



NIC TOMKINS
FITNESS

MYFITNESSPAL
USERGUIDE

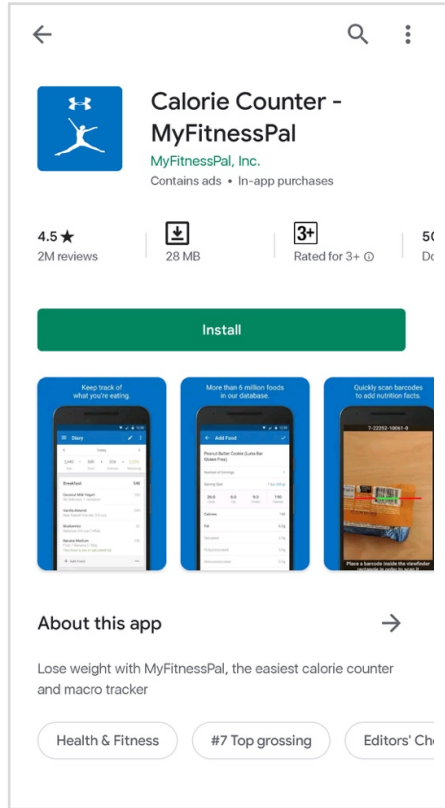
*Follow this guide to set your MFP
account on your smartphone.*

www.nictomkins.com

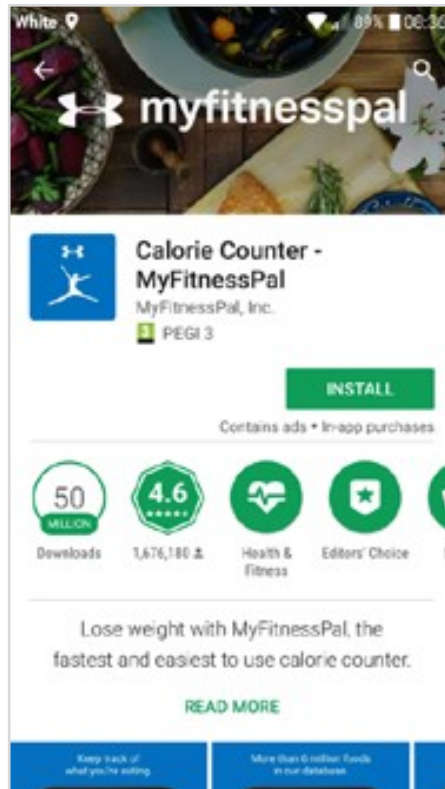
METHOD 1: DOWNLOADING THE APP

STEP 1

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



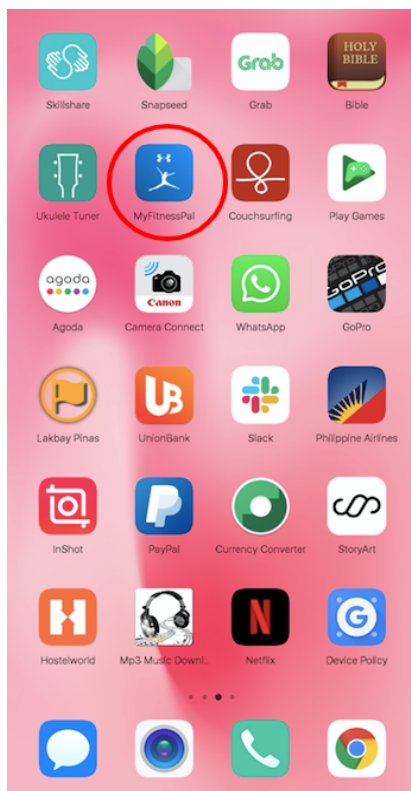
Open your Store, search for MY FITNESS PAL, then tap INSTALL.



