

# Transform your MyFitness Pal into a Live It Tracker

Transform MyFitnessPal into a Live It Tracker. The MyFitnessPal App provides easy access to nutritional information that helps us make the best choices. However, I missed the daily assessment of my food choices in the Live It Food Plan, so I transformed MyFitnessPal into the Live It Tracker. I changed the meal settings to display Fruit, Vegetables, Grains, Lean Protein, Dairy, and Healthy Oils instead of Breakfast, Lunch, Dinner and Snack. To change your food diary settings, log on to MyFitnessPal through a browser (Internet Explorer, Chrome, Firefox, or Safari). The mobile app on a device, such as a phone or tablet, does not have the option to change your diary settings. Here are step-by-step directions:

On your computer via the website:

1. Go to [www.MyfitnessPal.com](http://www.MyfitnessPal.com) and Log In with your password.
2. Click on Settings on the bottom blue row.
3. Click on Diary Settings.
4. Change Meal Names from the default: Breakfast, Lunch, Dinner, and Snack to Fruit, Vegetables, Grains, Lean Protein, Dairy, and Healthy Oils.

On your phone or mobile device via the app:

1. Open My Fitness Pal App, click on Me icon
2. Click Gear icon to access Settings
3. Click on Diary Settings.
4. Click on Customize Meal Names
5. Change Meal Names from the default: Breakfast, Lunch, Dinner, and Snack to Fruit, Vegetables, Grains, Lean Protein, Dairy, and Healthy Oils.

I also include the portion and approximate calorie range in my meal names. The following is based on 1300-1400 calories recommended amount for each food group.

**Fruit (1.5-2 Cups) 140-160c**

[Add Food](#) | [Quick Tools](#)

**Vegetables (1.5-2 Cups) 120c**

[Add Food](#) | [Quick Tools](#)

**Grains (5 Oz) 320-400c**

[Add Food](#) | [Quick Tools](#)

**Protein (4 Oz) 240c**

[Add Food](#) | [Quick Tools](#)

**Dairy (2-3 Cups) 270-300c**

[Add Food](#) | [Quick Tools](#)

**Healthy Oils (4 Tsp) 180c**

[Add Food](#) | [Quick Tools](#)

- Fruit (1.5-2 cups) 140-160c
- Vegetables (1.5-2 cups) 120c
- Grains (5 oz) 320-400c
- Lean Protein (4 oz) 240c
- Dairy (2-3 cups) 270-300c
- Healthy Oils (4 tsp) 180c

**Print Your MyFitness Pal Food Diary.** Turning in your tracker at your weekly meeting is an important step in accountability. The following are directions for printing your weekly food and exercise diary from MyFitnessPal:

1. Scroll to the bottom of the Diary Screen.
2. Click on View Full Report (Printable).
3. Select the From Date and To Date.
4. Click on Change Report on the right.
5. To print or save as a PDF, click your right mouse button.
6. Click Print (To save as PDF, Click Change Your Printer, select Print as PDF and click Save).

**Your Challenge:** Embrace a healthier relationship with your tracker. Cease the squabbling and consider your tracker a

companion, helping you fight your battles. Seek the Lord for a change of heart: "Lord, help me want to want to track."