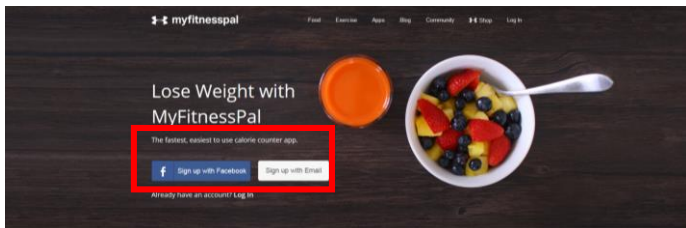


Compiling daily diet in app myfitnesspal.com

Go to www.myfitnesspal.com

Create your account or use your Facebook login for sign in. It is not possible to use the app without login.

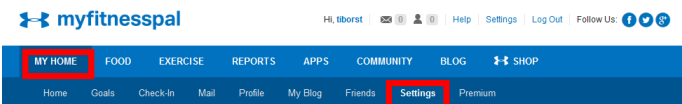


Millions of people have lost weight with MyFitnessPal's FREE calorie counter. Get free access to the world's largest nutrition and calorie database - over 5 million foods!

- Medical studies show that keeping a food journal **DOUBLES** your weight loss!
- Quickly add and log recipes from across the web
- Easy and fast
- Signup for free, with no strings attached

Lose weight the healthy way
We believe - and medical studies agree - that the best way to lose weight and keep it off is to change every part of the food you eat. OurMyFitnessPal members and diet plans don't work, so we designed a free online and mobile app that make calorie counting and food tracking easy.

After login go to „My Home-Settings“. From options, chose „Diary Settings“.

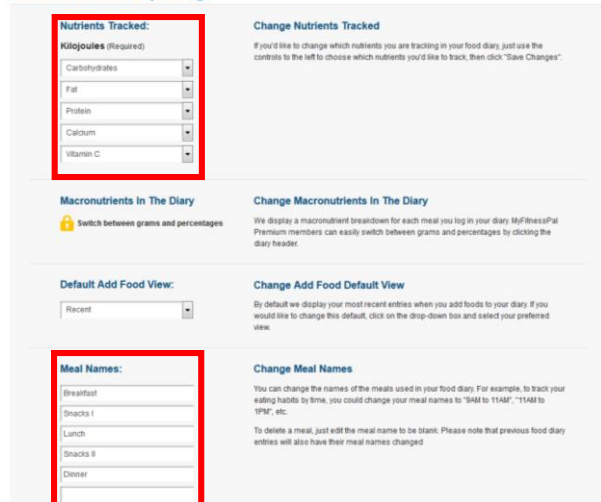


Account Settings

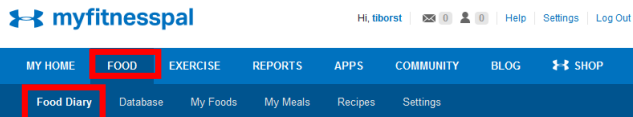
- Subscription Settings
- Change Password
- Change email address/email preferences
- Change Username
- Change Time Zone
- Update diet/fitness profile
- Diary Settings**
- Privacy Settings
- Automatic News Feed Update Settings
- Change Units
- Facebook/Twitter sharing settings
- Change Language
- Delete Account

In option „Nutrients Tracked“ chose „Carbohydrates“, „Fat“, „Proteins“, „Calcium“, and „Vitamin C“. In option „Meal Names“ enter „Breakfast“, „Snack I“, „Lunch“, „Snack II“, and „Dinner“. Save by click on „Save Changes“.

Food and Exercise Diary Settings



For adding the foods go to „Food-Food Diary“. Click on „Add Food“, enter name or key words and find appropriate food. Estimate amount of the food and click on „Add Food to Diary“.



Your Food Diary For: Wednesday, October 26, 2016

Breakfast

Add Food | Quick Tools

Lunch

Add Food | Quick Tools

Dinner

Add Food | Quick Tools

Snacks

Add Food | Quick Tools

For adding the foods, you can also use mobile app „MyFitnessPal“ available for iPhone and Android.



After completion of the list for whole day, go to web myfitnesspal.com and open the food diary („Food-Food Diary“). Set the window size to fit the entire list including sums of the parameters on the screen. Use „Print Screen“ to take a copy of the screen, save it as a picture, crop it and fit it into A4 page format.

Your Food Diary For: Thursday, October 13, 2016

	Kilojoules kJ	Carbs g	Fat g	Protein g	Calcium g	Vit C g
Breakfast						
Cappuccino - Homemade Cappuccino, 1 cup	460	13	3	8	30	0
Bananas, raw, 150 gram	473	29	0	1	1	18
Home Made - Oat Meal - Oat Meal, 1 cup	1,351	62	8	10	0	0
Homemade - Egg, 1 egg	293	0	5	6	2	0
Orange juice - Raw, 1 cup	467	26	0	2	3	207
Add Food Quick Tools	3,044	130	16	27	36	225
Lunch						
McDonalds - Chicken, 2 sandwich	3,012	80	32	28	0	0
McDonalds - McDonalds Coke, Large, 30 oz	1,255	81	0	0	0	0
Mc Donalds - Ice Cream/ Desert, 100 g (as sold in cup)	1,653	62	14	6	0	0
Add Food Quick Tools	5,920	223	46	34	0	0
Dinner						
Chicken - Chicken Tigt Rostered, 1 light	640	0	10	16	0	0
Rice, 0.75 cup cooked	628	35	0	3	0	0
Black Isle - Goldfish IPA, 330 ml	439	8	0	0	0	0
Add Food Quick Tools	1,707	43	10	19	0	0
Snacks						
Starbucks - Pumpkin Spice Latte - Grande - Whole Milk, 16 oz	1,757	52	17	14	45	2
Opasia - Bebe, 1 bateni	952	35	8	4	18	0
Add Food Quick Tools	2,719	87	25	18	63	2
Totals	13,390	483	97	98	99	227
Your Daily Goal	10,000	299	80	120	100	100
Remaining	-3,390	-184	-17	22	1	-127
	Kilojoules kJ	Carbs g	Fat g	Protein g	Calcium g	Vit C g

Print the list and bring it to practice.