



HERREY FITNESS
POWER TO THE PEOPLE

MYFITNESSPAL

USERGUIDE

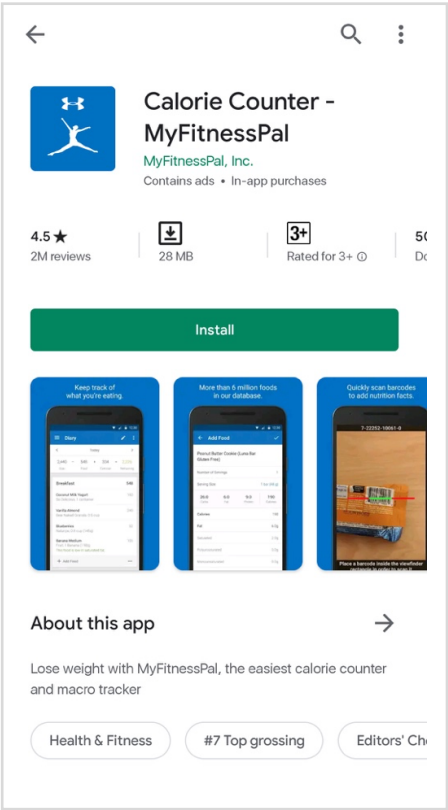
Follow this guide to set your MFP account on your smartphone.

www.herreyfitness.com

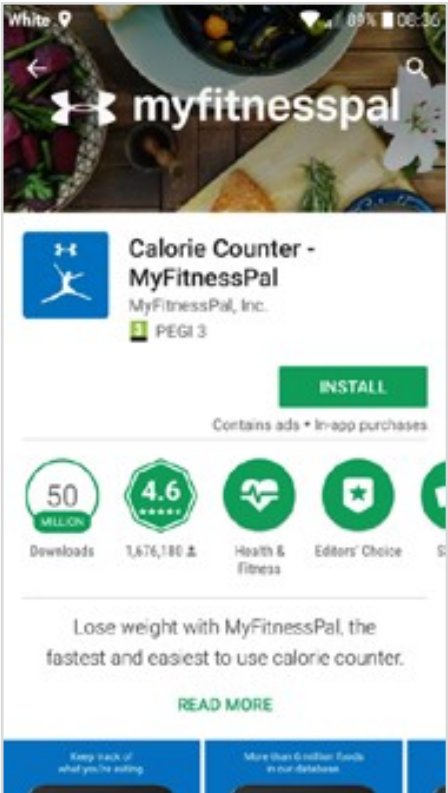
METHOD 1: DOWNLOADING THE APP

STEP 1

Go to App Store (Apple) or Google Playstore (Android) and search MyFitnessPal.



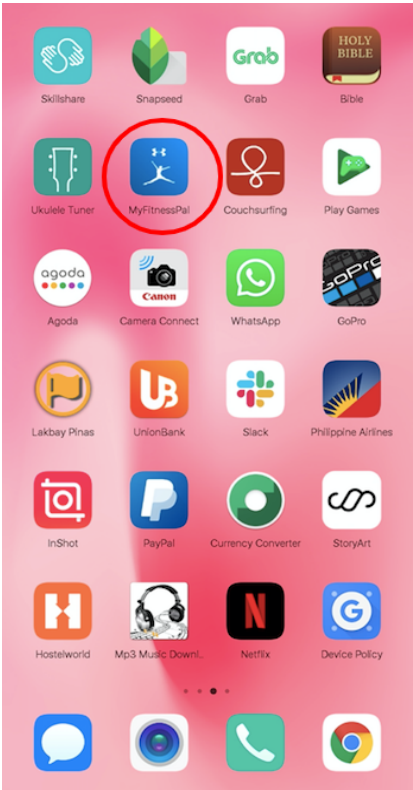
Open your Store, search for MY FITNESS PAL, then tap INSTALL.



