

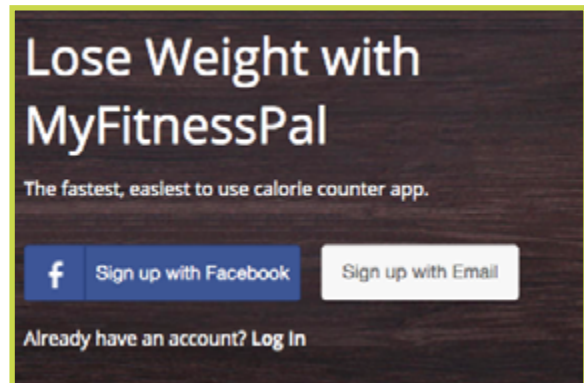
MYFITNESSPAL: SETTING UP AN ACCOUNT

METHOD 1: FROM THE WEBSITE

Setting up a MyFitnessPal account is a simple process. You can do it either from the website on your Mac or PC, or using the app on your smartphone or tablet. It's easier from the web, but both methods are explained here.

STEP 1

Visit <http://www.myfitnesspal.com>
If you have a Facebook account, the quickest way to sign up is to click **SIGN UP WITH FACEBOOK**.



If you don't wish to use Facebook, click **SIGN UP WITH EMAIL**.

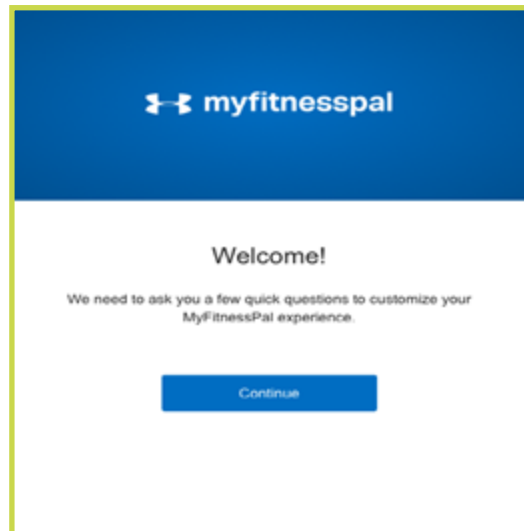
Enter your email address and password, click **CONTINUE** and go to **STEP 5**.

STEP 2

If you don't see this screen, skip to **STEP 3**, otherwise type in either the email address or phone number associated with your Facebook account, enter the password, and click **LOG IN**.

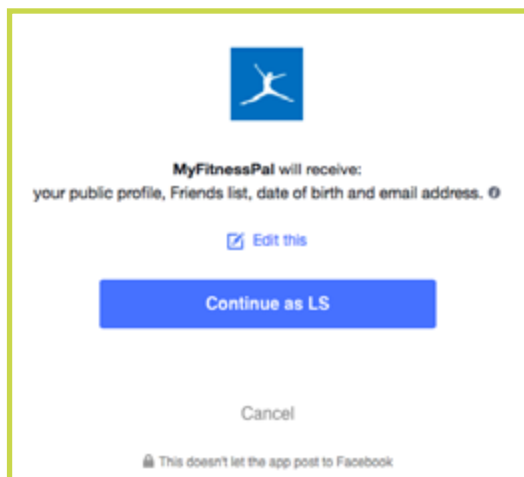
STEP 3

When you see this screen, press CONTINUE.



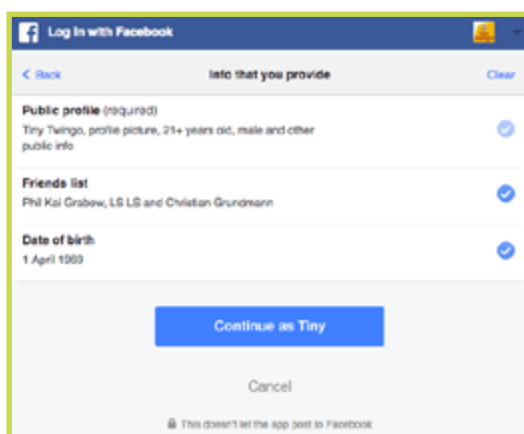
STEP 4

If you don't want to share your Facebook details with MyFitnessPal, press EDIT THIS and go to STEP 5, otherwise click CONTINUE AS <your name>. Go to STEP 6.

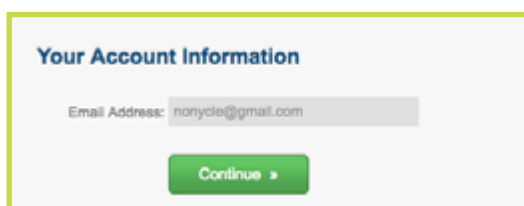


STEP 5

Uncheck the options you don't want to share, then click CONTINUE AS <your name>.



When you see this welcome message, press CONTINUE



STEP 6

You can enter details about yourself and your fitness targets. MyFitnessPal uses these to help you meet your goals. When you're ready, press **SAVE AND CONTINUE**. If you are in the EU, you must consent to your data being sent to, and processed in, the US.

Your account is set up, and ready to use.

Tell Us About Yourself

We will use this information to create a personalized diet and exercise profile for you.

Change units for weight and height (e.g. kg vs lbs)

Current Weight: at lbs
 Height: ft in
 Goal Weight: at lbs

Gender: Male Female

Date of Birth: (October | 7 | 1982)
 Country: (United Kingdom)

ZIP/Postal Code:
 Username: 4-30 characters, no space

How would you describe your normal daily activities?

