

### My Fitness Pal--Quantity Goals

- Be careful to not over estimate your activity level--It's better to underestimate by one level and then bump it back up if you are always hungry after eating at that amount for 2 weeks (and have met all the other checkpoints below.)

How would you describe your normal daily activities?

- **Sedentary:** 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, salesman)
- **Active:** Spend a good part of the day doing some physical activity (e.g. waitress, mailman)
- **Very Active:** Spend most of the day doing heavy physical activity (e.g. bike messenger, carpenter)

- Adjust your macronutrient ratios under Goals to reflect 40% carbs/40% protein and 20% fat to start out. (Needs vary but this will be easiest to hit at first when you've likely been eating more than 60% carbs.) More than 100-150 grams of carbs/day, depending on your size, is going to make weight loss difficult.
- Hit within 50 calories +/- your goal on a daily basis. You want to be consistent for 2 weeks to see how your body responds so you can adjust accordingly. If you are outside this range at the end of the day, figure out how you can adjust as needed for the next day.
- Beware of exercise "credits". You cannot "workout to eat" while also trying to lose weight. I don't even recommend adding your exercise to your daily program. If your exercise session is a high intensity 45-60 minutes or more you might need a recovery shake or snack but other than that your meal should be placed here to help you recover properly. Getting a bonus 500 calories from MFP for a 45' workout will almost always result in overfeeding.

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- When building your menu/meal/snack--Start with a protein.
- Then Add 1-2 veggies/meal or snack or maybe 1-2 fruits for the day
- Incorporate a Healthy Fat--This is done through your cooking methods, dressing foods with olive oil or through eating foods that contain healthy fats like olives, avocados, salmon, and walnuts to name just a few.
- Less than 10% total intake from starches/sugars--if eating 1600 calories that is 160 cal = 1 serving cereal or a potato. Ration this calories to make them count or avoid all together.

### Entering Foods into the system

- Search for whole foods (that don't come coded from the dirt or tree!!). These will then be stored in your common foods tab for easy access so you don't have to search again.
- Scan bar codes and enter accurate amount consumed
- Build recipes of meals you make often--upload accurate amounts of ingredients and measure serving size--must be consistent with prep after that for accuracy
- Upload meals from the web--great option! Look for recipes online and upload them directly and determine your serving size. It's so easy! **Recipe Tab/Create a New Recipe/Add from the Web** then choose from one of their sites or do a search.