

Calorie Counting Apps

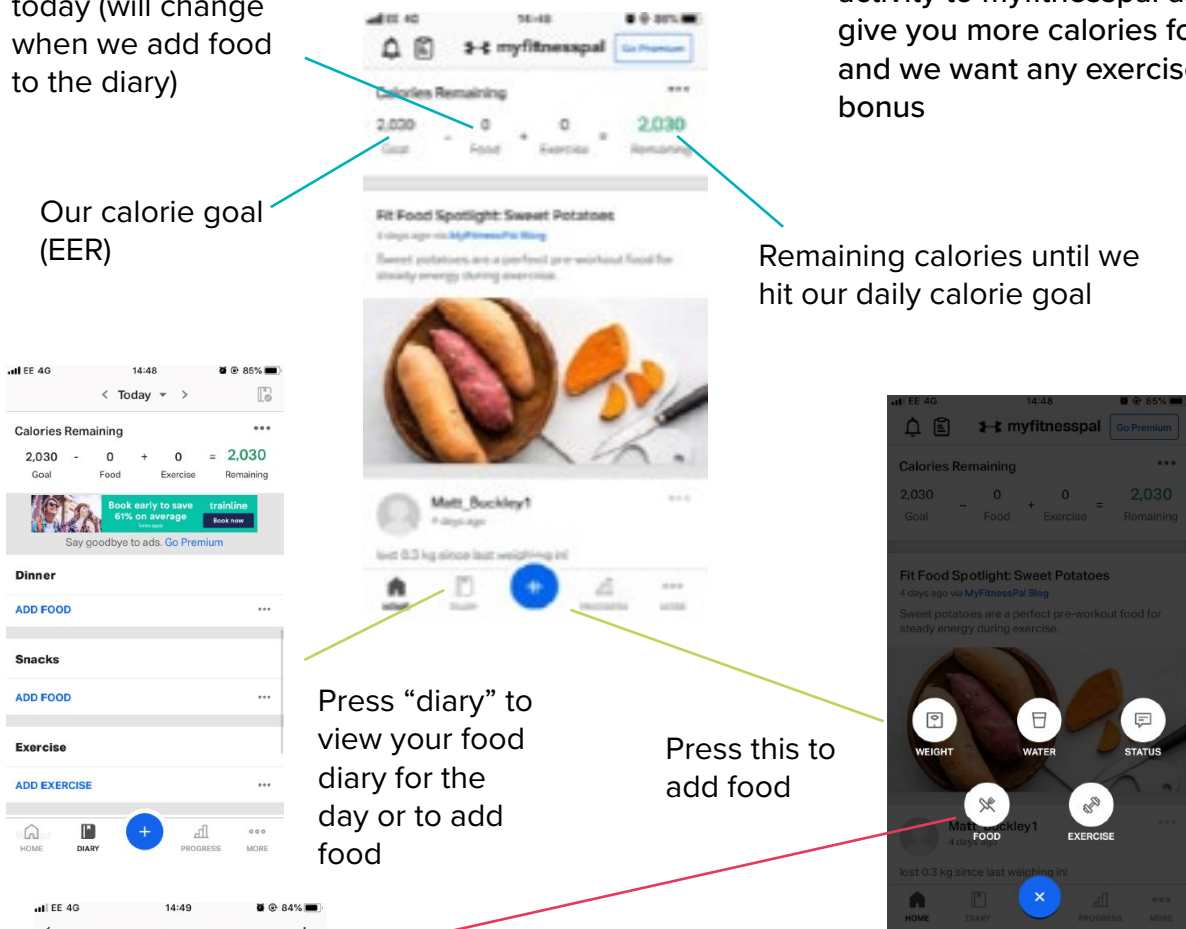
Adding food to MyFitnessPal

Calories consumed today (will change when we add food to the diary)

Our calorie goal (EER)

