



My Fitness Pal Instructions

<https://www.myfitnesspal.com/>

Customize Your Goals

1. GO TO **MY HOME**
2. CLICK **GOALS**
3. GO TO **DAILY NUTRITION GOALS** AND CLICK **EDIT**
4. CHANGE **CALORIES** to the desired level
CHANGE **CARBOHYDRATE** TO 40-45%, **FAT** TO 30%
AND PROTEIN TO 25-30%
5. CLICK **SAVE CHANGES**

Customize Your Settings

1. CLICK **FOOD** and then **SETTINGS**
2. CHANGE **NUTRIENTS TRACKED**
*mandatory tracking of carbs/protein/fat
3. CHANGE **MEAL NAMES**
*may add mid-morning and mid-afternoon snack
4. GO TO BOTTOM OF THE PAGE and CLICK **SAVE CHANGES**