

My Fitness Pal Reports

My preference for keeping track of calories is through the MyFitnessPal app. It is important that you track your food as accurately as possibly accounting for everything you eat. I highly recommend purchasing a food weight scale to accurately measure portions that are being consumed. A few key recommendations are:

- Weigh all your food on either a food weight scale or by measuring cups so you know how many servings you are eating. For example, meats, pastas, vegetables, fruits, etc.
- When inputting food in MyFitnessPal, try to select items that have the green check mark by them. These have been verified. Another way is to scan the barcode which inputs all the correct nutritional information. Lastly, if there is no barcode option and no green check mark for the food you are inputting, be sure to measure accurately and choose the selection that is closest to your meal.
- Do not skip anything, regardless of how small the portion size is. If you have a burger and add additional ketchup, add the serving quantity of ketchup separately to account for that item.

The following are steps on how to send me weekly food reports through MyFitnessPal

1. Open the app on a computer (it will not work on your phone)
2. Click on “Food” near the top of the page
3. Scroll all the way down and click on “view full report”
4. On the top left of the screen, select the dates you are sending the report for (full 7 days)
5. Select “change report” to apply the new dates
6. At the top right of your screen, you will see three dots. Click on the dots and go to print.
7. Under printer, select print to PDF if it not already selected.
8. Click on “print” and you will be able to save the file. Save the file under the dates you are sending the reports for.
9. Email me the report

Tracking your calories and macros plays a key role in you reaching your goals. Exercise routines and having a healthy eating lifestyle go hand in hand. You cannot achieve what you have set out for without giving both of these areas the importance that is needed.

I will give a suggested goal for calories and macros but can not give specific meal plans. Please remember that goals can be adjusted. It will take time to observe how your body responds to how you are eating and adjustments will be made accordingly.