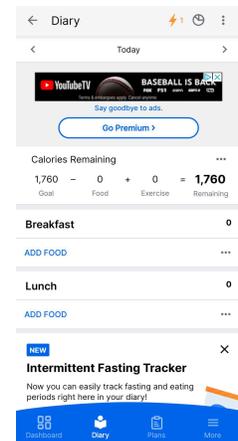
- To access your food journal, select DIARY at the bottom of the screen.
- At the top of the screen, you can change the day.
- To log a food, select ADD FOOD located underneath the different meals and snacks headings. If you click the add food link for the wrong meal, just select the drop-down at the top of the page to change the meal.
- Next is the search bar. This is a vast database of food. Play around with this feature and find some of your favorite foods.



Moving on down on your screen, you'll see the menu bar located under the search feature. This lets you add in your own meals or recipes. This allows you to add a meal once and log it in one click in the future. How simple is that!? 😊

*We're going to skip over the scanning features because these are only available on the paid version.*

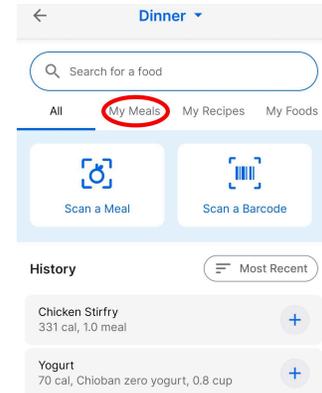
- Finally, we get to the history...Here's where this gets good. If you're like me, you probably eat the same things over and over. I prepare all my lunches for the week and repeat that lunch every weekday. So let's say I don't want to make my own recipe; I just want to add the ingredients individually. My choices



from yesterday will show up in my history, and from there, it's a few clicks to log my lunch. 🍴

## Creating a Meal 🍴

1. **MFP** gives you the option to create your own meals, which makes logging things I eat frequently super quick.
2. **The MY MEALS** option is located on the **ADD FOOD** page.
3. Once you are on the **MY MEALS** tab, simply select **CREATE A MEAL** to begin adding ingredients.
4. **SAVE** your meal and begin logging!



## Tip 💡

**Log the high-ticket items first** (the items with the most calories or impact on your macros). It's all about prioritizing the big players, the ones that really pack a punch in your daily calorie and macro count. Take a turkey sandwich, for example. You've got lettuce, tomato, pickles, mustard, and mayo mixed in there, right? But here's the kicker—not all ingredients are created equal. You need to zero in on what's going to make the biggest dent in your nutrition for the day. Focus on logging the turkey, the bread or wrap, and the mayo. These are the heavy hitters that will truly influence your calorie intake. Don't sweat the small stuff; keep your eyes on the big components that shape your dietary landscape.

## Final Thought 💭✨

Remember, this journey is all about progress, not perfection. Celebrate your small victories along the way, and don't be too hard on yourself. Consistency is key, and you're already taking a big step by being here and starting this process. Keep going, and soon, you'll see the results you're working so hard for. You've got this! 💪🎉

## ? Questions ?

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