METHOD 1: SETTING UP AN ACCOUNT

STEP 1: SIGN UP

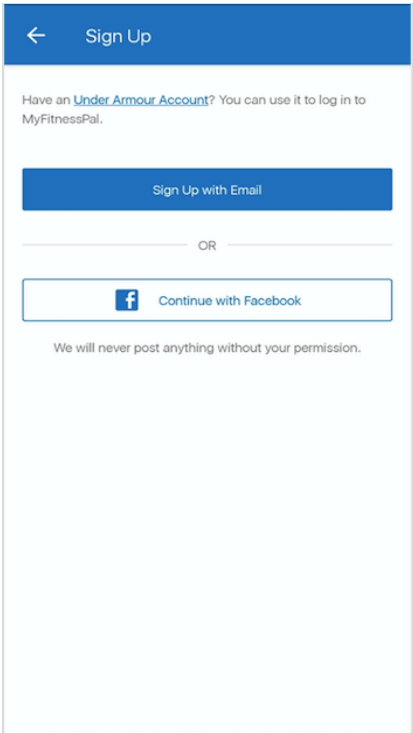
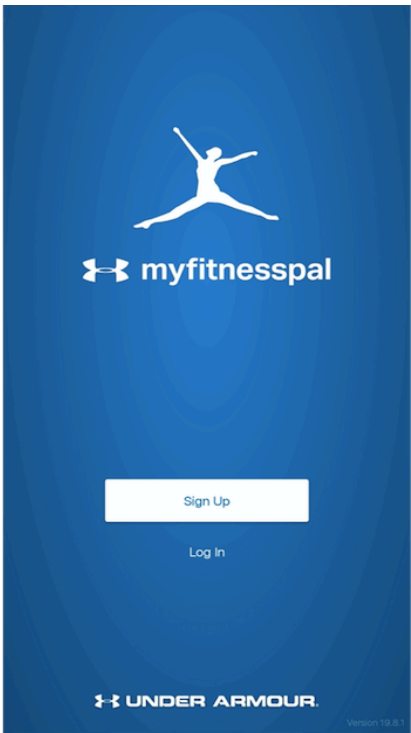
Open MPF app.



STEP 2

When you open the app for the first time click the ‘Sign Up’ button.

Choose either to sign up with email or continue with Facebook.



STEP 3

You will be directed to the following pages where you need to answer a few questions. Follow from image 1 to 6:

- 1. Choose your weight-related goal
- 2. Choose activity level
- 3. Enter personal details
- 4. Enter weight and height
- 5. Create a username
- 6. Your account has been created and now you are ready to track

1

←

Goal

Next

What is your goal?

☐

Lose weight

☒

Maintain weight

☐

Gain weight

2

←

Activity Level

Next

How active are you?

☐

Not Very Active
Spend most of the day sitting (e.g. bank teller, desk job)

☐

Lightly Active
Spend a good part of the day on your feet (e.g. teacher, salesperson)

☒

Active
Spend a good part of the day doing some physical activity (e.g. food server, postal carrier)☐

3

←

You

Next

Gender

☐

Male

☒

Female

Birthdate

Feb 29, 1988

We use this information to calculate an accurate calorie goal for you.

Location

Philippines

6045

4

←

You

Next

Height

5 ft, 4 in

Current weight

50 kg

We use this information to calculate an accurate calorie goal for you.

5

←

Details

Email

Password

Create a username

Username

By signing up for MyFitnessPal, you are agreeing to our [Privacy Policy](#) and [Terms](#).

Sign Up

6

Account Created

Congratulations!

Your custom plan is ready and you're one step closer to your goal weight.

Your daily goal is:

1,920

Calories

☒ Keep me on track with reminders

☒ Send me the latest news, innovations and offers from MyFitnessPal and Under Armour.

