

MY FITNESS PAL HANDOUT

What is it?

MyFitnessPal is a smartphone app and website that tracks diet and exercise. The app uses gamification elements to motivate users. **MyFitnessPal** helps you keep track of your daily food and beverage intake, calculating all your nutrients, calories, and vitamins for you. To track nutrients, users can either scan the barcodes of various food items or manually find them in the app's large pre-existing database.



Instructions for using MyFitnessPal

- [Download the MyFitnessPal app](#) and add your pertinent information — enter your gender, height, weight and your target weight
- The app will provide you with a daily calorie target that's personalized to help you reach your goals

Tips for using MyFitnessPal

- The more you track, the more likely you are to reach your goals
- Tracking gets easier the more you do it
- It's always better to track something versus nothing at all
- You can build the habit of tracking by logging one meal at a time
- When you can't find an exact match for what you want to track, pick something similar

Steps for Success using MyFitnessPal

- **Set goals and hold yourself accountable**
 - a. Establish realistic goals
 - b. Join a MyFitnessPal Plan for daily meal recommendations, coaching, and actionable tips and education
- **Develop a habit of tracking**
 - a. Track everything
 - b. Save your favorite meals
 - c. Search the database
 - d. Use the barcode scanner to scan a food's barcode and enter it into your diary
- **Build your community**
 - a. Add friends
 - b. Celebrate non-scale victories

Adapted from: <https://blog.myfitnesspal.com/essential-guide-to-myfitnesspal/>

**SIXTEENTH STREET CHC DOES NOT RECIBE ANY FINANCIAL ENDORSEMENTS FROM THIS COMPANY