



Adjusting Your Calorie Goal

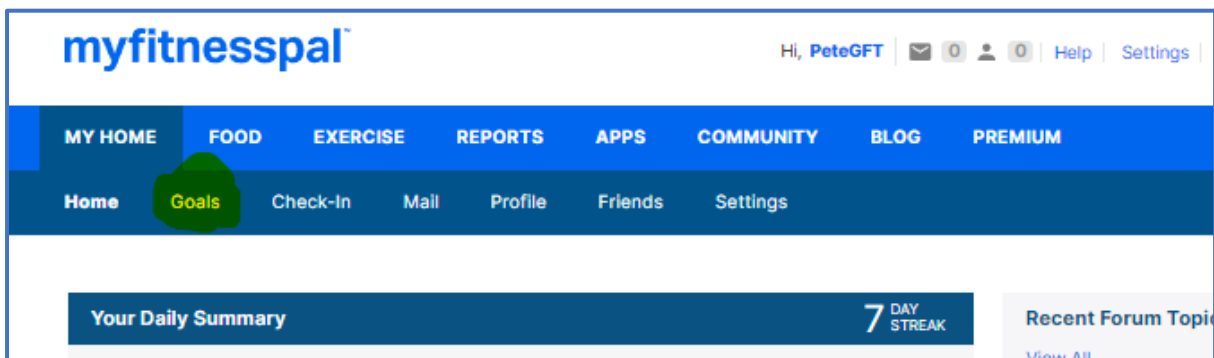
By now, you should have been keeping a food diary using My Fitness Pal for 2 weeks. It's now time to adjust your calorie goal to the one you have been set. Here is how to do so:

STEP 1

Log into My Fitness Pal

STEP 2

Go to [GOALS](#) and then select [EDIT](#) next to DAILY NUTRITION GOALS.



STEP 3

Click in the calorie box and add the number of calories that you have been sent on WhatsApp for week 3.

STEP 4

Before pressing SAVE, adjust your macronutrients to the percentages shown below.

Macronutrients	Set by Grams
Carbohydrates 131 g	35% ▼
Fat 42 g	25% ▼
Protein 150 g	40% ▼
% Total Macronutrients must equal 100%	100 %

STEP 5

Press SAVE. That's it – done!