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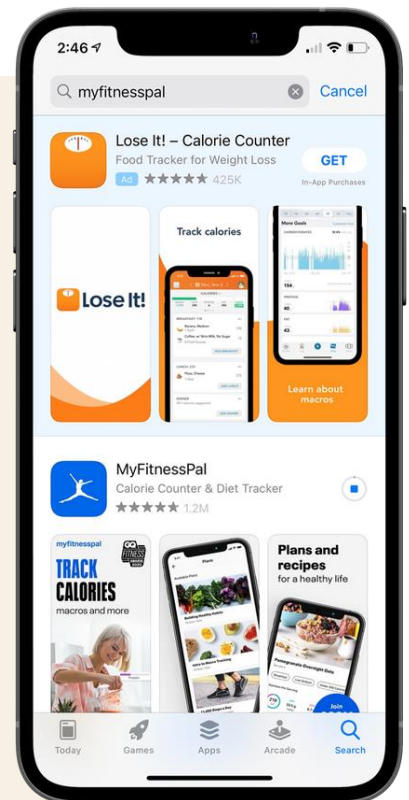
STEPS TO SUCCESSFUL FOOD TRACKING

Your simplified guide for starting to track your diet using the MyFitnessPal app!

1

DOWNLOAD & SIGN-UP

Go to either the app store or Google Play and type "MyFitnessPal". All you need to do here is fill in your email address, you can do



2

FILL IN YOUR SPECS

Now, move to the next step and enter your weight. In the second section, "How much would you like to weigh", PLEASE write down your current weight (we will sort out the goals)

The activity levels are provided with a brief description of each. They are generally focused on the overall activity throughout the day, not just training amounts.

3

COMPLETE SIGN-UP

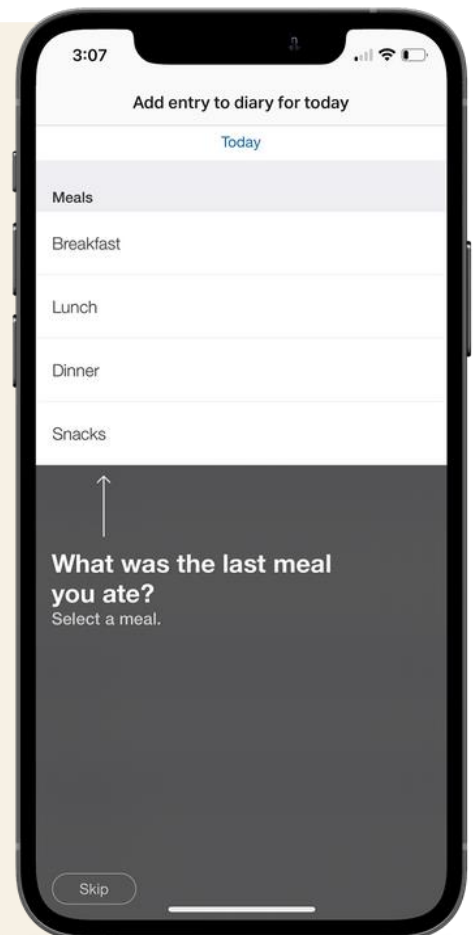
Once you have chosen a username and password, you will then be presented with a daily calorie goal based on the information you have entered. For the purpose of this tracking exercise, please ignore this and consume your habitual intake. We can then really identify the patterns and get an accurate reflection.

4

YOUR 3-DAY TRACKING


On the day following your set-up of the app, I would advise, for the next three days, to track everything that you eat and drink. That includes foods such as oils, sauces, toppings and seasonings as well as drinks such as alcohol and water.