METHOD 1: SETTING UP AN ACCOUNT

STEP 1: SIGN UP

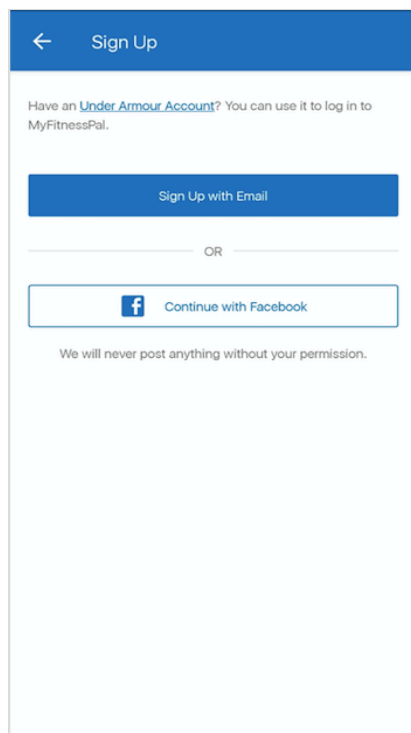
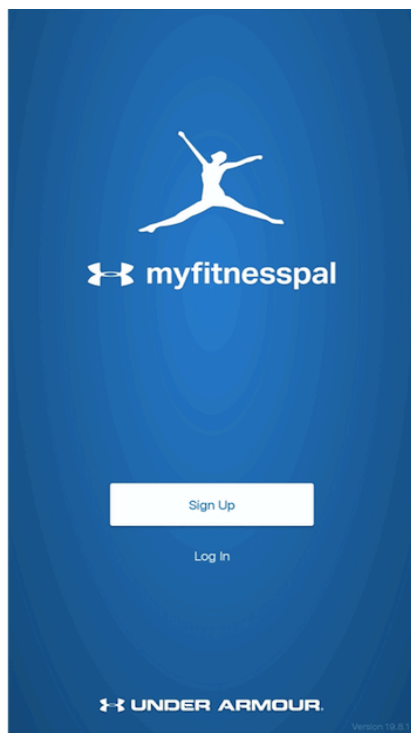
Open MPF app.



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

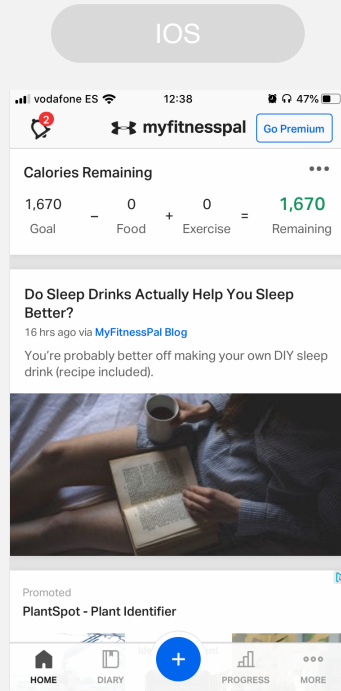
The image displays six sequential screenshots of the MyFitnessPal app's onboarding process, numbered 1 through 6. Each screenshot shows a different step in the user's journey to create an account and set their goals.

- 1. Goal:** The user is asked "What is your goal?" with three radio button options: "Lose weight", "Maintain weight" (selected), and "Gain weight".
- 2. Activity Level:** The user is asked "How active are you?" with four radio button options: "Not Very Active", "Lightly Active", "Active" (selected), and "Very Active".
- 3. You:** The user enters personal details: "Gender" (Female selected), "Birthdate" (Feb 29, 1988), and "Location" (Philippines).
- 4. You:** The user enters physical details: "Height" (5 ft, 4 in) and "Current weight" (50 kg).
- 5. Details:** The user creates account credentials: "Email", "Password", and "Create a username".
- 6. Account Created:** A "Congratulations!" message is shown, along with the user's "Your daily goal is: 1,920" calories. There are checkboxes for "Keep me on track with reminders" and "Send me the latest news, innovations and offers from MyFitnessPal and Under Armour".

