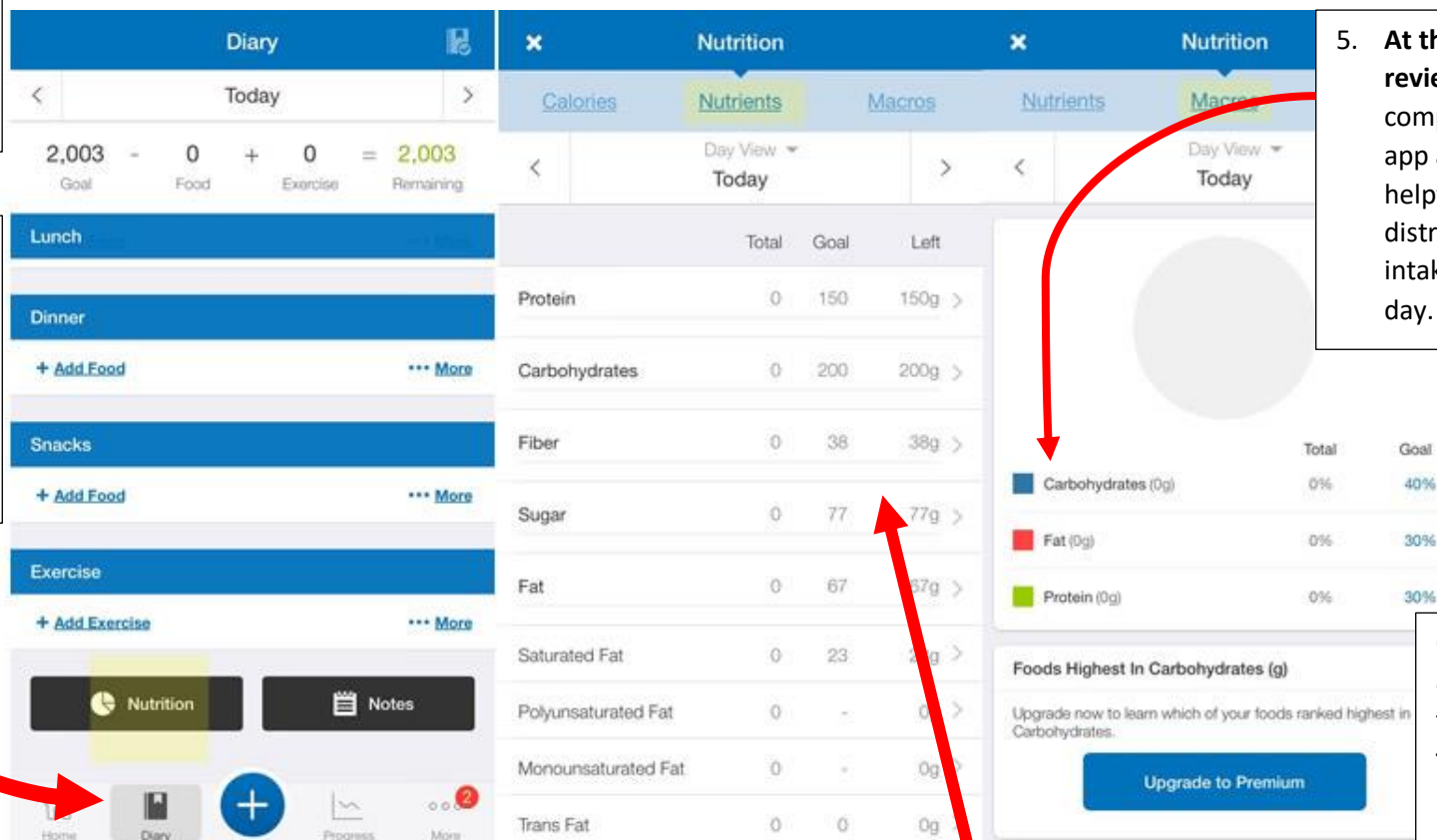


A GRIPPER'S GUIDE TO MYFITNESSPAL

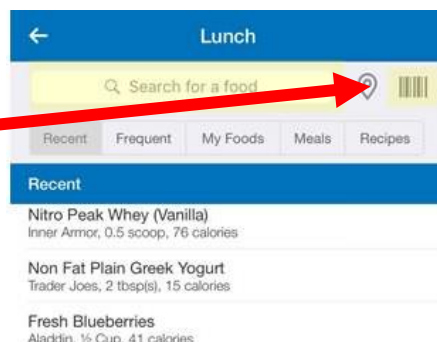
4. **Download 'MyFitnessPal** on your smartphone, and sign up using email/facebook

3. **Navigate to the home page and click the tab which says 'Diary'.** The app will also ask you to enter your details, including height, weight, activity level and goal.



5. **At the end of the day, you can review your daily intake** in comparison to your goal. The app automatically produces helpful visuals to illustrate the distribution of macronutrient intake over the course of the day.

1. **Click 'Add Food'** to whichever meal you wish to log. Continue by scanning the barcode of packaging, or searching the database for a given food/drink. **You can save certain meals under 'my foods' and 'meals'.** This means that, if you eat the same meal on a regular basis, you can simply select the meal to track the entire thing without entering each individual ingredient.



2. **Track all meals, snacks, and drinks using this format,** including everything that goes into the boiler. Check whereabouts you are in your daily intake throughout the day so you can **base following snacks/meals around macros that need more attention!**

6. The app will remember all of your meals for future reference. **On the following days,** you will have the option to 'choose lunch from yesterday' to make the experience even easier.