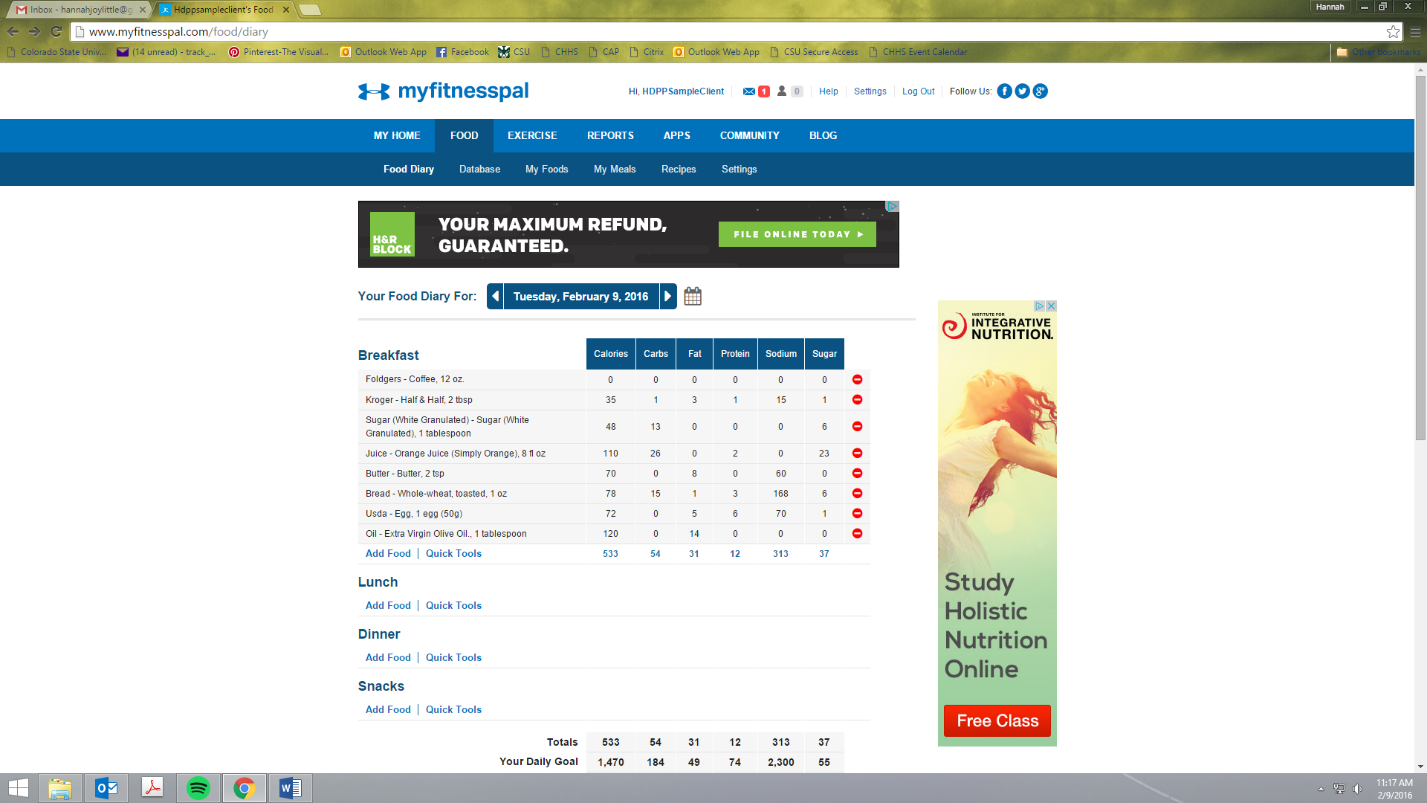
