

myfitnesspal **MASTERY**



Discover How & Why myfitnesspal Can Help
You **Turn Up Your Results** To New Levels!

Webinar Details: 5/12/16 @ 8PM

Web Link: <https://www.anymeeting.com/507-020-919>

Coach Z Williams Here...



myfitnesspal **MASTERY**



Discover How & Why myfitnesspal Can Help
You **Turn Up Your Results** To New Levels!

Goal – To share with you my top 6 reasons why
you should start using MyFitnessPal Today!!!

“This Is The One Tool That Can Change Everything”

Action Is Required!!



Before

After

170.0lbs
32.2% BF

145 lbs
21.3% BF

Before

After

133.0lbs
28.6% BF

116.9 lbs
19.4% BF

Before

After

179lbs
32.6% BF

149 lbs
22.0% BF

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Before

After

166 lbs
35% BF

125.8lbs
21.9% BF

Before

After

146.2 lbs
32% BF

122.2lbs
22.0% BF

Before

After

158.4 lbs
31.9% BF

126.8 lbs
20.2% BF

Results Like This!!

Today's Agenda

- Fitness Success Blueprint Review
- Diet 101
- Why MyFitnessPal? My 6 Top Reasons
- 6 Common MFP Pitfalls (What Not To Do?)
- 80/20 Rule For myfitnesspal (Key Focus)
- Summary
- Q&A



Fitness Success Blueprint Review



"The Blueprint To Your Success. A High Level Overview"

Fitness Success Blueprint

1. Set Your Goals



2. Strength Train via Bootcamp or PT



3. Cardio on non Strength Training Days



4. Eat Clean & Log Food Daily



Fit Coach



8. Check In via Progress Parties

7. Weigh In/Check Weekly Progress

6. Get Plenty of Sleep

5. Drink a minimum of 64oz of water a day

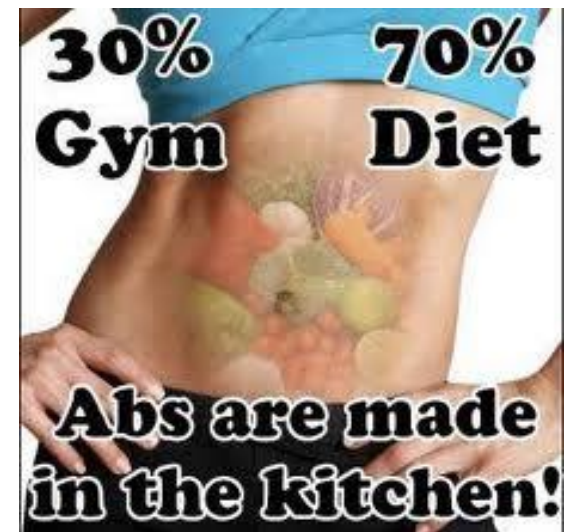
Diet 101



“THIS IS BY FAR THE MOST IMPORTANT STEP!!!”

DIET 101

- 5 Meals/Day
 - Break, Snack1, Lunch, Snack2, Dinner
 - Over 250 Cal Meal,
 - Under 250 Cal Snack
- Requires Preparation.
- Follow The Meal Plan
- Stay Within Your Caloric Guidelines
- Constant Nutrition Every 2.5-3hrs
- MyFitnessPal, MyFitnessPal!
- Log Everything!



Why MyFitnessPal?

My 6 Top Reasons

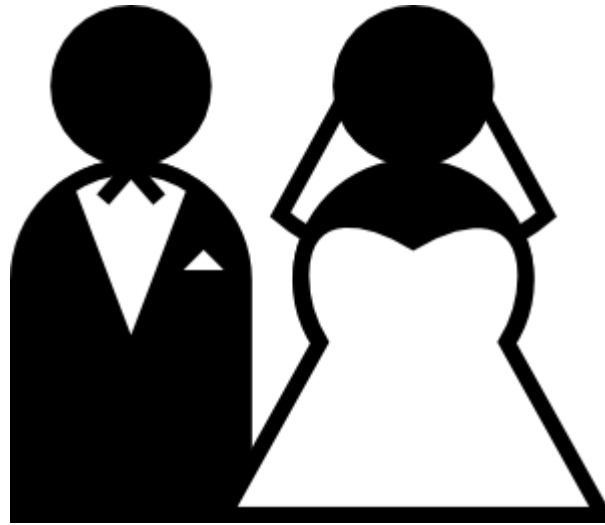


“When The MAX IMPACT and MyFitnessPal Get Together, Amazing Results Happen!!!”