Sedentary: Spend most of the day sitting (e.g. bank teller, desk job)
 Lightly Active: Spend a good part of the day on your feet (e.g. teacher, salesperson)
 Active: Spend a good part of the day doing some physical activity (e.g. food server, postal carrier)
 Very Active: Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter)

How many times a week do you plan on exercising?
 (0 | 2) workouts / week

min / workout

How do you want to track expended energy?
 Calories Kilojoules

What is your goal?
 (Lose 2 pounds per week)

Yes, I would like to receive by email the latest news, innovation updates, and offers from MyFitnessPal and Under Armour.

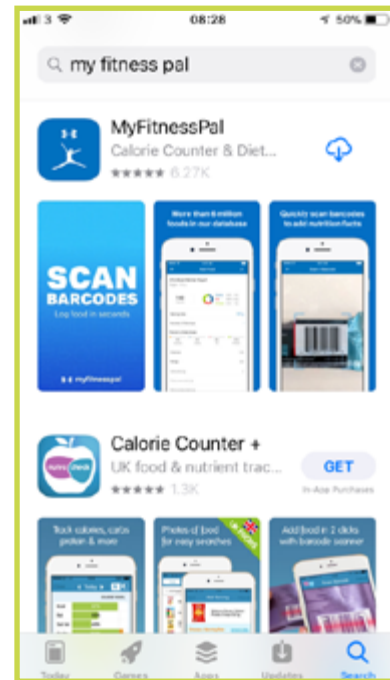
I consent to the transfer of my personal data (including health and geolocation data) to the US and the processing of my personal data by Under Armour for the purposes of providing the services, as further described in the [Privacy Policy](#) and [Terms](#). I can withdraw this consent at any time.

METHOD 2: FROM THE APP

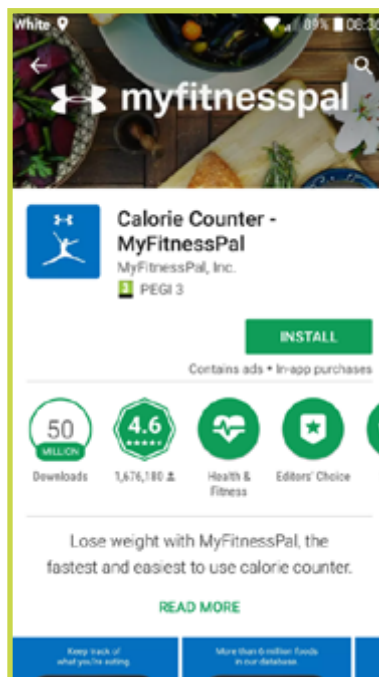
Although there are differences between the Apple App Store and the Google Play Store, setting up the app is identical on iOS and Android.

STEP 1

On iOS, open the App Store and search for MY FITNESS PAL. Tap GET. The app will download and install.

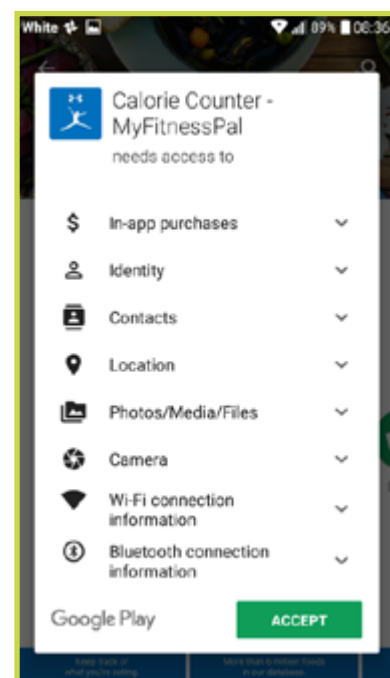


On Android, open the Play Store, search for MY FITNESS PAL, then tap INSTALL.



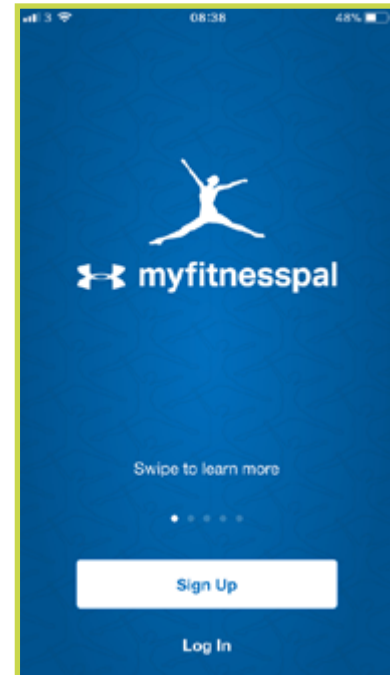
Depending on the version of Android running on your device, you may be prompted to review and accept various app permissions. Click Accept.

The app will download and install.



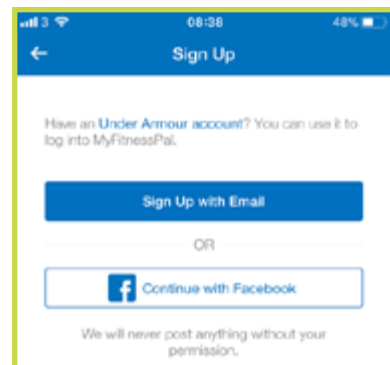
STEP 2

When you open the app for the first time, tap SIGN UP.



