



MFP TRACKING GUIDE

HOW TO TRACK YOUR
CALORIES

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KNOWING YOUR LABELS

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

8g X 9 = 72 Calories

37g X 4 = 148 Calories

3g X 4 = 12 Calories

Servings can be measured by using measuring spoons/cups or by weighing the food. Don't get this 55g serving confused with the macro counts.

Tracking Macros

When you first start counting your calories, remember that starting anything new takes a bit of time, effort and practice before it feels natural. After you get through the initial learning curve and figure out what works best for you it will become easier.

When counting your macros it is very important to

understand what is in your food. This comes from being able to read and understand nutrition labels. Nutrition labels can be found for most foods on the packaging. They can look slightly different from country to country or product to product however the same basic information: Calories, Total Fat, Total Carbohydrate, and Protein. "Dietary Fiber" is also one to keep an eye on and that is usually included under "Carbohydrates."

HOW TO BEGIN TRACKING

Serving Size

You'll notice that the serving size is given as a cup measurement and as weight.

We recommend measuring by weight.

Understand that most serving sizes are extremely small to make the overall calories appear to be small (marketing!).

This means if you were to have 440g of this food, you would really be having 1840 calories (not 230) and 296g of carbs (not 37g).

FOR THE PURPOSES OF THE 21 DAY CHALLENGE, WE WILL ONLY FOCUS ON TRACKING CALORIES!

Other numbers that you can start to pay attention to but don't need to track for this challenge are Total Fat, Total Carbohydrates, and Protein.

ONE ONE ONE CLIENTS WE WILL BE FOCUSING ON ALL ASPECTS

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Ingredients: Whole grain wheat, sugar, rice, raisins, wheat bran, whole grain oats, brown sugar syrup, vegetable glycerin. Contains 2% or less of corn syrup, salt, natural flavor, modified corn starch, molasses, palm oil, cinnamon, honey, mixed tocopherols (vitamin E) for freshness. CONTAINS WHEAT INGREDIENTS.

THE REST OF THE STORY

The first ingredient makes up the majority of the food item. The second is the second largest in terms of percent of the total food. The rest of the highlighted names are all different ways of saying sugar.

Take note of what ingredients are making up the majority of the food you are consuming. Know the quality of food you are putting in your body. This example is a very low quality food!

MYFITNESSPAL

MyFitnessPal is the easiest and most convenient way to track your intake. It also allows you to view your food log and total calorie count at the end of the day. You will use this to fill out your daily calorie cycle tracker under the "Calories Consumed" column (for 21 day challenges). For one on one clients the calorie averages are tracked by hooking up Everfit.

Download the app

Once you've downloaded the app and created an account, you can set your calorie goal based on calories/macros provided by your coach or on calculation from the challenge workbook.

Set your goals

Once on the home screen, tap "more" at the bottom right corner (on desktop or click the 3 dots at the top left on mobile. Select "goals". Under nutrition goals select "calories, carbs, protein and fat goals". This is where you can enter the exact calculated calories. It will also ask you to set your macro ratios.

For the challenge it is not important at this time to enter in exact macro ratios, but feel free to set as you see fit and a good ratio would be 35% Carbs 30% Protein & 35% Fats. The important thing is to follow your calculated calories for the week. If you are a one on one client your ratios will be provided for you to enter.

PLEASE NOTE:

Make sure your activity/exercise is NOT linked to your MFP account. We do not want to "eat back" calories we burned through exercise so make sure you turn that feature off.



TRACKING AND LOGGING

Scan the code: (must have paid if you want to use scanner it is not necessary for challenge participants or one on one clients)

You can use MFP to scan the barcode on your food items to log in your diary. This will allow you to pull up the nutrition information quickly and log it into your day. **Always check this entry against the nutrition label** ...often times it's not accurate and you'll need to manually adjust it! You can access the bar code on your phone by clicking add food. The bar code is in the top right hand corner.

Choose wisely:

There are multiple entries for foods that do not have a barcode. Simply search the food and choose the option that seems most accurate. If you need to double check, use an outside source such as CalorieKing or USDA websites to ensure you're making the right decision. Most often you see things at higher calories because they have been entered but not mentioned for example it was cooked in butter or fats.

Verify your entry:

MFP uses a green check mark next to "verified" entries that have the correct nutritional information listed. This does not mean that entries without the check mark are inaccurate, but often times we opt for the verified option.

Log Accurately:

We strongly encourage logging your entries in either grams or ounces . For example, instead of logging 1/2 cup of rice, we suggest you log 100g of rice.

Check your work:

Double check your entries for accuracy if you are unsure. If you are REALLY questioning an entry, feel free to message us and we will help you!

TRACKING MADE EASIER

Enter Meals you eat frequently:

You can use the meals option and scan or multi add items to create a meal. For example if you eat the same thing for breakfast everyday instead of having to choose each of those items everyday you can create a meal and then just choose the meal each day!

Enter Recipes:

If you want to cook from recipes you can manually enter under recipes or enter in the link and modify. Go to recipes - multi add- Create a recipe - add from web (or enter manually you would choose if you were doing by each ingredient).

Then enter in the link from the website for the recipe and search. Once the recipe is up in the search bar choose import recipe. Once you see the ingredient list you can edit if (if you have made changes) and then once you have all in you would hit next and review ingredients then next and change name and serving sizes if you want then click save.

