

How to Report Your Tracking

After tracking your food and fitness, there are a few options on how to send this information to your counselor. Follow this guide if you need help when reporting your tracking.

General ways to share your information:

- Give your health coach your login information to the tracking app.
- Take 'screen shots' of each day you've tracked and insert them in a word document. Email the document to your coach.
- Track your information on an Excel spreadsheet.

My Fitness Pal:

- Using the website on your computer, click the 'Food' tab. Scroll to the bottom of the page and click 'View Printable Report'. From here, you can choose a date range and click 'Change Report'. Select 'Print'.

My Food Diary:

- Export your data to an Excel file by using the web-based program. Click on the green 'Analysis' tab, then in the left column choose 'Multi-Day Reports'. Scroll to the bottom of the page and choose 'Export'. Send your counselor the file.

Lose It!:

- Login to the web-based program. Click 'Insights'. Click on 'Weekly Summary'. Use the arrows and choose your date range. Click 'Export'. Send your counselor the file.

Fat Secret:

- On the main 'My Food Diary' page on the website, click on the link that says print. From here you can save the PDF or Excel (.csv) file. Send your counselor either file.

Sparkpeople:

- On the web-based program, click on the 'Today's Full report' link that is under the Nutrition Tracker title. At the bottom of this link, click on the 'Export Data to File' link. Send your counselor that file.

Cron-o-meter:

- Under the 'Account Data' tab, click export your data to a .csv file. Send this file to your counselor.