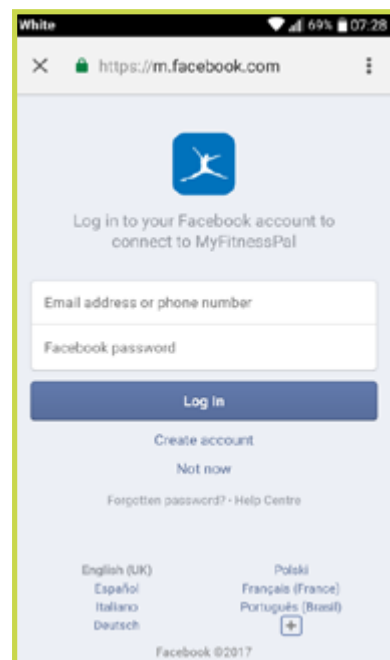
STEP 3

Choose either to SIGN UP WITH EMAIL or CONTINUE WITH FACEBOOK. If you select SIGN IN WITH EMAIL, go to STEP 6.



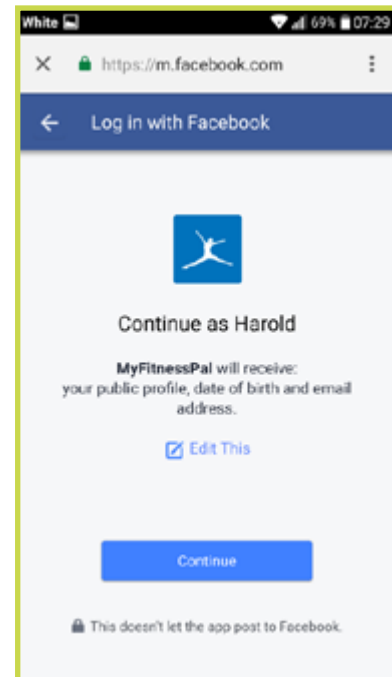
STEP 4

If you opt to sign up using Facebook, enter the email address or phone number linked to your Facebook account, then press LOG IN.

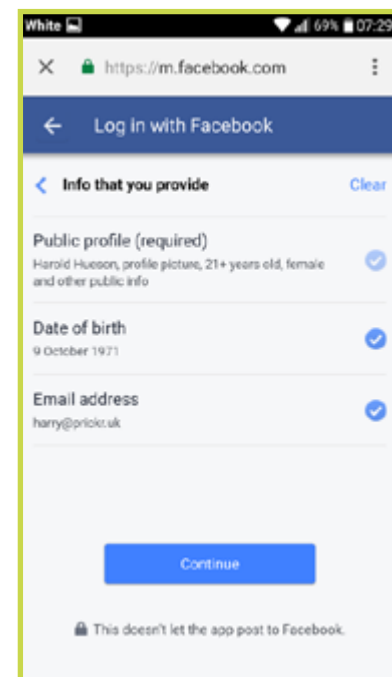


STEP 5

If you have entered your Facebook details correctly, you will be prompted to continue.



If you don't want to share your Facebook details with MyFitnessPal, press EDIT THIS, un-check the options you want to keep private then click CONTINUE.



STEP 6

You are now required to enter data about yourself. Over the next five screens you must record:

1. Your weight-related goal
2. Activity level
3. Gender, birth date, and location
4. Height and weight
5. Weekly goal

After completing each screen, press the arrow (iOS) or NEXT (Android) at the top right.

White

← Goal Next

What is your goal?

Lose weight

Maintain weight

Gain weight

White

← Activity Level Next

How active are you?

Not Very Active
Spend most of the day sitting (e.g. bank teller, desk job)

Lightly Active
Spend a good part of the day on your feet (e.g. teacher, salesperson)

Active
Spend a good part of the day doing some physical activity (e.g. food server, postal carrier)

Very Active
Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter)

White

← You Next

Gender

Male

Female

Birthdate

Oct 9, 1971

We use this information to calculate an accurate calorie goal for you.

Location

United Kingdom

Zip Code

White

← You Next

Height

0 ft, 0 in

Current weight

0 st 0 lbs

We use this information to calculate an accurate calorie goal for you.

White

← Weekly Goal Next

Goal weight

0 kg

What is your weekly goal?
Don't worry, you can change this later.

Lose 0.25 kg per week

Lose 0.5 kg per week
Recommended

Lose 0.75 kg per week

Lose 1 kg per week

STEP 7

Now that you've entered your information, you can create a username and password. If you are in the EU, you must consent to your data being transferred to, and processed in, the US.

White

← Details Next

harry@prickr.uk

Password

Create a username

Username

I consent to the transfer of my personal data (including health and geolocation data) to the US and the processing of my personal data by Under Armour for the purposes of providing the services, as further described in the [Privacy Policy](#) and [Terms](#). I can withdraw this consent at any time.

STEP 8

Do you want MyFitnessPal to send you emails?
Tap YES, SEND ME EMAILS if you do;
NO, DON'T SEND ME EMAILS, if you don't.

White

← Email

myfitnesspal

Getting healthy just got even easier.

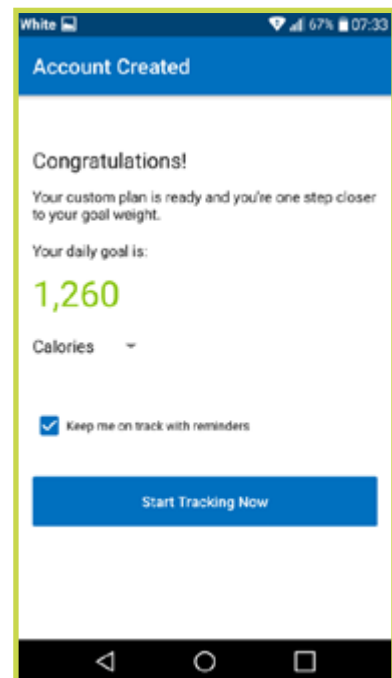
Start receiving emails from MyFitnessPal and Under Armour, Inc. We'll send you healthy recipes, new workout ideas, exclusive opportunities, and more to help you get healthy and stay healthy.