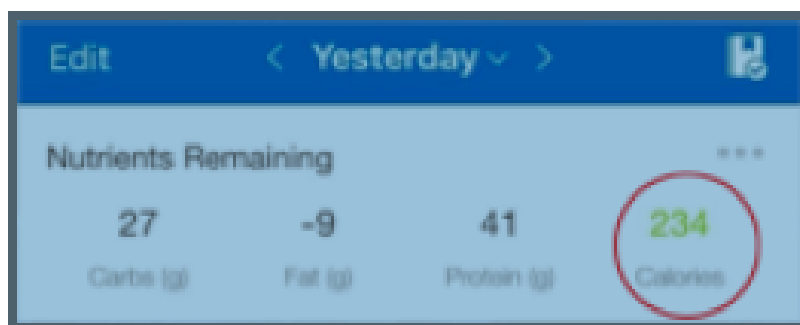
Alcohol Calories:

Be cautious a lot of entries in MyFitness Pal and other apps are what is marketed. The calories are typically correct however a lot of times the macros (Fat, Protein, Carbs) are not.

For example: If you have 100 calories and no carbs as an entry that is incorrect. 100 calories would need to be either $100/4=25$ Carbs OR $100/9=11$ Fats. If you are only tracking calories this does not matter however if you are tracking Macros then you must take that into consideration or your macros for the day will be OFF!

If they are incorrect you can take the calories and add your own food entry with the proper macros.

UNDERSTANDING THE LAYOUT



At the top of the app, you will see a breakdown of the food you have left to consume for the day, along with total calories. Green means you have calories left, red means you are out of calories or have over-eaten. Please be mindful that these goals you set in MFP may not be 100% exact. They will likely correspond to your low day calories, but not to your high day calories. That's ok, just make sure to follow your planned calorie cycle.

Checking your Macros

Scroll to the bottom left of your diary page and select "Nutrition". Then tap on "Calories" at the top center. Here you will be able to see your total calorie goal and what you have consumed for the day. This is a good place to check throughout the day as you enter food to ensure you are reaching your goals.

Sending Logs to Coach (this has to be done on desktop)

Add lexiwright19 to your friends list and open diary settings.

One on One clients will have their MyFitnessPal hooked up to Everfit as well where we can view all food logs.

Remember - adherence is coming within +/-50 calories of your calorie goal

TIPS FOR SUCCESS

Tracking raw, cooked, or frozen

40g of uncooked rice can expand to 114g when cooked. If you track the calories of uncooked rice, but weigh it as cooked, you're not accounting for all the rice. On the flip side, if you track 100g of raw chicken, and measure that chicken once cooked, you'll be eating more than you accounted for. We recommend weighing almost everything you eat after it's cooked with the exception of oats, toasted bagels, toasted bread, etc.

Scanning entries

When scanning entries into MFP, make sure the entry matches the nutrition listed on the package since packaging changes occasionally. Verify the serving size - they can be sneaky!

Pay attention to fiber

Many entries leave fiber blank, and you could be getting more fiber than you think!

Weighing your food

The tare/zero button will save so much time! Hit "tare" on your food scale to subtract the weight of your bowl, and then add ingredients (taring after each one) so you don't have to weigh everything separately in different bowls.

Do your best guesstimate

Practice guessing the weight of your foods before putting them on the scale. This will help build your confidence for times when you don't have your scale with you at events or if you're dining out.

Liquids, condiments, and alcohol counts

Anything that has calories must be tracked. That includes the sugar and milk you put in your coffee. The ketchup you put on your burger. The oil you use to cook your veggies. And those weekend cocktails! Make sure alcohol calories have macros (for anyone tracking macros) sometimes it is just calories.

ABOUT ME



Hello, I am Lexi Wright the head coach and co-owner of Time for Health. I grew up on a dairy farm and in my early teens became invested in my health and wellness. Struggling with my weight as a kid working out became a priority early in life. My transition to a lot of days traveling in my early 30's as an editor for our family dairy cow publication, Cowsmopolitan provided it's challenges with too much fast food and unhealthy food choices. The introduction of more bread and pastas into my diet during this time lead me to quickly learn I had some serious food allergies especially to wheat.

Through the advice of naturopathic doctors, food sensitivity tests and the help of my Nutrition coach, I was able to identify some of the best ways to eat clean and healthy and manage my macro-nutrients while putting my allergies at bay. These experiences lead me to experimenting with food and cooking meals that still taste good!

I have adapted to and continue to enjoy a healthy lifestyle and I continue to enjoy my time as a Crossfit Level I Trainer.

My Level 1 certification as a Nutrition coach through the Nutritional Coaching Institute (NCI) along with my Mindset and Gut Health Certificates are now allowing me to bring health, wellness and fitness tips along while helping you meet your nutrition and fat loss goals.



Contact Us

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When the owners of Time for Health, Jamie Humber and Lexi Wright met, their common interest in fitness, health and wellness were some of the key things that brought them together and made their relationship stronger. During the Covid Pandemic they built a in home gym that included all the equipment Jamie needed for Strength Conditioning and Lexi's Crossfit programming needs. Now they are bringing their knowledge of nutrition, health and training to you through their easy to navigate 21 Day Challenges and 3, 6 and 12 month nutrition and fitness programs to give people results and Fat Loss for Life.



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"If you continue to think the way you always thought, you'll continue to get what you always got."