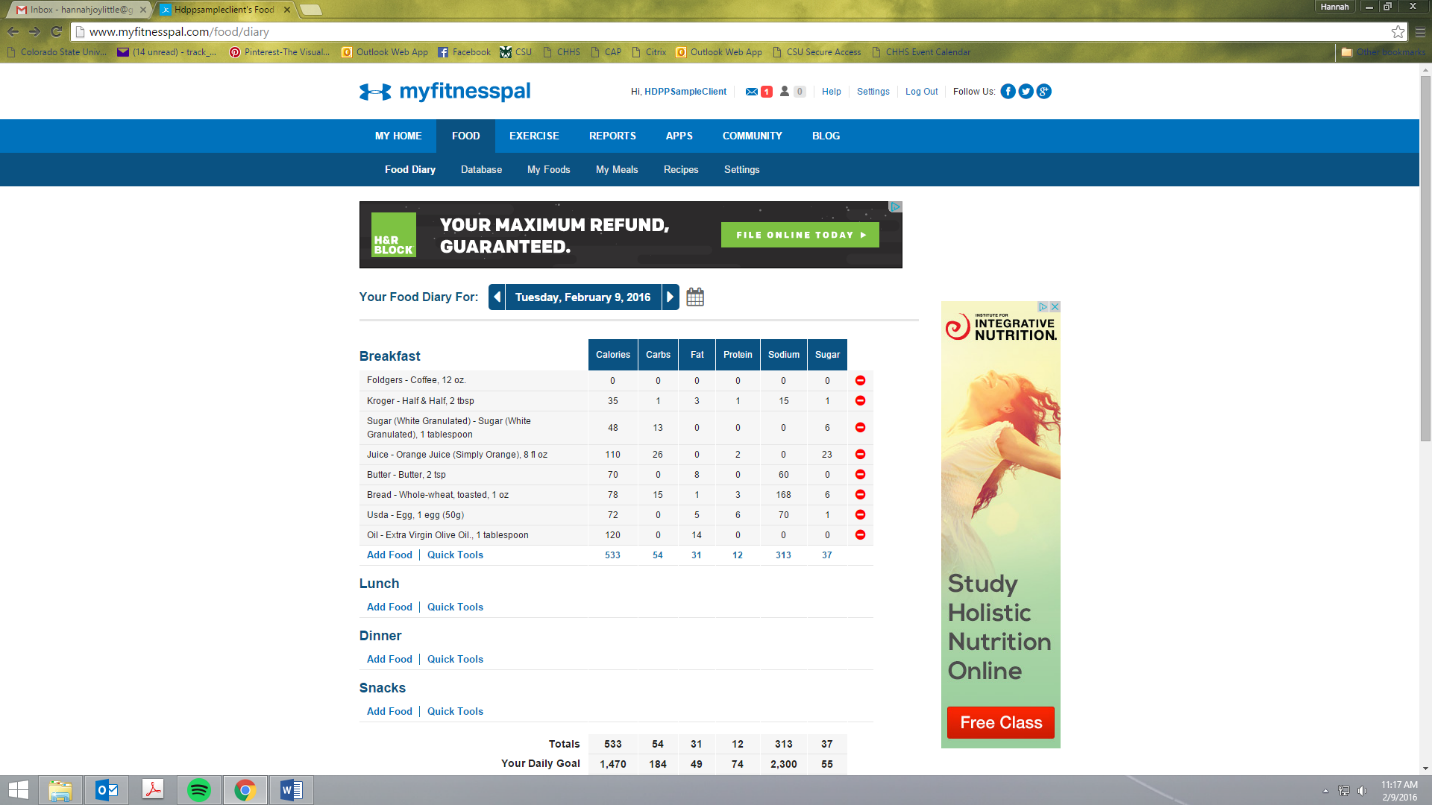
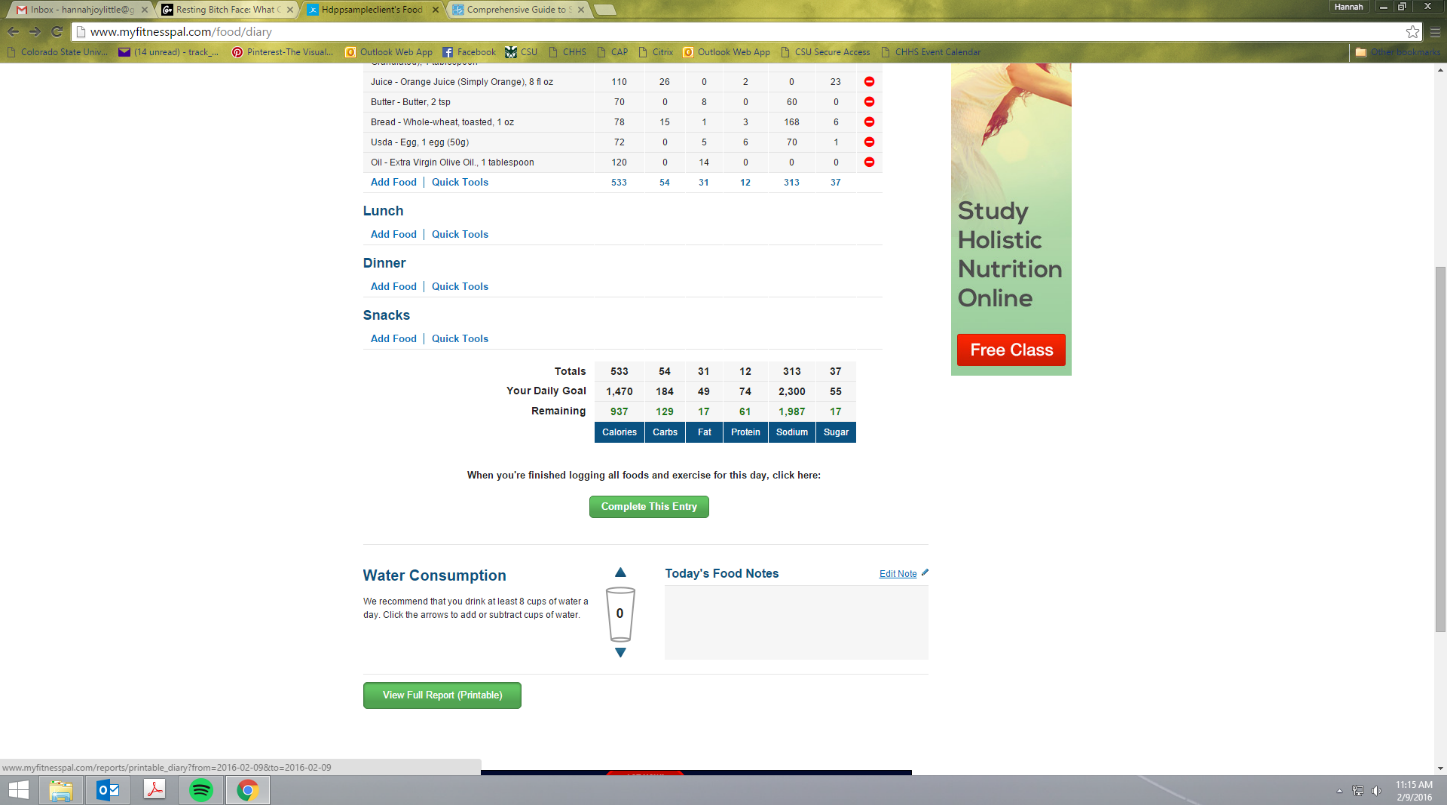
# MyFitnessPal Diet Record Printing Instructions

