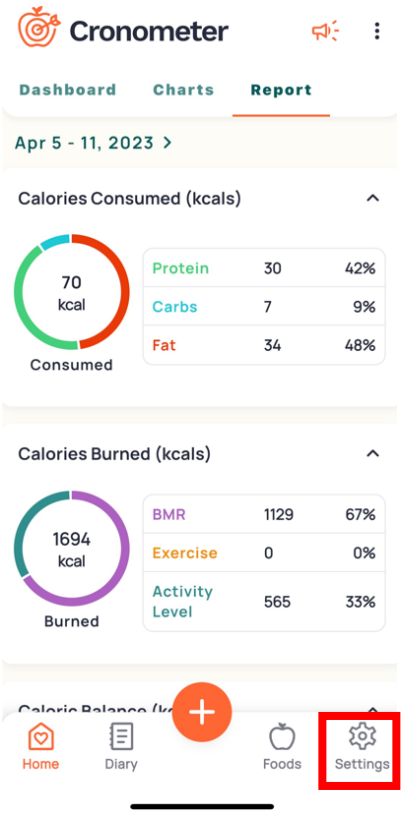
# Using the Chronometer App to Track Your Calories & Macronutrient Intake

To track your intake of calories and grams of protein, carbs, and fat and compare them to your Personalized Muscle-Centric Eating Plan targets, we suggest using the Chromometer App.

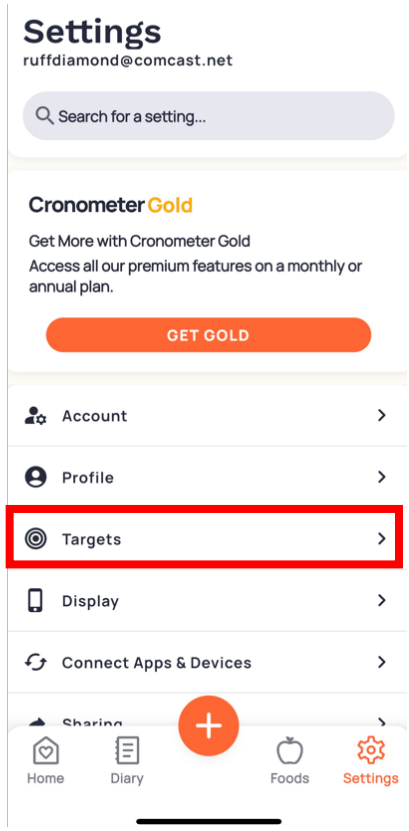
To get started, download the app to your mobile device, create an account, and set up your user profile.

Follow the steps below to customize your calorie, protein, fat, and carb targets to align with those we recommended to you for your personalized Muscle Centric Eating Plan:

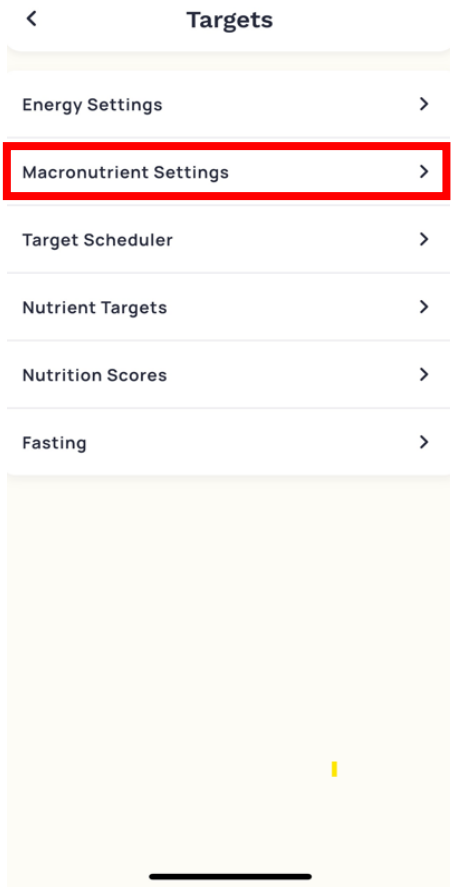
**Step 1. On the Home screen, tap Settings.**



