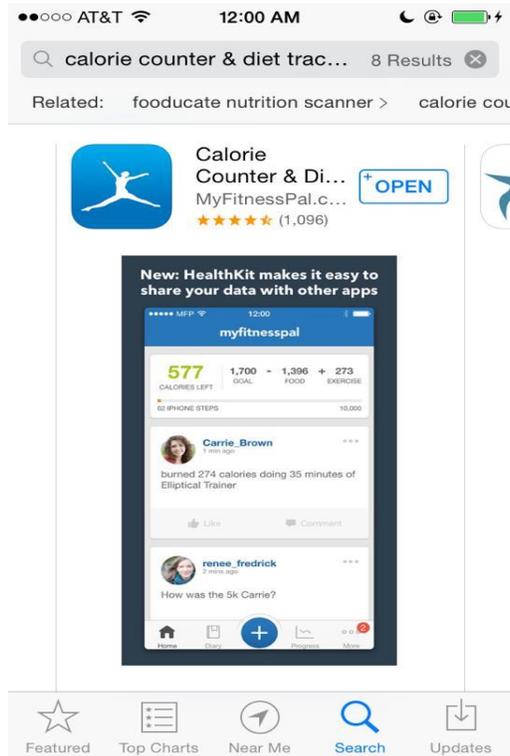


MyFitnessPal FAQ Page

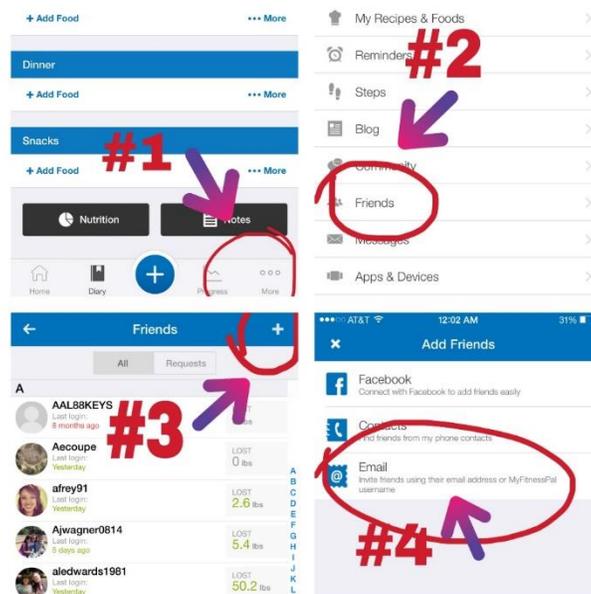
How do I know which app to download?

Below is a picture of the MFP app you should download. It's a free app.



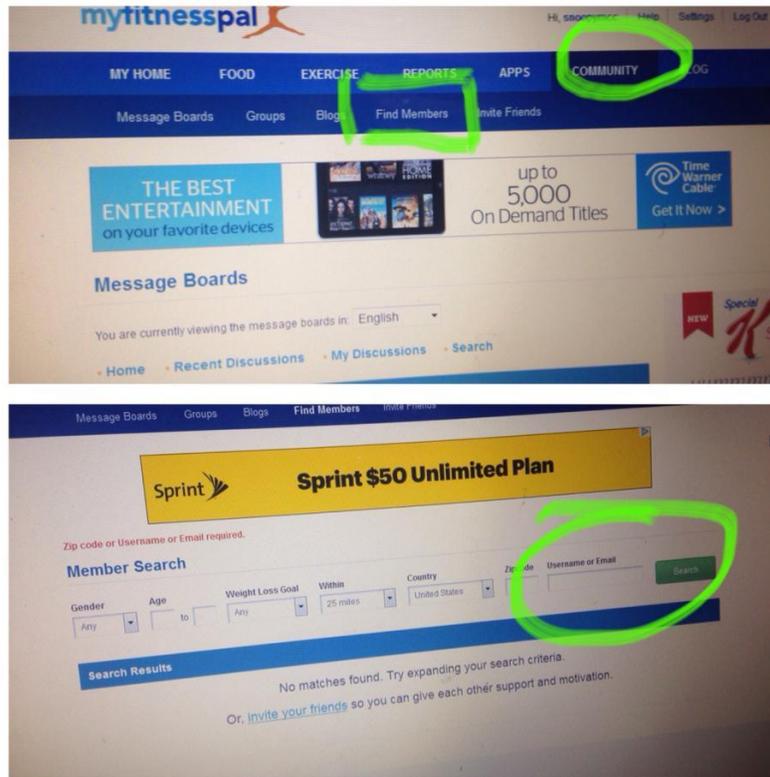
How do I add MyFitnessPal friends on the app?