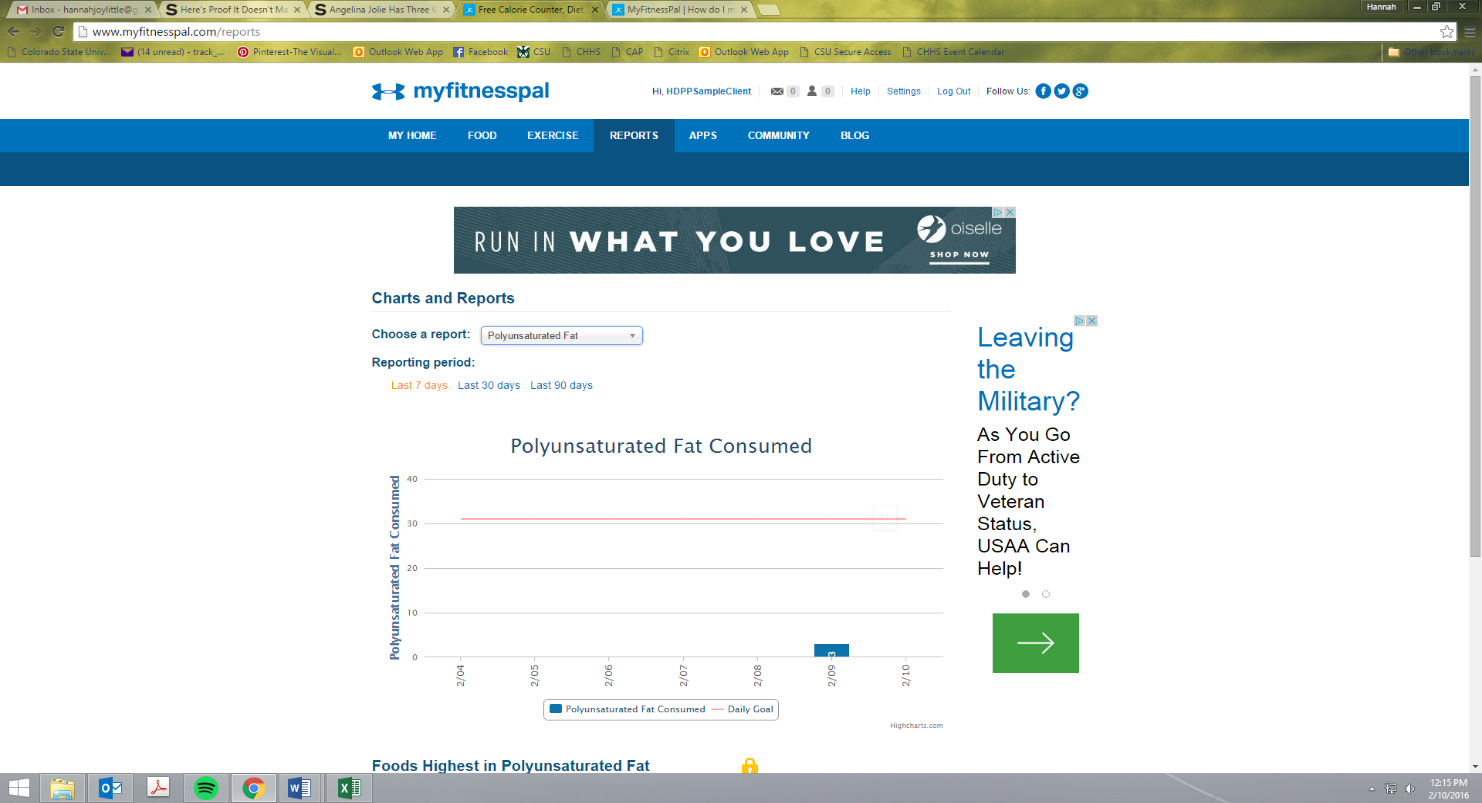
1. Log into the desktop version of your myfitnesspal account and go to the ***Food*** tab **at the top of the screen**. 