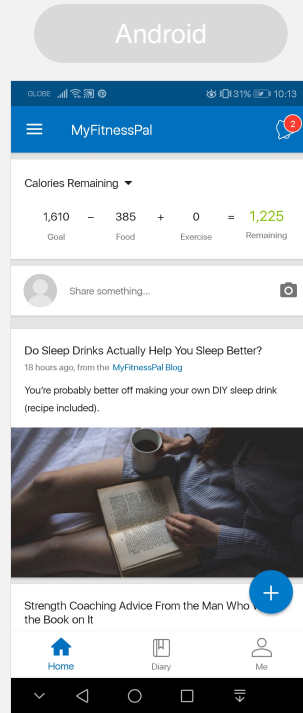
METHOD 1: SETTING UP AN ACCOUNT

STEP 1

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



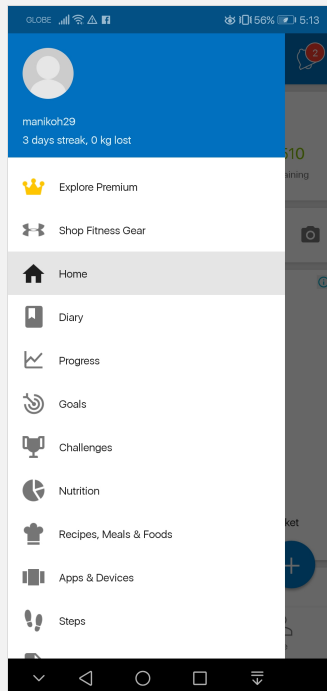
Tap the **ellipsis More** button at the bottom right of the screen



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

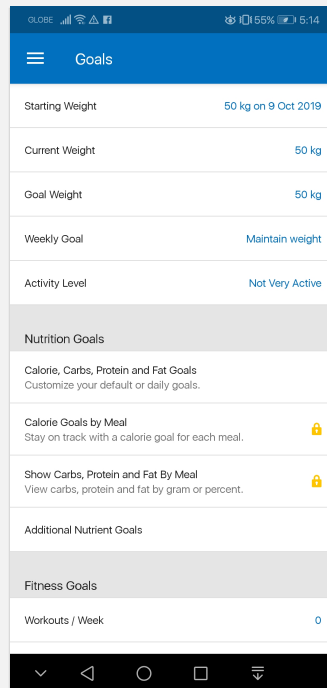
STEP 2

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



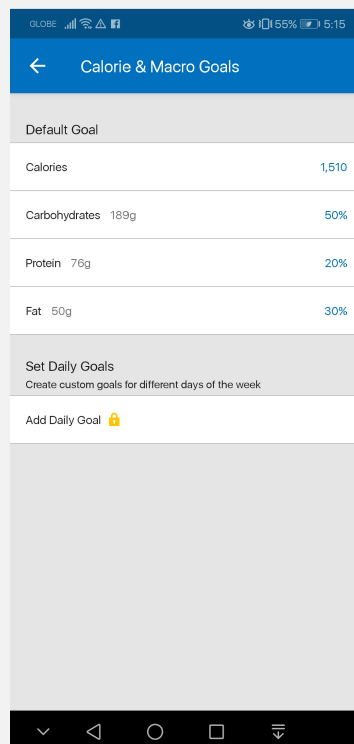
STEP 3

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**.