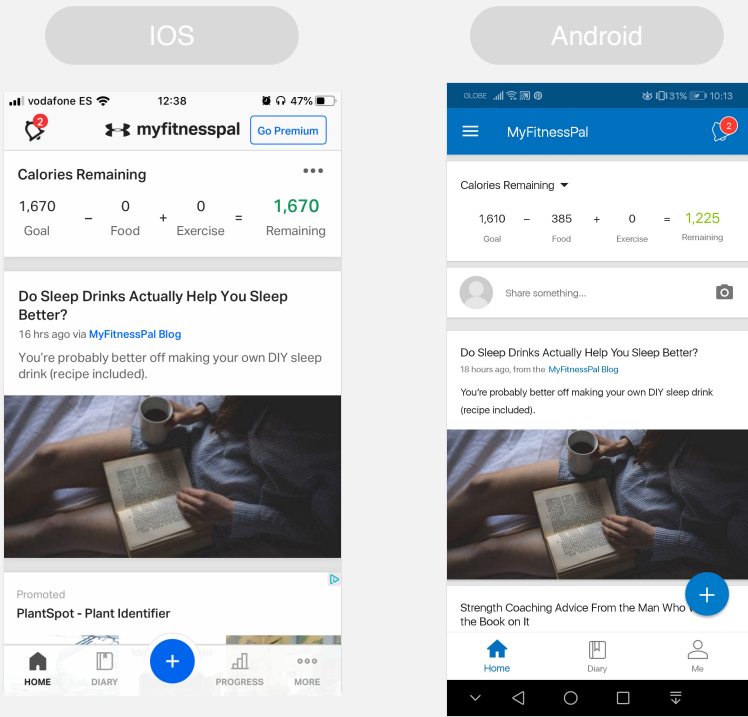
Start Tracking Now



METHOD 1: SETTING UP AN ACCOUNT

STEP 1

Open the app, and log in, if necessary. You will be presented with the Home screen.

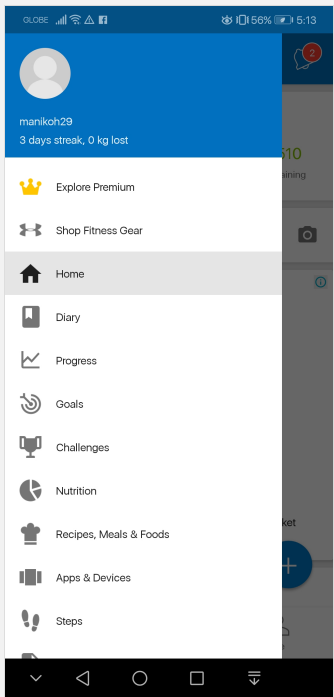


Tap the **ellipsis More** button at the bottom right of the screen

Tap the **'hamburger'** menu at the top left of the screen

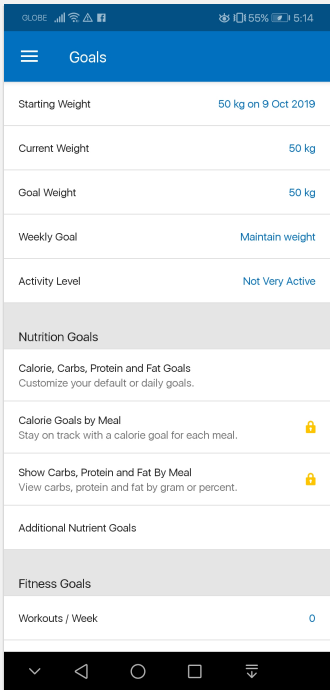
STEP 2

From the menu that appears, tap on **GOALS**.



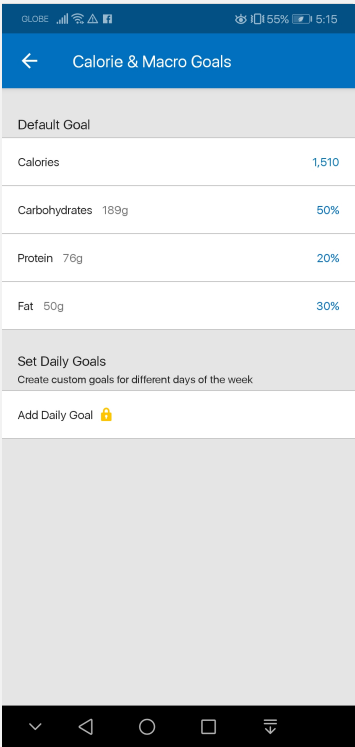
STEP 3

Tap **CALORIE & MACRONUTRIENT GOALS** in the NUTRITION GOALS section.



STEP 4

To change your calorie goal, tap on **CALORIES**, or to change your macronutrients, tap on any of **Carbohydrates, Fat or Protein**.



IOS

Android

STEP 5

When you have entered your new calorie goal, press ✓ in the upper right corner of the number pad.

Default Goal

Calories	1,670
Carbohydrates 167 g	40%
Protein 125 g	30%
Fat 55 g	30%

Set Daily Goals
Create custom goals for different days of the week

[Add Daily Goal](#)

Calories ✓

1 2 3
4 5 6
7 8 9
0

When you have entered your new goals, press **SAVE** in the bottom right corner of the Net Calorie Goal.

Default Goal

Calories	1,510
Carbohydrates 189g	50%
Protein 76g	20%

Net Calorie Goal

1510 calories/day

[Cancel](#) [Save](#)

STEP 6

Similarly, once you've entered your new macronutrients goal, tap ✓ on the right, above the entry screen.

