



MyFitnessPal

MADE SIMPLE

STOP GUESSING. START TRACKING

Your simplified guide with tips to track your food using the MyFitnessPal app!

2.0 Interactive Book

www.heahealthhub.com

WHY MOST PEOPLE FAIL WITH MYFITNESSPAL



- ✘ They set calories too low
- ✘ They forget drinks
- ✘ They estimate portions
- ✘ They only track “good foods”
- ✘ They quit after a few days








REMEMBER






MyFitnessPal isn't a diet.
It's simply an awareness tool.

THE BIGGEST TRACKING MISTAKES

WHAT HOLDS PEOPLE BACK

-  Guessing portions
-  Forgetting oils, sauces & extras
-  Forgetting drinks
-  Weekend tracking only
-  Not logging snacks

WHAT GETS RESULTS

-  Weigh your foods
-  Scan barcodes
-  Track all drinks
-  Track weekends
-  Log immediately



AWARENESS CREATES CHANGE.

Track it all. Learn it all. Change it all.

MY TOP 5

MYFITNESSPAL TIPS



TIP 1

TRACK BEFORE YOU EAT

Plan ahead and stay in control.



TIP 2

SAVE REGULAR MEALS

Save time and stay consistent.



TIP 3

USE THE SCANNER

Your best friend for accuracy.



TIP 4

TRACK WEEKENDS TOO

Consistency is what counts.



TIP 5

DON'T ADD YOUR WORKOUTS

Adding exercise burns calories in the app, making you think you have more to eat. It creates a false number.

TRACKING DOESN'T HAVE TO BE PERFECT



Many people stop tracking after
one bad meal. Don't.

TRACK IT ANYWAY.



The people who succeed
are not perfect.
They are consistent.

THE 5-STEP TRACKING SUCCESS FORMULA



1

DOWNLOAD THE APP

Get MyFitnessPal
on your phone.



2

SET UP YOUR PROFILE

Enter your details and
activity level.



3

TRACK EVERYTHING

Log all foods and drinks,
every day.



4

USE THE BARCODE SCANNER

Scan for speed
and accuracy.



5

STAY CONSISTENT

Small daily actions
create big results.



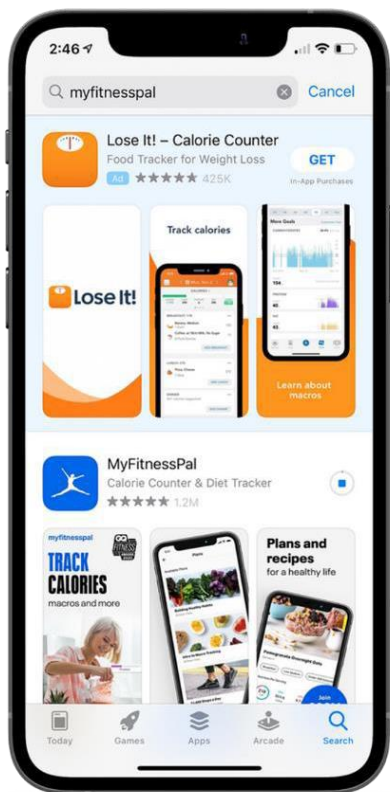
**NEXT PAGES SHOW YOU
HOW TO SET UP THE APP & USE IT!**



Tracking your food doesn't need to be complicated. This guide helps you set up MyFitnessPal correctly, so you can accurately track your current eating habits and calorie intake.

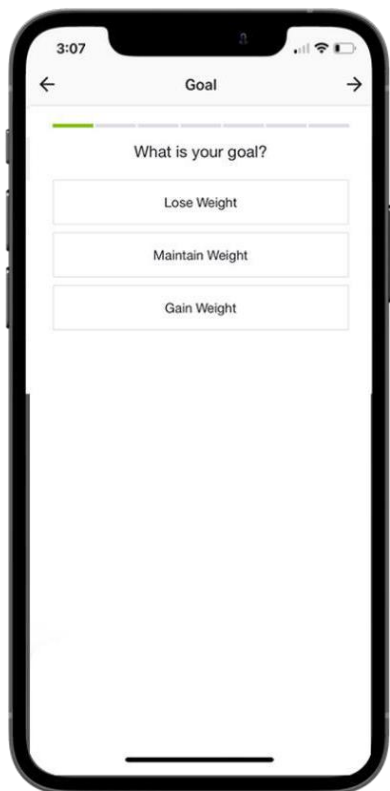
*Any headings with a tick box are interactive - tick them off as you complete.

