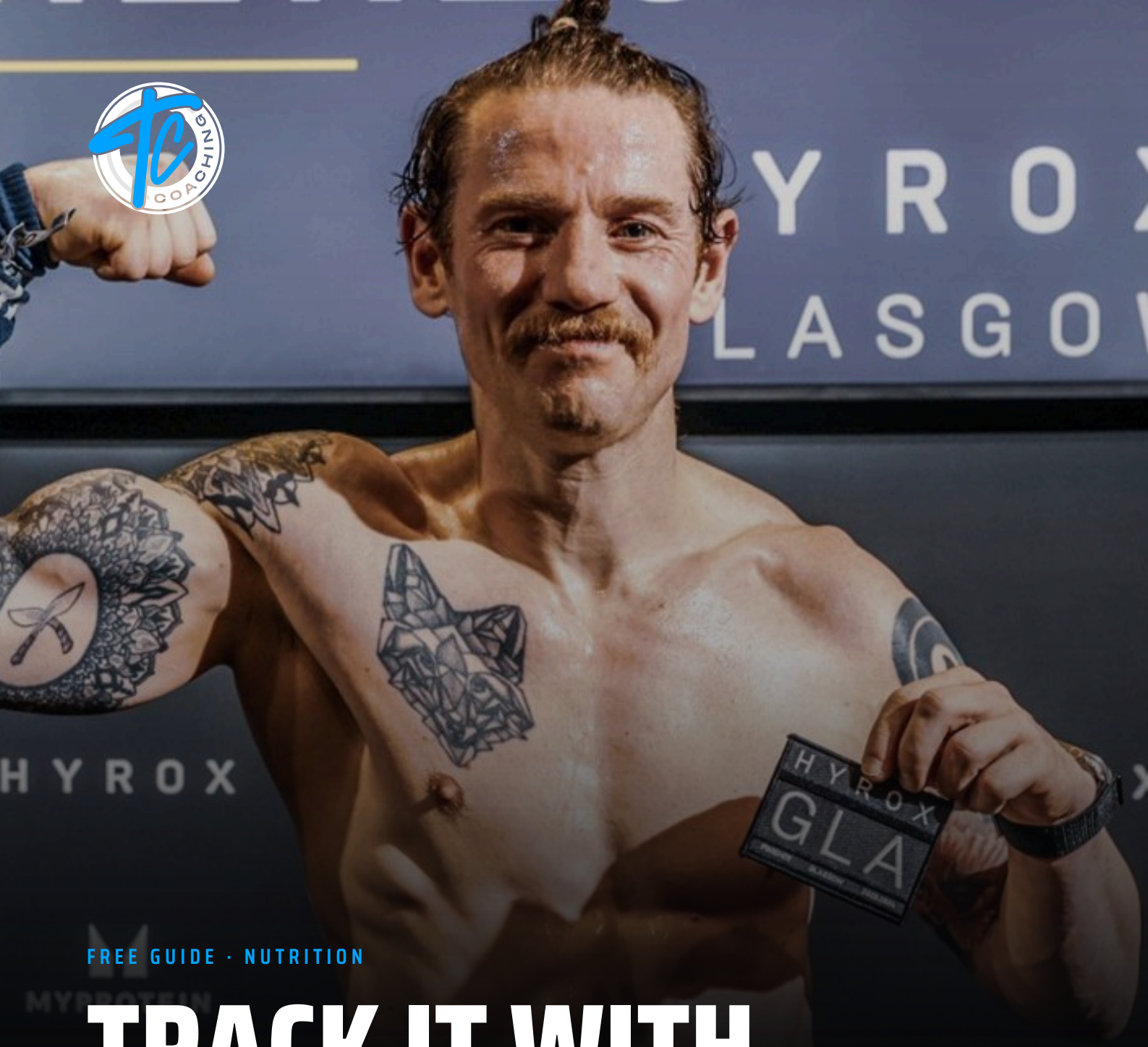


FREE GUIDE · NUTRITION

TRACK IT WITH MYFITNESSPAL

A step-by-step guide to setting up the app, setting your own targets and logging food accurately. Take the guesswork out of eating.

