MYFITNESSPAL

USERGUIDE

Follow this guide to set your MFP account on your smartphone.
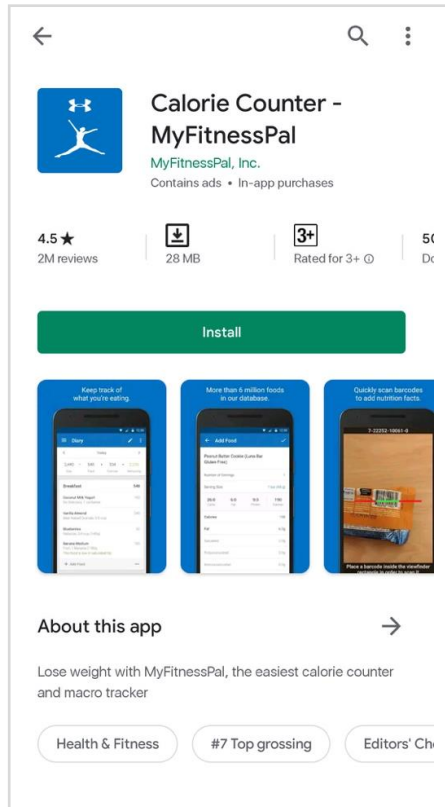
YOU BE FIT
FITNESS &
NUTRITION

www.you-be-fit.com

METHOD 1: DOWNLOADING THE APP

STEP 1

Go to App Store (Apple) or Google
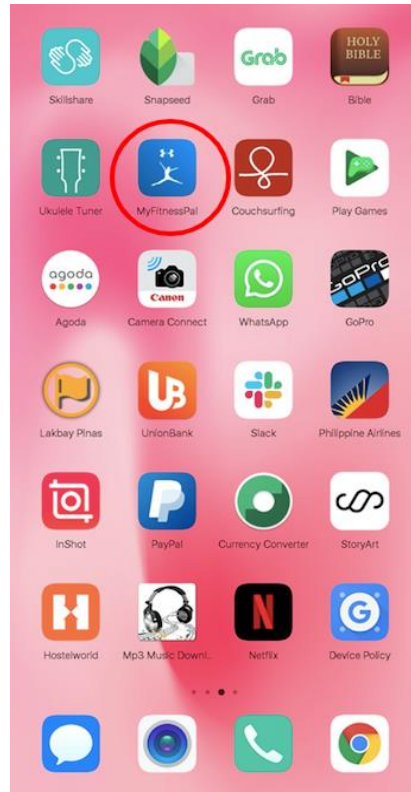Playstore (Android) and search
MyFitnessPal.

Open your Store, search for MY
FITNESS PAL, then tap INSTALL.
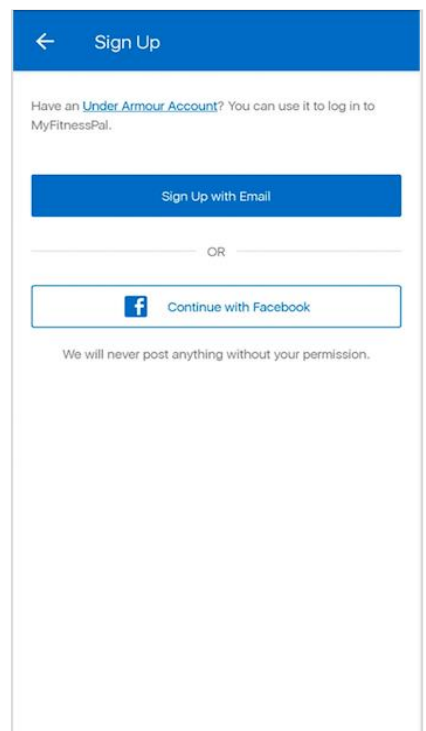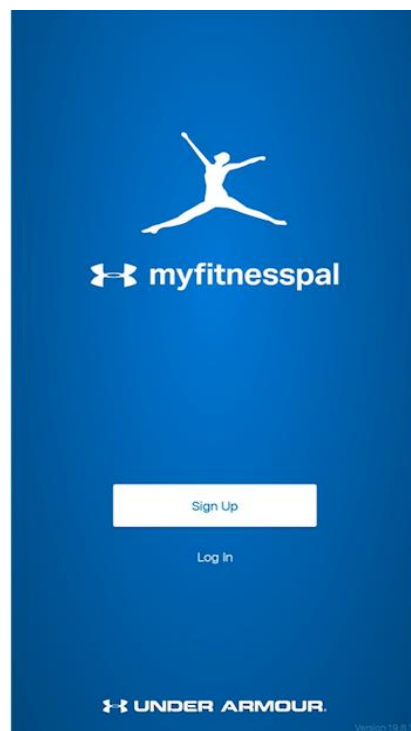
METHOD 1: SETTING UP AN ACCOUNT