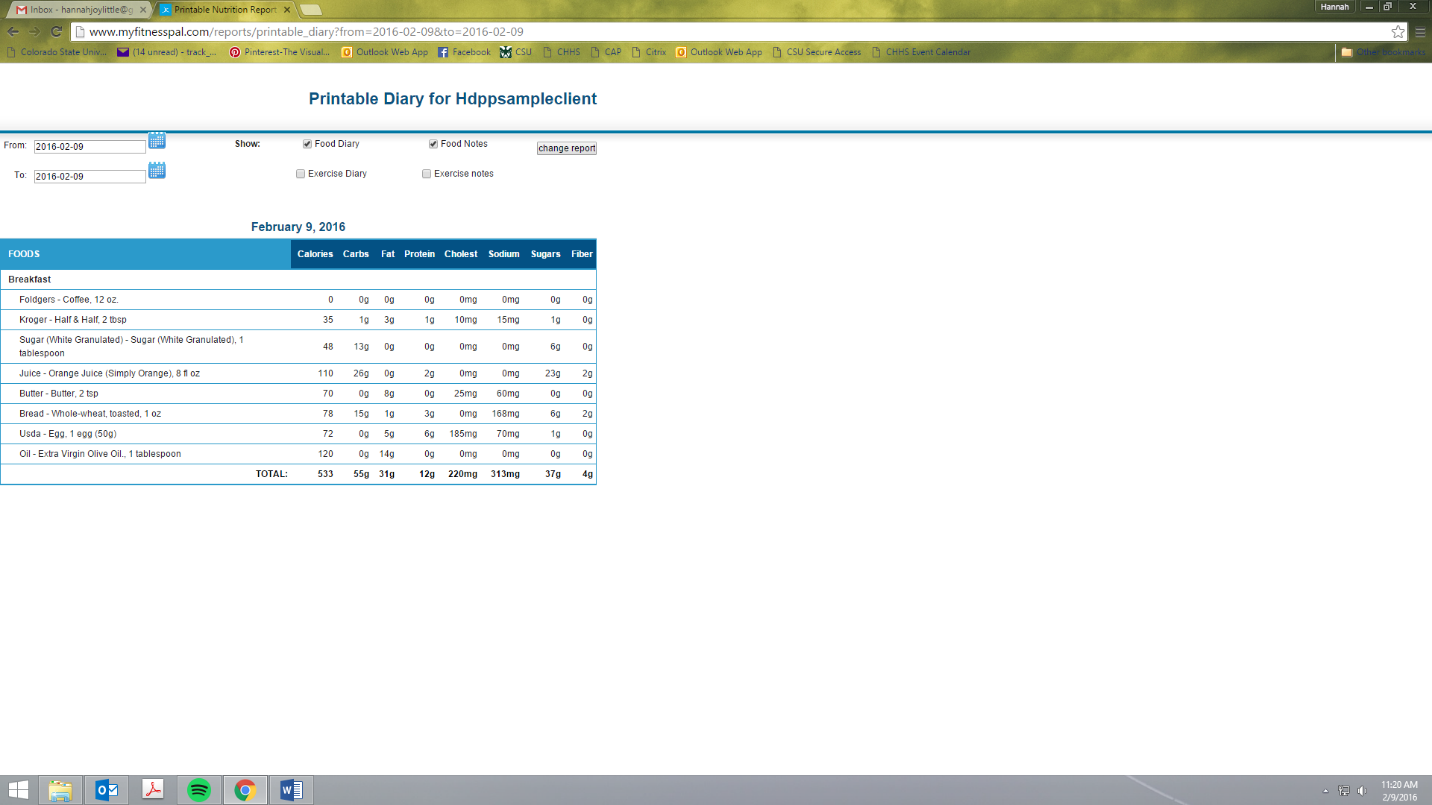


1. Click on the button **at the bottom left** that indicates ***Printable Diary***.

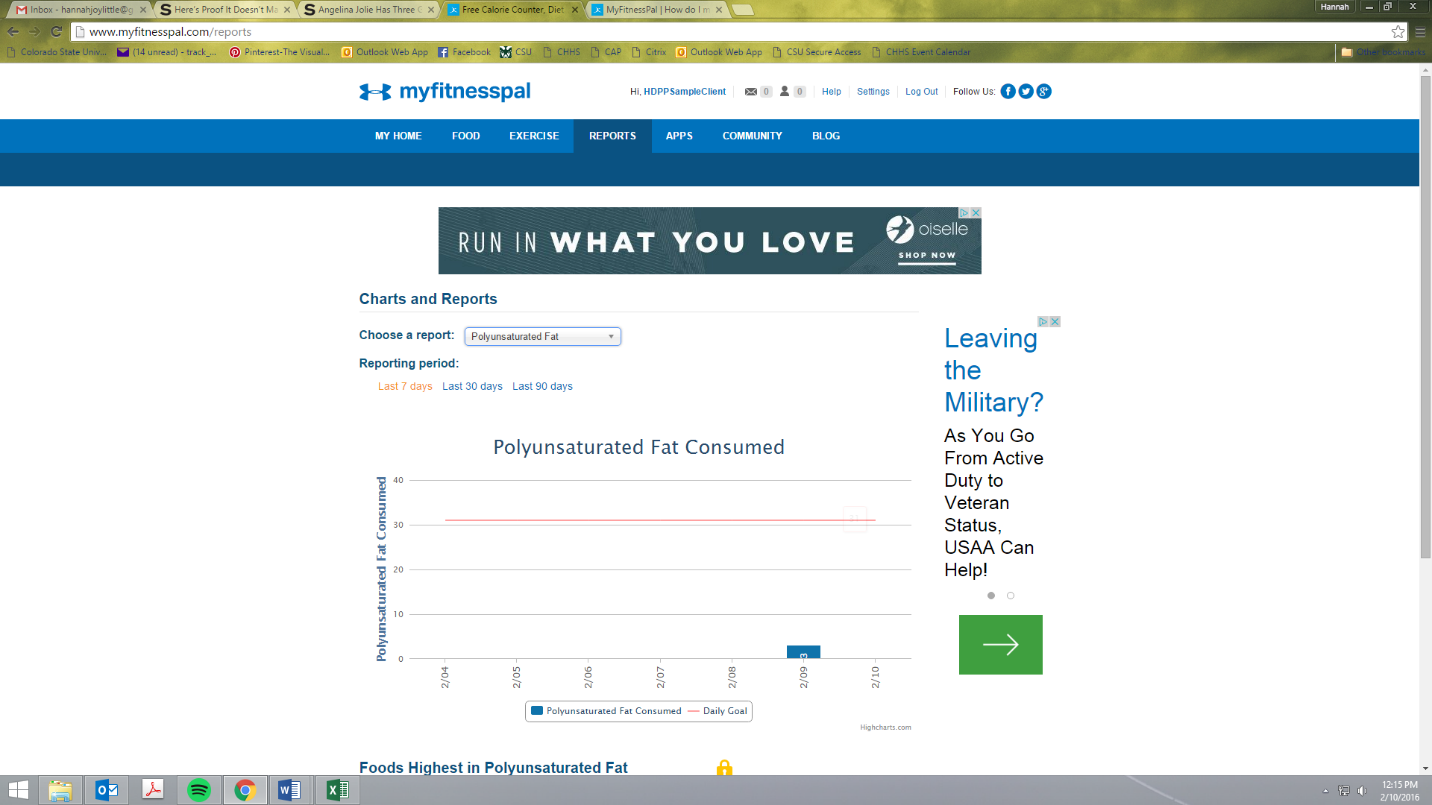


1. Change date range to include 4 days and then select “Change Report” button at the top of the screen. Please add if it is a Shift Day or Off Day as well as anything else important in the food notes (i. e. on vacation, ill, or holiday meal). Only the ***Food Diary*** and ***Food Notes*** need to be included.





1. Download the Excel sheet that includes all macronutrients for those same 4 days if your computer allows you to do so. If not, print or take a screenshot the specific reports for saturated fat, monounsaturated fat, polyunsaturated fat, and potassium. Problems? Call (970) 491-3847.



1. \*Remember, we **must** have the following macronutrients and minerals from your diet record in order to have a comprehensive look at your nutritional status.

**Tips for Success**

* Select foods that are verified by myfitnesspal. This ensures higher accuracy.
* Be consistent in logging your foods and beverages throughout the day.
* Log foods as soon as possible after eating in order to get all the details right
* Weigh or measure foods and drinks.

| **Macronutrients** |
| --- |
| Calories (kcal |
| Protein (g) |
| Cholesterol (mg) |
| Carbohydrates (g) |
| Total Fat (g) |
| Saturated Fat (g) |
| Monounsaturated Fat(g) |
| Polyunsaturated Fat (g) |
| Fiber (g) |
| Sugar (g) |
| Sodium (mg) |
| Potassium (mg) |

**Things to include:**