NEON FITNESS MEMBER GUIDE
Updated June 2026 | Designed for the current free version

GUIDE TO MYFITNESSPAL

Set up your profile. Track accurately. Let your coach see the data.

FREE APP

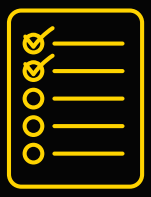
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COACH LED



SIMPLE



HOW TO USE THIS GUIDE

Follow this once your account is setup, then come back to the food tracking pages whenever you need a reminder.

The main rule
Your Neon Fitness coach sets your calories and macros. MyFitnessPal is the place you record food. Do not let the app's automatic targets override the plan your coach gives you.

WHAT'S INSIDE

- **1. Why tracking matters**
- **2. Creating your account and profile**
- **3. Linking your account to Neon**
- **4. Setting calories and macros**
- **5. Free vs Premium: what you need to know**
- **6. Using the food diary**
- **7. Weighing food properly**
- **8. Serving size and number of servings**
- **9. Packaged foods without barcode scan**
- **10. Recipes, meals and eating out**
- **11. Calories, exercise calories and check-ins**
- **12. Common mistakes and final checklist**

Before you begin
Have your coach targets ready: daily calories, protein, carbs and fats. You will also need a digital food scale, your usual food packaging/labels, and the email/password you create for your MyFitnessPal account.

WHY TRACK FOOD?

Trackingisnotaboutbeingobsessive.Itisaboutbuilding awareness and giving your coach useful information.

? **What tracking does for you**
It shows what you are actually eating, teaches portion sizes, helps you hit protein, and allows flexibility while still moving towards fat loss, muscle gain or performance goals.

TRACKING HELPS YOU LEARN

- Caloriescontrol thedirectionofbodycompositionchange: deficit for fat loss, maintenance for holding weight, and surplus for muscle gain.
- Macros help the quality of the plan: protein supports muscle retention and recovery, carbs help training energy, and fats support health and hormones.
- Your coach can only coach what they can see. Accurate logs show patterns around weekends, hunger, missed meals, alcohol, low protein and under-reporting.
- The goal is not to track forever. The goal is to learn what portions, meals and habits create results you can keep.

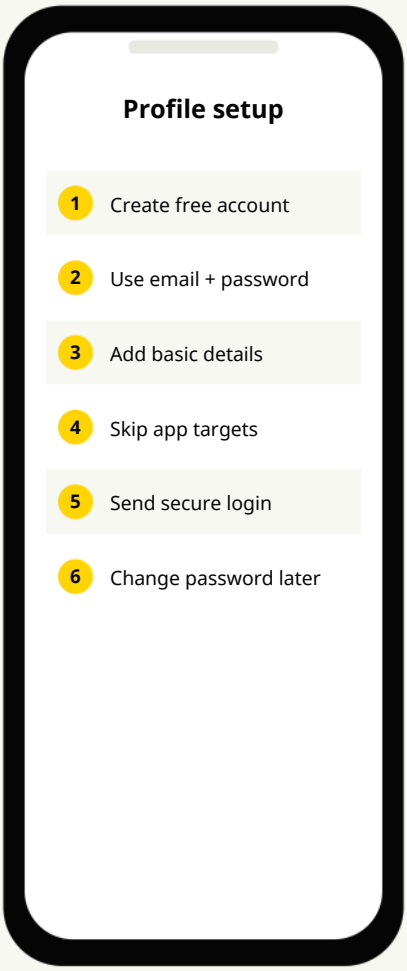
NF **Neon mindset**
No food is automatically banned. The skill is learning how to include foods you enjoy while still staying close to the plan often enough to progress.

1. SET UP YOUR PROFILE

Create the account first.Your coach targets come after-so do not worry if the app suggests different calories.

CREATE YOUR ACCOUNT

- ☑ Download MyFitnessPal from the App Store or Google Play.
- ☑ Choose the free/basic account. You do not need Premium for Neon coaching.
- ☑ Create the account using an email address and password. Avoid using Apple/Google login if Neon needs to link the account for you.
- ☑ Add basic profile details when asked: height, weight, date of birth and general goal.
- ☑ When the app suggests calories, treat it as a placeholder. Your Neon coach targets come first.



