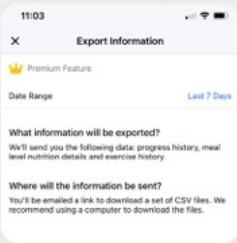


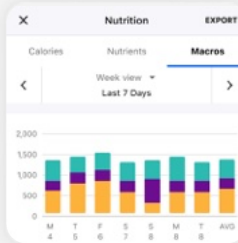
What is MyFitnessPal?

With more than 200 million downloads and 3.7 million 5-star reviews, MyFitnessPal is one of the best holistic food and nutrition apps worldwide. Members use it as a macro counter and calorie tracker to log and better understand their nutrition. Powered by data and nutritional insights from members all over the world, MyFitnessPal gives members access to a comprehensive database of 18 million foods. With MyFitnessPal, you can build healthy habits and reach your nutrition and fitness goals.

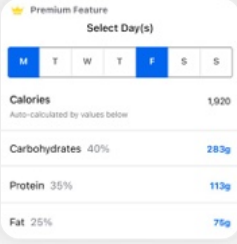
How MyFitnessPal Can Support You



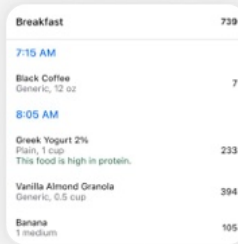
Access data-led nutritional insights - With MyFitnessPal's Progress Data File Export* feature, members who log regularly can export their food intake and macro data and share with relevant doctors, trainers, etc.



Discover the foods you eat regularly - The Nutrition screen in the "More" menu is a great way to review your eating habits. You can set it to the "Week View" to understand weekly averages over time.



Customize it all to your needs - The Custom Goals by Day* feature allows you to see your nutritional goals per day of the week. You can set calories, carbs, protein, and fat according to day-to-day needs.



Connect energy levels to hunger - With Food Timestamps, you can make connections to energy and hunger levels, and to see how your nutrition affects your workouts.

4 Ways You Can Use MyFitnessPal

Diabetes Management	Heart Disease Prevention	Managing Weight Loss	Strength Training
Goal Manage weight by customizing the Dashboard to focus on sugar, calories, protein, and fiber. Track - Fiber - Sugar - Total carbohydrates Pro Tips - It can also be helpful to focus on getting enough of the one nutrient that's important for managing your health. - Customize daily sugar and fiber intake, so you have an actionable goal to hit.	Goal Discover the fats, carbohydrates, and fiber in everyday food. Track - Saturated and unsaturated fats - Sodium - Fiber Pro Tips - Focus on managing one nutrient at a time and learn how food choices might affect nutrient intake. - With our Custom Carbs, Protein & Fat Goals* feature, set the ideal ratio for recommended nutrition goals.	Goal Manage calorie intake. Track - Daily, weekly, and monthly progress Pro Tips - Use the Search tool to find any food and its nutrients right in our database. - Use our Barcode Scan* feature to easily find foods and add to Diary.	Goal Learn that when it comes to strength training, timing is everything. Track - Daily and weekly macros breakdown - Protein intake - Workout length, and time of day Pro Tips - Learn how meal timing impacts energy, workouts & more with Food Timestamps*. - With our Exercise Calorie Settings* feature, decide whether to auto-adjust your daily goal as you burn calories.

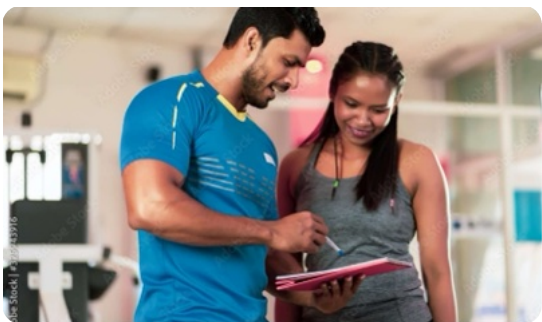
How Habits are Formed

Self-monitoring and reporting — just two major benefits of MyFitnessPal that go toward improving your long-term health.



Tracking

- **Consistent self-monitoring is key** - Research has shown that dietary self-monitoring is effective for weight loss, dietary change, and physical activity.¹ The fact is that individuals change their behavior simply as a result of having to write it down.²
- **Behavioral change starts with self-awareness** - Meta-analyses and individual studies suggest that digital self-monitoring is an effective weight loss and behavior change tool.^{3,4,5} It is also an effective tool for maintaining weight loss.⁶ After all, real life change starts by acknowledging there's a problem.