Yes, send me emails

No, don't send me emails

STEP 9

That's it. Your account has been created, and you're ready to go!



MYFITNESSPAL: SETTING NUTRITION GOALS

Once you've set up your account, it's time to enter your calorie and macronutrient goals. Your goals will be determined by your weight targets. Setting your calories and macronutrients is a very simple process on the website, but somewhat more involved using the app. We'll start with using the website.

STEP 1

Open your browser, go to www.myfitnesspal.com, and log in if necessary; under the MY HOME menu, click GOALS.

The screenshot shows the MyFitnessPal website interface. At the top, there is a navigation bar with the following items: MY HOME, FOOD, EXERCISE, REPORTS, APPS, COMMUNITY, BLOG, SHOP, and PREMIUM. Below this is a secondary navigation bar with links: Home, Goals, Check-In, Mail, Profile, My Blog, Friends, and Settings. The main content area is divided into several sections. The first section is 'Your Daily Summary', which includes a '3 DAY STREAK' badge. It displays 'Calories Remaining Change' as 1463. Below this, it shows a goal of 1970, 507 food, and 0 exercise, resulting in a net of 507. A progress bar indicates 507 calories remaining. There are buttons for 'Add Exercise' and 'Add Food'. To the right of the 'Your Daily Summary' section is a 'Recent Forum Topics' section with a 'View All' link and a list of topics. At the bottom, there is a 'News Feed' section with a text input field and a 'Share' button.

STEP 2

On the Daily Nutrition Goals, press the green **EDIT** button.

The screenshot shows the 'Your Fitness Goals' section of the MyFitnessPal app. At the top, there is a navigation bar with options: MY HOME, FOOD, EXERCISE, REPORTS, APPS, COMMUNITY, BLOG, SHOP, and PREMIUM. Below this is a secondary navigation bar with: Home, Goals, Check-In, Mail, Profile, My Blog, Friends, and Settings. The main content area is titled 'Your Fitness Goals' and includes a link for 'View Guided Setup'. There are two main tables, each with an 'Edit' button in the top right corner.

Daily Nutrition Goals		Edit
Calories	1970	
Carbohydrates 246 g	50 %	
Fat 66 g	30 %	
Protein 99 g	20 %	
Custom Daily Goals	No	

Micronutrients		Edit
Saturated Fat	22 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	300 mg	
Sodium	2300 mg	
Potassium	3500 mg	
Fiber	38 g	

Below the 'Daily Nutrition Goals' table is a 'Calories by Meal' section with an 'Edit' button and a lock icon next to 'Breakfast'.

STEP 3

Simply enter your Calorie and Macronutrient goals.

The screenshot shows the 'Daily Nutrition Goals' page in edit mode. The navigation bars are the same as in Step 2. The main content area is titled 'Daily Nutrition Goals' and features several input fields and buttons.

Daily Nutrition Goals

- Calories: 1970
- Macronutrients: Set by Grams (with a lock icon)
- Carbohydrates 246 g: 50% (with a dropdown arrow)
- Fat 66 g: 30% (with a dropdown arrow)
- Protein 99 g: 20% (with a dropdown arrow)
- % Total: 100% (with a lock icon)
- Macronutrients must equal 100%

Set Custom Daily Goals

Create custom goals for different days of the week.

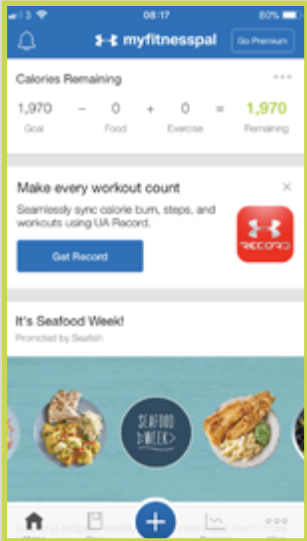
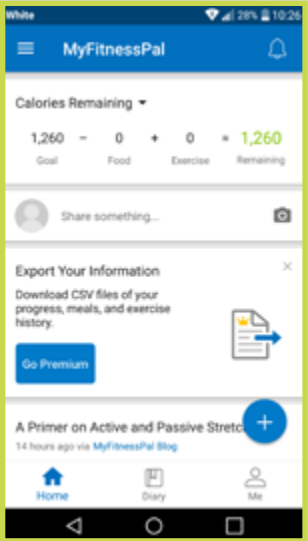
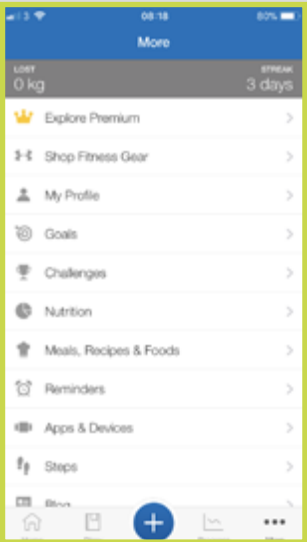
Add Daily Goal (with a lock icon)

Change Macronutrients in the Diary

We display a macronutrient breakdown for each meal you log in your diary. MyFitnessPal Premium members can easily switch between grams and percentages by clicking the diary header.