STEP 1: SIGN UP

Open MPF app.

STEP 2

When you open the app for the first time click the 'Sign Up' button.

Choose either to sign up with email or continue with Facebook.

STEP 3

You will be directed to the following pages where you need to answer a few questions. Follow from image 1 to 6:

1. Choose your weight-related goal
2. Choose activity level
3. Enter personal details
4. Enter weight and height
5. Create a username
6. Your account has been created and now you are ready to track

Goal — ① What is your goal? Lose weight / Maintain weight (selected) / Gain weight

Activity Level — ② How active are you? Not Very Active (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 (selected) (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)

You — ③ Gender: Male / Female (selected). Birthdate: Feb 29, 1988. We use this information to calculate an accurate calorie goal for you. Location: Philippines, 6045

You — ④ Height: 5 ft, 4 in. Current weight: 50 kg. We use this information to calculate an accurate calorie goal for you.

Details — ⑤ Email / Password / Create a username / Username. By signing up for MyFitnessPal, you are agreeing to our Privacy Policy and Terms. Sign Up

Account Created — ⑥ Congratulations! Your custom plan is ready and you're one step closer to your goal weight. Your daily goal is: 1,920 Calories. Keep me on track with reminders (checked). Send me the latest news, innovations and offers from MyFitnessPal and Under Armour (checked). Start Tracking Now

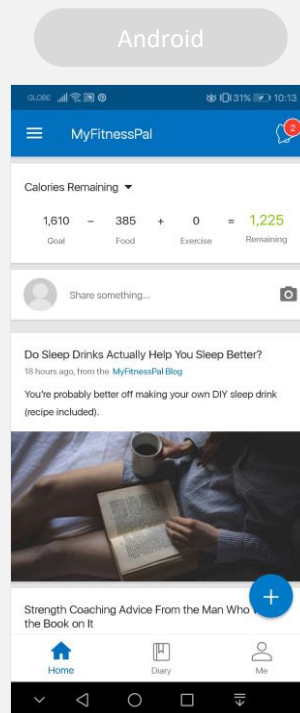# METHOD 1: SETTING UP AN ACCOUNT

STEP 1

Open the app, and log in, if necessary. You will be presented with the Home screen.
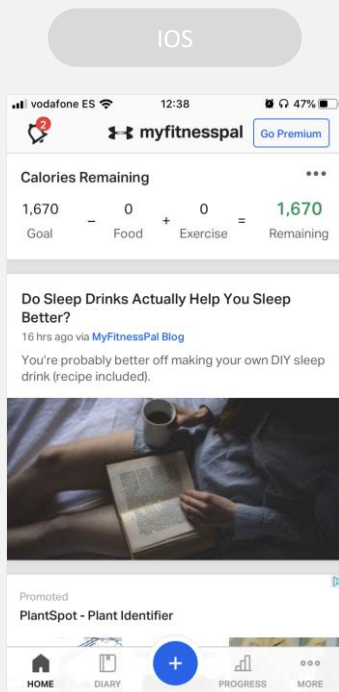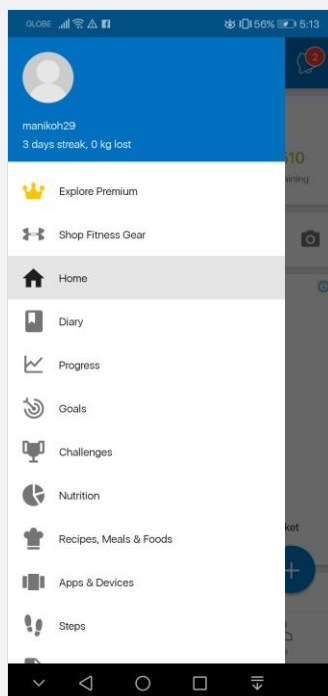

