

## MyFitnessPal Application

### Registration/Sign-Up:

1. Open your internet browser (Internet Explorer, Mozilla Firefox).
2. Type <https://www.myfitnesspal.com/> into the URL bar.
3. Sign up for the calorie counter app. You may do so by clicking the link to sign up with your existing Facebook account or you may sign up with your email.
  - a. Upon selecting the Facebook sign-up, you will be asked to sign into your Facebook. MyFitnessPal will automatically receive the information that you have provided to Facebook upon signing up for its services.
  - b. Upon selecting the email sign-up, you will be asked to make a Username, input your current email address, and type in a secure password. You will then select the green continue button.
4. You will then input information on your current weight; goal weight; height, gender, date of birth, country; zip/postal code; daily activity; weekly exercise time; energy units (kcal or kjoules); and your goals according weight loss, gain, or maintenance.
  - a. If you have already signed up for MyFitnessPal in the past, your preexisting account will likely have past information already stored. This information may have to be altered as necessary.
5. You will be asked to refer friends via email address to the app, which you may choose to do or select the “skip” button to continue without completing this task.
6. Statistics on the information you have provided are listed on the “Your Suggested Fitness and Nutrition Goals.” Click the “Get Started Now!” button to continue.

### Using the Application:

#### Tracking Nutrition

1. At the “**My Home**” maintab and the “**Home**” subtab, you will see how many calories are remaining for the day as well as a button to “Add Exercise” and another to “Add Food.”
2. Select the “**Add Food**” button.
3. You will see Breakfast, Lunch, Dinner, and Snacks. Typically starting with breakfast, you will click the “**Add Food**” link underneath and start inputting the foods and beverages consumed at the breakfast meal being considered.
4. Proceed to **type in the name of the food in the** “Search our food database by name” **search bar (see next page)**. For instance, if I ate ½ of an apple, I will type in “apple” to the search bar to find my food. If you know the specific type of apple, such as “Gala apple,” you may search for specifics for may accurate data. Not all types and few brand-named products will be found, but most every type of food can be found in the database.
5. Click the **search** button, a list of matching foods will be generated. Be careful to pick the appropriate food item to what you actually consumed, as a search such as “apple” also comes up with “Pie- Apple” as the first result and “Strudel- Apple” and “Sodexo Campus- Apple Pie” as later results.
6. **Select the appropriate food** from the list, there will be some information needed about serving size. If you have been weighing your food, you may use the grams listed in the suggested serving sizes to **determine the number of servings** that you have consumed for that specific food at that meal. One half of an average-sized apple consumed would be 0.5 servings of 1 medium apple (150 g) to breakfast. Then select **Add Food to Diary**.

## Add Food To Breakfast

Search our food database by name:

Matching Foods:

- Pie - Apple
- Apples - Raw, with skin
- Strudel - Apple
- \*Mcintosh - Apple
- Croissants - Apple
- \*Apple - Braeburn
- \*Jazz - Apple
- \*Apple - Washington

\* = Nutritional information provided by another MyFitnessPal member

**Wegmans - Organic Gala Apple**  
(member submitted, 5 confirmations)  
[nutritional info](#)

**How much?**

0.5 servings of 1 Medium Apple (182g)

**To which meal?**

Breakfast

7. For users that have already logged food into the MyFitnessPal application, the “Quick Tools” option allows the user to copy information from other dates into the current date or from the current date to a previous date in order to more efficiently enter information that is consistent between dates.
8. The food is then added to the appropriate section according to the information that you have input and now appears under that meal. You will see the kcalories (or kjoules), carbohydrates, fats, proteins, sodium, and sugars of this food item as well as a total for the meal and a total for the day listed.
9. To input a food that is not in the database, click the “My Foods” subtab in the “Food” tab. Proceed to click the “**Create Food**” button. Proceed to list the brand/restaurant and a brief description of what is the food. Utilizing the nutritional label on the food, enter the information that follows for accurate representation of the food consumed. The food is then available in the database for further use.