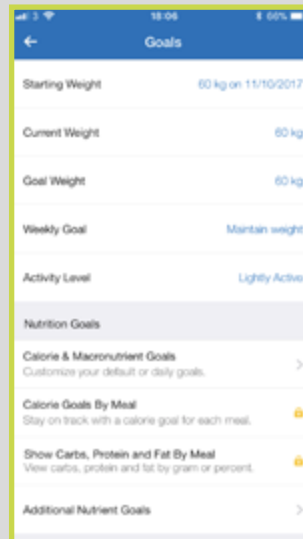
Switch between grams and percentage (with a lock icon)

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

	iOS	Android
STEP 1A	<p>Open the app, and log in, if necessary. You will be presented with the Home screen.</p> <div style="display: flex; justify-content: space-around;">   </div>	
STEP 1B	<p>Tap the ellipsis More button at the bottom right of the screen</p>	<p>Tap the 'hamburger' menu at the top left of the screen</p>
STEP 2	<p>From the menu that appears, tap on GOALS.</p> <div style="text-align: center;">  </div>	

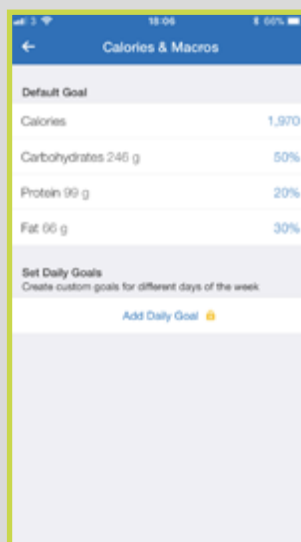
STEP 3

Tap **CALORIE & MACRONUTRIENT GOALS** in the **NUTRITION GOALS** section.



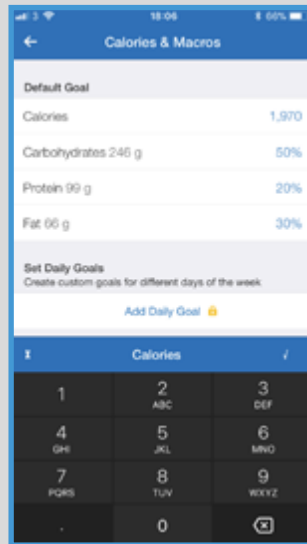
STEP 4

To change your calorie goal, tap on **CALORIES**, or to change your macronutrients, tap on any of **Carbohydrates**, **Fat** or **Protein**.

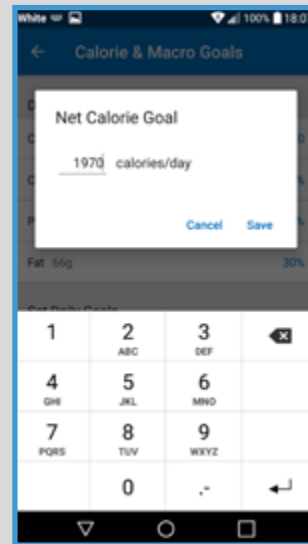


STEP 5A

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

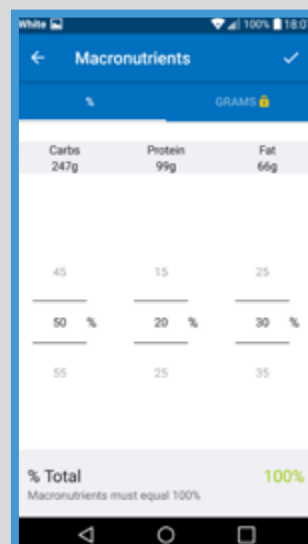
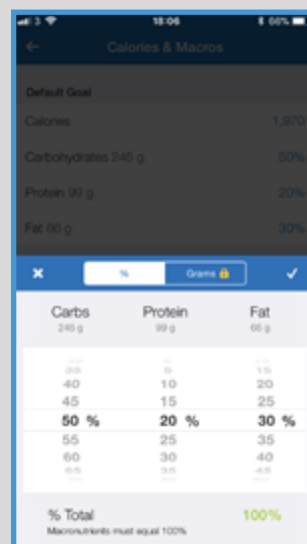


When you have entered your new goals, press **SAVE** in the bottom right corner of Net Calorie Goal.



STEP 5B

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



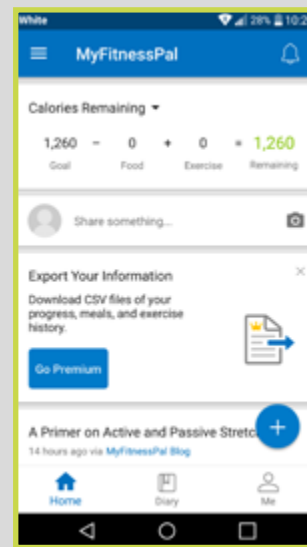
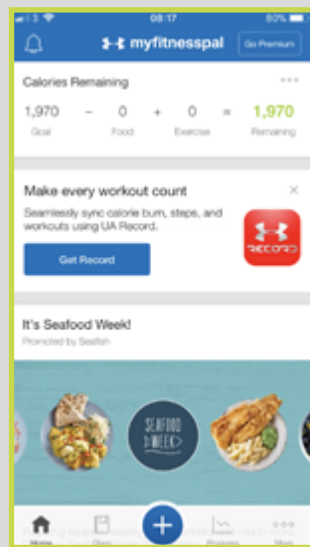
Changing your calories and macronutrients

The simplest way to change your calorie and macronutrient goals is by using the website, where the process is identical to setting your goals.

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 both.

STEP 1A

Open the app. The Home Screen will be displayed.



