Calorie tracking

Used MyFitnessPal

Barcode scanner made it easy to input data. Could create own recipes to save ingredients and just say how many portions it made, then select that you had that for one meal.

Set foods, custom foods.

Everyday

Wanted optimal results, exactly how much she was eating. A lot to get used to in the beginning. The app saves previously logged foods, most recent. E.g breakfast was muffin with jam and peanut butter, so breakfast would show these ingredients first with the same quantities. Makes it easier to input regular foods.

You get used to it through a mix of habit and you already having inputting your regular things into the app.

You’d choose to lose weight, maintain, or gain weight and it’d give you recommended calories. It’d up-date your calories left throughout the day through a bar at the top of the app. So by dinner you’d just have to check and it’d say 600 left.

Breakdown of daily intake, calories, fats, protein etc. Didn’t look at stats much.

At the end of each day you click to log that days food and it gives you a prediction of how much weight you’d lose/gain if you were to do the exact same for x weeks. (for languages, if you read for 15 minutes for the next 2 weeks you’ll finish this book/series)

Past experience

Stopped exercise bike because was doing too much. Now does min of 10 yoga, even in the evening because it’s easy to do. Focused on creating a habit.