## Enter Nutritional Information

Brand / Restaurant:

Food Description:

## Nutrition Facts

Serving Size:

Servings per container: (about)

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**Amount Per Serving**

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Calories	<input type="text"/>	Sodium	<input type="text"/> mg
Total Fat	<input type="text"/> g	Potassium	<input type="text"/> mg
Saturated	<input type="text"/> g	Total Carbs	<input type="text"/> g
Polyunsaturated	<input type="text"/> g	Dietary Fiber	<input type="text"/> g
Monounsaturated	<input type="text"/> g	Sugars	<input type="text"/> g
Trans	<input type="text"/> g	Protein	<input type="text"/> g
Cholesterol	<input type="text"/> mg		
Vitamin A	<input type="text"/> %	Calcium	<input type="text"/> %
Vitamin C	<input type="text"/> %	Iron	<input type="text"/> %

\*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Would you like to add this food to your food diary now?

Yes, add  serving(s) to

No, do not add this food to my food diary at this time.

### Help us grow our food database!

Yes, let other MyFitnessPal members use this food.

10. Proceed to **enter all of the food and drink consumed in one day.**

### Analyzing Your Diet

1. **Double-check** all of the food information entered by clicking the “Food” tab and the “Food Diary” subtab. If it is necessary to remove a food from the list, click the red minus sign to the right of the food’s nutritional information. If it is necessary to edit the portion size of a food on the list, click the food and edit the information in the box that pops-up.
2. Double-check all of the exercise information entered by clicking the “Exercise tab” and the “Exercise Diary” subtab.

3. **Return to the Food Diary** by clicking the “Food” tab and the “Food Diary” subtab. Scroll to the bottom of the log to show the “Totals, Your Daily Goal, and Remaining” for nutrients of interest. Values below the suggested are shown in green in the “Remaining” section, whereas values in red are higher than the suggested.

<b>Totals</b>	<b>2,643</b>	<b>388</b>	<b>75</b>	<b>112</b>	<b>2,304</b>	<b>68</b>
<b>Your Daily Goal</b>	<b>2,940</b>	<b>368</b>	<b>98</b>	<b>147</b>	<b>3,500</b>	<b>100</b>
<b>Remaining</b>	<b>297</b>	<b>-20</b>	<b>23</b>	<b>35</b>	<b>1,196</b>	<b>32</b>
	<b>Calories</b>	<b>Carbs</b>	<b>Fat</b>	<b>Protein</b>	<b>Potass.</b>	<b>Iron</b>

- a. In order to change the nutrients shown in this section, click the “Settings” subtab under the “Food” tab. Then use the boxes to select the nutrients of interest according to personal goals or the goals of the study.
  - i. Fat, saturated fat, polyunsaturated fat, monounsaturated fat, trans fat, cholesterol, sodium, potassium, carbohydrates, fiber, sugar, protein, vitamin A, vitamin C, calcium, and iron may be tracked.
- b. In order to change the meals, one may enter up to six separately named meals in the “Settings” subtab under the “Food” tab as well. “Default Add Food View” and diary privacy may also be set here. The default setting is “private.”

## Food and Exercise Diary Settings

### Nutrients Tracked:

**Calories** (Required)

Carbohydrates	▼
Fat	▼
Protein	▼
Potassium	▼
Iron	▼

### Change Nutrients Tracked

If you'd like to change which nutrients you are tracking in your food diary, just use the controls to the left to choose which nutrients you'd like to track, then click "Save Changes".

### Default Add Food View:

Recent	▼
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### Change Add Food Default View

By default we display your most recent entries when you add foods to your diary. If you would like to change this default, click on the drop-down box and select your preferred view.

### Meal Names:

Breakfast
Lunch
Dinner
Snacks

### Change Meal Names

You can change the names of the meals used in your food diary. For example, to track your eating habits by time, you could change your meal names to "9AM to 11AM", "11AM to 1PM", etc.

To delete a meal, just edit the meal name to be blank. Please note that previous food diary entries will also have their meal names changed

### Diary Sharing:

Private

Public

Friends Only

Locked with a key:

### Change Diary Sharing

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

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

- c. In the "Food Diary", water consumption in terms of cups of water may be assessed and food notes may be taken for the day below the food input. Exercise notes may be taken in the "Exercise Diary" tab below the day's exercise input.