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MAX IMPACT
FITNESS

+



=

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Results Like This!!

Why MFP? Reason #1

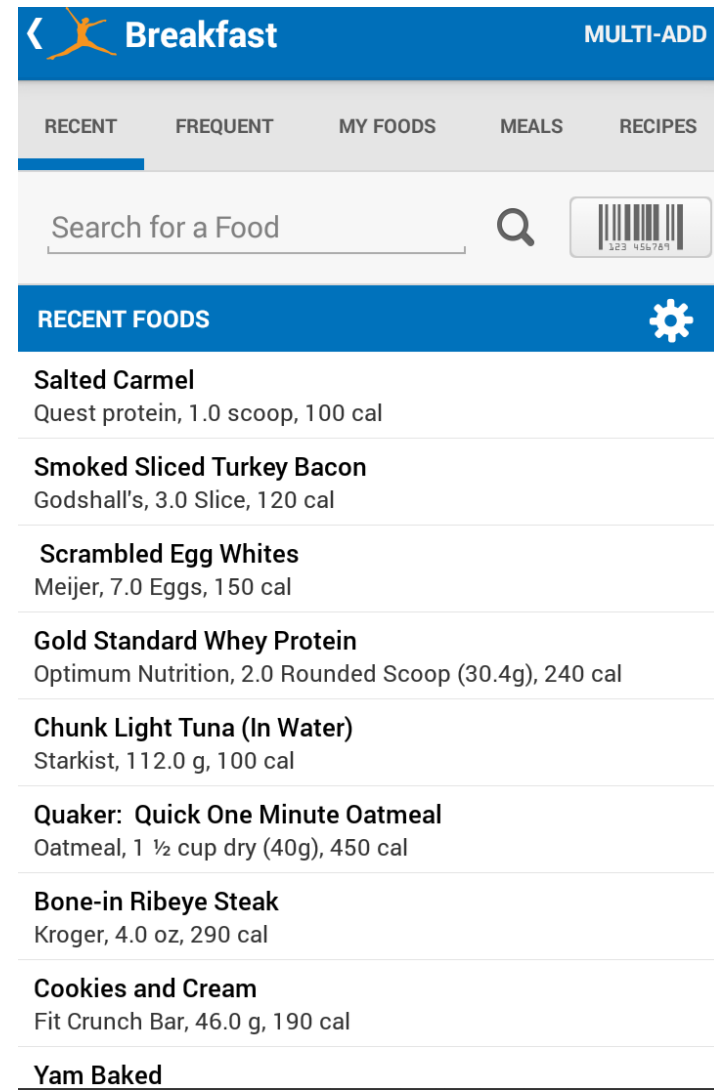
- **Accountability**

- MFP will help hold you accountable to the food you eat everyday.
- Log Everything!! (And I mean EVERYTHING!!)
- Know you are “eating healthy”
- Eliminate subjectivity with your nutrition.
- MFP put you in control of your health and results



Why MFP? Reason #2

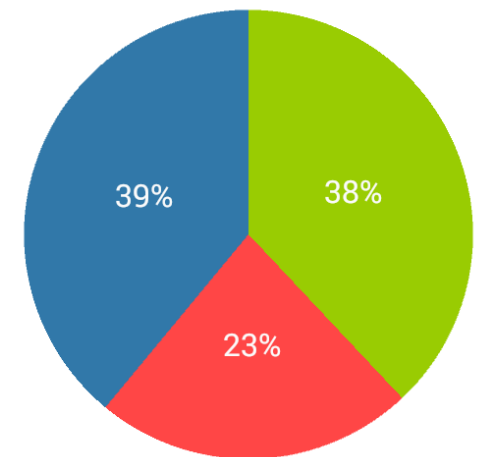
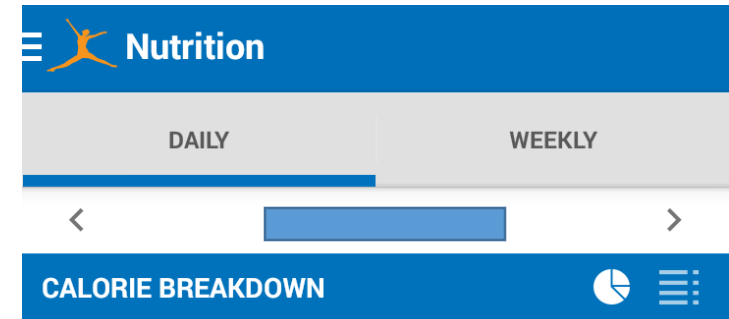
- Easy Entry vs. Pen & Paper
 - Barcode Scanner Makes It Easy To Scan Packed Foods
 - Recent Foods Just A Click Away
 - My Foods
 - Create & Store Meals
 - Once you get going it becomes easier and easier to stay on track!



