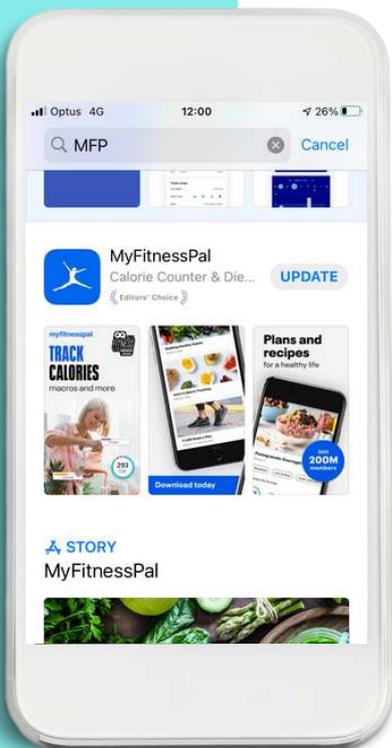


MY FITNESS PAL GUIDE

HOW TO GET THE MOST
FROM FOOD TRACKING IN
THE LEAST AMOUNT OF TIME



FIRST THINGS TO NOTE:

You can download the MFP app for FREE on either iOS or Android devices, simply search 'MFP' in the relevant app store and download to the device.

You do not need the paid version, the FREE version is more than adequate for what we need.

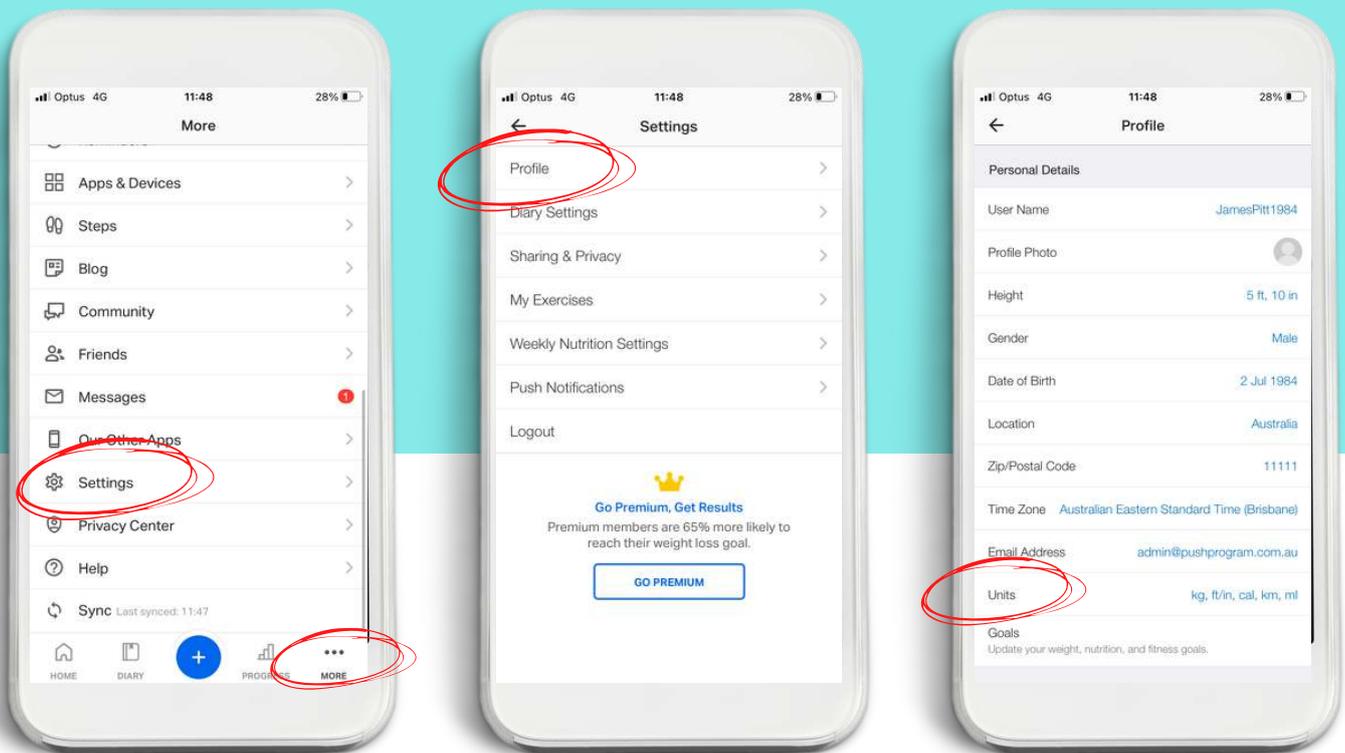
The app will try to give you guidance on calories which you will need to ignore. Coach James will set your calorie target in week 4.