IOS

Android

Tap the **ellipsis More** button at the bottom right of the screen

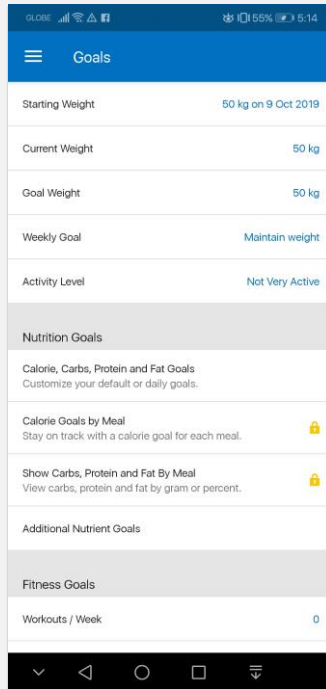Tap the **'hamburger'** menu at the top left of the screen

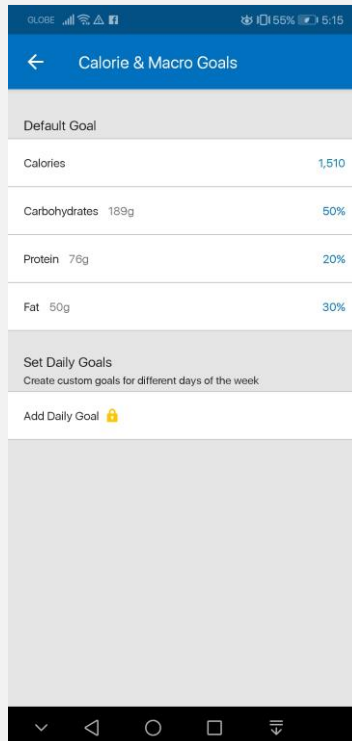**STEP 2**

From the menu that appears, tap on **GOALS.**

STEP 3

Tap **CALORIE & MACRONUTRIENT GOALS** in the NUTRITION
GOALS section.

STEP 4

To change your calorie goal, tap on **CALORIES**, or to change your
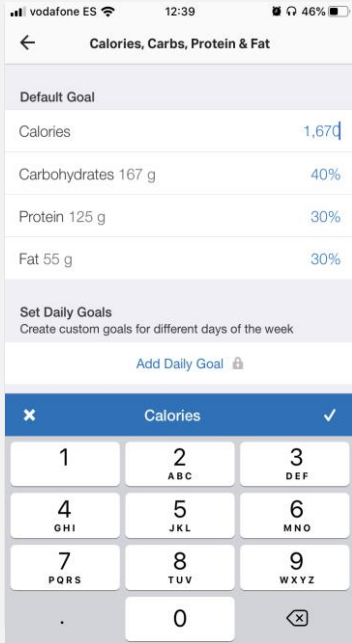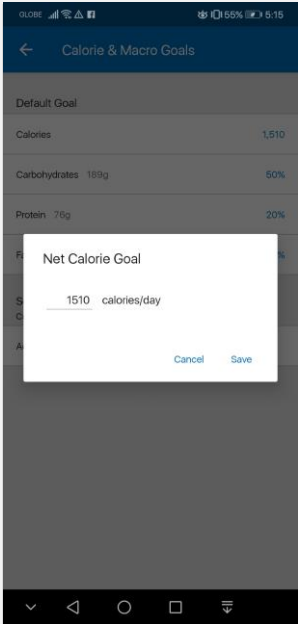macronutrients, tap on any **of Carbohydrates, Fat or Protein.**