Important account note

Once your account is created, share the MyFitnessPal email address and temporary password with Neon your WhatsApp support circle. This lets us link MFP to our coaching app so your nutrition data pulls through to our side.

2. LINK TO NEON

This is what lets your coach review your food data without relying on screenshots every day.

Why we need the details
When MFP is linked to the Neon coaching app, your coach can review calories, protein, macro trends and missing days from our side. This helps us coach your plan properly instead of guessing.

WHAT TO SEND

- ☑ The email address usedfor MyFitnessPal.
- ☑ The password or temporary password used for MyFitnessPal.
- ☑ Confirmation that you used the email/password sign-up route, not just Apple/Google login.
- ☑ Send it in your WhatsApp support circle

3. SET CALORIES AND MACROS

Your coach will provide the targets. You are simply adding them into the app so your diary matches the plan.

WHERE TOGOINTHEAPP

- ☑ Tap More/Menu.
- ☑ Tap Goals.
- ☑ Tap Calories, Carbs, Protein & Fat Goals.
- ☑ Enter the daily calorie target your coach gave you.
- ☑ Adjust carbs, protein and fat as close as the free app allows.

QUICK FORMULA

Protein: grams x 4

Carbs: grams x 4

Fat: grams x 9

Macro % = macro calories / daily calories x 100

Example
125g protein on 1800 cals = 500 protein cals, which is 28%. Set 30% if needed.

%

Free version macro note
The free version allows calorie and macro goals to be customised by percentage. Percentages may not land exactly on the gram targets your coach gave you. Get as close as possible, then use the daily totals in your diary to hit the coach's protein and calorie targets.

What matters most
Calories and protein are the two numbers to prioritise. Carbs and fats can move slightly day to day as long as you stay close to the full plan across the week.

4. FREE VS PREMIUM

Barcode scanning used to bepart of many people's routine, but the current free version can still do everything Neon needs.

FREE IS ENOUGH

- ☑ Search and log foods manually.
- ☑ Create foods, meals and recipes.
- ☑ View daily calories and macros.
- ☑ Customise calories and macro percentages.
- ☑ Share/view food diaries.

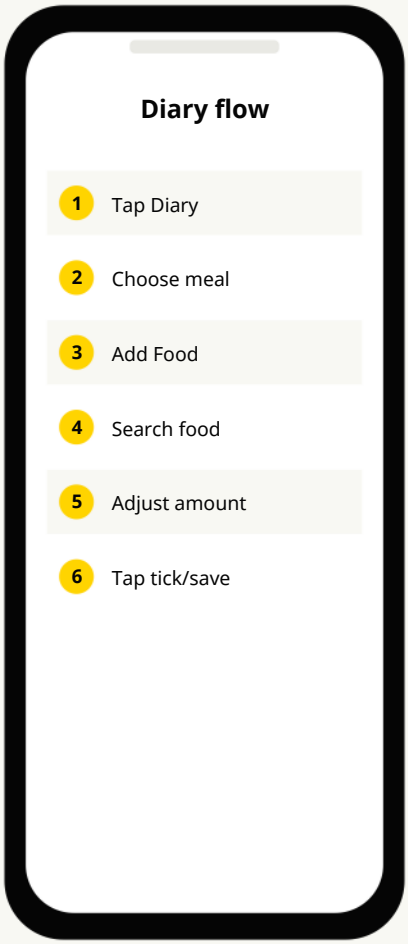
PREMIUM PROMPTS

- Barcode scanner may ask you to upgrade.
- Meal Scan is Premium-only.
- Macros by meal and extra dashboards may be Premium.
- You can ignore these prompts and still track accurately.
- Manual logging often teaches better portion awareness.

Neon workaround
If barcode scanning is locked, search the food name and brand, check the calories against the packet, then adjust the serving size/number of servings. If there is no accurate match, create the food manually using the nutrition label.

5. THE FOOD DIARY

The diary is the main part of the app you need. Keep it simple: open diary, add food, check totals.



HOW TO USE IT DAILY

- ☑ Track as close toreal time as possible. Pre-logging in the morning can make the day much easier.
- ☑ Use the meal sections however you want. A protein shake can go under Snacks, Breakfast or Dinner - the daily total matters most.
- ☑ Track oils, butter, sauces, dressings, alcohol, milky coffees, snacks, sweets and weekend foods. These are the things most people forget.
- ☑ Do not delete a day because it went over calories. A messy day is useful data for your coach.