1. From your smartphone, click "More" at the bottom right of the app.
2. Click on "Friends."
3. Click the plus sign (+) on the top right of the app.
4. Click "Email" to invite new friends via their email address or MFP name.



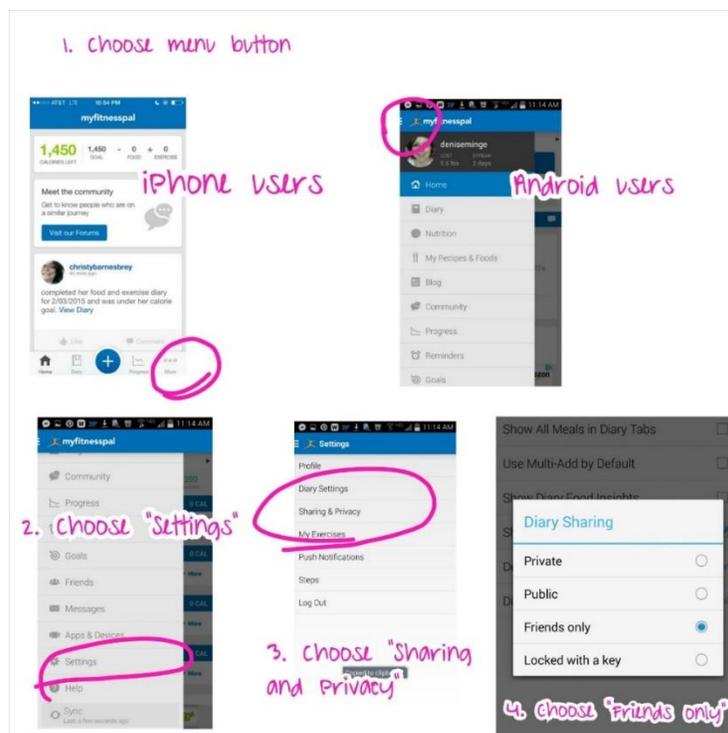
How do I add MyFitnessPal friends on the desktop version of MFP?

Open up MFP on the internet. Click on the word COMMUNITY. Choose the option for "find member." On the next page look at the last box to the right...this should be the box to add people by username.



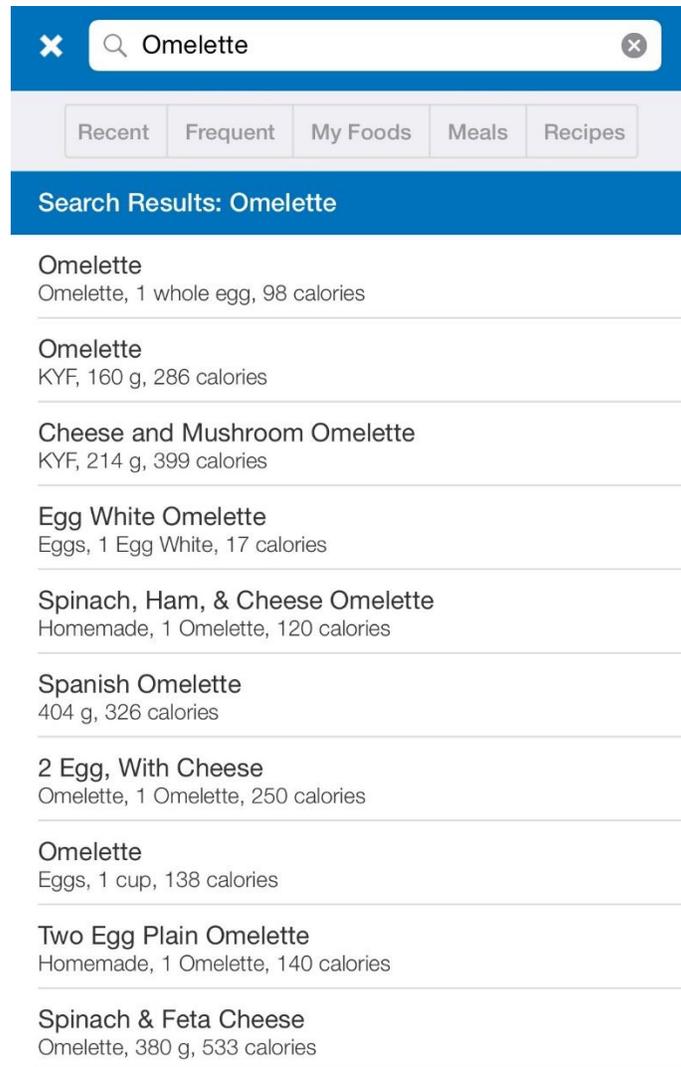
How do I make my journal "open" for everyone to see?