STEP 5

When you have entered your new calorie goal, press ✓ in the upper right corner of the number pad.
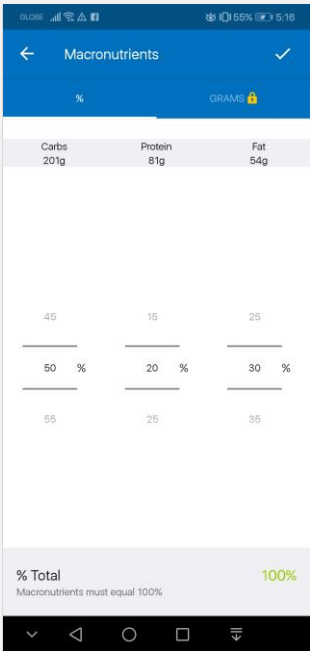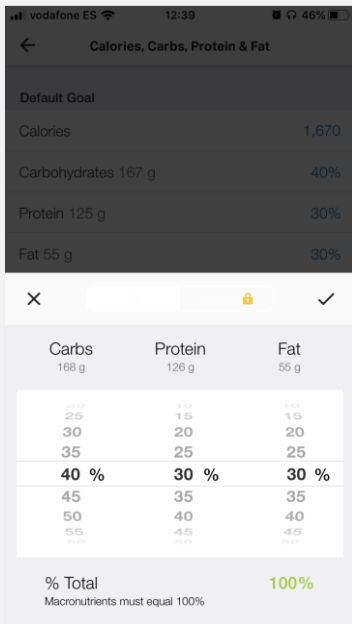
When you have entered your new goals, press **SAVE** in the bottom right corner of Net Calorie Goal.

STEP 6

Similarly, once you've entered your new macronutrients goal, tap ✓ on the right, above the entry screen.

CHANGING YOUR CALORIES AND MACRONUTRIENTS

Changing your goals in the app is very similar on iOS and Android. Where there are significant differences between the two, instructions are given for below.

STEP 1

Open the app. The Home Screen will be displayed.
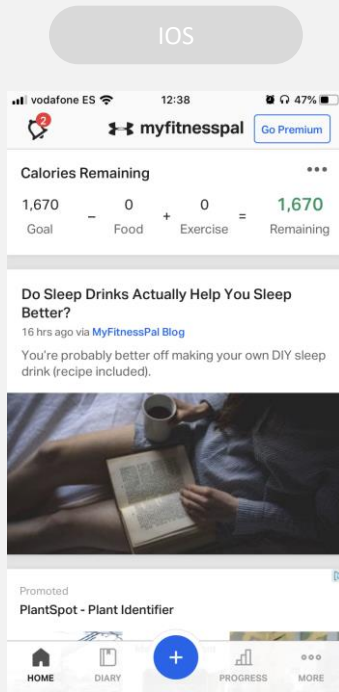
IOS

Android

Tap the **ellipsis More** button at the bottom right of the screen

Tap the **'hamburger'** menu at the top left of the screen

STEP 2

Tap on **NUTRITION**. If you use iOS, go to step 3.
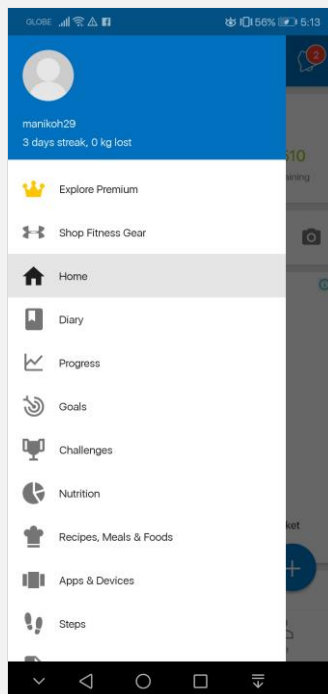
STEP 2