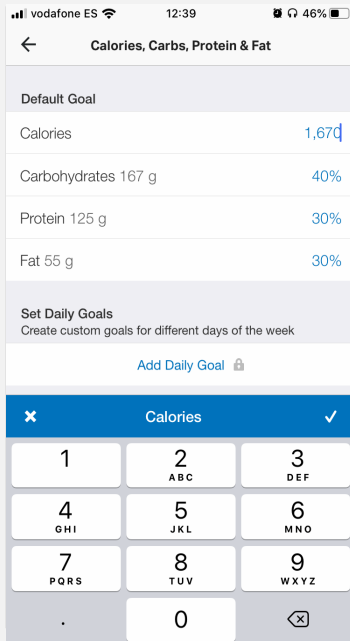


IOS

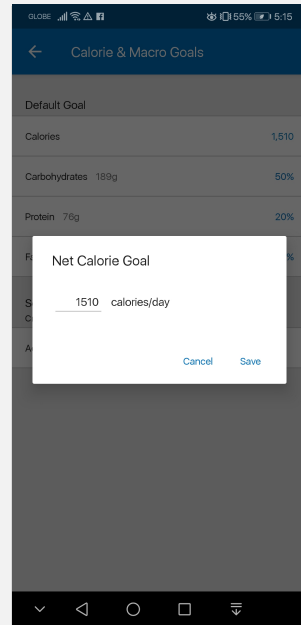
Android

STEP 5

When you have entered your new calorie goal, press ✓ in the upper right corner of the number pad.

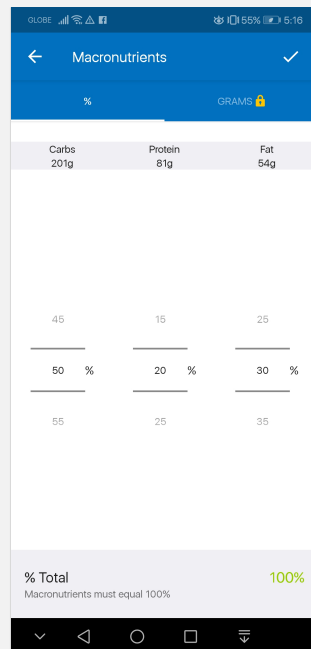
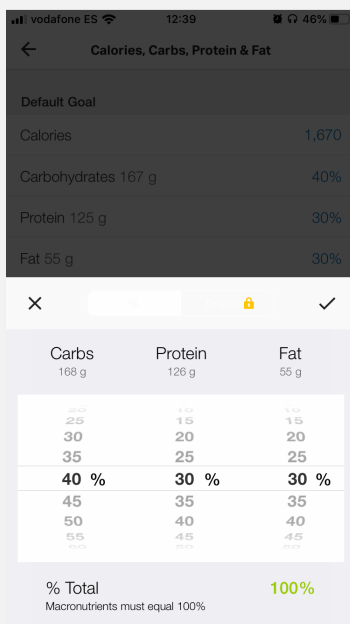


When you have entered your new goals, press **SAVE** in the bottom right corner of Net Calorie Goal.



STEP 6

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

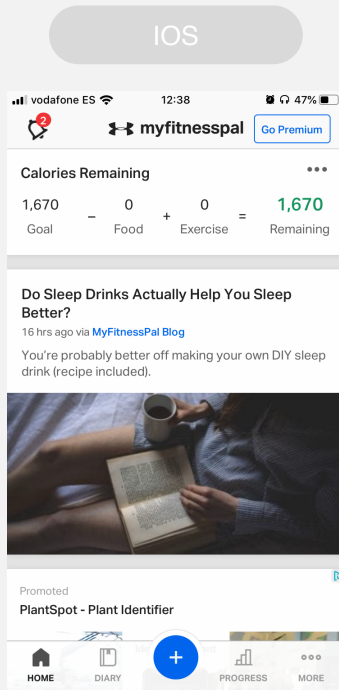


CHANGING YOUR CALORIES AND MACRONUTRIENTS

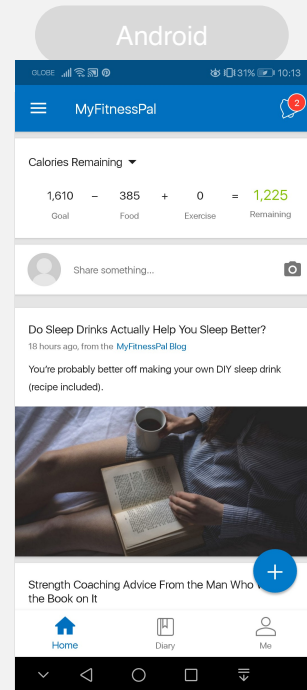
Changing your goals in the app is very similar on iOS and Android. Where there are significant differences between the two, instructions are given for below.