! **Keep the app focused**
MyFitnessPal has articles, challenges and extra tools. For Neon coaching, prioritise the food diary and your daily totals. That keeps the process simple.

6. WEIGH FIRST, THEN LOG

For the first few weeks, scales are your best friend.They remove guesswork and teach you what portions actually look like.

The golden order
Weigh the food first, then add it to MyFitnessPal. Do not guess the grams after you have eaten it.

WEIGHING METHOD

- ☑ Put your bowl/plate on the scales.
- ☑ Press zero/tare so the scales read 0g.
- ☑ Add the food or ingredient.
- ☑ Write down the grams or add them straight to MFP.
- ☑ Repeat for each ingredient if it is a mixed meal.

!

Raw vs cooked
Match the food entry to how you weighed it. Raw chicken should be logged with a raw chicken entry. Cooked chicken should be logged with a cooked chicken entry. Do not weigh raw and log cooked, or weigh cooked and log raw.

g

Always weigh these
Oils, peanut butter, cheese, cereal, rice, pasta, wraps, sauces, dressings, spreads, nuts and snacks. Small errors here can add up quickly.

After a few weeks
You will get better at estimating simple foods, but still weigh calorie-dense foods and anything you regularly under-report.

7. ADD SINGLE FOODS

Use the search bar,but do not blindly trust the first result.Pick the entry that matches your food.

SEARCH SMART

- ☑ Typethebrand+ food+state/portion. Example: FAGE 0% Greek Yogurt 100g, Tesco Chicken Breast Raw, Warburtons Bagel Thin.
- ☑ Choose entries that show per 100g or a clear serving size. This makes the maths easier.
- ☑ Compare calories, protein, carbs and fats with the packet or supermarket label. If it is miles off, choose another entry.
- ☑ Use recent/history once you have found a correct food. This speeds things up after week one.
- ☑ Save your regular meals so you are not rebuilding the same breakfast, lunch or dinner every day.

EXAMPLE

You weigh 235g raw potatoes. Search: 'raw potato 100g'. If the serving size is 100g, set number of servings to 2.35. MFP will calculate the calories and macros for 235g.

8. SERVING SIZE AND SERVINGS

This is the part that confuses most people. Once it clicks, tracking becomes much easier.

Simple explanation
Serving size is the unit the database entry uses. Number of servings is how many of that unit you ate. MFP multiplies them together.

Food entry says	You ate	What to enter
Serving size: 100g	173g chicken	Number of servings: 1.73
Serving size: 1g	173g chicken	Number of servings: 173
Serving size: 40g	60g oats	Number of servings: 1.5
Serving size: 1 wrap	2 wraps	Number of servings: 2
Serving size: 1/2 pack	Full pack	Number of servings: 2

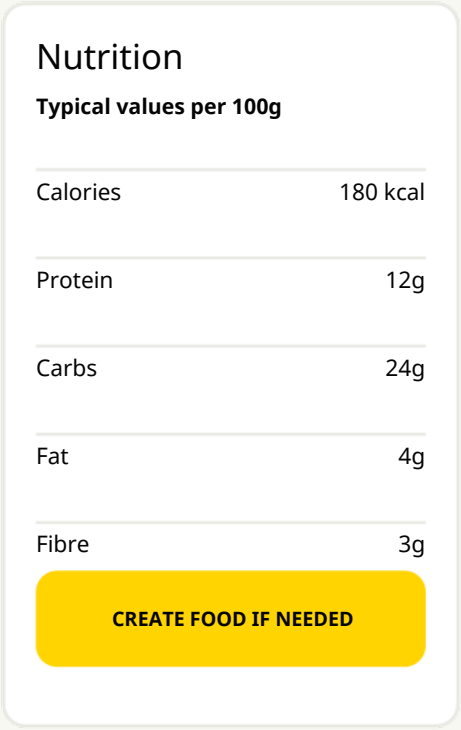
Neon tip
When possible, choose a food entry that has a 100g serving size. Then your number of servings is easy: 85g = 0.85, 125g = 1.25, 250g = 2.5.

