Description

Lose weight with MyFitnessPal, the fastest and easiest to use calorie counter. With the largest food database of any calorie counter (over 2 million foods), and amazingly fast food and exercise entry, we’ll help you take those extra pounds off! Reach your weight loss goals with MyFitnessPal. Set a daily calorie goal, and then record your daily food and exercise to make sure you stay on track.

The app gives you full mobile access to your MyFitnessPal.com account, so you can log your food and exercise from anywhere, at any time. All changes made on your IOS device will be synchronized with our website and vice versa. Works offline* – Great for the plane, bad coverage, etc. NO INTERNET CONNECTION REQUIRED

FOOD

■ 2,000,000+ food database, plus streamlined database available offline. Updated daily.
■ Track all major nutrients: calories, fat, protein, carbs, sugar, fiber, cholesterol, and more
■ Frequently used foods automatically remembered for easy access
■ Scan barcodes to easily find the foods you’ve eaten
■ Save and reuse entire meals
■ Recipe calculator - Enter your own recipes and calculate their nutritional contents
■ Add multiple items at once!
■ Create an unlimited number of custom foods

EXERCISE

■ Over 350 exercises
■ Track both cardio and strength training, including sets, reps, and weight/rep
■ Create an unlimited number of custom exercises
■ Enter your own calorie amounts – great for HRM’s or exercise equipment with calorie reports

GOALS

■ Customized goals based on your specific diet profile – age, gender, activity level, etc.
Enter your own goals if you’ve gotten specific recommendations from a doctor, nutritionist, etc.

REPORTS
- Track your weight, measurements and more for motivation
- Daily nutritional summary with all major nutrients
- View more detailed reports online at www.myfitnesspal.com

ON THE WEB AT WWW.MYFITNESSPAL.COM
- Get support and motivation from our community of millions of dieters just like you
- Entries are automatically synced to the web and vice versa, so you can log online or on your phone, whichever is more convenient
- Automatically post your progress to Twitter and Facebook (optional)
- Diet with your friends - add friends and easily track and support each other's progress (Instructor User name: PE100ZA)

How to set up your myfitnesspal account

1. Set up an account on myfitnesspal either via the application or website.

2. This YouTube link will take you through the process step by step (video posted to blackboard) - https://www.youtube.com/watch?v=FT0XQJbJTbw

3. After you have successfully set up your account MAKE SURE TO send a friend request to PE100ZA
How do I add a friend?

A. To add a friend, just go to that member's profile page and click the "Add As Friend" button. A friend request will be sent to that user, and if they accept, your profiles will be linked as friends.

To find a member's profile page, just go to http://www.myfitnesspal.com/[USERNAME] but replace [USERNAME] with their actual username (PE100ZA).

If you don't know your friend's MyFitnessPal username, you can search for them by clicking on the "Community" tab, and then clicking "Find Members."

Upload a photo

A. Go to the "My Home" tab, then click the "Profile Link. You'll see a button labeled "Edit Photos". Just click on that link and you'll be taken to a page where you can upload any photo from your computer. Click "Choose File" then browse your hard drive for the desired image. Once you've selected the image, click "Upload Photo" to complete the process.

Sharing

If you have friends or family who have set their "Diary Sharing" options to allow you to view their diary, you may copy a meal from a friend's diary to yours, for faster logging when families and friends dine together.

First, visit your Friend's profile page and click "View Diary."

Click "Quick Tools" under the meal you wish to copy, and then select "Copy to Today" or "Copy to Date."

If your friend has added a fifth or sixth meal to his or her diary, you must also have a meal in this position of your diary before you can copy from those slots. You can add meals to your diary at My Home > Settings > Diary settings.

*You must make your diary available for your instructor, PE100ZA, to view!
How to add a food to “my food diary”

- To add a food to your food diary, just take the following steps:

1. Click on the "Add to Diary" tab to go to your diary, then click on breakfast, lunch or dinner to select the meal you'd like to log.

2. Type in the name of the food you'd like to add into the search box and click "Search."

- Clicking the barcode icon will allow you to scan barcodes to find the foods you’ve eaten. Simply take a picture of the barcode located on the food packaging.
- The frequent icon will show you a summary of foods you eat often so you can quickly add your favorite foods to your diary.
• If you cook your own meals then you will want to use the **recipes tab** to calculate the nutritional content of those homemade meals. After you have inputted the recipe the “meal” can be saved for later use.

• Sometimes you may find that you chose/scanned a barcode of an item outside of the 2,000,000 catalog items. If so touch the **create a new food icon**. This will add the item to my fitness pals data base as well as your nutritional log.

3. You'll be shown a list of foods in our database that match your query. **Click on the item** you’d like to add, and that food should appear in the grey box to the right.