Alternatively, at the bottom of the screen, tap the DIARY icon if it is visible, then tap the pie chart icon at the top right.
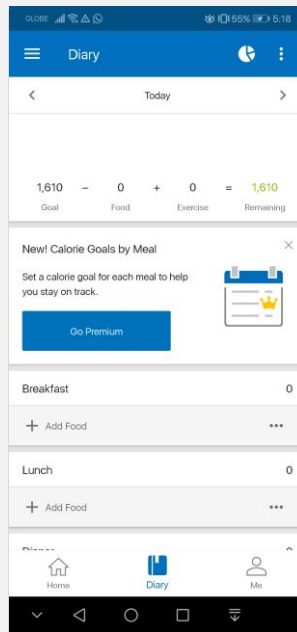
STEP 3

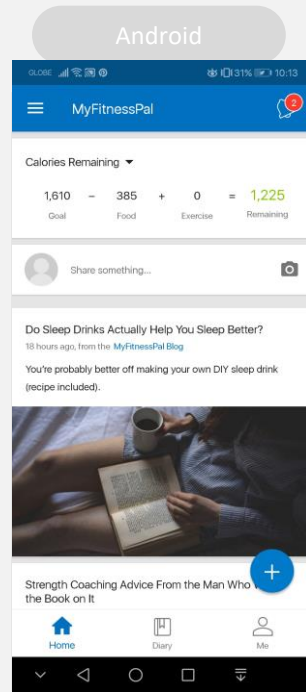Select Macros from the top right. You will see a pie chart giving a breakdown of your macronutrient intake and a comparison of today's total consumption against your consumption goal.

YOU BE FIT
FITNESS &
NUTRITION

STEP 4

Tap on any **of Carbohydrates, Fat or Protein** to view more information about that macronutrient.

Tap on any of the blue % values alongside **Carbohydrates, Fat, or Protein.** Go to STEP 5a.

Carbohydrates

Day View ▼
Today

36%

63%
0%

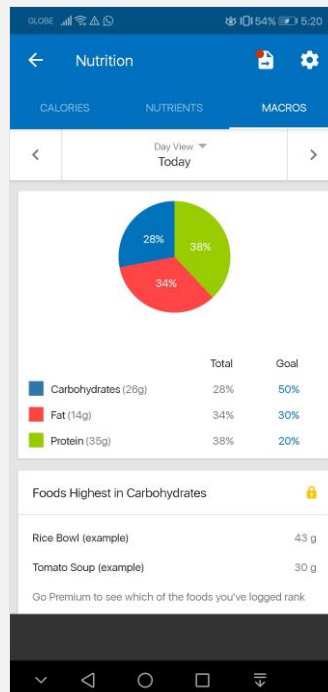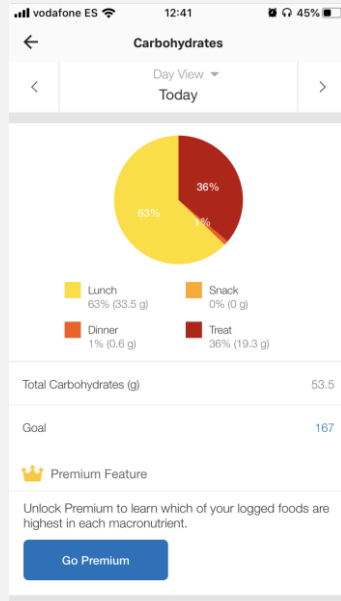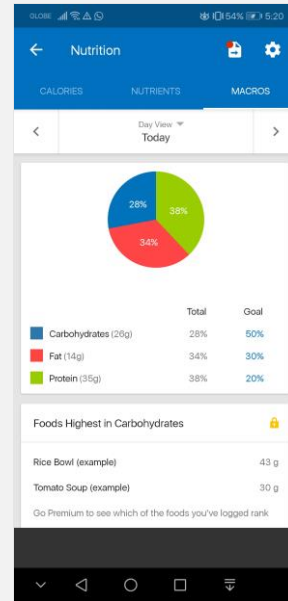| Lunch	Snack
63% (33.5 g)	0% (0 g)
Dinner	Treat
1% (0.6 g)	36% (19.3 g)

Total Carbohydrates (g)   53.5

Goal   167

👑 Premium Feature

Unlock Premium to learn which of your logged foods are highest in each macronutrient.