SET-UP | TARGETS | FOOD DIARY | TIPS

WHY TRACK

STOP WINGING IT

Most people have no idea how much they eat. Not because they are careless, but because nobody does without measuring. Tracking replaces the guess with a number.

MyFitnessPal keeps a diary of everything you eat and shows how it lines up against your targets for calories, protein, carbohydrate and fat. Weigh your food, log it honestly, and within a couple of weeks you will know more about your eating than years of guessing taught you.

01

SET UP THE APP

A two-minute sign-up. Only one answer really matters, and we show you which.

02

PUT IN YOUR OWN TARGETS

The app's own calorie goal is a generic estimate. Replace it with targets set for you: from your coach if you train with us, or from our free TDEE and macro calculator if not.

03

LOG EVERY DAY

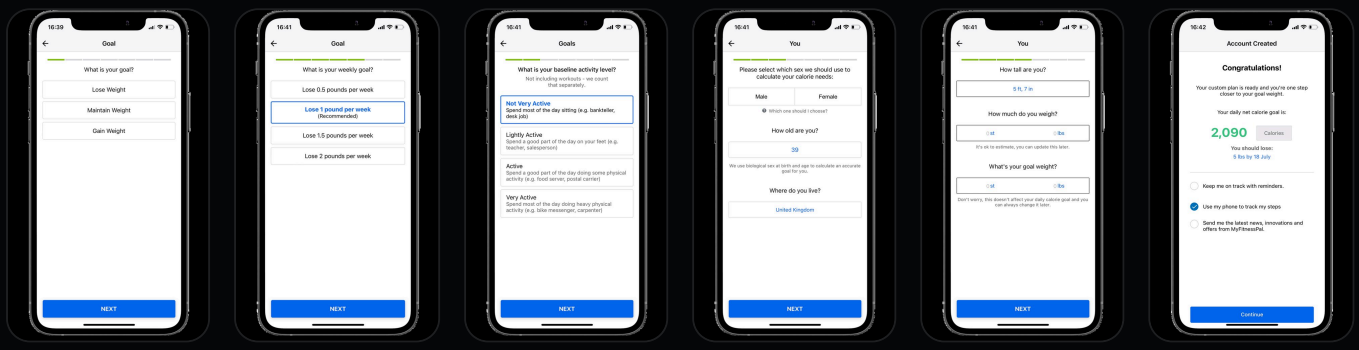
Scan, search, confirm. Then check the totals and adjust as you go.

The app changes. Screens move around between versions and some features sit behind the paid Premium tier. The steps are the same; if a button has moved, look for it under **More**.

STEP 1

GETTING STARTED

Download the app and follow the sign-up. Answer the questions, but do not worry about them. **The only one that really matters is your current weight.**



1 Your goal | 2 Weekly rate | 3 Activity level | 4 About you | 5 Your **weight** | 6 Untick steps

IGNORE THE CALORIE GOAL IT GIVES YOU

The app works out a target from your answers. It is a rough estimate, and you will replace it in step 3 with targets set properly for you.

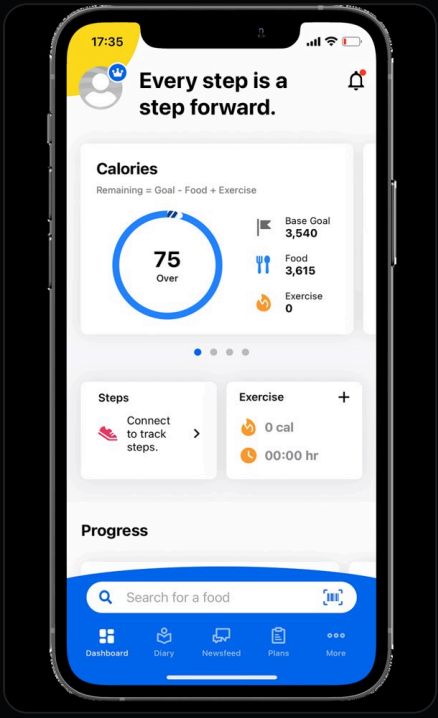
UNTICK "USE MY PHONE TO TRACK MY STEPS"

