

Using MyFitnessPal as a food diary

1) Create an account

Visit [MyFitnessPal](https://www.myfitnesspal.com) and sign up for a new account. You can use the website or download the mobile app

2) Set up your profile

Input your details, including age, gender, weight, height, activity level, and goals (weight loss, maintenance, or gain).

3) Add data into your food diary

Once logged in, find the "Diary" tab. This is where you'll record your meals. Click on the "Add Food" button to enter a new item. You can search for the food item or use the barcode scanner for packaged products.

Adjust the serving sizes to match your portion accurately. MyFitnessPal provides various measurements, including grams, cups, or pieces.

You can add more details like cooking methods, specific brand names, or notes in the "Notes" section for each entry.

4) Log your water intake

Don't forget to log your water intake. You can do this by navigating to the "Water" section in the diary.

5) Record Exercise

If you want to track your exercises, go to the "Exercise" tab. MyFitnessPal integrates with various fitness apps and devices.

6) Review

You can then see day by day the total calories and the split by macros and a couple of other measures.