NOTE: MyFitnessPal regularly updates its app and layout, so some screens may look slightly different from those shown in this guide but the principles remain the same. Ryan uses the free version.



1. DOWNLOAD & SIGN-UP

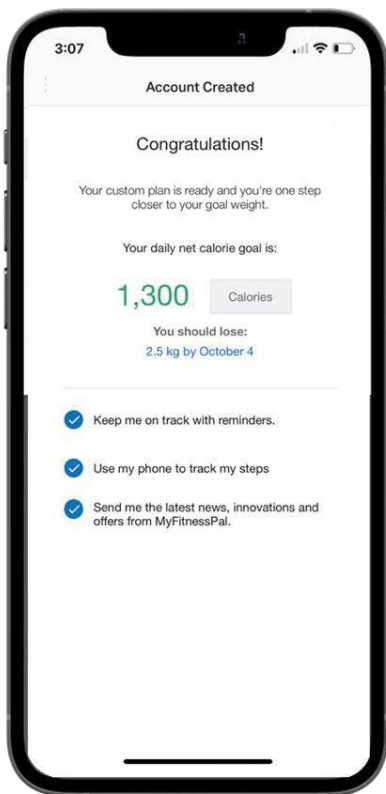
- Go to the App Store or GooglePlay.
- Search for "MyFitnessPal".
- Download and follow the sign-up instructions.



2. FILL IN YOUR INFO

- Now, move to the next step. and enter your weight. In the second section, "How much would you like to weigh", PLEASE write down your current weight (we will sort out the goals)

The activity levels are provided with a brief description of each. They are generally focused on the overall activity throughout the day, not just training amounts.

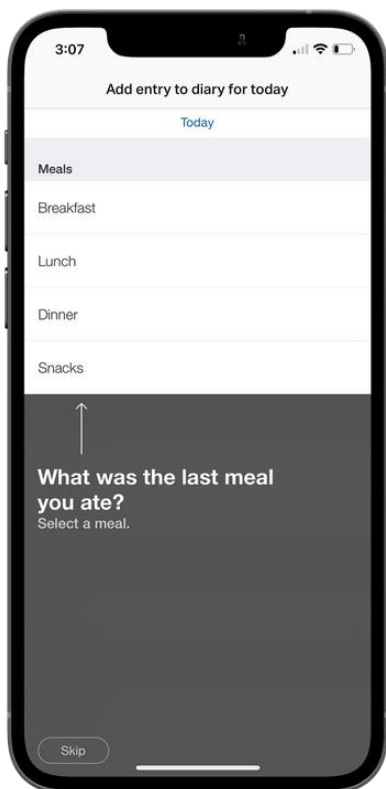


3. COMPLETE SIGN-UP

Once you have chosen a username and password to create your account, you will then be presented with a daily calorie goal based on the information you have entered.

For the purpose of this exercise, continue eating as you normally would.

This allows us to identify real patterns and establish a true baseline.



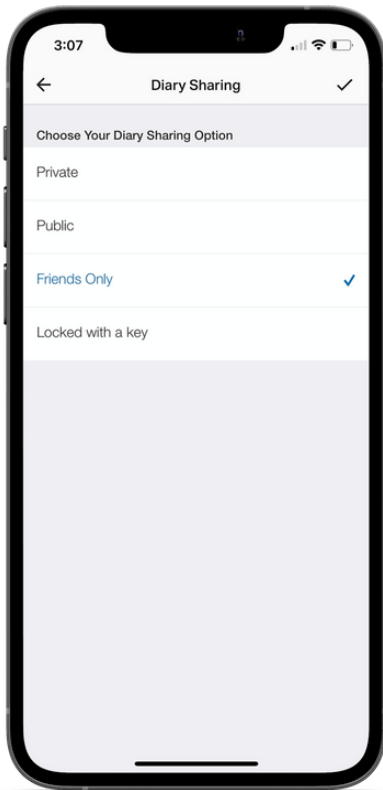
4. YOUR 3-DAY TRACKING

Starting the day after setup, track **everything** you eat and drink for **3 full days**.

This includes foods such as:

- Oils, butter, sauces, dressings
- Toppings & seasonings
- Snacks & “small bites”
- Alcohol and water


👉The accuracy of any feedback depends entirely on how detailed and honest the tracking you log is - give it your best effort.



5. PRIVACY SETTINGS

Before tracking food, ensure your diary can be shared.