9. PACKAGED FOODS

Barcode scanning may be locked behind Premium, so use the label and the search bar instead.

WITHOUT BARCODE SCAN

- ☑ Searchthebrandandproductnamefirst.Example: 'Muller Light Strawberry', 'Warburtons Protein Thin', 'Grenade Oreo Bar'.
- ☑ Open a likely match and compare it to the packet. Look at calories, protein, carbs and fats per serving or per 100g.
- ☑ If the numbers match, adjust serving size/number of servings and add it.
- ☑ If no entry is accurate, create a food manually from the nutrition label, then use that saved food in the future.
- ☑ Do not rely on 'verified' alone. User-created entries can still be wrong.



Fast after the first time
Once a correct packaged food is in your history, you usually only need to change the portion next time.

10. MEALS, RECIPES AND EATING OUT

You do not need to enter every ingredient from scratch forever. Use the app's time-saving tools.

MEALS

Use this for things you eat often, like your usual breakfast or chicken/potato lunch. Save once, reuse quickly.

RECIPES

Use this for homemade meals. Add all ingredients, set total servings, then log the portion you actually eat.

EATING OUT

Estimate usingthe closest entry. Accuracy matters, but consistency matters more than leaving it blank.

BEST PRACTICE

- ☑ Pre-log meals whenyou can. It shows you what calories/macros you have left before the day runs away from you.
- ☑ When eating out, choose the closest entry and be honest with portions. If it was a bigger restaurant meal, do not pick the lowest-calorie option just because it looks better.
- ☑ For home-cooked batch meals, weigh the full cooked batch if possible, divide by servings, and save it as a recipe or meal.
- ☑ Use the notes section or tell your coach in check-in if a day was estimated. Estimated is better than missing.

11. DO YOU NEED ALL CALORIES?

Your target is there to guide consistency, not to create panic if you finish slightly above or below.

Target, not perfection
Aim to finish close to the calories your coach sets. A small difference is normal. Repeatedly missing calories by a lot is what affects results.

IF FAT LOSS IS THE GOAL

- Being slightly under occasionally is fine.
- Do not slash calories to speed it up.
- Hit protein and keep energy high enough to train.
- Consistency across the week beats one perfect day.

IF MUSCLE/PERFORMANCE

- ☑ Hitting calories matters more.
- ☑ Under-eating can limit recovery.
- ☑ Protein and carbs are your friends.
- ☑ If appetite is low, ask your coach for easier food options.

Simple rule of thumb
Try to finish within roughly 50-100 calories of target most days. Your coach may set a different range depending on your goal, hunger, training and check-in data.

12. EXERCISE CALORIES

Do not eat extra calories back just because MyFitnessPal or a wearable says you burned them.

! **Neon rule**
Unless your coach specifically tells you otherwise, do not eat back exercise calories. Your calorie target already considers your training, steps, lifestyle and goal.

WHAT TO DO

- ☑ Do not log workouts inMyFitnessPal for extra calorie credit.
- ☑ Do not connect your watch/step tracker to MFP unless your coach asks you to.
- ☑ If MFP shows extra 'calories remaining' from exercise, ignore those extra calories and stick to the target your coach set.
- ☑ Track steps/training in the Neon app or check-in process instead. Your coach will use that data when adjusting your plan.
- ☑ If energy, hunger or performance is poor, tell your coach - do not self-adjust based on MFP exercise estimates.

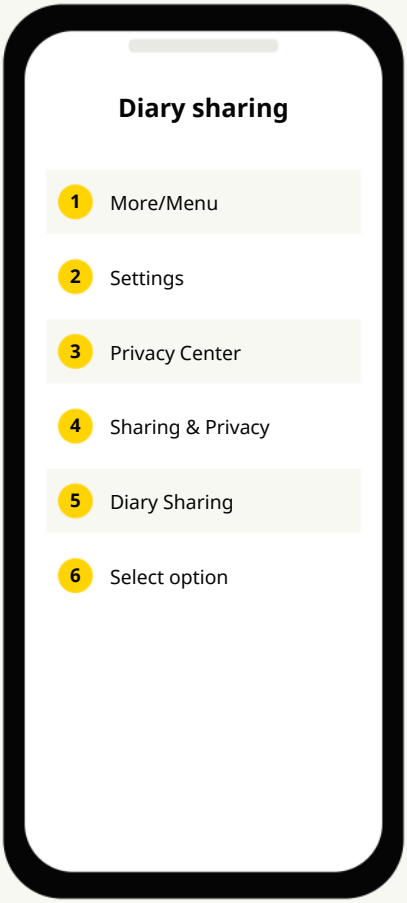
? **Why this matters**
Exercise calorie estimates can be inaccurate. Eating them back often removes the calorie deficit we are trying to create, or makes progress much harder to measure.

