

MY FITNESS PAL
Daily Good Plan & Food Tracker
Health

1. Go to the <https://www.myfitnesspal.com>
Create a Login
2. Go to FOOD
Fill in Breakfast / Lunch / Dinner / Snacks
5 Days
3. Print/Save as a PDF on Desktop
4. Email should include
Name
Hour
5. Email to Jeff.adamson@washk12.org or Steve.jurca@washk12.org

Make sure you put your name on the email to get credit...