On the last screen. It adds estimated "calories burned" to your allowance, which is rarely accurate and makes your numbers confusing. Your targets already allow for your activity.

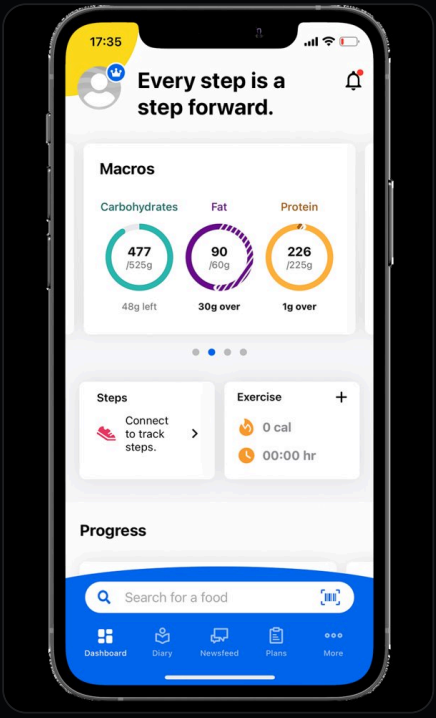
STEP 2

THE DASHBOARD

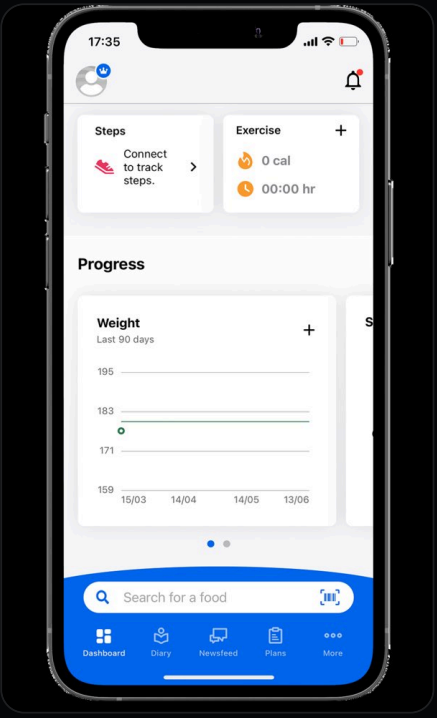
Your home screen. Swipe the top card to see calories, macros and other nutrients against your targets; scroll down for your progress over time.



1 Calories. Goal, food eaten and what is left.



2 Macros. Carbs, fat and protein in grams.



3 Weight. Log it and watch the trend, not the day.

WORTH TRACKING HERE

Calories, macros and bodyweight. Weigh yourself first thing, after the toilet and before food, a few times a week, and judge the weekly average.

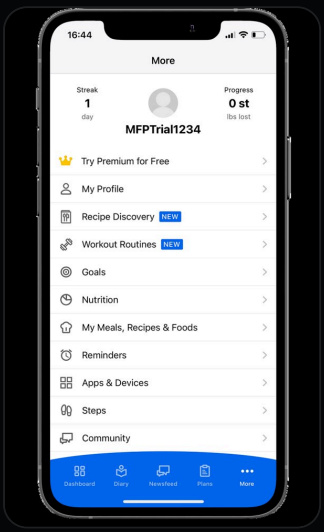
WORTH IGNORING

Calories burned from steps and exercise. They are estimates, and as above, your targets already account for them.

