

## MyFitnessPal How-To

MyFitnessPal is a great tool to use to track your calorie intake. Below are some tips on how to use it and set up your profile. Suggestions below are using the online website rather than the phone app.

### My Home

This is where you enter your food and exercise for the day. Their database is pretty good so the foods you eat are probably already there. If you are eating out you can often find something very similar already in the database. It doesn't have to be exact as long as you are entering everything in.

To Enter a New Food (from a package)

Food → My Food → Create Food → Fill in info and hit continue to enter nutritional facts

To Enter a Recipe (from a cookbook or blog)

Food → Recipes → Enter New Recipe → Then add each ingredient to get total and per serving nutritional facts.

### Changing Goals

Click Goals → Change Goals → Custom → Continue

Here is where you will put your desired calories per day in the Net Calories Consumed blank and if you want to try to reach certain macros. We figure this out on the other worksheet using IIFYM calculator.

### For Exercise

It can be difficult to calculate how many calories you burn during weight lifting without wearing a heart rate monitor.

Under Cardiovascular there is a Strength Training option. Use this and put your total time to get a good estimate. For your HIIT training you can use Calisthenics.

If you would like to get more precise estimate of how many calories you burn during weight training without a heart rate monitor here is a general guideline.

$(\text{Body Weight} \times \text{Time}) \times \text{Intensity} = \text{Calories burned}$

Strength training with free weights = .040

Heavy Body Building = .055

To calculate calories burned, multiply your body weight by minutes of exercise. Then multiply the number by the level of intensity. That is how many calories you have burned.

## **Changing Diary Options**

Go to MyFitnessPal.com and log in.

Go to Food → Settings

This is where your Food and Diary Settings are stored. Go to Meal Names and change to Meal One, Meal Two, Meal Three, Meal Four, Meal Five, Meal Six

Diary Sharing → Change to Public or Friends Only so we can see your food diaries