**Part 1 – Downloading MyFitnessPal**

**Key Takeaways**

* MyFitnessPal is the primary tool you’ll use to track food, drink, and progress throughout the course.
* You do **not** need the premium version—the free version has everything you need.
* The app’s calorie recommendation doesn't matter; you’ll be given **personalized goals** in later modules.
* Turn off step tracking to prevent automatic calorie adjustments that could interfere with your targets.

**Action Steps**

1. **Download the App**
   * Find "MyFitnessPal" in your app store and install it
2. **Create a Free Account**
   * Use any email and password (10+ characters)
   * Accept all terms to continue
3. **Skip the Built-In Recommendations**
   * Click through prompts without overthinking (e.g., activity level, weight goal)
   * These defaults are irrelevant—you’ll override them later
4. **Disable Step-Based Adjustments**
   * Uncheck "Use my phone to track steps"
   * This prevents the app from modifying your calorie goal based on steps
5. **Exit Setup & Close the App**
   * Once you reach the final screen, close out
   * Do **not** start logging food yet—you'll learn how in Part 2

**Common Mistakes to Avoid**

* Assuming the app’s calorie/macro suggestions are correct (they’re not personalized)
* Leaving step tracking on, which leads to fluctuating calorie targets
* Jumping into food logging without learning **how to log accurately** (covered in Part 2)

**Related Resources**

* 🔹 Your smartphone