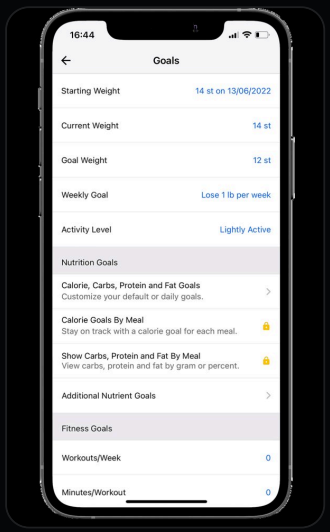
STEP 3

SET YOUR TARGETS

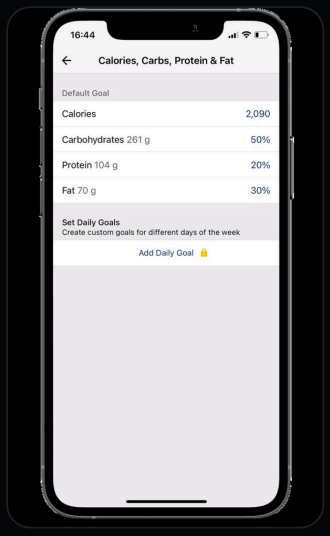
Swap the app's generic numbers for yours. If you do not have targets yet, get them from our free TDEE calculator first.



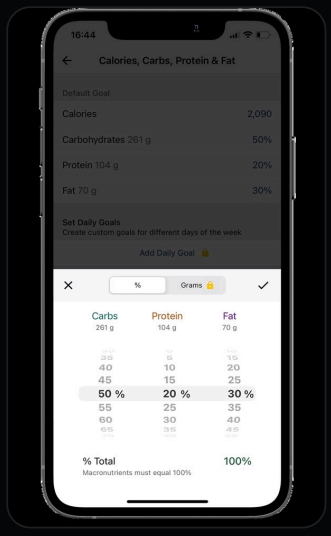
1 Tap **More**, bottom right, then **Goals**.



2 Under Nutrition Goals, tap **Calorie, Carbs, Protein and Fat Goals**.



3 Tap **Calories** and type in your target.



4 Tap any macro and set the **percentages**.

Percentages or grams. The free version sets macros as percentages of calories. Adjust them until the grams it shows are close to your gram targets; close is good enough. Premium lets you type grams directly.

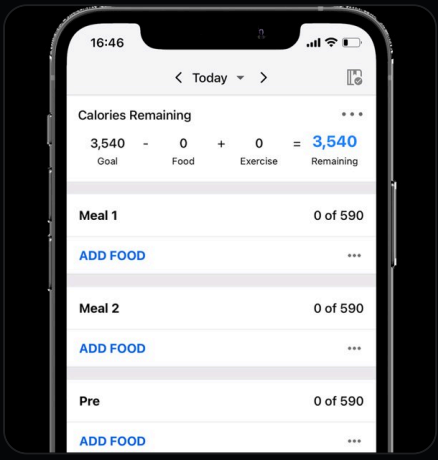
TURNING GRAMS INTO PERCENTAGES

Protein and carbohydrate have 4 calories per gram; fat has 9. So 160 g of protein on 2,200 calories is 640 ÷ 2,200 = **29%**.