## Water Consumption

We recommend that you drink at least 8 cups of water a day. Click the arrows to add or subtract cups of water.



## Today's Food Notes

[Edit Note](#)

[View Full Report \(Printable\)](#)

4. In the "Food Diary" subtab under the "Food" tab, one may print out a full report of their Food and Exercise Diary by clicking the "View Full Report (Printable)" button and selecting the appropriate date.

February 25, 2015

FOODS	Calories	Carbs	Fat	Protein	Cholest	Sodium	Sugars	Fiber
<b>Breakfast</b>								
Pamelas - Whatever Bar Choc Oat, 40 grams	180	23g	9g	2g	15mg	130mg	8g	2g
Food for Life - Gluten Free Brown Rice Bread, 2 slice (43g)	220	38g	5g	4g	0mg	320mg	2g	2g
Eggs - Fried (whole egg), 1 large	92	0g	7g	6g	210mg	94mg	0g	0g
Vim - Superfood, 30.25 grams	113	3g	1g	22g	0mg	31mg	2g	1g
Rice Dream - Organic Rice Milk, Enriched, 12 oz	180	35g	4g	2g	0mg	150mg	15g	0g
Bananas - Raw, 1 medium (7" to 7-7/8" long)	105	27g	0g	1g	0mg	1mg	14g	3g
Blueberries - Raw, 0.5 cup	41	11g	0g	1g	0mg	1mg	7g	2g
<b>Lunch</b>								
Organic - Steamed Broccoli, 1/2 cup cooked (78g)	27	6g	0g	2g	0mg	32mg	1g	3g
Aramark - Wild Rice and Walnut Pilaf, 1 Serving	167	26g	6g	4g	3mg	152mg	0g	2g
Aladdin - Steamed Salmon, 3 oz	161	0g	7g	23g	63mg	50mg	0g	0g
<b>Dinner</b>								
Generic - Veggies Sauteed In Olive Oil, 1 cup	60	7g	3g	3g	0mg	0mg	0g	0g
Generic - Fried Scallops, 4 oz.	100	3g	1g	18g	35mg	180mg	0g	0g
Food for Life - Gluten Free Brown Rice Bread, 2 slice (43g)	220	38g	5g	4g	0mg	320mg	2g	2g
<b>Snacks</b>								
Pamelas - Whatever Bar Choc Oat, 40 grams	180	23g	9g	2g	15mg	130mg	8g	2g
Bob's Red Mill - Steel Cut Oats Cooked, 3/8 dry	255	44g	5g	11g	0mg	0mg	0g	8g
Nibmor - 80% Cacao Organic Dark Chocolate With Cacao Nibs Extreme, 31 g	160	15g	12g	2g	0mg	45mg	8g	4g
Homemade - Kombucha, 1 cup(s)	28	5g	0g	0g	0mg	2mg	5g	0g
Arrowhead Mills - Organic Rice and Shine, 1/4 cup	150	32g	1g	3g	0mg	0mg	0g	2g
Bananas - Raw, 1 large (8" to 8-7/8" long)	121	31g	0g	1g	0mg	1mg	17g	4g
Blueberries - Raw, 1 cup	83	21g	0g	1g	0mg	1mg	14g	3g
<b>TOTAL:</b>	<b>2,643</b>	<b>388g</b>	<b>75g</b>	<b>112g</b>	<b>341mg</b>	<b>1,640mg</b>	<b>103g</b>	<b>40g</b>

5. If weight and circumference measures (neck, waist, hips) have been taken, they may be entered under the "Check-in" subtab of the "Home" tab.

## Check-In

Enter today's weight:  lbs

Last recorded weight: 153 lbs on 2/23/2015



Other Measurements	Last Entry	Today's Entry
Neck	None	<input type="text"/>
Waist	None	<input type="text"/>
Hips	None	<input type="text"/>

[Track Additional Measurements](#) | [Edit Previous Entries](#)

Save Changes

One may further enter more variables to track (ex. Body fat %) using the "Track Additional Measurements" hyperlink.