Go to:


 **Settings** → **Sharing & Privacy** (*pictured left*)
→ **Diary Sharing** → **Friends Only**

(This allows another person such as a coach or accountability partner to view your log if needed).



6. ADD A FRIEND or ACCOUNTABILITY PARTNER (optional)

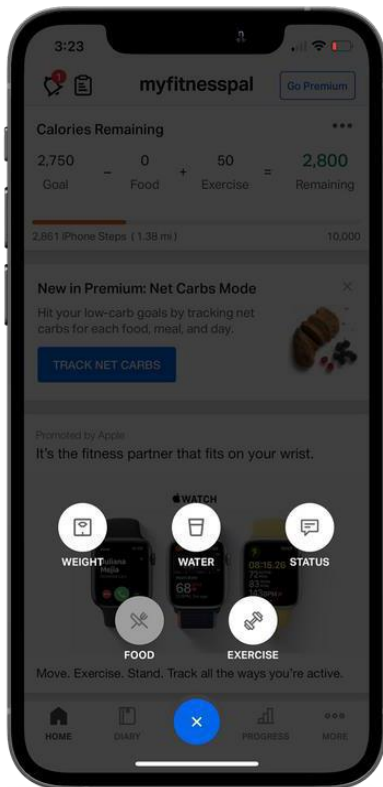
If you are sharing your diary with a **coach, client, or accountability partner**:

Go to **Settings**  symbol → tap the “+” in the top right corner (*pictured left*)

Select **Email or MyFitnessPal Username**
Enter their username or email address

You may enter your name or type “*emailed*” if you prefer to remain anonymous.

(If you are not sharing your diary, you can skip this step.)



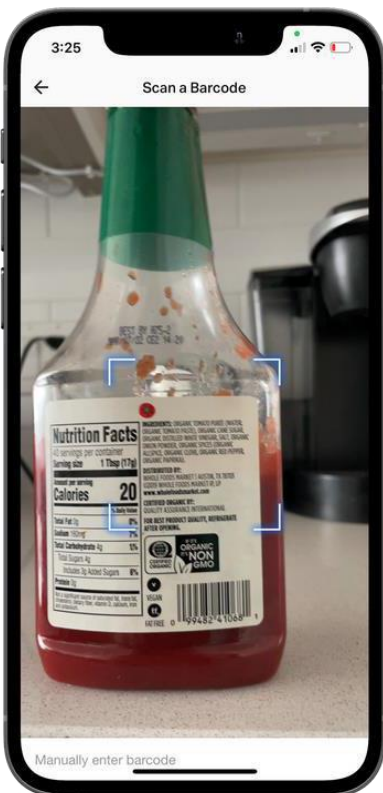
7. START TRACKING EVERYTHING

First, ensure you are on the **correct day** in the diary.

Tap the “+” icon

Select the correct **meal type** (breakfast, lunch, dinner, snacks)

(Logging foods under the correct meal helps keep your diary organised and accurate).



8. USING BARCODE SCANNER

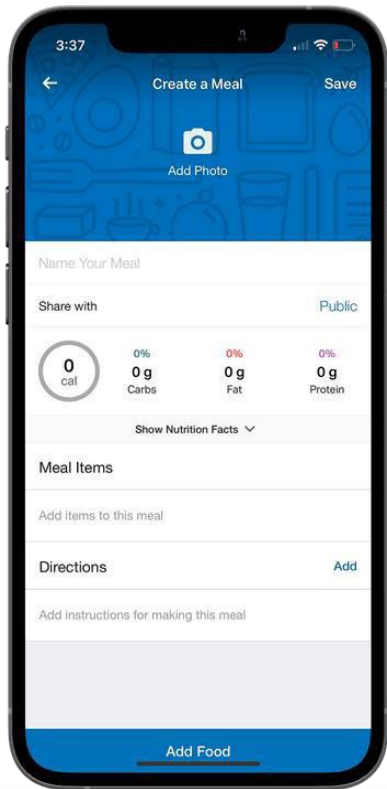
If your food comes in packaging, use the **barcode scanner** whenever possible. *(pictured left)*

This helps:

- Select the correct food automatically
- Reduces logging errors
- Saves time

Important Note:

*Always double-check the **portion size** scanned matches what you actually eat. Often it's pre-programmed to scan 30g or 100g so you may need to adjust this.*