Go Premium

Nutrition

CALORIES   NUTRIENTS   MACROS

Day View ▼
Today

28%   38%
34%

	Total	Goal
Carbohydrates (26g)	28%	50%
Fat (14g)	34%	30%
Protein (35g)	38%	20%

Foods Highest in Carbohydrates   🔒

Rice Bowl (example)   43 g

Tomato Soup (example)   30 g

Go Premium to see which of the foods you've logged rank

Under the pie chart, tap on **GOAL.**

STEP 5

Click on **CALORIES** to change your calorie target.

Calorie & Macro Goals

Default Goal

Calories	1,610
Carbohydrates 201g	50%
Protein 81g	20%
Fat 54g	30%

Set Daily Goals
Create custom goals for different days of the week

Add Daily Goal 🔒

YOU BE FIT
FITNESS &
NUTRITION

IOS

Android

Calories, Carbs, Protein & Fat		
Default Goal		
Calories		1,670
Carbohydrates 167 g		40%
Protein 125 g		30%
Fat 55 g		30%

✕ 🔒 ✓

Carbs	Protein	Fat
168 g	126 g	55 g
25	15	15
30	20	20
35	25	25
40 %	**30 %**	**30 %**
45	35	35
50	40	40
55	45	45

% Total   **100%**
Macronutrients must equal 100%

← Macronutrients ✓

%   GRAMS 🔒

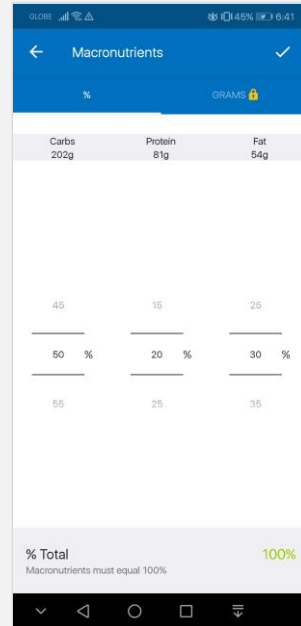| Carbs	Protein	Fat
202g	81g	54g
45	15	25
50 %	20 %	30 %
55	25	35

% Total   **100%**
Macronutrients must equal 100%

Tapping any one of the macronutrients will enable you to change them all.
Remember, macronutrients value must total 100%.