Please Note: Do not add exercise activity to myfitnesspal as this will give you more calories for the day and we want any exercise to be a bonus

Remaining calories until we hit our daily calorie goal

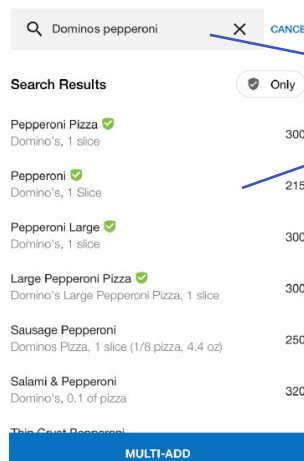
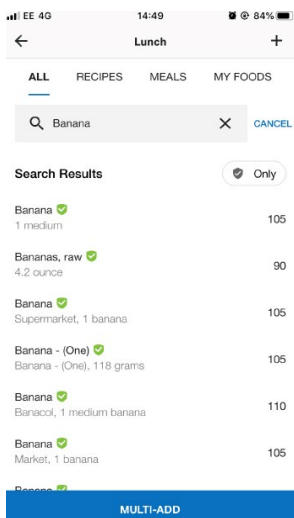


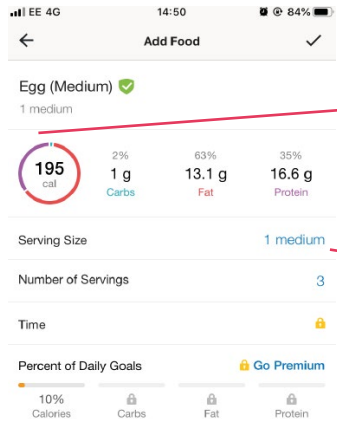
Press "diary" to view your food diary for the day or to add food

Press this to add food

Press "food" to add food to your diary

Use the search bar to look up foods to add you can search for chain restaurant foods also e.g. "pepperoni pizza dominos"

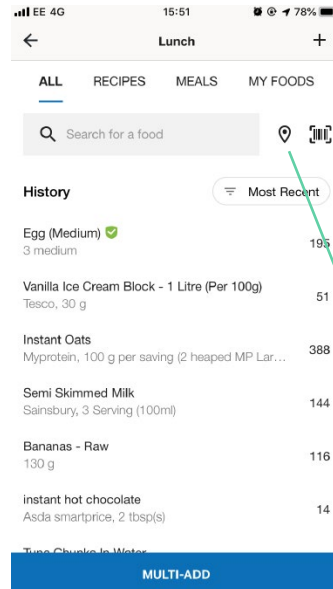




This breaks down each food by serving size based on their calorific, carbohydrate, fat and protein content

Use the serving size box to change the size of the unit e.g. 1 medium egg/100g pasta

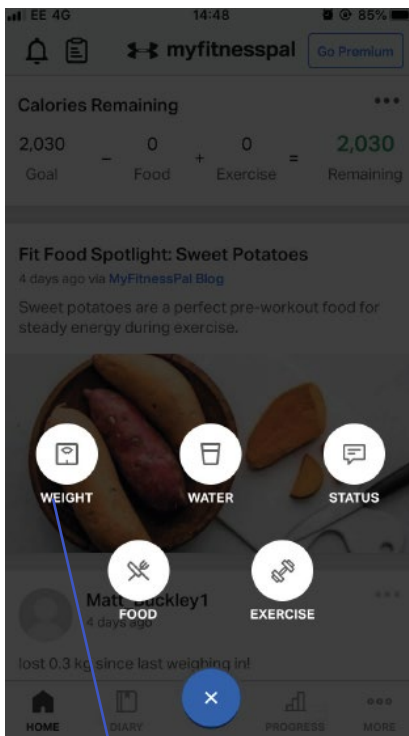
Use the number of servings box to add the correct amount of servings you had e.g. 3 (if you had 3 medium eggs), 1 (for a 100g serving of pasta), 1.5 (for a 150g serving of pasta)