Default Goal

Calories	1,670
Carbohydrates 167 g	40%
Protein 125 g	30%
Fat 55 g	30%

Carbs **Protein** **Fat**

168 g	126 g	55 g
40 %	30 %	30 %

% Total **100%**
Macronutrients must equal 100%

Macronutrients ✓

Carbs	Protein	Fat
201g	81g	54g
45 %	15 %	25 %

% Total **100%**
Macronutrients must equal 100%

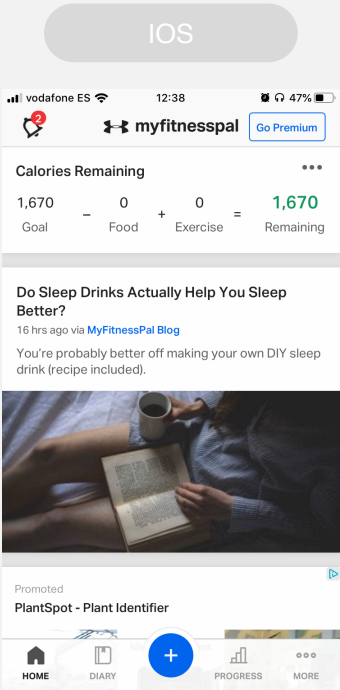


CHANGING YOUR CALORIES AND MACRONUTRIENTS

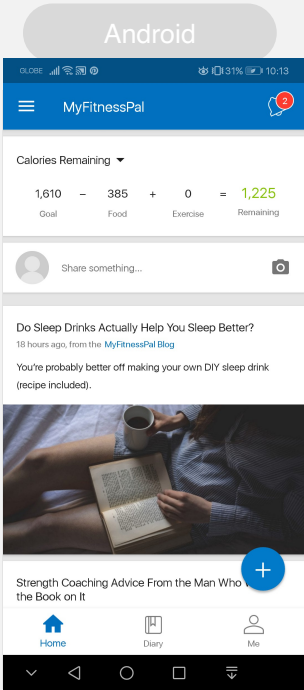
Changing your goals in the app is very similar on iOS and Android. Where there are significant differences between the two, instructions are given for below.

STEP 1

Open the app. The Home Screen will be displayed.



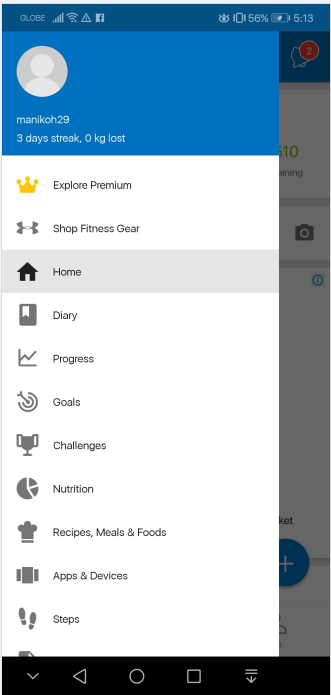
Tap the ellipsis **More** button at the bottom right of the screen



Tap the 'hamburger' menu at the top left of the screen

STEP 2

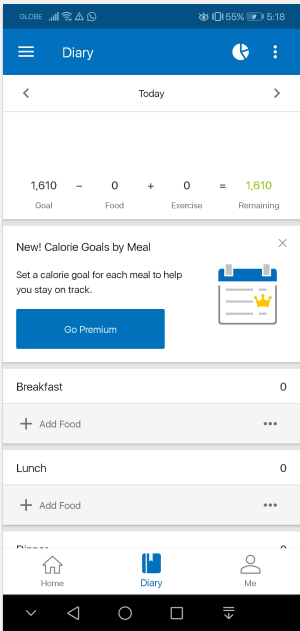
Tap on **NUTRITION**. If you use iOS, go to step 3.



STEP 2

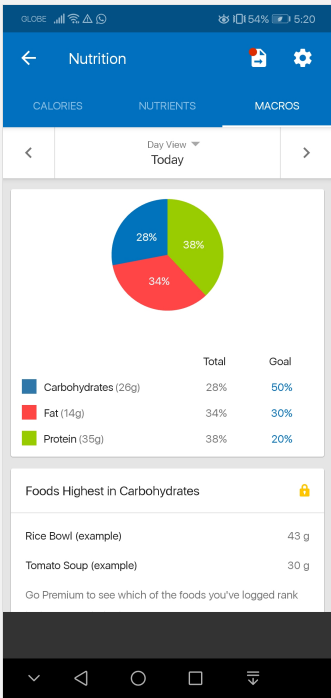
Alternatively, at the bottom of the screen, tap the DIARY icon if it is visible, then tap the pie chart icon at the top right.