Why MFP? Reason #3

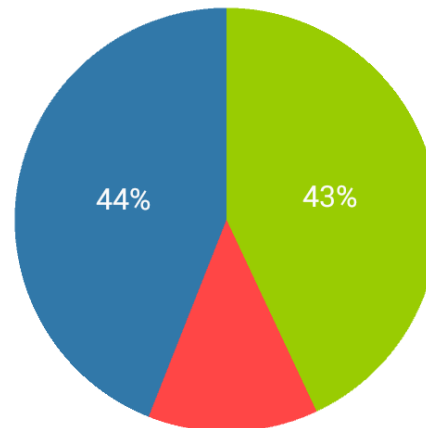
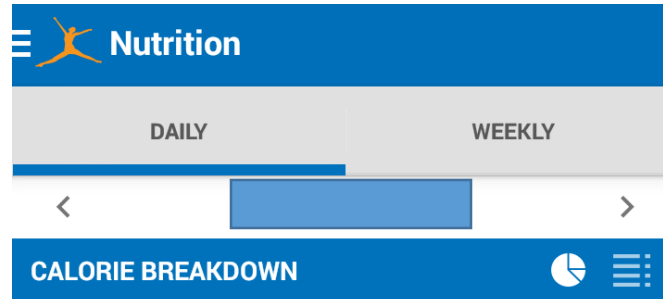
- The Macro Wheel!

- Understand What You're Eating
- Ideal Ratios
40p/40c/20f%
- Know you are
“eating healthy”

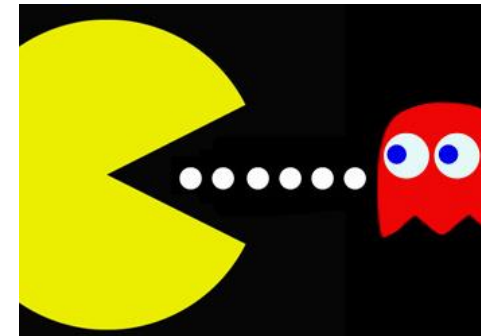


	Total	Goal
Carbohydrates	39%	40%
Fat	23%	20%
Protein	38%	40%

WOW! What A Wheel!



	Total	Goal
■ Carbohydrates	44%	40%
■ Fat	13%	20%
■ Protein	43%	40%



Why MFP? Reason #4

- Knowing True Cal Intake
 - Are you really eating 1350 cals/day?
 - Eliminate the guess work
 - Most underestimate cals and overestimate cals burned

Diary	
<div><div>3,700</div><div>3,050</div><div>0</div><div>650</div></div> <div>GoalFoodExerciseCalories</div>	
BREAKFAST 970	
Chunk Light Tuna in Vegetable Oil Starkist, 4.0 oz.	160
Gold Standard Whey Protein Optimum Nutrition, 3.0 Rounded Scoop (30.4g)	360
Quaker: Quick One Minute Oatmeal Oatmeal, 1 ½ cup dry (40g)	450
+ Add Food ... More	
LUNCH 360	
Boneless Skinless Chicken Breast Perdue Perfect Portions, 1.5 Filet	0
Yam Baked Homemade, 1.0 medium yam	0

Why MFP? Reason #5

- Repeatabile Results!!
 - Consistently Logging
 - Consistent On Cal Intake?
 - Consistent With Macro Wheel %?
 - Consistent on Workouts?