STEP 1

Open the app. The Home Screen will be displayed.



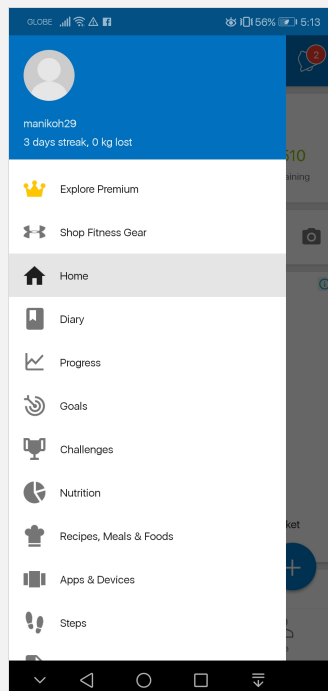
Tap the **ellipsis More** button at the bottom right of the screen



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

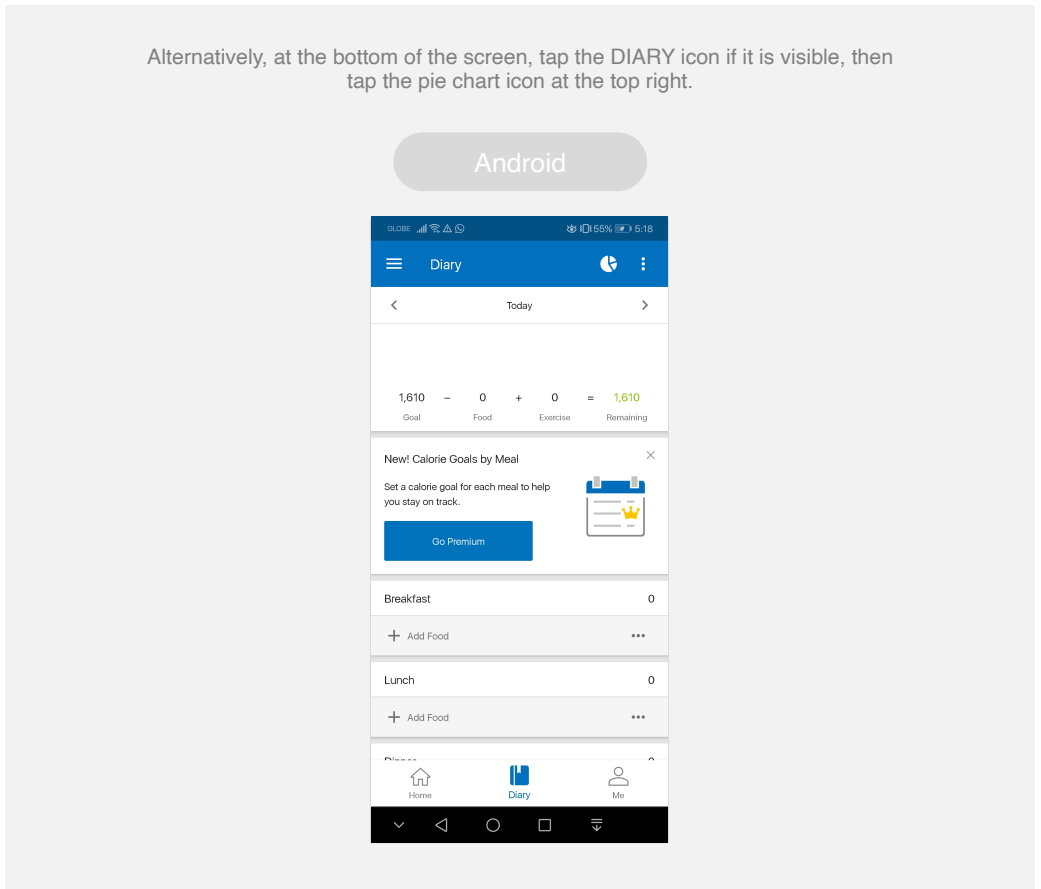
STEP 2

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