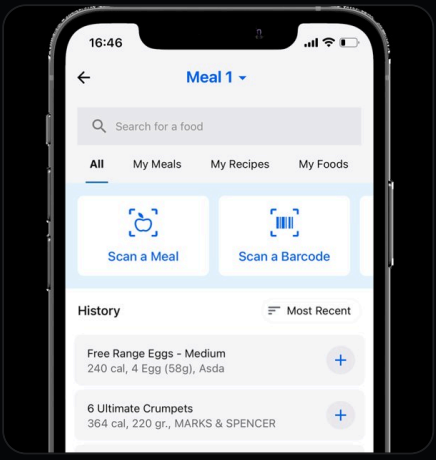
STEP 4

THE FOOD DIARY

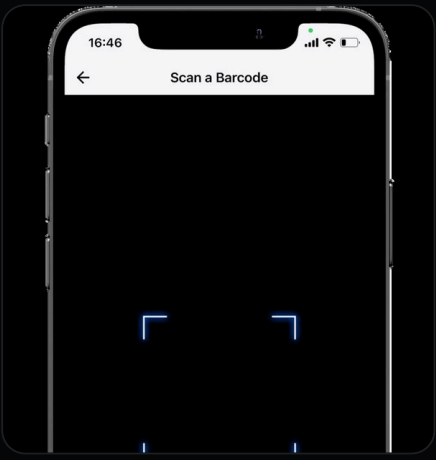
This is the part that matters. Log what actually goes in your mouth, accurately and honestly, and the numbers will be worth something.



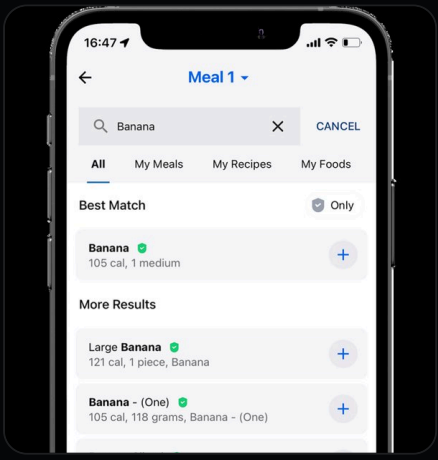
1 Open **Diary** and tap **Add food** under the meal.



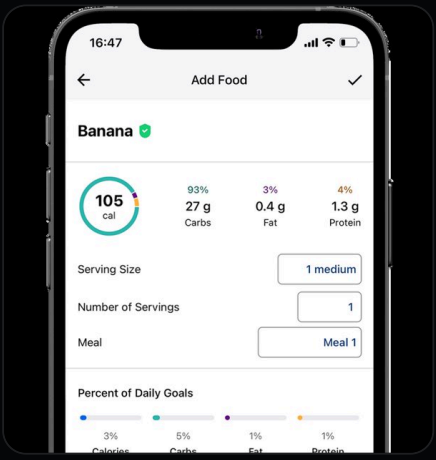
2 Search, pick from History, or scan.



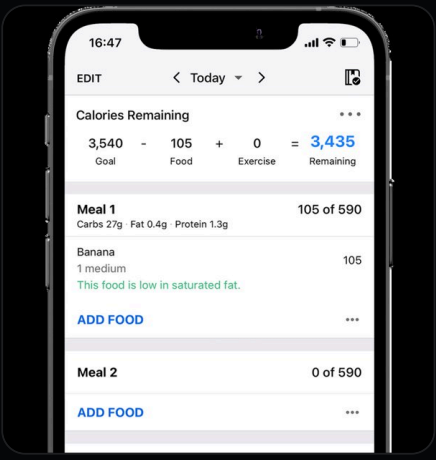
3a **Scan** the barcode, or type the number in.



3b Or **search**. Be specific: brand, size, cooked or raw.



4 Set the serving size and weight, then tick to save.



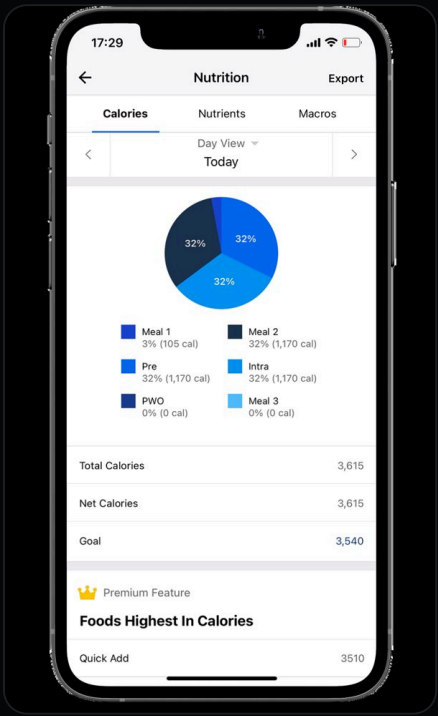
5 It is logged, and what you have left updates at the top.

