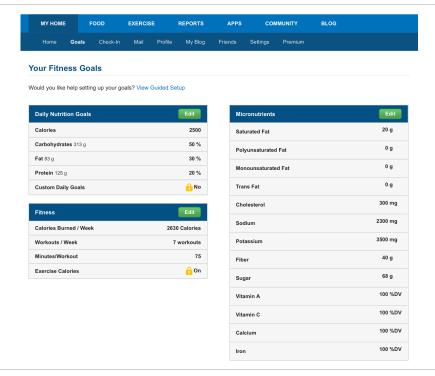
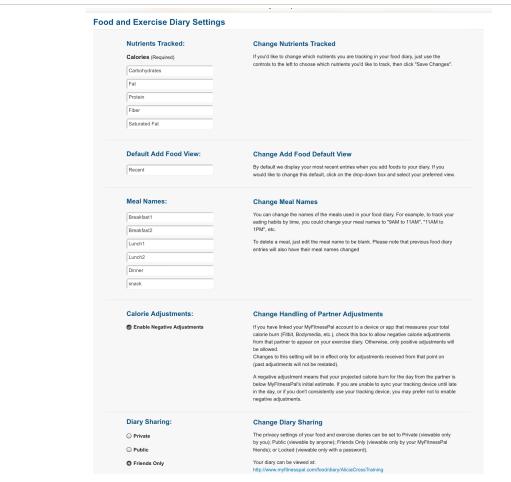
MFP

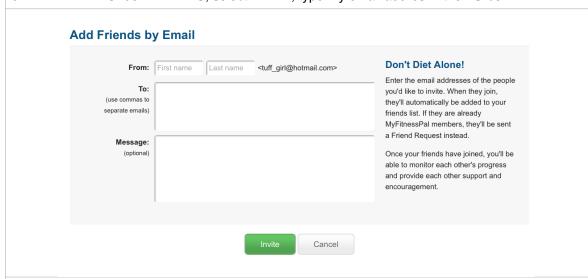
- 1. Create an account on MyFitnessPal.
- 2. SET YOU GOALS: Under GOALS, edit calories and macros according to my suggestions.



- 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.



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



- 7. LOG EVERYTHING EVERYDAY.
- *3 & 4 need to be done on full site. Everything else can be done on website or on mobile app.