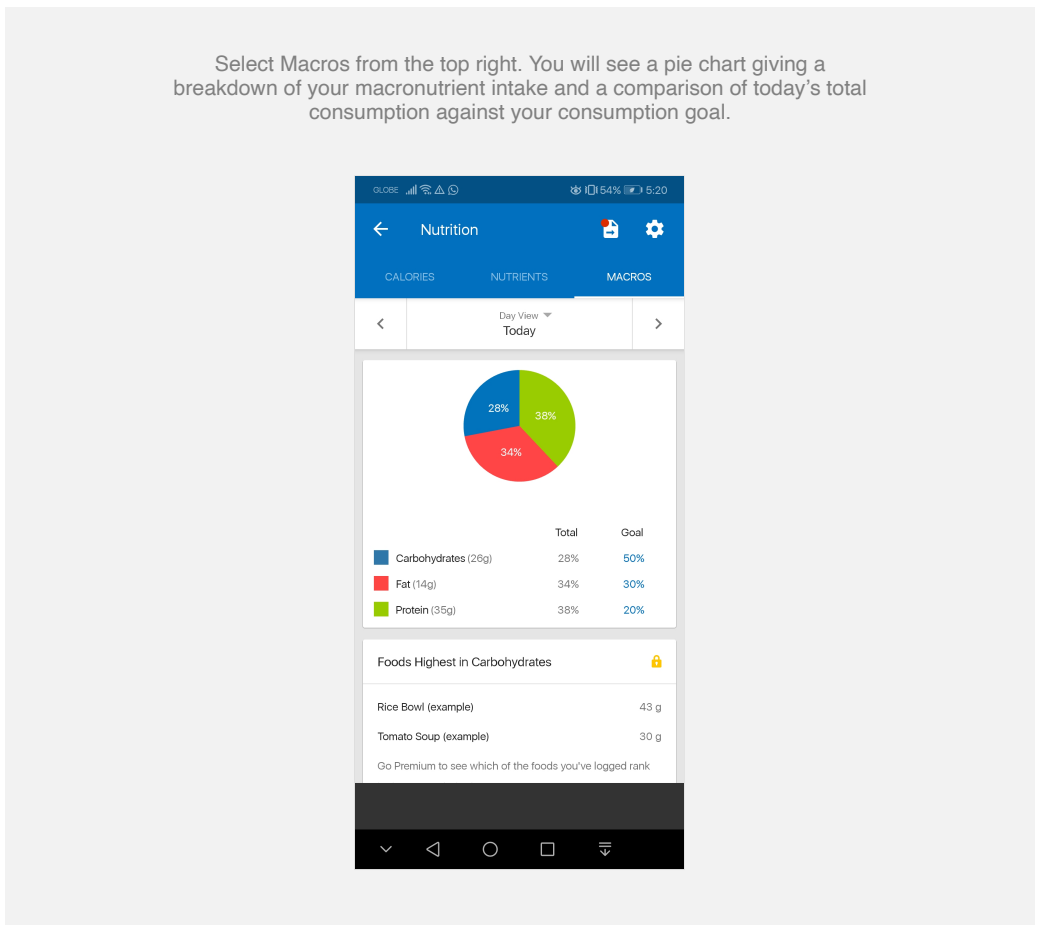
STEP 2

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

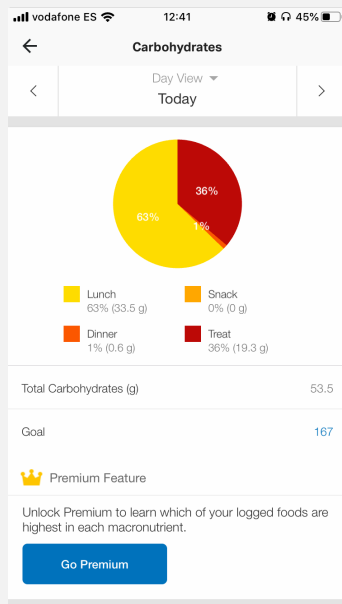
Select Macros from the top right. You will see a pie chart giving a breakdown of your macronutrient intake and a comparison of today's total consumption against your consumption goal.