YOU BE FIT
FITNESS &
NUTRITION

MYFITNESSPAL: HOW TO USE THE BARCODE SCANNER

STEP 1

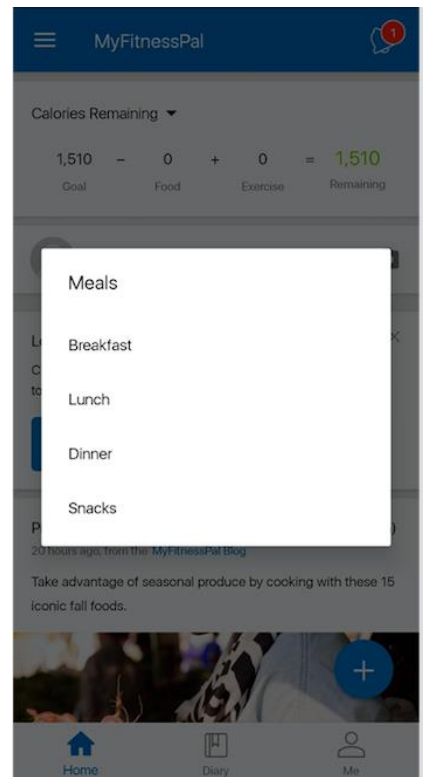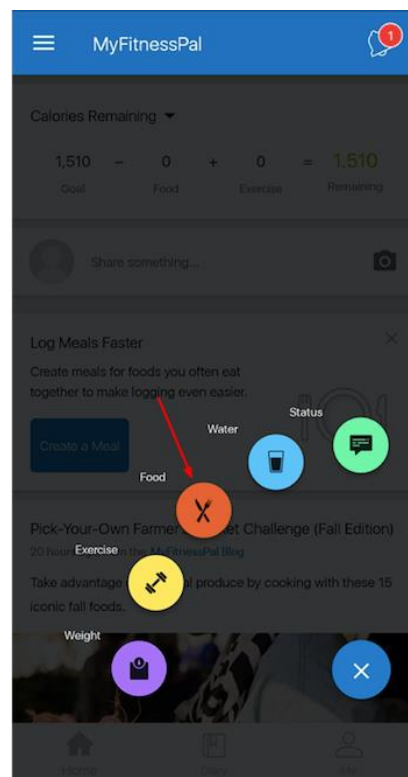After you login to your MFP app, in your dashboard, tap the big blue plus sign found in the lower right. It will reveal options to add: **Status, Water, Food, Exercise and Weight.**
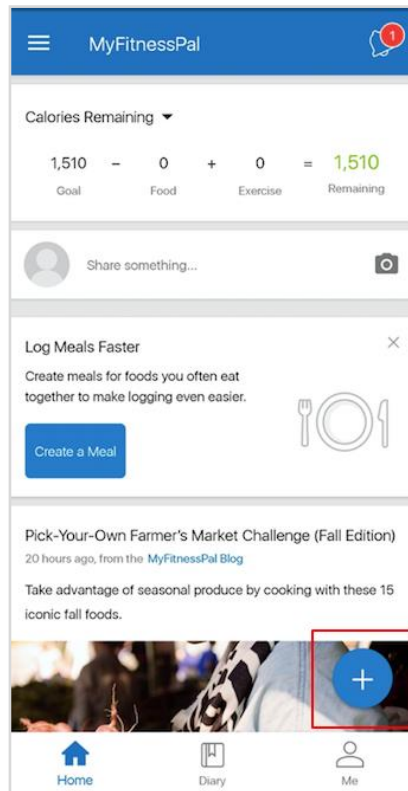
STEP 2

Tap the food icon in the middle to get to the food diary.

Here you can choose from any of the meals: breakfast, lunch, dinner or snacks. Tap any meal that you want to enter.

MYFITNESSPAL: HOW TO USE THE BARCODE SCANNER

STEP 3

For example, here you tap Breakfast meal, it will show you the recipes, meals, myfoods tabs under the breakfast section. Below the tabs, there's a search box, location icon and the barcode scanner icon. Tap on the barcode scanner icon.
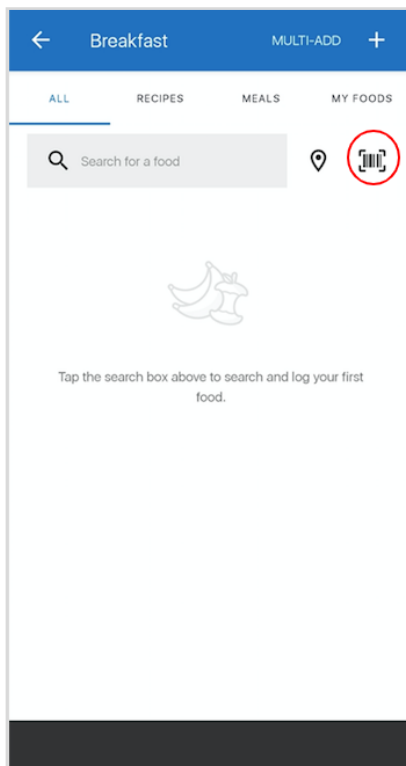
STEP 4

The phone is now ready to scan any barcodes, so just use your camera to scan it.

After you scanned the barcode, a macro information filed of the recipe will show. Tap the tick in the right top corner and the meal will be added to your diary.