



YOUR MYFITNESSPAL GUIDE

Set it up once, then log your food in seconds. The free version is all you need.

● The Christmas Shred

● Step 1

GET SET UP.

- 1 Download **MyFitnessPal** from the App Store (iPhone) or Google Play (Samsung and Android).
- 2 Open it and tap **Sign up**. Use your email, Apple or Facebook.
- 3 It'll ask about your goal, activity, age, height and weight. Answer them, but don't worry about the calories it suggests. You'll swap them for ours next.
- 4 Set your units so you see stone, kg, cm or whatever you're used to.

More



My Profile



Edit Profile



Units

● Step 1

PREMIUM?

MyFitnessPal will offer you a free trial of Premium.

You don't need it for the Shred. Everything in this guide works on the free version.

● Step 2

PUT IN YOUR TARGETS.

Get your numbers from our [calorie calculator](#) first. Then:

1 Go to your goals.

More > **Goals**

2 Tap **Calories, Carbs, Protein & Fat Goals**, then **Calories**. Type in your calorie target and save.

3 Tap **Protein**. The free version uses percentages, so use the percentage the calculator gives you. Then adjust carbs and fat so it all adds up to 100%.

4 Tap the tick to save.

● Step 2

LINKED A STEP COUNTER OR WATCH?

MyFitnessPal might add "exercise calories" to your day when you walk or train.

Don't eat them back.

Your target already allows for your steps and your three sessions with us.

● Step 3

LOG YOUR FOOD.

- 1 Go to your diary and tap **Add Food** under the meal.

Diary



Breakfast



Add Food

- 2 **Scan the barcode** if it's got one. It's the quickest and most accurate way.

- 3 No barcode? **Search** for it. Be specific: "chicken breast raw", or the brand name.

- 4 Pick the result with the **green tick** if there is one. That means MyFitnessPal has checked it.

- 5 Set how much you had (grams is best) and tap the tick.

Got it wrong? Swipe left on the food in your diary to delete it. On Android, press and hold it.

● Save time

SHORTCUTS.

Most of us eat the same few things over and over. These save you loads of time.

Recent foods

When you tap Add Food, the things you've had before show up first. Tap one and you're done.

Save a meal you have a lot

Tap the three dots under the meal in your diary, then **Save Meal**. Next time it's under **My Meals**.

● Save time

MORE SHORTCUTS.

Copy yesterday

Same breakfast every day? Tap the three dots under the meal and pick **Copy From Date**.

Quick Add

Know the calories but can't find the food, like a meal out? Tap the three dots, then **Quick Add**, and type the calories in.

LOGGING TIPS.

Raw or cooked?

Food changes weight when you cook it. Rice and pasta get heavier, meat gets lighter. Weigh it raw and pick the raw entry if you can. Whatever you do, make the entry match how you weighed it.

Check it against the packet

Entries are added by users and some are wrong. If the numbers look odd, compare them with the label.

● Get it right

MORE TIPS.

Eating out

Search the restaurant. Lots of chains are in there. If not, log each part of the meal separately and make your best guess.

Check your protein

Scroll to the bottom of your diary and tap **Nutrition**, then **Nutrients**, to see how much protein you've had today.

That's it

YOU'RE READY.

Log 6 days out of 7. Log as you go. Log the bad days too.

Apps update and buttons move. If something in this guide isn't where we've said, ask in the Christmas Shred group on Trainerize and we'll sort you out.