Use the "barcode" button to use the camera on your phone to scan the barcode on the food packets and add food to your diary that way

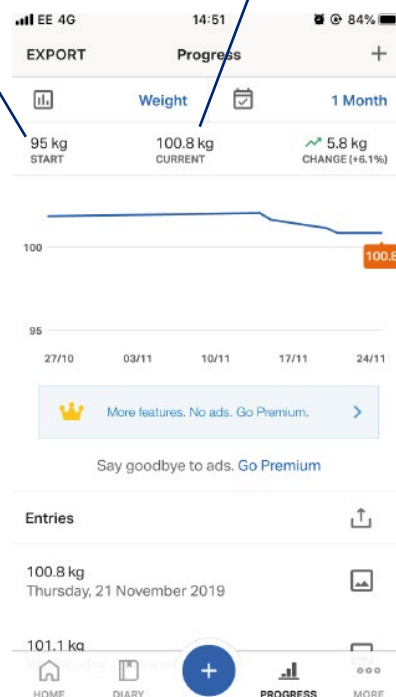
Use the "pin" button when eating out to use your current location to bring up the restaurant's menu and add food to your diary that way

To update our weight and track our weight loss progress



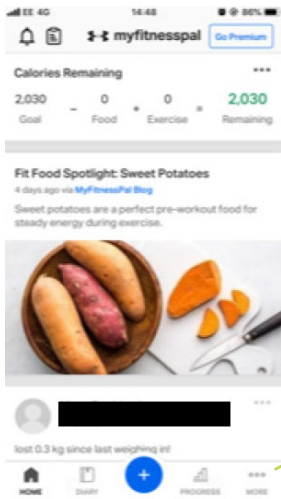
Shows our starting weight

Shows our current weight

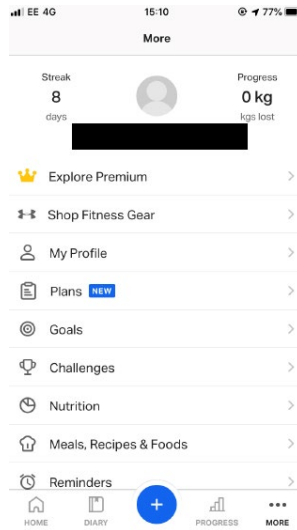


Use the "weight" button to update your diary with your weight (if your weight changes, myfitnesspal will update your calorie goal to match this change in line with your weight loss goal)

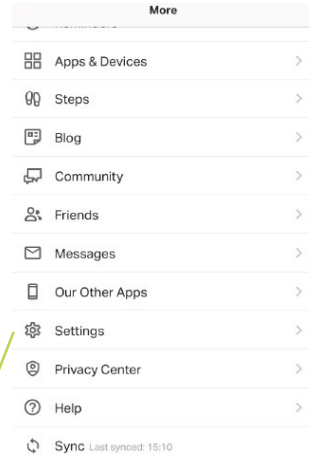
To edit the calorie goal (EER) and add the EER given by OneLife



Press "more"

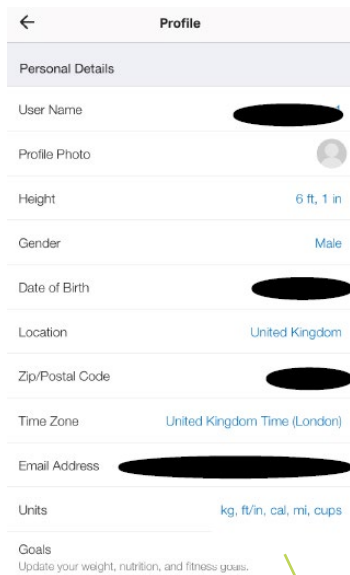


Scroll down



Click "settings"

Select "profile"



Select "goals"



Use this to set your calorie goal based on the EER given by OneLife