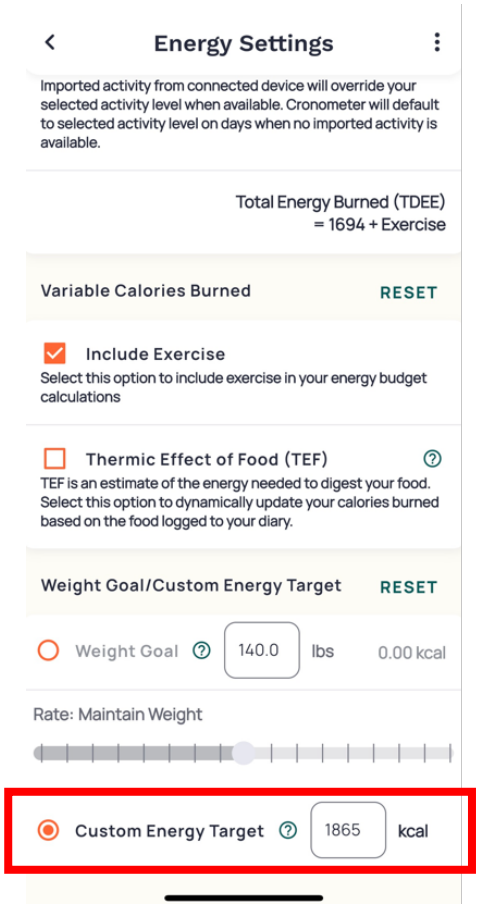

**Step 2. In Settings, tap Targets.**



**Step 3. In Targets, tap Energy Settings.**




**Step 4. In Energy Settings, click Custom Energy Target, and type in your custom energy (calorie) target.**




**Step 5. Click the back arrow to go back to the Targets screen.**

**Step 6. In Targets, tap Macronutrient Settings.**

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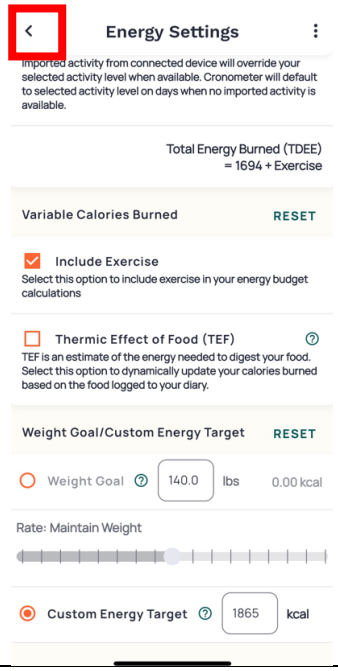
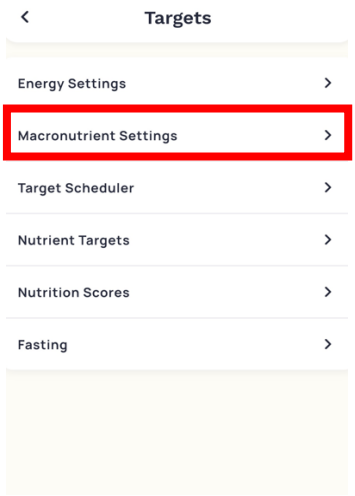



**Step 7.**

a. **Set macros using Macro Ratios.**
b. **Select grams.**
c. **Type in your Protein, Carbs, and Fat gram targets.**
d. **Choose Track carbohydrates as Total Carbs.**




**Step 8. On the home screen, choose Reports. You will see your adjusted targets for energy (calories), Protein, Carbs, and Fat.**

