

# SAVFITT

## How to Track in MyFitnessPal

Fuel with intention. Execute with data.  
Tracking isn't obsession. It's awareness.

### STEP 1: Set Up Your App Properly

1. Download MyFitnessPal
2. Turn OFF:
  - Calorie adjustments from exercise
  - "Earned" calories
3. Set macros to the numbers I gave you.
  - Do NOT let the app auto-calculate.

### STEP 2: Weigh Your Food

Buy a \$15 food scale.

Weigh in grams whenever possible.

Because:

- Cups are inconsistent
- "1 tablespoon" is rarely 1 tablespoon
- Accuracy is what builds results

Example:

- Chicken: log as grams (not "1 breast")
- Weigh raw and make sure entry is listed the same. A lot of foods lose significant water when you cook it and are different weights once cooked.
- Can create recipes in the app - see below.

Precision removes guesswork and confusion.

## STEP 3: Track BEFORE You Eat (When Possible)

Pre-log your meals in the morning.

This:

- Prevents under-protein days
- Prevents accidental fat creep
- Keeps carbs strategic around training

## STEP 4: Protein First

Your daily protein target is non-negotiable.

Guideline:

- ~0.8-1g per lb bodyweight
- Higher (1g+/lb) can help with satiety or higher training volume phases

Split protein across 3-5 meals.

Aim for:

- 25-40g per meal
- Quality sources (meat, eggs, Greek yogurt, whey, fish)

Muscle protein synthesis responds to dose.

## STEP 5: How to Create Recipes (So Tracking Is Accurate)

If you cook meals with multiple ingredients – do not log each ingredient separately every time.

Use Recipe Builder.

How to Do It:

1. Go to "More" → "My Recipes & Foods"
2. Click "Create a Recipe"
3. Add each ingredient by weight (in grams)
4. Enter the TOTAL weight of the finished recipe (after cooking)
5. Set the number of servings OR log by grams per serving

## STEP 6: Don't Obsess Over "Perfect"

What matters:

- Weekly consistency
- Hitting protein
- Staying within ~5g of macro targets

Absolute perfection is not the goal.

Consistency is.

## STEP 7: What to Do When You Eat Out

1. Search for a verified entry.
2. Choose the closest match.
3. Slightly overestimate fats if unsure because most restaurants cook most foods in oil, butter.

## STEP 8: Check-In Standards

When you check in with me:

Send:

- Screenshot of weekly macro averages
- Daily weigh-ins (not one random weight)
- Honest notes on hunger, energy, training

## Important Reminders

- Track oils, sauces, dressings
- Track bites, licks, and "small" snacks
- Alcohol counts
- Weekend tracking counts

## Final Standard

You don't have to track forever.

But if you don't know how much you're eating,  
you don't know why you're progressing – or not.

Structure builds awareness.

Awareness builds control.

Control builds results.

Built Under Demand.