13. CHECK-INS AND SHARING

The more complete your diary is, the better your coach can support you.

WHAT YOUR COACH LOOKS FOR

- ☑ Daily calories: are you close to target?
- ☑ Protein: are you hitting it consistently?
- ☑ Patterns: weekends, nights out, missing meals, low-calorie days, high-calorie snacks.
- ☑ Adherence: how many days were fully tracked?
- ☑ Context: stress, sleep, hunger, training, steps and social events.



Do not hide the messy days
If a day goes over calories, track it anyway. That is usually the most useful day for your coach to see. We are looking for patterns, not perfection.

Manual diary sharing
If your coach asks you to make the diary visible, use MFP's Diary Sharing settings and choose the option your coach requests.

14. COMMON MISTAKES

Most tracking issues are easy to fix once you know what to look for.

Mistake	Fix
Forgetting oils, sauces, drinks and snacks	Track them as separate foods. These are often the missing calories.
Using generic entries without checking	Compare the calories/macros against the packet or label.
Mixing raw and cooked weights	Match the entry to how the food was weighed.
Eating back exercise calories	Ignore exercise calories unless your coach says otherwise.
Trying to make macros perfect	Prioritise calories and protein, then get carbs/fats close.
Skipping weekends or nights out	Estimate honestly. Estimated beats blank every time.
Sharing login details in public chats	Use the private/secure route your coach provides.

NF **Remember**
Tracking is a coaching tool. The data helps us make better decisions together.

FINAL CHECKLIST

Use this before your first week of logging and before check-in.

SETUP COMPLETE WHEN...

- ☑ MyFitnessPal account created using email and password.
- ☑ Email address and temporary password shared privately with Neon for linking, if requested.
- ☑ Password changed after Neon confirms linking is complete.
- ☑ Calories set to the target provided by my Neon coach.
- ☑ Macros set as close as the free app allows, with protein/calories prioritised.
- ☑ Food scale ready and used before logging meals.
- ☑ Barcode scanner ignored if Premium prompt appears.
- ☑ Exercise calories not eaten back.
- ☑ Full week tracked honestly, including the imperfect days.

7

7-day challenge

For the next 7 days, track everything before bed every day. Do not aim for perfect food choices first - aim for a complete diary. Accuracy improves with practice.

SOURCES AND UPDATE NOTES

MyFitnessPal updates its app regularly. Button names can change slightly, but the principles in this guide stay the same.

i **Checked against official MyFitnessPal support**
This guide has been updated for the current free version and avoids relying on barcode scanning. It is not official MyFitnessPal documentation.

OFFICIAL SUPPORT ARTICLES USED

Whatisincludedinthe free version
https://support.myfitnesspal.com/hc/en-us/articles/15457546881805-What-is-included-in-the-free-version

How do I use the barcode scanner to log foods?
https://support.myfitnesspal.com/hc/en-us/articles/360032624771-How-do-I-use-the-barcode-scanner-to-log-foods

Can I customize my nutritional goals?
https://support.myfitnesspal.com/hc/en-us/articles/360032274432-Can-I-customize-my-nutritional-goals

How do I make my diary visible to other users?
https://support.myfitnesspal.com/hc/en-us/articles/360032273872-How-do-I-make-my-diary-visible-to-other-users

What are the features of MyFitnessPal Premium?
https://support.myfitnesspal.com/hc/en-us/articles/360032625951-What-are-the-features-of-MyFitnessPal-Premium

! **Neon Fitness note**
Where this guide mentions sharing login details with Neon, members should only do this privately through the route their coach asks for. Members can change their MyFitnessPal password again after linking is confirmed.