STEP 4

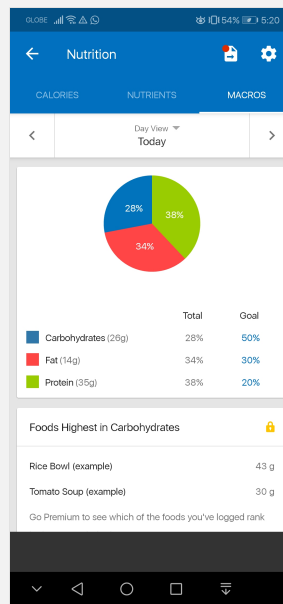
IOS

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



Android

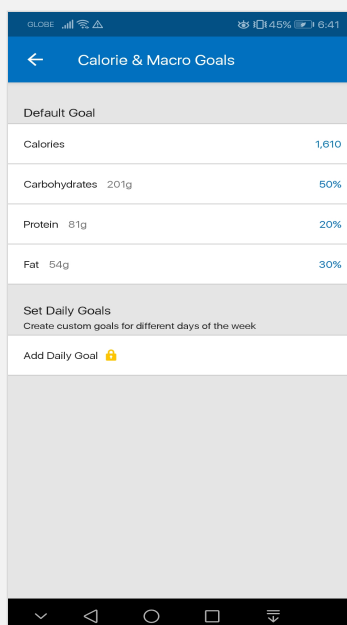
Tap on any of the blue % values alongside **Carbohydrates, Fat, or Protein**. Go to STEP 5a.



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

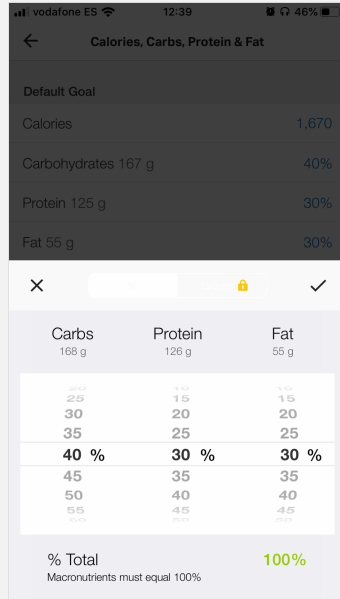
STEP 5

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

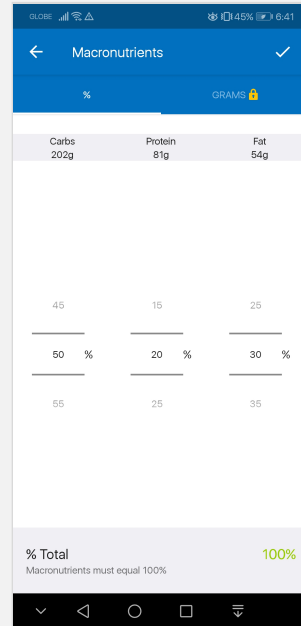


STEP 6

IOS



Android

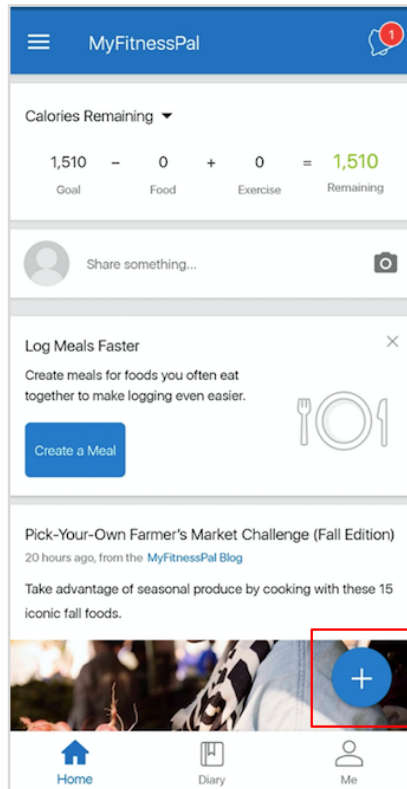


Tapping any one of the macronutrients will enable you to change them all. Remember, macronutrients value must total 100%.

