

## What's your first name?

We're happy you're here.  
Let's get to know a little about you.

First Name

Habeeb

BACK

NEXT

Select up to 3 that are important to you, including one weight goal.

Lose weight

Maintain weight

Gain weight

Gain muscle

Modify my diet

Manage stress

Increase step count

BACK

NEXT

myfitnesspal

**Great! You've just taken a big step on your journey.**

Nutrition is critical to help you build muscle. Track your food to make sure you're getting enough protein and carbs for optimal metabolism.

Now, let's talk about your goal to gain muscle.

BACK

NEXT

## What results do you want to achieve from gaining muscle?

Select all that apply.

Tone up – you want visible muscles with as little mass as possible

Bulk up – you want large, well-defined muscles, with a low percentage of body fat

Get strong – you want to lift the maximum amount of weight and are not concerned with body fat or muscle definition

BACK

NEXT

## What results do you want to achieve from gaining muscle?

Select all that apply.

Tone up – you want visible muscles with as little mass as possible

Bulk up – you want large, well-defined muscles, with a low percentage of body fat

Get strong – you want to lift the maximum amount of weight and are not concerned with body fat or muscle definition

BACK

NEXT



## What is your baseline activity level?

Not including workouts—we count that separately

### Not Very Active

Spend most of the day sitting (e.g., bankteller, desk job)

### Lightly Active

Spend a good part of the day on your feet (e.g., teacher, salesperson)

### Active

Spend a good part of the day doing some physical activity (e.g., food server, postal carrier)

### Very Active

Spend a good part of the day doing heavy physical activity (e.g., bike messenger, carpenter)

BACK

NEXT



Please select which sex we should use to calculate your calorie needs.

☐ Male ☐ Female

 Which one should I choose?

When were you born?

mm/dd/yyyy



Where do you live?

Country

United States



Zip code

We use this information to calculate an accurate calorie goal for you.

BACK

NEXT



### How tall are you?

Height (feet)

ft

Height (inches)

in

[Change units to centimeters](#)

### How much do you weigh?

It's OK to estimate. You can update this later.

Current weight

lbs

[Change units to kilograms/stone](#)

### What's your goal weight?

Don't worry. This doesn't affect your daily calorie goal and you can always change it later.

Goal weight

lbs

BACK

NEXT