Android



STEP 3

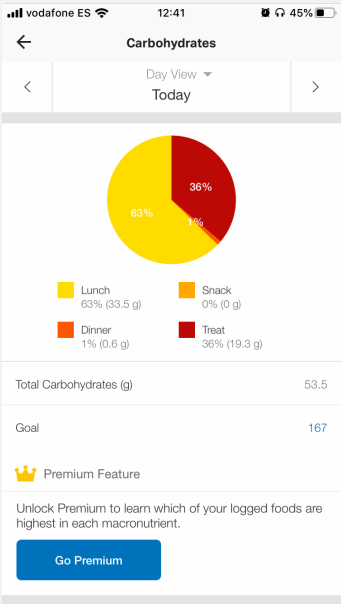
Select Macros from the top right. You will see a pie chart giving a breakdown of your macronutrient intake and a comparison of today's total consumption against your consumption goal.



STEP 4

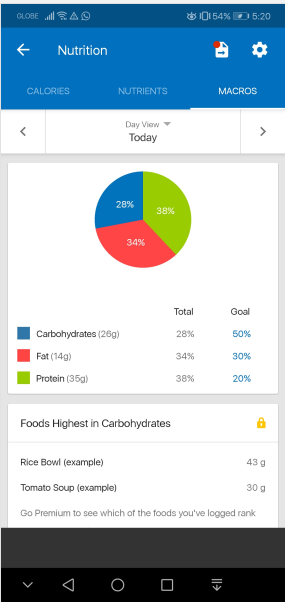
IOS

Tap on any of **Carbohydrates, Fat or Protein** to view more information about that macronutrient.



Android

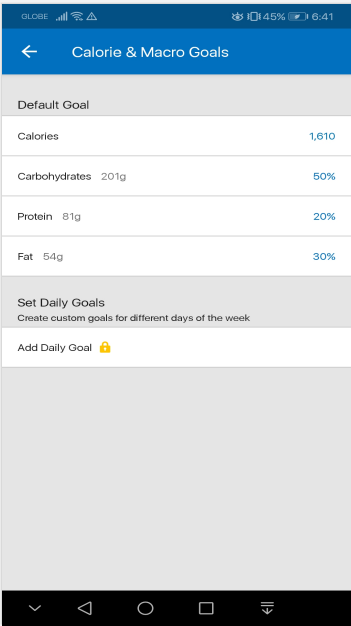
Tap on any of the blue % values alongside **Carbohydrates, Fat, or Protein**. Go to STEP 5a.



Under the pie chart, tap on **GOAL**.

STEP 5

Click on **CALORIES** to change your calorie target.



STEP 6

IOS

←

Calories, Carbs, Protein & Fat

Default Goal

Calories1,670

Carbohydrates167 g40%

Protein125 g30%

Fat55 g30%

×

🔒

✓

Carbs168 g

Protein126 g

Fat55 g

25	15	15
25	15	15
30	20	20
35	25	25
40 %	30 %	30 %
45	35	35
50	40	40
55	45	45

% Total

Macronutrients must equal 100%

100%

Android

←

Macronutrients

✓

%

GRAMS 🍌

Carbs202g

Protein81g

Fat54g

45

15

25

50 %

20 %

30 %

55

25

35

% Total

Macronutrients must equal 100%

100%

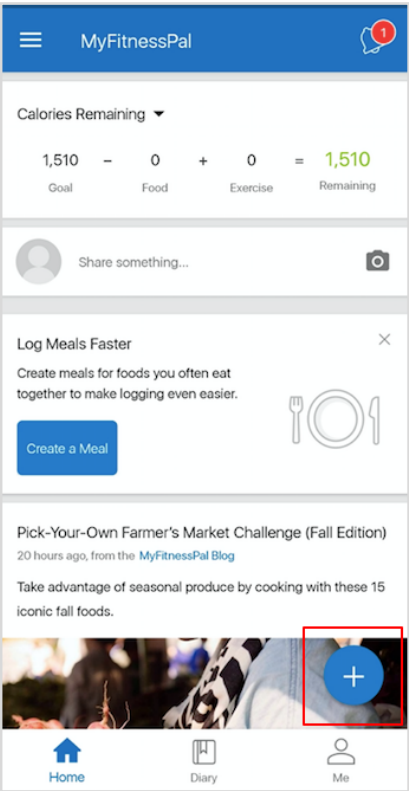
Tapping any one of the macronutrients will enable you to change them all. Remember, macronutrients value must total 100%.