4. Enter in the **number of servings** you ate and the **serving size**, then click "**Add Food to Diary.**"

That’s it! Your food should now be logged in your diary.
Q. I need to print my diaries for an entire week so that I can share it with teacher for the nutrient project. How can I do that?

A. Just click on the "Food" tab, then click on the "View Full Report (Printable)" button at the bottom of the page.

You'll be taken to a page where you can choose the date range you'd like to view along with the elements of your food and exercise diaries you'd like to include in your report. Just click the "Change Report" button and you'll see a printable view of your diary for the time period you selected.

How to add exercise/fitness activities

How do I add an exercise to my exercise diary?

To add an exercise to your exercise diary, just take the following steps:

1. Make sure that you have sent a friend request to PE100ZA your active living instructor. You will find your instructors myfitnesspal profile via the “friends” link in the bottom toolbar. Next click on PE100ZA to pull up your instructors profile. Now select “View Diary.”
2. Located in PE100ZA diary are the exercises for today’s class. To copy the exercises to your diary touch the “wrench.” Then select the option that pertains to you. If performed in class select “copy exercises to today” if you want to set up your diary for the next activity select “copy exercises to a date.” If you select the latter you will be able to select from 4 dates (2 in the past/2 in the future).
3. After you have added the exercise to your diary you can now record the intensity for each one as you complete it. Simply touch any exercise to adjust sets/reps/weight. For example if a user touched “Leg Extensions” then the Edit Entry page would appear. In this page adjust the exercises sets/reps/weight by touching each to match your goals for a unit, then click SAVE.

4. After you have saved/logged all the exercises completed for the days workout touch “complete this entry.” After this myfitnesspal will calculate the amount of calories expended during exercise to the amount consumed and show you how your nutrition/exercise habits could potentially affect your weight.

That’s it! Your exercise should now be logged in your diary.
Estimating the calories burned from strength training is very difficult because it depends on a variety of factors: how much weight you lifted per repetition, how vigorously you performed that exercise, how much rest you took between sets, etc. Because of this, myfitnesspal automatically calculate how many calories you burned by adding "Strength training" as a cardio exercise. This is a rough estimate of how many calories you burned. Please be aware though that this is definitely a rough estimate and can be fairly inaccurate.

Nutrition Intake & Energy Expenditure Analysis Assignment

Part I: Tracking Your Nutritional Intake & Physical Activity (done on myfitnesspal.com)

1. For this assignment, you will need to keep track of your nutritional intake and physical activity for a “normal” 7-day period.

2. At the end of each day you are tracking, go to your “myfitnesspal” account. Select the “Food” tab and enter your food intake for the day. Then, click on the “Exercise” tab and enter your physical activity for the day. (You may enter food intake and physical activity throughout the day to track caloric balance throughout the day.)

Once you have entered all foods and physical activity for a day, click on “Complete this Entry” at the bottom of the “Food” page. Print out a copy of your completed “Food” page and completed “Exercise” page for each day. You will have 7 food and 7 exercise pages to submit as part of this project.

3. Click on the “Report” tab. Select “Fitness”. Then, select “Calories Burned” and “Last 7 days”. Click on “View Report”. Print a copy of this report.

4. Next click on “Nutrition” (on the Reports page). Then, click on “Net Calories” and “Last 7 days”. Click on “View Report”. Print a copy of this report.

*These are directions for the website!

Part II: Reflection (Should by typed on a separate sheet of paper.)

1. Are you getting the recommended balance of calories from carbohydrates, protein and fats in your daily diet? Explain.

2. What recommendations do you have for your daily diet? Be thorough in your discussion!!

Comparing Energy Expenditure with Caloric Intake

o What was your average daily caloric intake for the three day period?
What was your average daily caloric expenditure through exercise for the three day period?

Compare your average total caloric intake and average caloric expenditure per day. How do these numbers compare? Would the balance in your calories lead to weight maintenance, weight gain or weight loss? (Keep calories consumed versus calories expended in mind. On myfitnesspal did you regular go over, under or balance the calories each day?)

Be thorough in your discussions in the Reflection!! The reflection should be at least one page in length. Discuss your dietary habits and explore your caloric intake. Examine caloric the caloric balance and the ultimate impact of your nutritional choices. *Submit assignment with the evaluation rubric attached.

This chart may help you keep track of your nutritional habits!

<table>
<thead>
<tr>
<th>Item</th>
<th>Day 1</th>
<th>Daily Goal</th>
<th>Day 2</th>
<th>Daily Goal</th>
<th>Day 3</th>
<th>Daily Goal</th>
<th>Day 4</th>
<th>Daily Goal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Caloric Intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise (Calories Burned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>Day 5</th>
<th>Daily Goal</th>
<th>Day 6</th>
<th>Daily Goal</th>
<th>Day 7</th>
<th>Daily Goal</th>
<th>Average per Day</th>
<th>Daily Goal Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Caloric Intake</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Carbs</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Protein</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise (Calories Burned)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>