To begin with, for weeks 1-3 all you are doing is getting the data of what you eat. You DO NOT need to aim for any specific calorie target, simply follow the 80/20 guidelines (see separate document). James will review the data at your end of week reviews and let you know any changes to make.

CHECK THE UNITS

Ensure that the units are set to 'calories' (not kilojoules) by clicking:

Settings (on the 'more' tab) - Profile - Units



SET YOUR MACROS

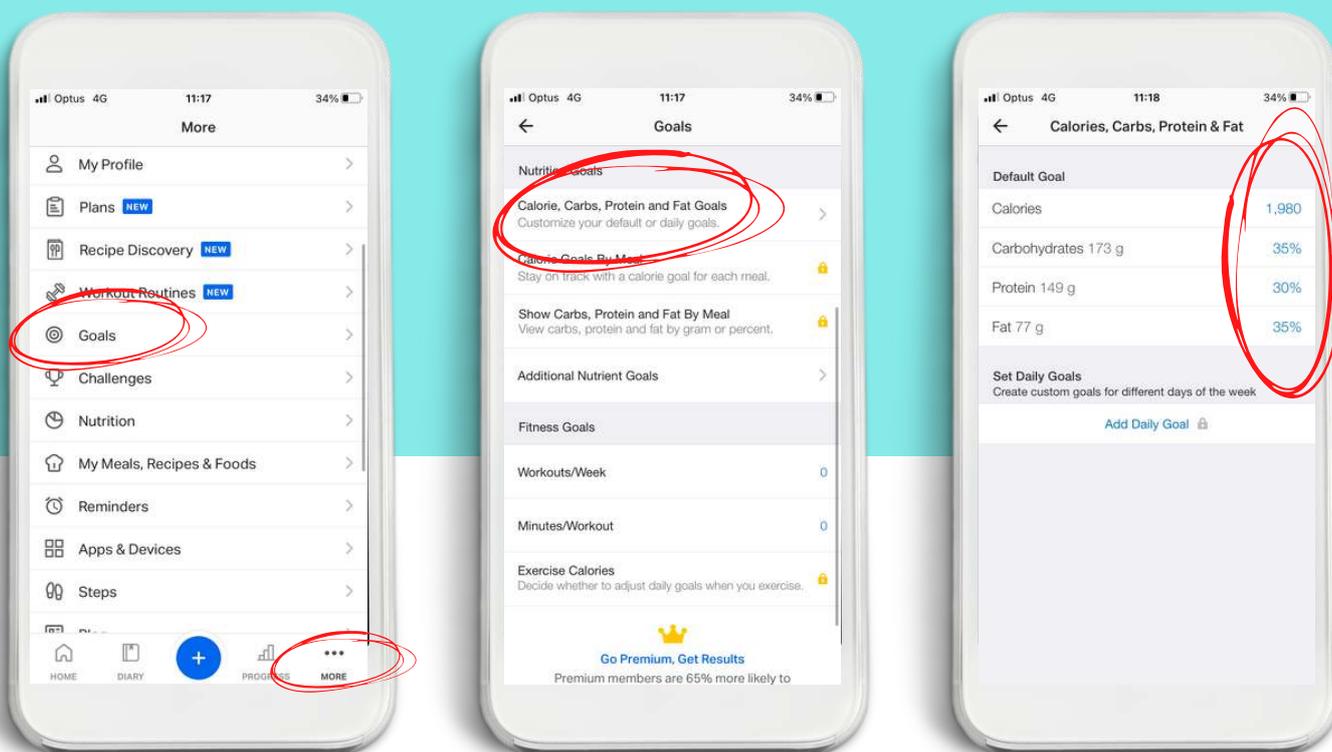
You do not need to obsess over Macros right now (we will dial this in during Phase 2) but let's set them up now to give you an idea of what to aim for roughly. Go to:

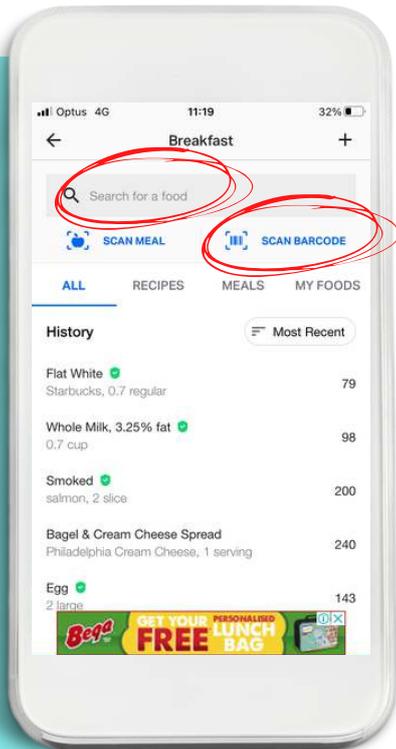
Goals (on the 'more' tab) - Calorie, Protein and Fat Goals

Set Protein to 30% and split Carbs and Fats evenly at 35% each.

Do not worry about this for now, just have a loose target in mind of getting protein between 20%-30% and splitting the carbs and fats up however they work for your lifestyle and tastes.

The main focus is to follow the 80/20 and see where your calories end up when eating consciously. Again, ignore the calorie target it gives you.

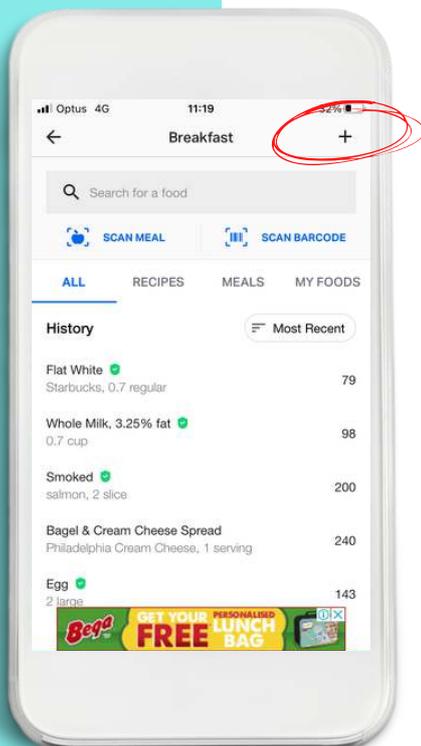




ENTERING FOOD

Follow this process when entering food:

- If you can scan the food, do so, this is BY FAR the quickest way to enter food (though of course all of your food won't be packaged)
- If you cannot scan a package, search for the food in the database to see if someone has entered it accurately, use that if so.
- Failing those two options, you will need to create the food or meal, if this is a meal you will be having again, create it as a meal or recipe so it will be saved to use in the future.