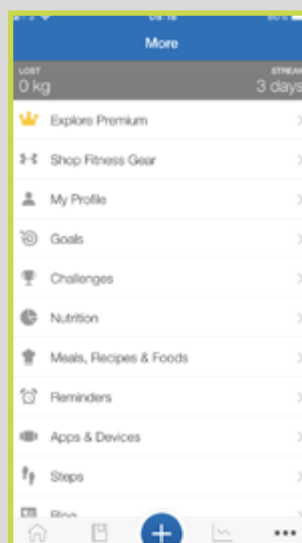
STEP 1B

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

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

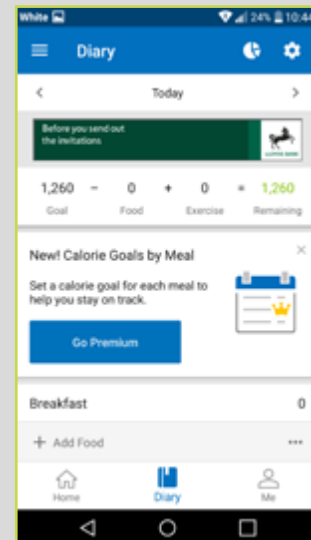
STEP 2A

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



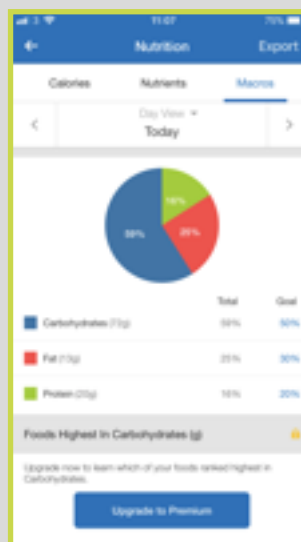
STEP 2B

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

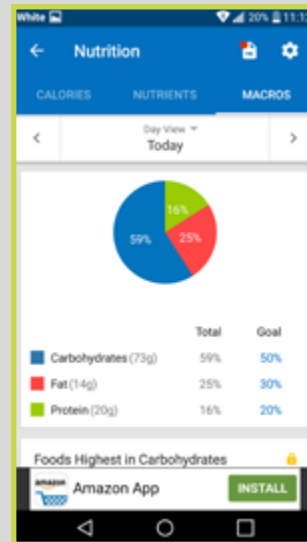
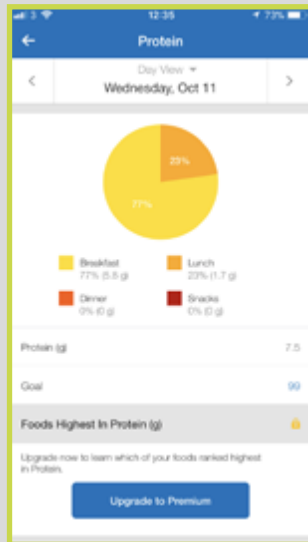
Select Macros from the top right. You will see a pie chart giving a breakdown of your macronutrient intake and a comparison of today's total consumption against your consumption goal.



STEP 4A

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

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



STEP 4B

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

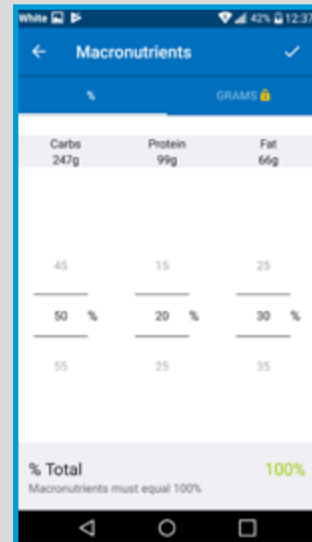
STEP 5A

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



STEP 5B

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



MYFITNESSPAL: EXERCISE DATABASE

Although MyFitnessPal has a large database of exercises built in, none of those workouts is a Team Body Project one.

This means you will have to enter – or CREATE – them yourself, one-by-one.

Setting up the exercises is most easier from the website, though it is possible from the app.

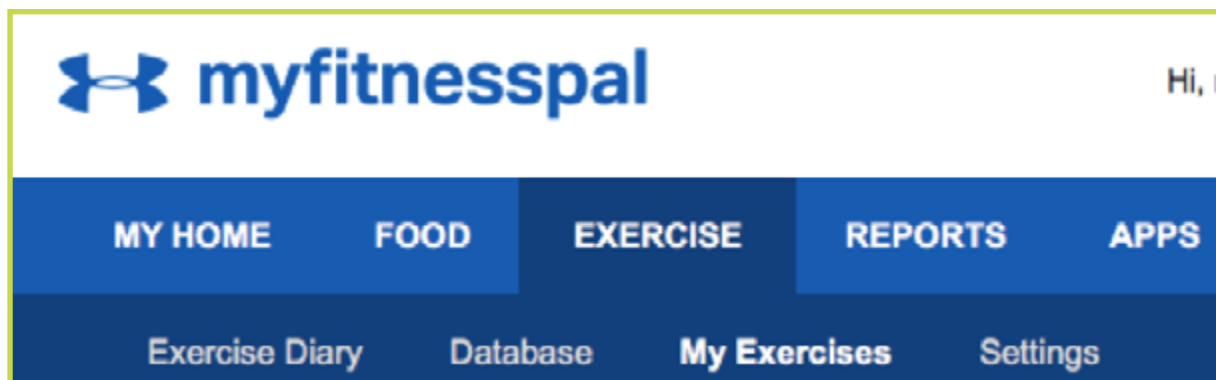
You may find the TBP Workout Spreadsheet on the website useful for entering exercise details. Not only does it estimate calorie burn tailored specifically to you, as accurately as any fitness tracker, it additionally enables you to quickly list:

- Only the workouts in the Plan you are currently undertaking
- The name of the workouts
- Workout duration

Please refer to the separate guide on how to use the TBP Workout Spreadsheet.