MYFITNESSPAL: HOW TO USE THE BARCODE SCANNER

STEP 1

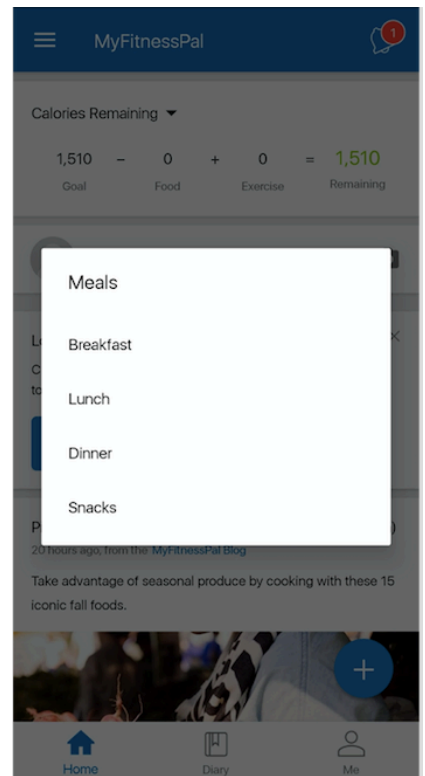
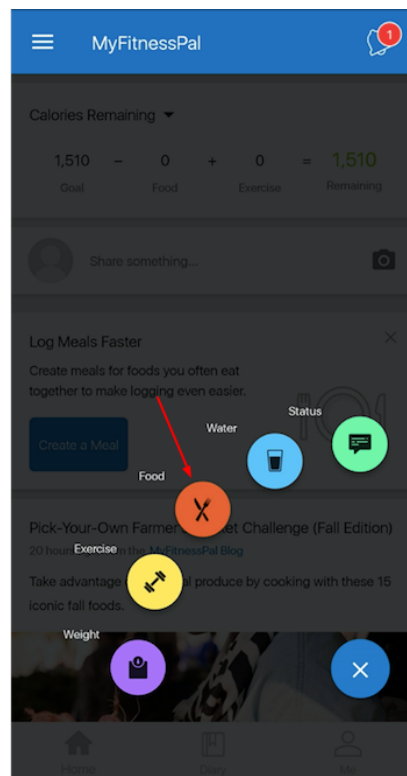
After you login to your MFP app, in your dashboard, tap the big blue plus sign found in the lower right. It will reveal options to add: **Status, Water, Food, Exercise and Weight.**



STEP 2

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

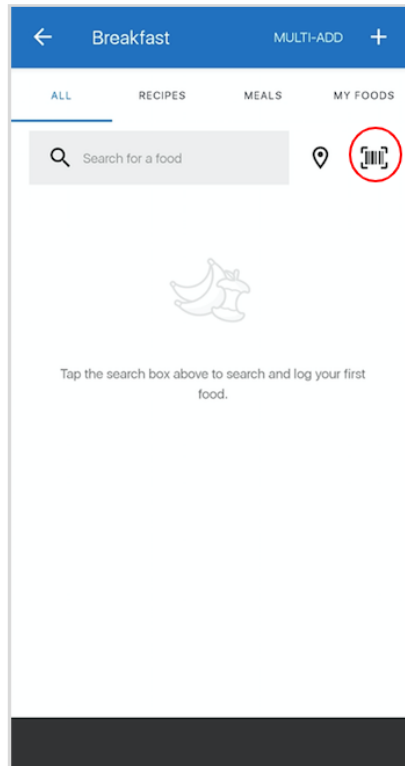
Here you can choose from any of the meals: breakfast, lunch, dinner or snacks. Tap any meal that you want to enter.



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.