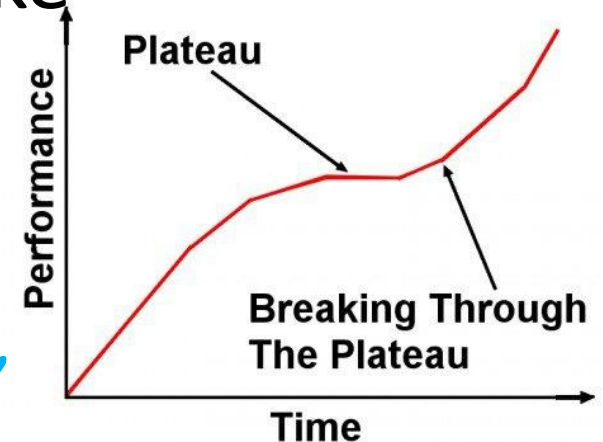
= Consistent & Repeatabile Results!!



Why MFP? Reason #6

- Break Plateaus!!

- Easily determine what may be holding your results back
- Brings awareness to foods that may be holding you back
- Small tweaks in calorie intake and/or macro wheel can make all the difference in your results



“Know where you stand.”

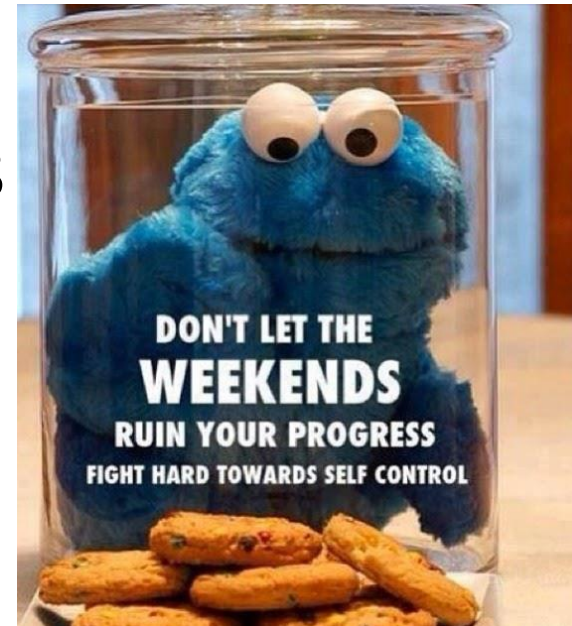
6 Common MFP Pitfalls (What Not To Do!)



“When The MAX IMPACT and MyFitnessPal Get Together Amazing Results Happen!!!”

MFP Pitfall#1

- **Not Logging During The Weekends**
 - MFP still works on the weekends!!
 - Weekend logging is arguable more important than weekday logging
 - This is when you need the most accountability
 - Understand cause and effect
 - Maintain your weekday results by logging on the weekends!



MFP Pitfall#2

- Using The MFP Cal & Macro Goals
 - MFP usually estimates to high
 - MFP doesn't recommend enough protein. (my opinion)
 - MFP is not your trainer and gives good general recommendation, but not specific enough to your goals



MFP Pitfall#3

- **Do Not Consume Workout Cals**
 - Enter your workout cals at end of the day.
 - Your cal goal is regardless of your daily workout.
 - Speak to Fit Coach about special circumstances...



MFP Pitfall#4

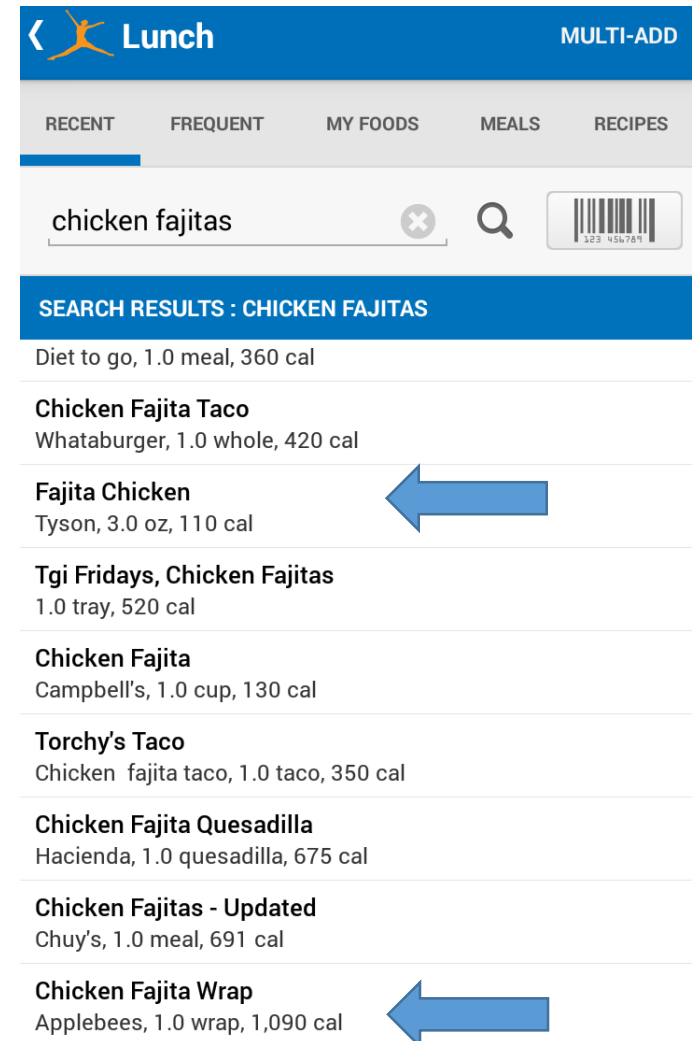
- Not Logging The Little Bites
 - Every little thing should be logged
 - The small things can add up!



