

# MFP

1. Create an account on MyFitnessPal.

2. SET YOUR GOALS: Under GOALS, edit calories and macros according to my suggestions.

The screenshot shows the 'Your Fitness Goals' page with a navigation bar at the top containing: MY HOME, FOOD, EXERCISE, REPORTS, APPS, COMMUNITY, and BLOG. Below the navigation bar are links for Home, Goals, Check-in, Mail, Profile, My Blog, Friends, Settings, and Premium. The main content area is titled 'Your Fitness Goals' and includes a link to 'View Guided Setup'. There are three main sections: 'Daily Nutrition Goals', 'Fitness', and 'Micronutrients'. Each section has an 'Edit' button. The 'Daily Nutrition Goals' table shows: Calories (2500), Carbohydrates (313 g, 50%), Fat (83 g, 30%), Protein (125 g, 20%), and Custom Daily Goals (No). The 'Fitness' table shows: Calories Burned / Week (2630 Calories), Workouts / Week (7 workouts), Minutes/Workout (75), and Exercise Calories (On). The 'Micronutrients' table shows: Saturated Fat (20 g), Polyunsaturated Fat (0 g), Monounsaturated Fat (0 g), Trans Fat (0 g), Cholesterol (300 mg), Sodium (2300 mg), Potassium (3500 mg), Fiber (40 g), Sugar (68 g), Vitamin A (100 %DV), Vitamin C (100 %DV), Calcium (100 %DV), and Iron (100 %DV).

3. EDIT NUTRIENTS: Under SETTINGS, change NUTRIENTS TRACKED to Carbs, Fat, Protein, Fiber, and Saturated Fat.\*

4. EDIT MEALS: Change MEALS so that there are 6. You can use my set up or just add snack 1 and 2 after breakfast and lunch.\*

5. PRIVACY: Change DIARY SHARING to FRIENDS ONLY.

The screenshot shows the 'Food and Exercise Diary Settings' page. It is divided into several sections: 'Nutrients Tracked' with a list of checkboxes for Carbohydrates, Fat, Protein, Fiber, and Saturated Fat; 'Change Nutrients Tracked' with instructions; 'Default Add Food View' with a dropdown menu set to 'Recent'; 'Change Add Food Default View' with instructions; 'Meal Names' with input fields for Breakfast1, Breakfast2, Lunch1, Lunch2, Dinner, and snack; 'Change Meal Names' with instructions; 'Calorie Adjustments' with a checked option for 'Enable Negative Adjustments'; 'Change Handling of Partner Adjustments' with instructions; 'Diary Sharing' with radio buttons for Private, Public, and Friends Only (selected); and 'Change Diary Sharing' with instructions and a URL.

6. FRIEND ME: Under FRIENDS, select EMAIL, type my email address in the TO box.

The screenshot shows the 'Add Friends by Email' dialog box. It has a 'From' field with 'First name', 'Last name', and '<tuff\_girl@hotmail.com>'. The 'To' field is empty with the instruction '(use commas to separate emails)'. The 'Message' field is empty with the instruction '(optional)'. There are 'Invite' and 'Cancel' buttons at the bottom. On the right side, there is a section titled 'Don't Diet Alone!' with text: 'Enter the email addresses of the people you'd like to invite. When they join, they'll automatically be added to your friends list. If they are already MyFitnessPal members, they'll be sent a Friend Request instead. Once your friends have joined, you'll be able to monitor each other's progress and provide each other support and encouragement.'

7. LOG EVERYTHING EVERYDAY.

\*3 & 4 need to be done on full site. Everything else can be done on website or on mobile app.