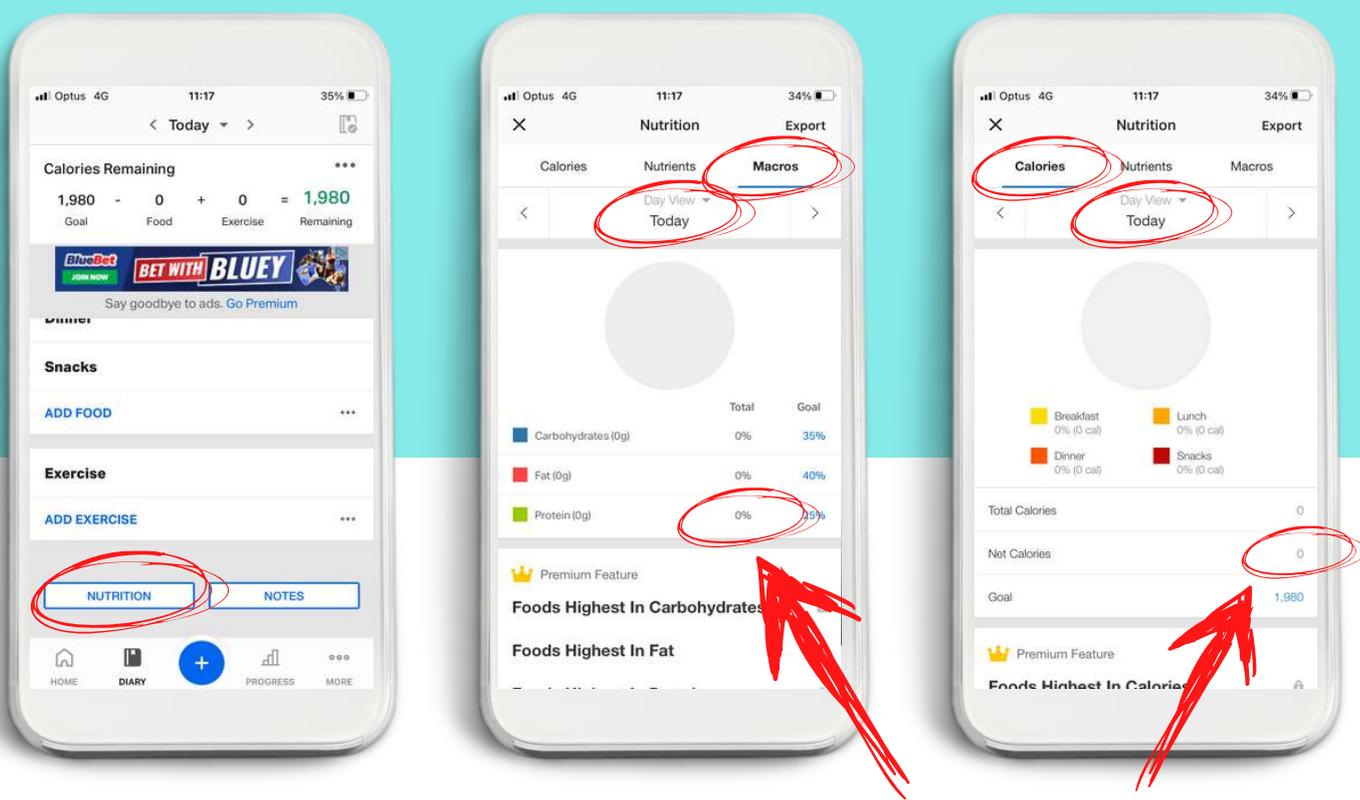


You can do this by clicking the '+' in the top right corner.

THE REVIEW DATA

At the end of each week as part of your feedback you'll need to give James two key pieces of information from the MFP app.

Go to any page of your 'diary', scroll to the bottom, then click 'Nutrition'



1 - Average Daily Protein %

Macros Tab - Choose 'Week View' on the dropdown menu - Note down the percentage from the 'Avg' column

2 - Average Daily Calories

Calories Tab - Choose 'Week View' on the dropdown menu - Note down 'Daily Average'

1

2

There are three different strategies you can implement to get your tracking done. The more you can implement this process as a habit that is always done in the same way, the more it will become second nature and part of your day to day life. Consistency is key here as with everyting.

1 PRE TRACKING

Entering all your ingredients and food BEFORE you even start cooking, this is hands down the best way to not only ensure the tracking get's done, but to instil huge accountability while there is still time to make better choices!

2 INTRA TRACKING

While this can get messy, it's the second best option if for some reason pre tracking doesn't work for you. This involves entering as you are cooking the meal. Avoid tracking WHILE eating, that should be time to enjoy food and family.

3 POST TRACKING

Post tracking is the most dangerous as the risk of forgetting foods multiplies tenfold! If you are going to choose to enter AFTER cooking/eating, be specific on the exact moment it's going to happen, is it after the dishes? After the kids are in bed? If not, then when?

****Warning**** Entering all your food at the end of the day CAN work but it's the easiest way to slip up and forget foods, if this works for you then that's fine, but DO NOT ever let it roll over to the next day without entering!