## Track Additional Measurements

Current Measurements	
Neck	<a href="#">remove</a> 
Waist	<a href="#">remove</a> 
Hips	<a href="#">remove</a> 
Body Fat	<a href="#">remove</a> 

### Add Another Measurement

Description:

Add Measurement

Cancel

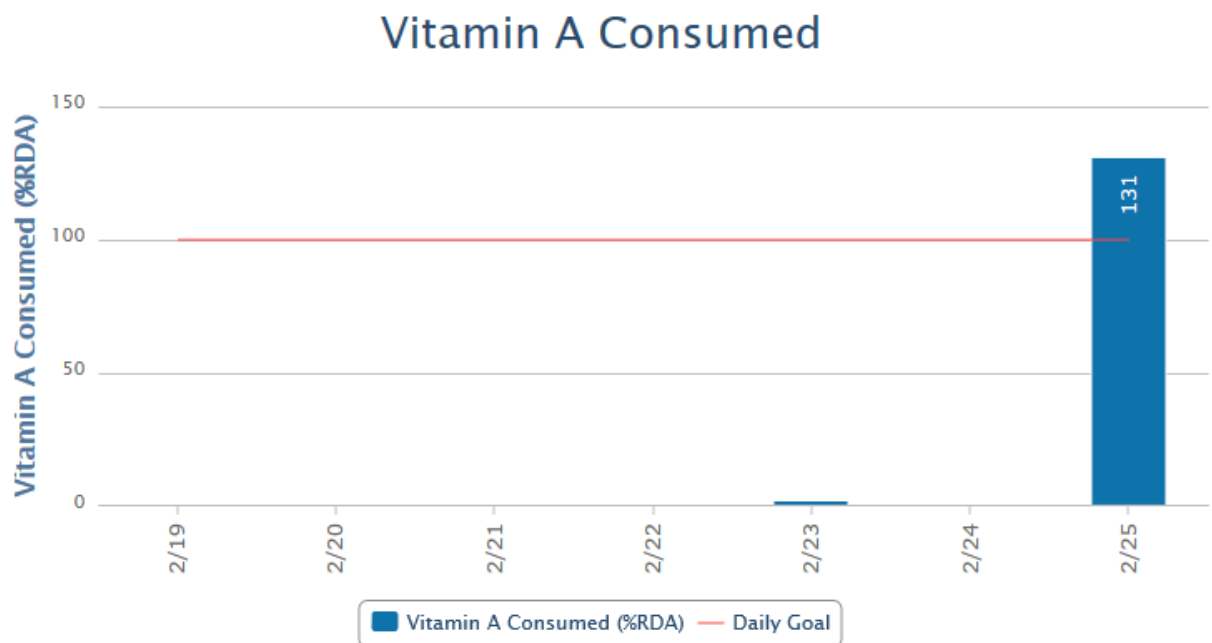
6. In the “Reports” section, graphs to track nutritional variables may be generated. One may choose a report (weight, circumference measure, or nutritional component) to track over the course of the “Last 7 days,” “Last 30 days,” and “Last 90 days” for nutritional components. The red line tracks the RDA (recommended daily allowance) of the nutrient being tracked. The blue bar shows the percentage of the RDA value consumed according to the nutritional information input. Because some of the information in the database is missing a full nutrient profile analysis, the values reported may not be true to the actual consumption. However, these values will be a good measure of nutritional changes over time. Non-nutritional variables (weight, circumference, body fat %, etc.) may be tracked even further to include “Last 180 days” or “Last year.”

## Charts and Reports

Choose a report:

Reporting period:

[Last 7 days](#) [Last 30 days](#) [Last 90 days](#)



### Further Resources

1. In the “My Home” tab, profile information may be added to the “Profile” subtab.
2. A blog may be started in the “Blog” subtab under the “My Home” tab.
  - a. Blogs from “hellohealthy” may be accessed from the “Blog” tab.
3. In the “Community” tab, you can connect with other members utilizing the MyFitnessPal application.