MFP Pitfall#5

- Blindly Accepting MFP Food Info

- Be real about what your eating!
- Do not just default to lowest calorie version of the food you can find
- Estimate High!



Lunch MULTI-ADD

RECENT FREQUENT MY FOODS MEALS RECIPES

chicken fajitas

SEARCH RESULTS : CHICKEN FAJITAS

Diet to go, 1.0 meal, 360 cal

Chicken Fajita Taco
Whataburger, 1.0 whole, 420 cal

Fajita Chicken
Tyson, 3.0 oz, 110 cal

Tgi Fridays, Chicken Fajitas
1.0 tray, 520 cal

Chicken Fajita
Campbell's, 1.0 cup, 130 cal

Torchy's Taco
Chicken fajita taco, 1.0 taco, 350 cal

Chicken Fajita Quesadilla
Hacienda, 1.0 quesadilla, 675 cal

Chicken Fajitas - Updated
Chuy's, 1.0 meal, 691 cal

Chicken Fajita Wrap
Applebees, 1.0 wrap, 1,090 cal

MFP Pitfall#6

- Stop Logging After Initial Success
 - Consistency is key!
 - If ain't broke don't fix it!

**WE ARE WHAT WE
CONSISTENTLY DO.
EXCELLENCE IS THEREFORE
NOT AN ACT, BUT A HABIT.**

~ Aristotle.

My name is
consistency,
I am related to
success.
We should hang out
more than...
every once in a while.

Key Focus



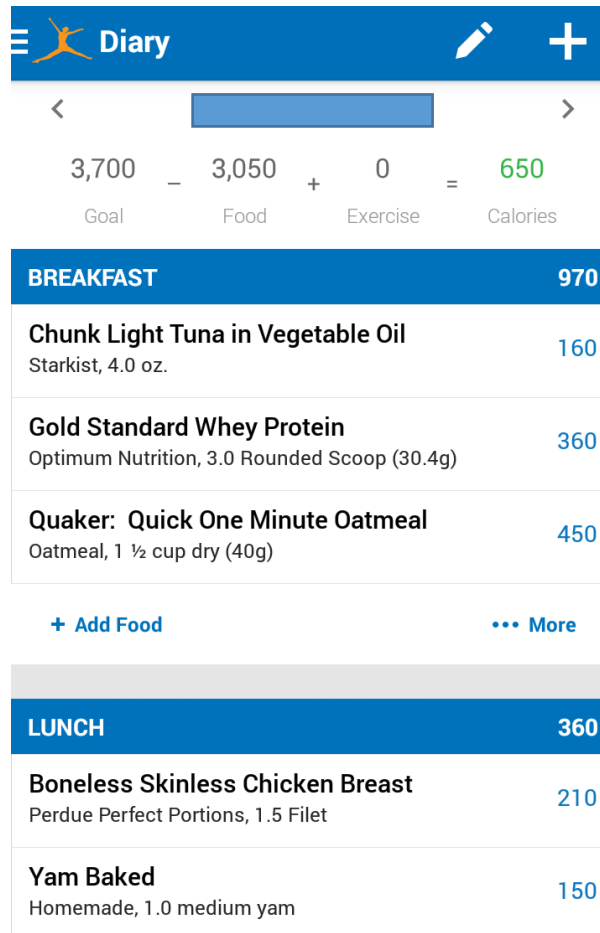
Focus On This!

