 Energy in vs energy out

About My Fitness Pal

My Fitness Pal is a fast and easy kilojoule counter. It can be used online or you may also download the My Fitness Pal app for [iOS](https://itunes.apple.com/us/app/myfitnesspal/id341232718?mt=8) and [Android](https://play.google.com/store/apps/details?id=com.myfitnesspal.android).

[My Fitness Pal Tutorial](https://www.youtube.com/watch?v=MBpVBn4WAtk)

1. Set up an account on [My Fitness Pal](http://www.MyFitnessPal.com)
	* Username, Email, Password
2. Enter some information about yourself. You may keep this confidential if you wish.
	* Under Settings; Update Your Diet Profile.

Activity – nutrition intake and dietary analysis

Part 1 – tracking your nutritional intake and physical activity

For this activity, you will need to keep track of your nutritional intake activity for a “normal” 5-day working week. Please record the following information that My Fitness Pal has calculated.

|  |  |
| --- | --- |
| Nutritional Goals:* Net kilojoules consumed/day
* Carbs/day
* Fat/day
* Protein/day
 | Fitness Goals:* Kilojoules burned/week
* Number of Workouts
* Minutes/Workout
 |

1. Each day, go to your “My Fitness Pal” account.
	1. Select the “Food” tab and enter your food intake for the day.
	2. Then, click on the “Exercise” tab and enter your activity for the day (You may enter food intake and physical activity throughout the day to track kilojoule balance throughout the day).
	3. Once you have entered all foods and physical activity for a day, click on “complete this entry.”
2. After the fifth day, click on the “report” tab. Select the net kilojoules, carbs, fats, proteins, and kilojoules burned reports. Print out each report, total of 5 (note: the reports tab is best accessed from using the My Fitness pal website.)

Part 2 – daily nutritional habits chart

| Item | Day 1 | Daily Goal | Day 2 | Daily Goal | Day 3 | Daily Goal | Day 4 | Daily Goal | Day 5 | Daily Goal |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Total Kilojoule Intake |       |       |       |       |       |       |       |       |       |       |
| Kilojoules from Carbs |       |       |       |       |       |       |       |       |       |       |
| Kilojoules from Protein |       |       |       |       |       |       |       |       |       |       |
| Kilojoules from Fat |       |       |       |       |       |       |       |       |       |       |
| Exercise (Kilojoules burned) |       |       |       |       |       |       |       |       |       |       |

Part 3 – reflection

1. What was your average daily kilojoule intake for the five-day period? Show all necessary working.
	1. What was your average daily kilojoule expenditure through exercise for the five-day period? Show all necessary working.
	2. Convert your answer in part i) and ii) to calories. Show all necessary working.
	3. In your opinion, is My Fitness Pal a reliable instrument for calculating Kilojoules? Refer to any type of errors that may occur when using the application.
2. On My Fitness Pal did you regularly go over, under or balance the kilojoules each day?
	1. Compare your average total kilojoule intake and average kilojoule expenditure per day. Show all necessary working.
	2. Would the balance in your kilojoules lead to weight maintenance, weight gain or weight loss? (Keep kilojoules consumed versus kilojoules expended in mind.) Justify your answer with suitable calculations and/or statements.
3. Are you getting the recommended balance of kilojoules from carbohydrates, proteins and fats in your daily diet? Justify your answer with suitable calculations.
4. What recommendations do you have for your daily diet? List ten foods can you add to your shopping list to further assist you in meeting your recommended daily values?