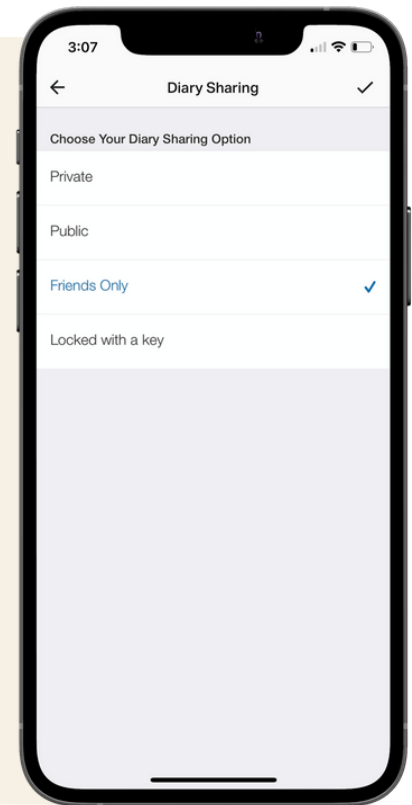
The feedback I provide to you will be based on the accuracy and specificity of your dietary log, so please give it your best effort!



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PRIVACY SETTINGS

In order to transfer your tracked dietary info to me, it is important that you complete this step **BEFORE** tracking your foods. Click on settings  symbol → "Sharing & Privacy" (pictured left) → "Diary Sharing" → "Friends only".



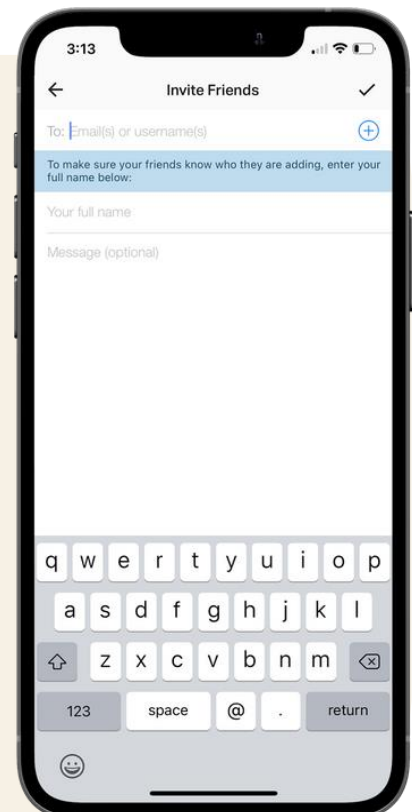
6

ADD ME AS A FRIEND

To add me, go to 'Settings' → and the '+' symbol in the top right-hand corner.

When on the next page, click the option of 'Email or MyFitnessPal Username' and type in the following username:
yourmyfitnesspalusername

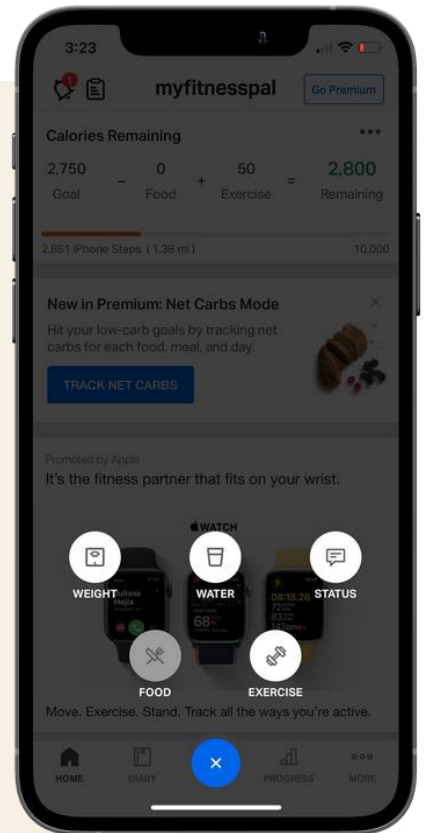
Enter your name or just type 'emailed' if wanting to remain anonymous



