

## 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.

"9.5 (p)-0.6 (i)-1.5 (c)-4.1.9 (d)13.1 (f)9)1.5(gge)am "

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**.

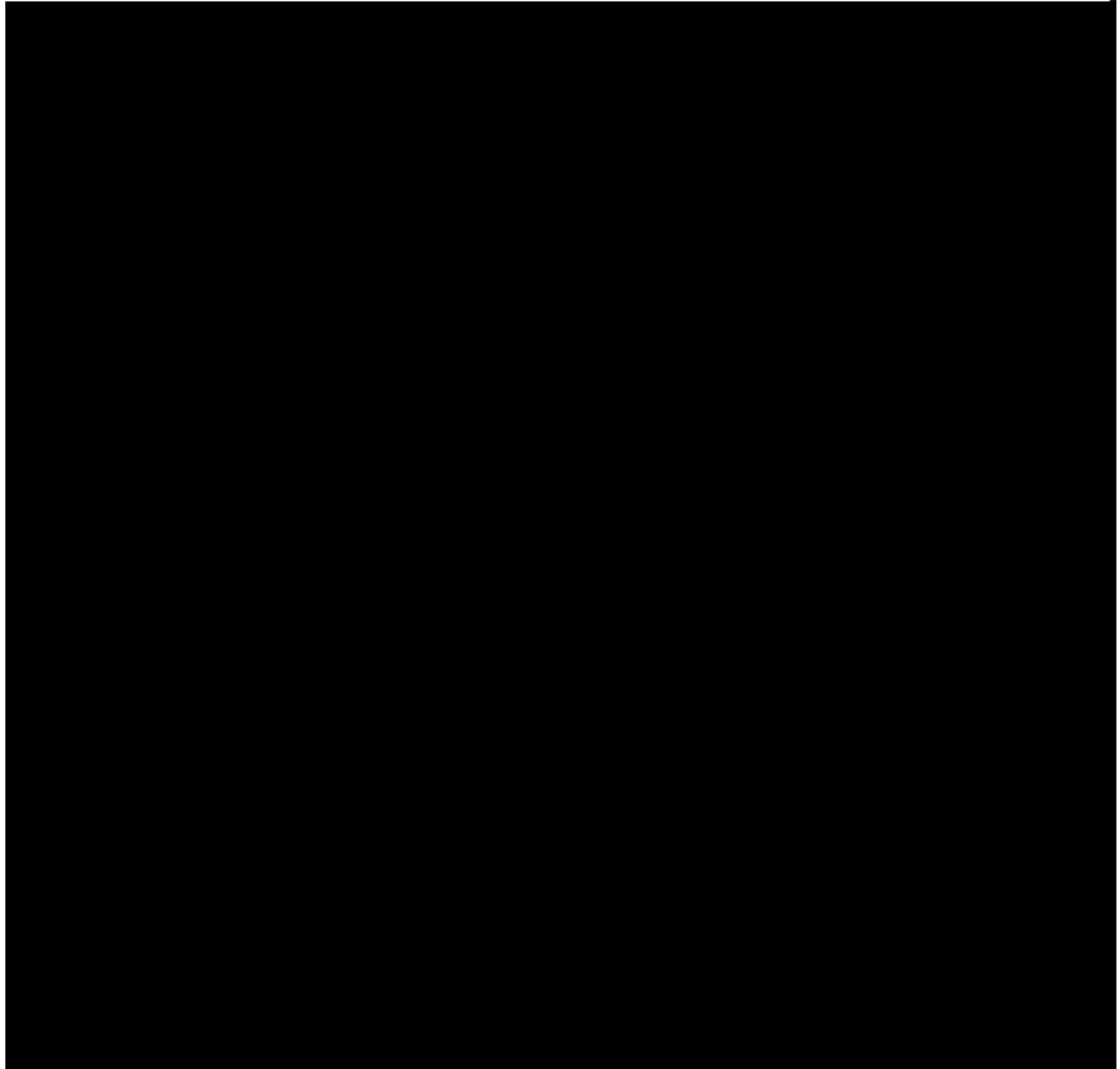
7. For

## Enter Nutritional Information

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Brand / Restaurant:

Food Description:



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.

Totals	2,643	388	75	112	2,304	68

- 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.”





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
None	<input type="text"/>	Neck	
None	<input type="text"/>	Waist	
None	<input type="text"/>	Hips	

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

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

### Track Additional Measurements

Current Measurements:

- Neck  [remove](#)
- Waist  [remove](#)
- Hips  [remove](#)
- Body Fat  [remove](#)

[Add Measurement](#)

**Description:**

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