Be Consistent

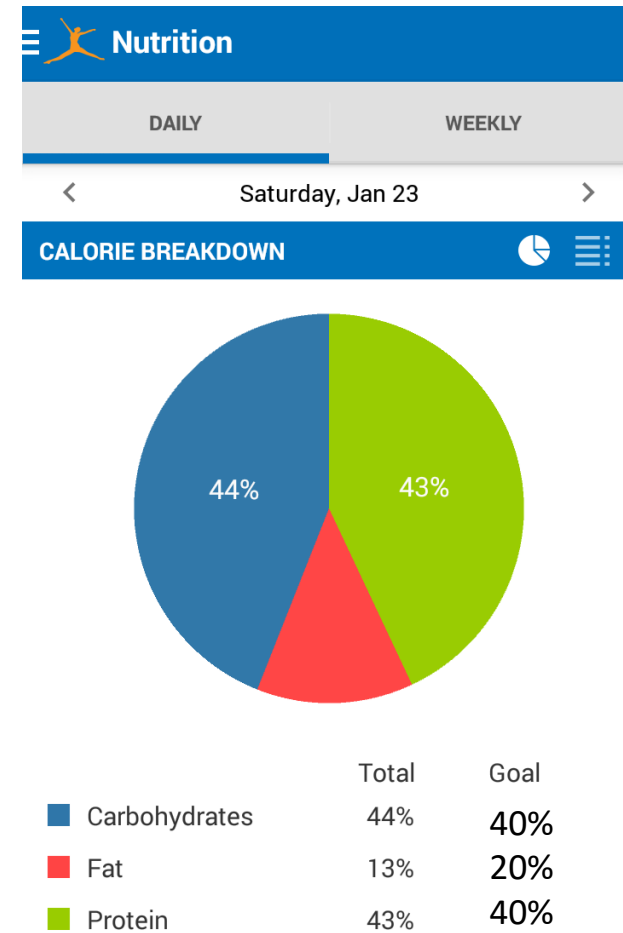
CONSISTENCY
IS



Stay Within Cal Allowance



40%/40%/20% Wheel Goal



Summary

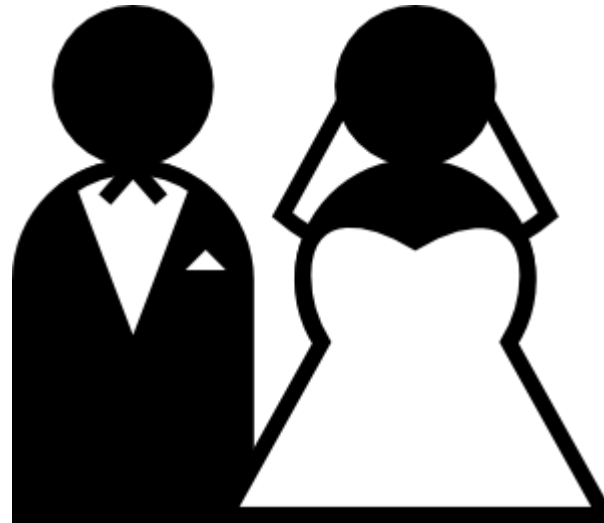
- **Quick Review Of The MAX IMPACT Fitness Success Blueprint**
 - How MFP Fits?
- **Diet 101**
 - 5 Meals/Day
 - Stay Within Caloric Guidelines
 - Log Everything
- **Why MyFitnessPal? My 6 Top Reasons**
 - Accountability – Hold yourself accountable log everything!
 - Easy Entry vs Pen & Paper
 - Macro Wheel
 - Knowing your true calorie intake
 - Repeatable Results:
 - Break Plateaus
- **6 Common MFP Pitfalls (What Not To Do!)**
 - Not Logging During The Weekends
 - Using The MFP Cal & Macro Goals
 - Do Not Consume Workout Cals
 - Not Logging The Little Bites
 - Blindly Accepting MFP Food Info
 - Stop Logging After Initial Success
- **Key Focus (3 Things)**
 - **Be Consistent**
 - **Stay Within Caloric Allowance**
 - **40%/40%/20% Macro Wheel**



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Results Like This!!

The 21 Day MFP Challenge!!



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Any Questions?