In the MyFitnessPal app at the bottom of the screen on your smart phone, click on "more," click on "settings," and then click on "sharing and privacy." Check-mark "friends only."



Is there a more simple way to enter “meals” than to scan each ingredient?

Yes! You may feel free to simply click on “search for a food” at the top and then type in what you ate to see what options pop up. Choose the option that is closest to what you ate. (See picture below. As you can also see, MFP will automatically keep track of your most “recent” and “frequent” entries, making journaling even easier.)

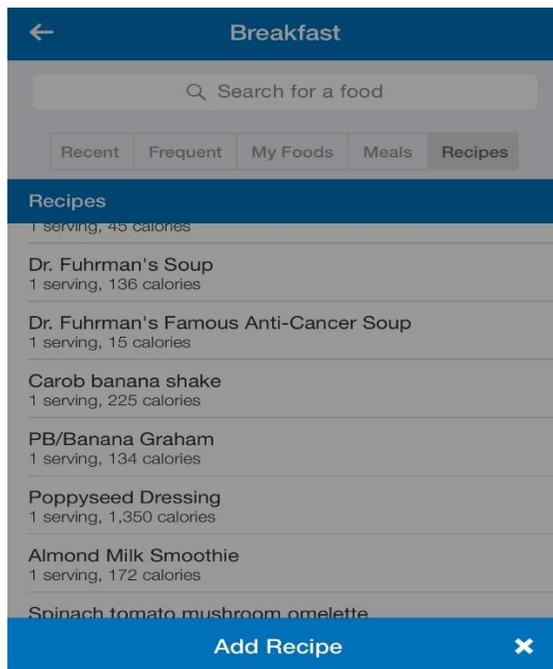


The screenshot shows a search bar with the text 'Omelette' and a magnifying glass icon on the left and a close icon on the right. Below the search bar are five tabs: 'Recent', 'Frequent', 'My Foods', 'Meals', and 'Recipes'. Below the tabs is a blue header that says 'Search Results: Omelette'. The results are listed as follows:

- Omelette
Omelette, 1 whole egg, 98 calories
- Omelette
KYF, 160 g, 286 calories
- Cheese and Mushroom Omelette
KYF, 214 g, 399 calories
- Egg White Omelette
Eggs, 1 Egg White, 17 calories
- Spinach, Ham, & Cheese Omelette
Homemade, 1 Omelette, 120 calories
- Spanish Omelette
404 g, 326 calories
- 2 Egg, With Cheese
Omelette, 1 Omelette, 250 calories
- Omelette
Eggs, 1 cup, 138 calories
- Two Egg Plain Omelette
Homemade, 1 Omelette, 140 calories
- Spinach & Feta Cheese
Omelette, 380 g, 533 calories

Can I copy and paste a recipe from the internet?

Yes! Click on “recipes” when entering any meal, then click “create a new recipe,” which will bring up the option to “add from the web.” Paste the URL of the online recipe of your choice.



-  Add from the Web
If your recipe is online, we can automatically import the ingredients for you to review.
-  Enter Ingredients Manually
You can enter your recipe's ingredients by hand.

What if I go “over” my calorie goal for the day?

First things first: We do not COUNT CALORIES in the FIT 8-Week Challenge. Unfortunately, Americans have been brainwashed and conditioned to “count calories,” but we believe that NOT ALL CALORIES ARE CREATED EQUAL. (For instance, 300 calories of nutrient-dense foods such as vegetables will be processed by your body completely different than 300 calories of candy bars.) MyFitnessPal is simply used as a tool to help with food intake accountability among friends, but that’s all. The app will automatically designate a calorie goal for you when you sign up and go through the steps, but that can be adjusted at any time in your settings. Of course, it would be sensible not to indulge in thousands of calories on a daily basis, but we hope that as you gain more knowledge, your focus will be on the QUALITY of calories and not just the QUANTITY.

What if the exercise I just performed is not listed in MFP as an option?

MFP has generic exercises that you may enter like aerobics, circuit training, etc.