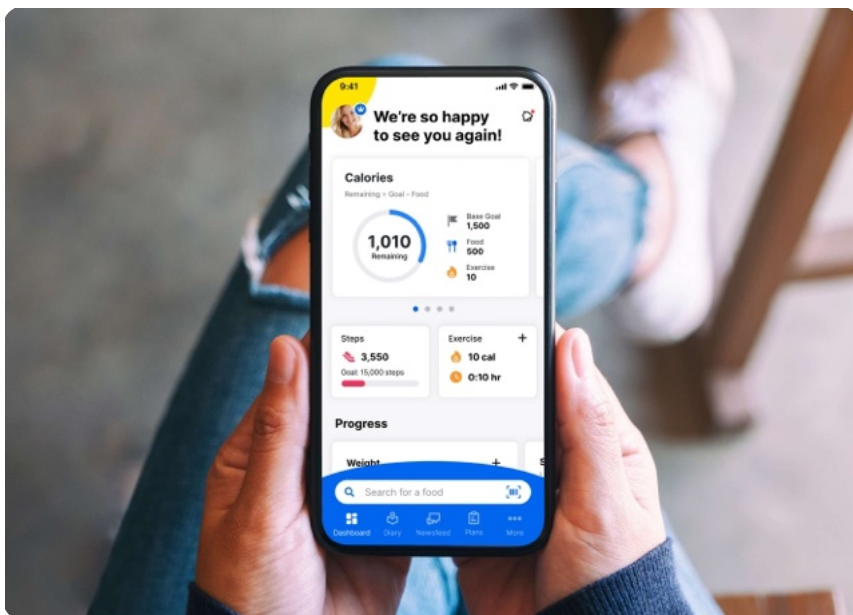


Reporting and Assessments

- **An wealth of info for your healthcare providers** - MyFitnessPal can be used as a dietary assessment tool where you can easily share your food diaries with your healthcare professional. It helps inform them of any major nutrition-related issues you might be experiencing, and allows providers to call attention to specific nutrients related to any medical conditions you may have.
- **A holistic approach to nutrition** - MyFitnessPal brings a holistic approach to monitoring medical conditions that have major nutrition components. Equipped with real-time data, you can open a new channel of communication between you and your providers in order to initiate long-term, positive changes for your overall health.

New to MyFitnessPal? Start here

1. Create a new MyFitnessPal account now by visiting <https://www.myfitnesspal.com/account/create/welcome>
2. Once your MyFitnessPal account has been created and you've logged into our website, visit whitehouseprogram.myfitnesspal.com
3. Enter your unique access code below to redeem your FREE Annual Membership to MyFitnessPal Premium, no credit card required.



Additional Resources

For extra guidance, such as our dietitian-curated Meal Plans*, Workout Plans*, our Essential Guide to Portion Size, or any of our works cited in this article, [learn more here](#).

*Features denoted with an asterisk are only available with a Premium subscription of the MyFitnessPal app.

Works Cited

1. "Comparing Self-Monitoring Strategies for Weight Loss in a Smartphone App: Randomized Controlled Trial." PubMed, 28 February 2019, <https://pubmed.ncbi.nlm.nih.gov/30816851/>. Accessed 15 September 2022.
2. "Consistent self-monitoring in a commercial app-based intervention for weight loss: results from a randomized trial." PubMed, <https://pubmed.ncbi.nlm.nih.gov/31396820/>. Accessed 15 September 2022.
3. "The defence of body weight: a physiological basis for weight regain after weight loss." PubMed, <https://pubmed.ncbi.nlm.nih.gov/23126426/>. Accessed 15 September 2022.
4. "Does self-monitoring diet and physical activity behaviors using digital technology support adults with obesity or overweight to lose weight? A systematic literature review with meta-analysis." PubMed, 30 June 2021, <https://pubmed.ncbi.nlm.nih.gov/34192411/>. Accessed 15 September 2022.
5. Gupta, Sunjal. "Effective techniques in healthy eating and physical activity interventions: a meta-regression." PubMed, <https://pubmed.ncbi.nlm.nih.gov/19916637/>. Accessed 15 September 2022.
6. Otto, Amy D. "Comparison of techniques for self-monitoring eating and exercise behaviors on weight loss in a correspondence-based intervention." PubMed, <https://pubmed.ncbi.nlm.nih.gov/17904942/>. Accessed 15 September 2022.