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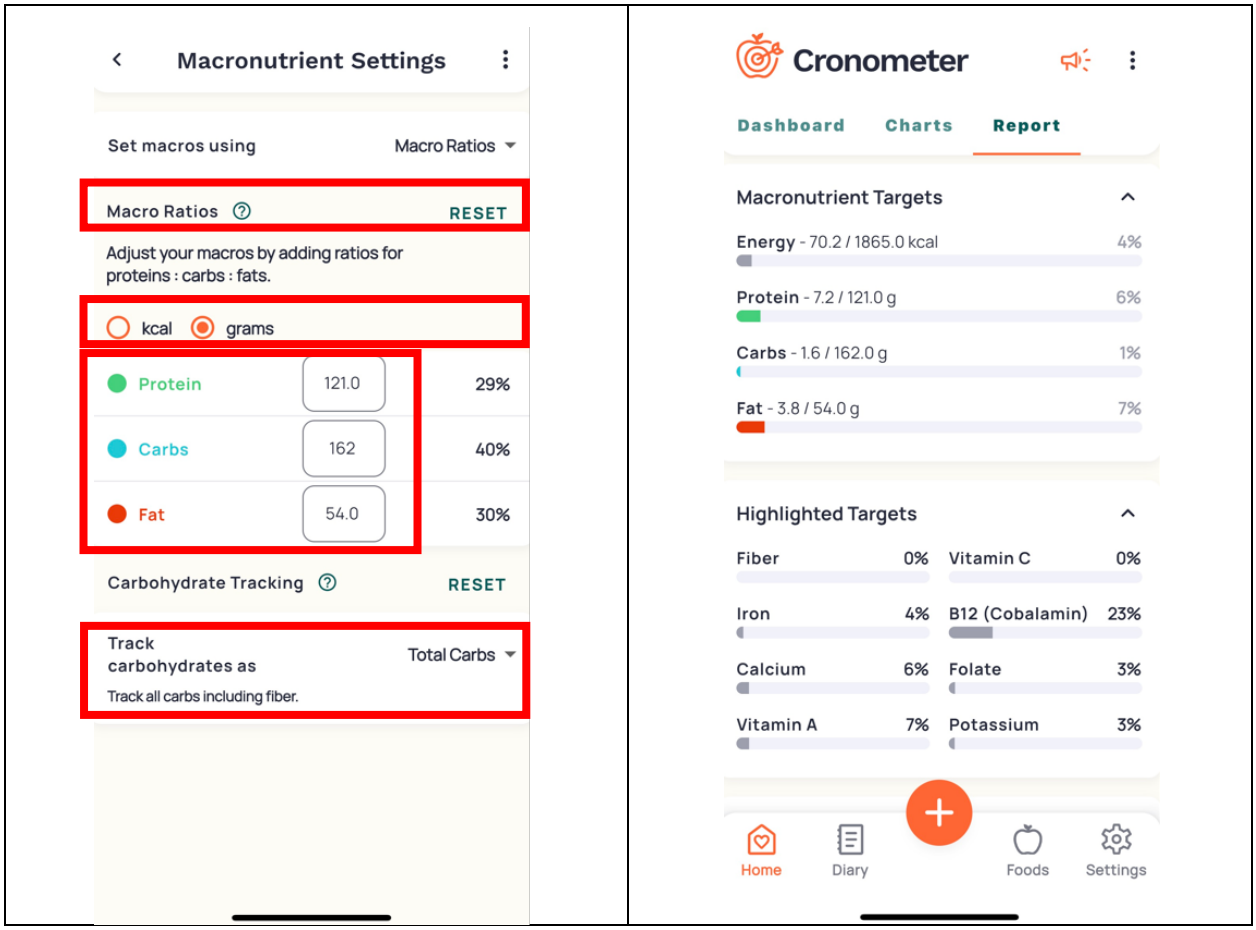


For additional instructions on how to use Chronometer, including using the food diary to enter foods you eat, tracking your calorie, protein, carbs, and fat grams consumed, and comparing to your targets, refer to the Chronometer mobile user manual.