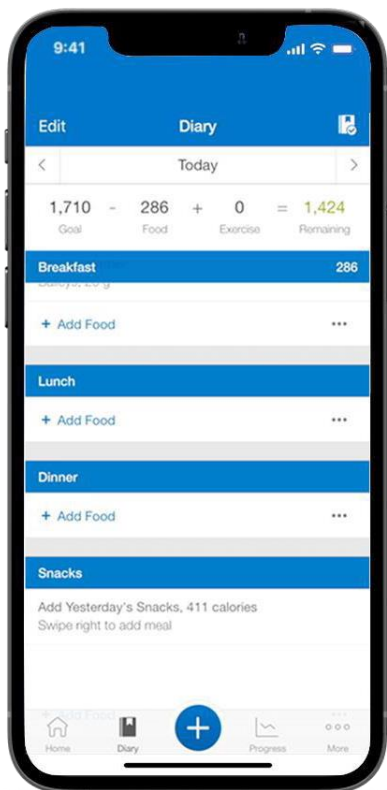
9. SAVING REGULAR MEALS

If you eat the same meals often (e.g. *eggs, beans & toast*), save them. So every time you eat the same meal, you can add it with a simple click rather than adding all the foods individually again.

How to save a meal:

- Select a meal type (e.g. breakfast)
- Tap the “+”
- Choose **Create a Meal**
- Add foods via barcode or search
- Save for future use
(pictured left)

This makes tracking quicker and more consistent.




10. TRACK AFTER EACH MEAL

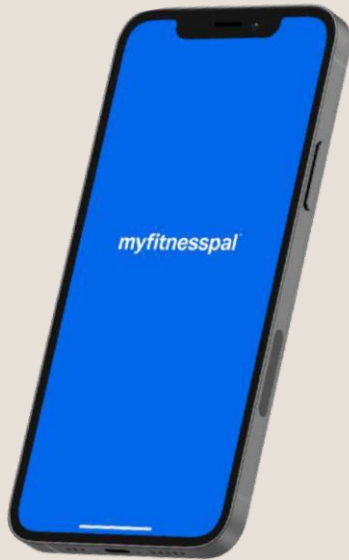
Log food **before or immediately after eating**.

Waiting until the end of the day often leads to:

- Forgotten ingredients
- Underestimated portions
- Missing snacks

Some people will underestimate the amount consumed too!

 *Real-time tracking = better accuracy.*



11. BE HONEST!

Honest tracking is far more valuable than “perfect” tracking.

The more detailed your entries, the better the insight you’ll get.

Example of good tracking / logging



- 2 slices white sliced pan
- Strawberry jam (1 tbsp)
- Low-fat butter (1 tbsp)
- 2 medium scrambled eggs
- Salt (1 tsp)
- Baked beans (½ cup – Campbell’s)

Example of poor logging



- Toast, eggs and beans

Real Progress Starts With Awareness

*The HEA Approach isn’t about restriction, judgment, or perfection. It’s about **awareness**.*

By tracking honestly and consistently, you give yourself the data needed to make informed, sustainable decisions - not guesses or assumptions.

What we measure, we can improve.

Trust the process, stay consistent, and let the data be a guide.



NEED A BIT MORE HELP & STRUCTURE?

You've already taken the first step.

Now imagine how much easier things become when the planning, structure, and guesswork are already **done for you.**



Here are a few ways I can help you continue **building momentum:**



FOR MEN

THE 30-DAY FAT LOSS BLUEPRINT™ FOR MEN

Need more structure, accountability, and a step-by-step plan to follow and get *real results?*



- ✓ Follow-along workouts
- ✓ Meal plans already worked out
- ✓ Recipes with calories included
- ✓ Shopping lists done for you
- ✓ Accountability check-ins
- ✓ Progress trackers & planners



VIEW MEN'S BLUEPRINT



FOR WOMEN

THE 30-DAY FAT LOSS BLUEPRINT™ FOR WOMEN

Need more structure, accountability, and a step-by-step plan to follow and get *real results?*



- ✓ Follow-along workouts
- ✓ Meal plans already worked out
- ✓ Recipes with calories included
- ✓ Shopping lists done for you
- ✓ Accountability check-ins
- ✓ Progress trackers & planners



VIEW WOMAN'S BLUEPRINT



SIMPLE PLANS.
No confusion.
Just clarity.



REAL RESULTS.
Proven strategies
that work.



BUILT FOR YOU.
Designed for busy
people like you.



**YOU DON'T HAVE TO
FIGURE IT OUT ALONE.
LET'S MAKE IT
HAPPEN TOGETHER.**

