

MyFitScore Simple Calorie Tracking Guide (IOS)

Meal planning and/or calorie tracking are the two best ways to ensure you hit your daily calorie and macronutrient targets. There are pros and cons to both and you need to work out which is right for you - the best method is the one you will stick with!

This guide talks you through a simple way to track your calories using the free MyFitnessPal app.

Once you have downloaded the app and registered go into the 'More' section.

Then click on 'Goals' and within this section select the 'Calorie, Carbs, Protein and Fat Goals'.

This will take you to a section called 'Default Goal'.

Click on the calorie number and type in your daily calorie target from the MyFitScore app.

Then click on the Carbohydrate percentage and change the macronutrient ratios as follows:

Carbs	40%
Protein	35%
Fat	25%

Then click on the tick button and these calorie and macro ratios will be stored. You should now see that the target grams of each macronutrient in MyFitnessPal are the same as in MyFitScore.

Once you have done this press the back arrow until you are back on the 'More' screen.

Then press the 'Diary' tab. This is where you will log your food every day. The best way to do this is to spend a couple of minutes after every meal logging what you ate.

Every time you want to log something just click on the 'Add Food' button under the relevant meal. You have the choice to either search for a food item or scan the barcode which works really well.

Remember to watch out for hidden calories and ensure you log everything, especially to start with, including drinks, spreads such as butter, sauces such as ketchup and cooking oils.

The majority of what you eat will need to be healthy, nutritious food to hit these targets but if you have calories and macros left over then enjoy a small treat or chocolate bar to get you there!

To track your progress through the day you can clearly see the remaining calories you have left at the top of the 'Diary' tab.

If you want to see how many macronutrients you have logged so far you need to click on the 'Nutrition' button at the bottom of the 'Diary' tab, then click 'Macros' at the top of the screen.

You will then see how many grams of each macro you have logged and how the percentage ratios compare to your goal. If you click on any of these three macros you will see your logged grams versus your goal in grams.

Unlike with meal planning you will not hit your targets every day as you will often be left with calories and macros for dinner that don't match what you have in the house. The important thing here is to get as close as you can and aim to be within 100 calories of your target everyday and within 10g of each macronutrient.

It may take a little while for you to start hitting these regularly but that's ok, this is a journey, just do the best you can to start with as you get used to tracking your calories.

You may also find you need to use protein powder to ensure you get sufficient protein in your diet. We recommend using The Protein Works as they are our brand partner and that's what we use but other high quality protein brands are out there.

Calorie tracking can sometimes feel like a chore but remember you are doing this to achieve your goal of a healthier, happier you and it should only take about 10 minutes a day in total.

As you lose or gain weight your calorie and macro targets will change so we recommend updating the targets in MyFitnessPal once a month to ensure you keep on track.

If you have any queries on calorie tracking or anything else please get in touch with us at hello@myfitscore.com