Creating Workouts Using the Website

STEP 1

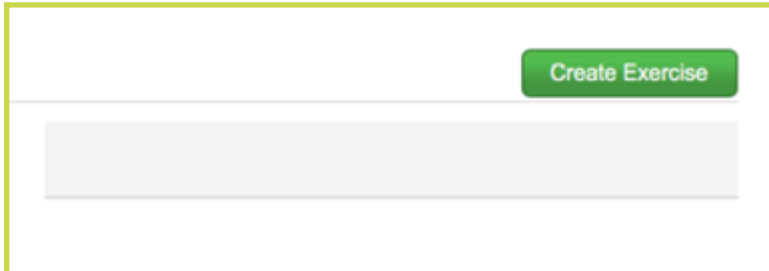


From the menu at the top of the MyFitnessPal website, click on **EXERCISE**, then on the submenu click **MY EXERCISES**.

Alternatively, go straight to <http://www.myfitnesspal.com/exercise/mine>.

STEP 2

Click the **CREATE EXERCISE** button.



A screenshot of a web interface showing a green button labeled "Create Exercise" positioned above a grey rectangular input field.

STEP 3

When creating a new exercise, you must first enter an **EXERCISE DESCRIPTION**; use the name of the workout as it appears in your workout Plan, for example, DANGER ZONE 2.

Next, from the **EXERCISE TYPE** box, you have to select whether the workout is **CARDIOVASCULAR** (cardio) or **STRENGTH TRAINING** (resistance).

ALL TBP workouts, including the Personal Training series, should be classified as **CARDIOVASCULAR**.

After this, the duration of the workout must be entered. Only whole minutes should be used, so round the duration to the nearest minute. Where a workout is longer than an hour, convert the time to minutes.

Finally enter the **CALORIES BURNED**.

When you have completed entering the exercise details, press the **ADD** button. You will be able to search for it and add it to your exercise log at any time.

Create A New Exercise

Exercise Description

Exercise type:

How long?:

 Minutes

Calories Burned:

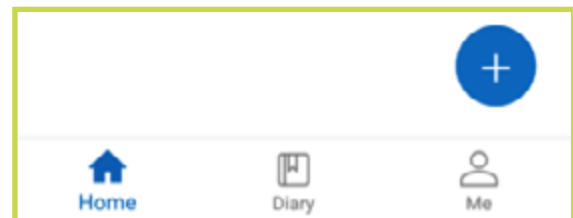
Creating Workouts Using the App

When you create an exercise from within the MyFitnessPal app, it is automatically added both to your personal list of exercises and to your daily Diary. You may, therefore, have to delete it from your Diary.

Where there are differences between the iOS and Android apps, instructions for iOS will be given first.

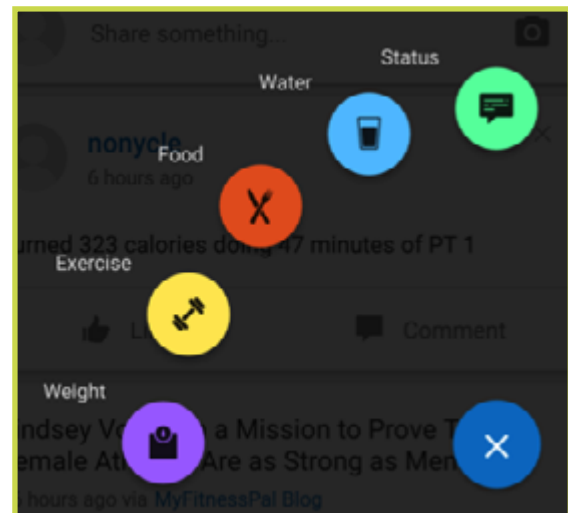
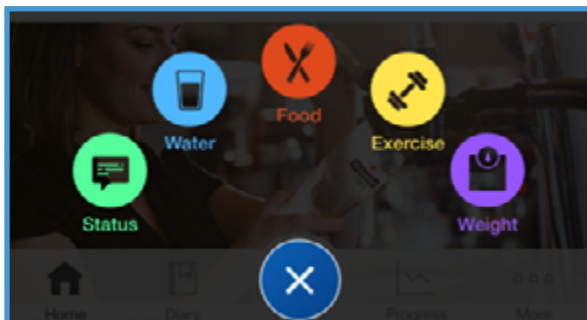
STEP 1

At the bottom of the screen, press the blue circle with white cross.



STEP 2

Tap the yellow Exercise button.



STEP 3

Now select the type of workout you are going to enter.
For TBP workouts, choose **CARDIO**.

STEP 4

Tap on **CREATE A NEW EXERCISE**.

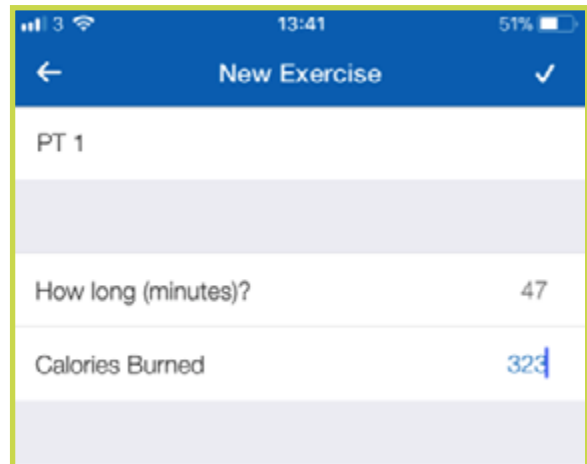


Create a New Exercise

STEP 5

Type in the details of the exercise: title, duration, and calories burned. Use the TBP Workout Spreadsheet to estimate the calories burned.

