LIVE FIT
LIFT. LOVE. LIVE.

MYFITNESSPAL
MASTERY

Your Ultimate Accountability Tool

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VIDEO #1 – *"Your Ultimate Accountability Tool"*

- ☑ Download MyFitnessPal in the app store
  - o Create log-in account or log-in w/ Facebook
  - o Save your password
- ☑ Initial Setup
  - o Answer questions about goals, rate, activity level, etc
  - o Don't spend too much time on this, we will override these settings next
- ☑ Select ➔ 🎯 GOALS from the dropdown menu
  - o Select CALORIE, CARBS, PROTEIN AND FAT GOALS
  - o Enter Calories – use one of the formulas below
    - ▪ Lean Body Mass (LBM) x 11 = Calories
    - ▪ Goal Body Weight x 10 = Calories
  - o Adjust Macronutrients – click on carbohydrates, protein or fat
    - ▪ Carbohydrates = 25%
    - ▪ Protein = 50%
    - ▪ Fat = 25%

VIDEO #2 – *"Customizing Your Perfect Meal Plan"*

- ☑ Select ➔ 📱 Meal Diary from the dropdown menu or bottom of screen
- ☑ 3 Ways to Enter Food
  - o Use search bar – look for items with verified green checkmark
  - o Use bar code scanner – press + then click on "scan barcode"
  - o Use "My Meals", "My Recipes", "My Foods" lists
- ☑ Enter meal-by-meal
  - o Start with entering your protein for each meal
  - o Next enter your carbohydrates for each meal
  - o Turn your phone sideways to see your macronutrient intake totals
    - ▪ See how many grams of carbs, protein and fat need to be fulfilled
  - o Add in additional food items or adjust portion sizes of meals
    - ▪ Repeat process until you're as close as possible to hitting your macros

VIDEO #3 – *"Final Recap, Tips & Tricks"*

- ☑ Eat for your LBM or Goal bodyweight – starve the fluff but fuel the metabolism
- ☑ Enter your food meal by meal
  - o PRO TIP – enter all meals the night before to simplify your life
- ☑ If you're going out to a restaurant look ahead at meal options
  - o PRO TIP – enter this meal in first for the day to prevent dietary disasters
    - ▪ Then fill in the rest of your meals to fulfill your macronutrient goals
- ☑ Keep your calories and protein consistent every day for best results
- ☑ Do not enter vegetables, beans/legumes or exercise
  - o prevents MFP from overriding your customized settings