MYFITNESSPAL: HOW TO USE THE BARCODE SCANNER

STEP 1

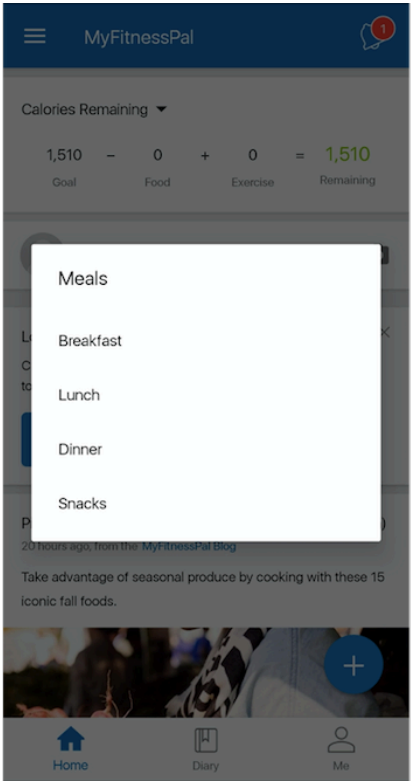
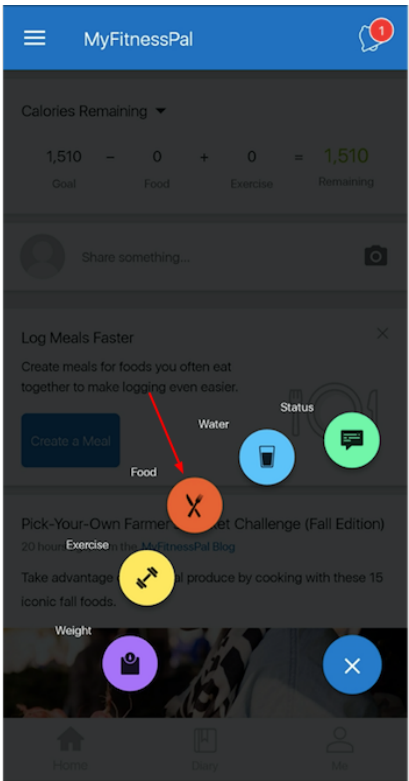
After you login to your MFP app, in your dashboard, tap the big blue plus sign found in the lower right. It will reveal options to add: **Status, Water, Food, Exercise and Weight.**



STEP 2

Tap the food icon in the middle to get to the food diary.

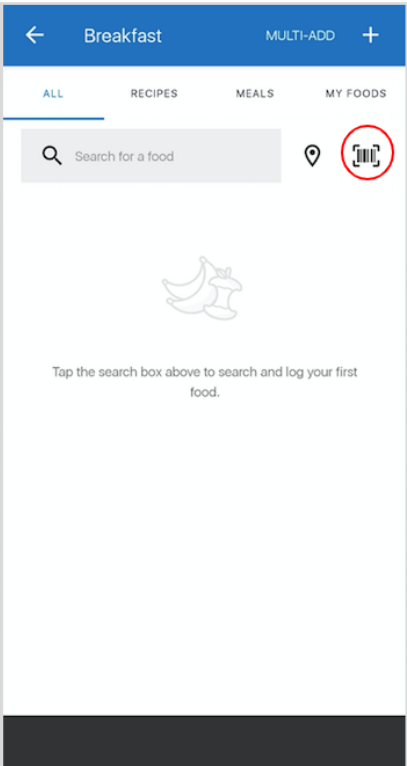
Here you can choose from any of the meals: breakfast, lunch, dinner or snacks. Tap any meal that you want to enter.



MYFITNESSPAL: HOW TO USE THE BARCODE SCANNER

STEP 3

For example, here you tap Breakfast meal, it will show you the recipes, meals, myfoods tabs under the breakfast section. Below the tabs, there's a search box, location icon and the barcode scanner icon. Tap on the barcode scanner icon.



STEP 4

The phone is now ready to scan any barcodes, so just use your camera to scan it.

After you scanned the barcode, a macro information filed of the recipe will show. Tap the tick in the right top corner and the meal will be added to your diary.