When you have added the required details, tap ✓ at the top right (iOS), or **SAVE** (Android).



PT 1

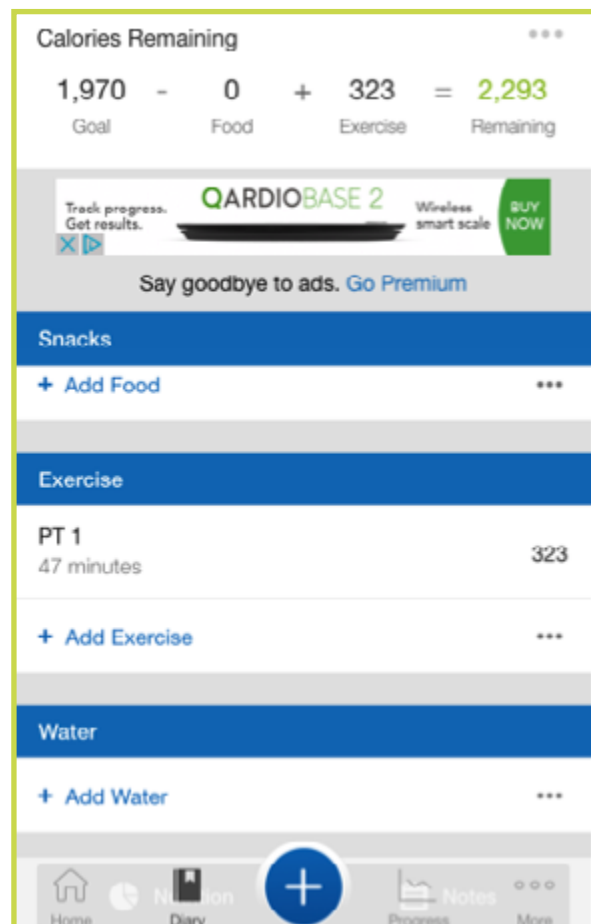
How long (minutes)? 47

Calories Burned 323

Deleting workouts from your diary

STEP 1

Click the **DIARY** button at the bottom of the screen. At the top you will see details of your **CALORIES REMAINING** for the day. Any exercises you have created that day will have been added to your Diary. Scroll down the page until you see the **EXERCISE** section. If necessary, tap on **EXERCISES** to expand it.



Calories Remaining

1,970 - 0 + 323 = 2,293

Goal Food Exercise Remaining

Track progress. Get results. QARDIOBASE 2 Wireless smart scale BUY NOW

Say goodbye to ads. Go Premium

Snacks

+ Add Food

Exercise

PT 1 47 minutes 323

+ Add Exercise

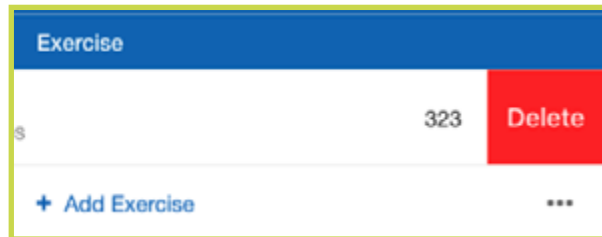
Water

+ Add Water

Home Diary Progress Notes More

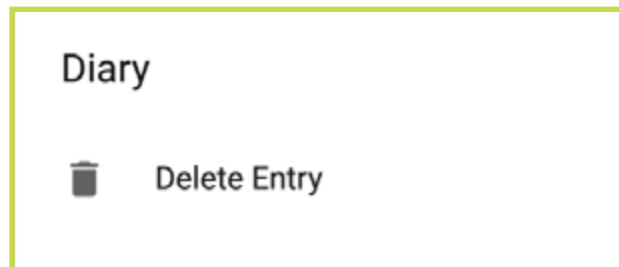
STEP 2

In iOS, swipe the exercise you want to delete to the left. To confirm, tap **DELETE** or continue swiping to the left.



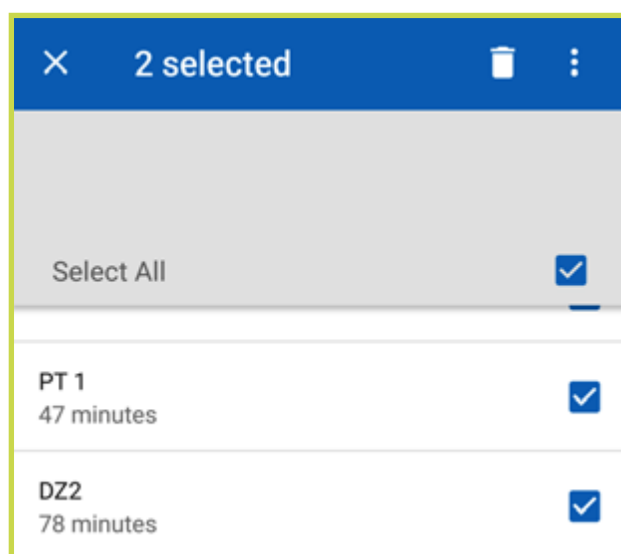
STEP 3A

In Android, you have two options. To delete a single workout, press and hold it until the **DELETE** confirmation message pops up.



STEP 3B

To remove multiple workouts, tap the **PENCIL** icon at the top of the screen, then select the items you want to delete by tapping on the tick-box.



STEP 3C

When you have selected all those to be removed, press the **RUBBISH BIN** icon at the top right of the screen.

Delete

Are you sure you want to delete this item?

Don't ask me again

Cancel Delete

That's it! New exercises added, and unwanted ones deleted.