Check the numbers. Anyone can add a food to the app's database, so entries are not always right. If you have the packet, make sure the entry matches the label. For loose foods, pick the entry closest to what you are eating, ideally one with the green tick.

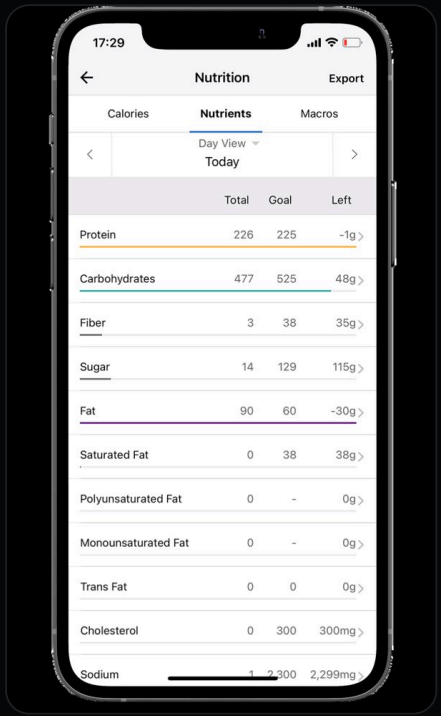
STEP 5

CHECK YOUR DAY

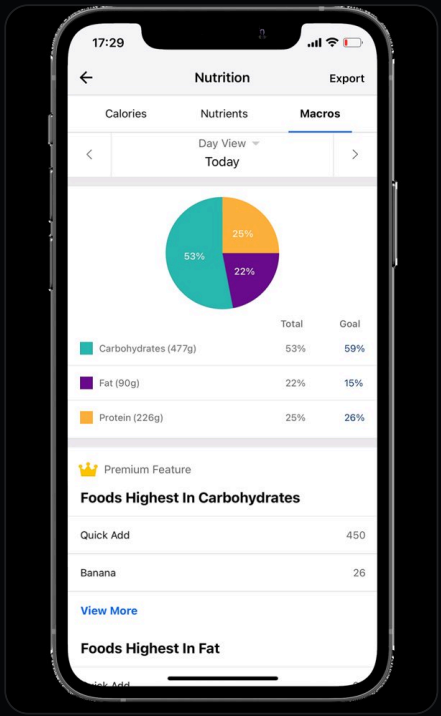
From the diary, tap **Nutrition** to see the day as calories, nutrients or macros. Switch to week view to see the pattern.



1 Calories by meal.



2 Nutrients: total, goal, left.



3 Macros against your split.

THREE HABITS THAT MAKE IT WORK

01

WEIGH IT, AND SAY HOW

Use scales, and match the entry to the state you weighed it in: cooked or uncooked. The packet tells you which.

02

LOG BEFORE YOU EAT

Plan the day in the app first. It is far easier to adjust a plan than to undo a meal.

03

USE YOUR HISTORY

Foods you log are saved. Start typing and your usual ones come up, so day ten takes a fraction of day one.

THE BEST TIME TO PLANT A TREE WAS TWENTY YEARS AGO. THE SECOND BEST TIME IS TODAY.

WANT IT BUILT AROUND YOU?

I'm Tom, Head Coach at TC Coaching. In **Project Legacy™** your nutrition is set and reviewed by Adam Glover, our Performance Nutritionist, alongside training from me and rehab from Gaz McNamara.

APPLY FOR COACHING

GET YOUR TARGETS