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START TRACKING EVERYTHING

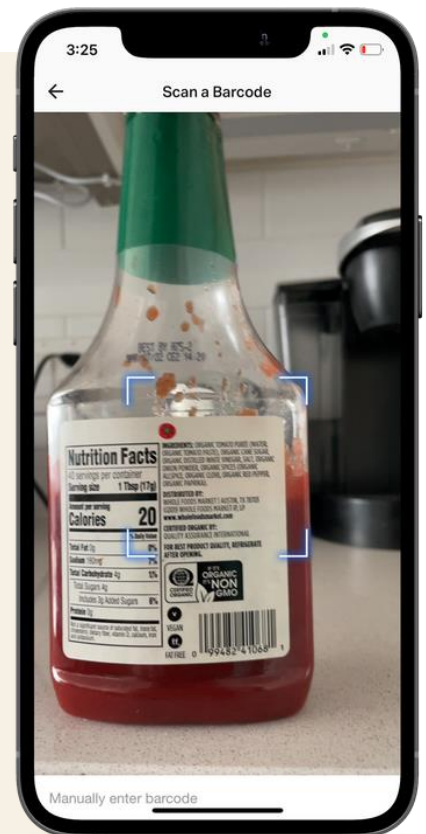
First, ensure you are on the correct day. Click the "+" symbol followed by the meal type. It is important that you log the correct meal for each food.



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THE BARCODE SCANNER

If your food has a wrapper or packaging, it will contain a bar-code. It is recommended that you use the bar-code scanner whenever possible for your foods as the exact portion size will be automatically selected.

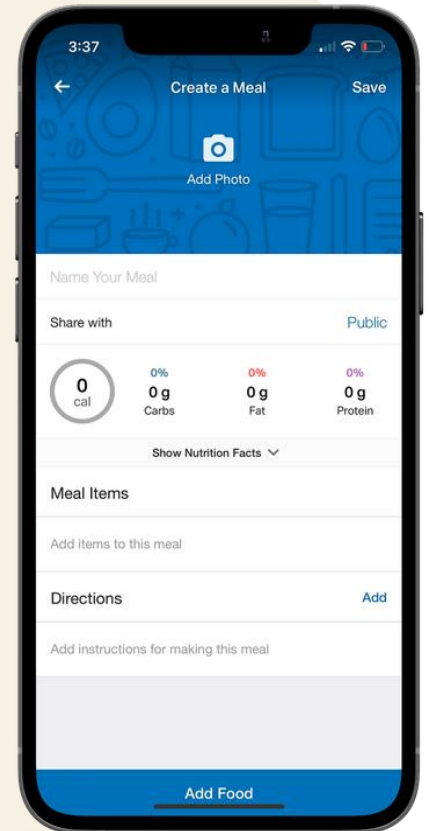


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SAVING MEALS

If you have some meals that you eat regularly (2 eggs, beans & toast), you can save these meals in your database. Every time you eat this meal, you can add it with a simple click rather than all of the foods individually.

To save a meal, click on one of the meal types i.e. 'breakfast' → click the '+' in the top right-hand corner → create a meal → click 'Add Food' and enter your foods using the barcode scanner or search bar



10

TRACK AFTER EACH MEAL

One of the most important tips that can maximize the accuracy of your food diary, is to log your food immediately before/after you eat it.


If you wait until the end of the day, you may have forgotten the exact ingredients or how much of them you used. Some of us also will underestimate the amount we consume later too!

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BE HONEST!

Thank you for investing in the process, I promise it will be of immense value! You will also receive in-depth, individualized nutritional feedback, which I will be able to formulate from your feedback!

Please be specific as possible, as I'll need every detail about the diet. For example, below are two examples of the same breakfast.



*Two slices of white sliced pan,
strawberry jam (1 tbsp),
low-fat butter (1 tbsp),
two medium scrambled eggs,
1 tsp salt, 1/2 cup of
Campbell's baked beans*



*Toast, two eggs
and baked beans*