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. |
|---|---|
| <      **Targets** <br><br> Energy Settings    > <br><br> **Macronutrient Settings**    > <br><br> Target Scheduler    > <br><br> Nutrient Targets    > <br><br> Nutrition Scores    > <br><br> Fasting    > | <      **Energy Settings**     ⋮ <br><br> Imported activity from connected device will override your selected activity level when available. Cronometer will default to selected activity level on days when no imported activity is available. <br><br> Total Energy Burned (TDEE) = 1694 + Exercise <br><br> Variable Calories Burned    RESET <br><br> ☑ Include Exercise <br> Select this option to include exercise in your energy budget calculations <br><br> ☐ Thermic Effect of Food (TEF)   ⑦ <br> TEF is an estimate of the energy needed to digest your food. Select this option to dynamically update your calories burned based on the food logged to your diary. <br><br> Weight Goal/Custom Energy Target    RESET <br><br> ◯ Weight Goal ⑦   [140.0]   lbs    0.00 kcal <br><br> Rate: Maintain Weight <br><br> ⦿ Custom Energy Target ⑦   [1865]   kcal |
| Step 5. Click the back arrow to go back to the Targets screen. | Step 6. In Targets, tap Macronutrient Settings. |

| Energy Settings | Targets |
|---|---|
| **‹**      Energy Settings      ⋮ | ‹      Targets |
| Imported activity from connected device will override your selected activity level when available. Cronometer will default to selected activity level on days when no imported activity is available. | Energy Settings     › |
| Total Energy Burned (TDEE)<br>= 1694 + Exercise | Macronutrient Settings     › |
| Variable Calories Burned     RESET | Target Scheduler     › |
| ☑ Include Exercise<br>Select this option to include exercise in your energy budget calculations | Nutrient Targets     › |
| ☐ Thermic Effect of Food (TEF)    ⊘<br>TEF is an estimate of the energy needed to digest your food. Select this option to dynamically update your calories burned based on the food logged to your diary. | Nutrition Scores     › |
| Weight Goal/Custom Energy Target    RESET | Fasting     › |
| ○ Weight Goal ⊘   [140.0] lbs   0.00 kcal | |
| Rate: Maintain Weight | |
| ⦿ Custom Energy Target ⊘   [1865] kcal | |

| | |
|---|---|
| **Step 7.**<br>   a. **Set macros using Macro Ratios.**<br>   b. **Select grams.**<br>   c. **Type in your Protein, Carbs, and Fat gram targets.**<br>   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.** |
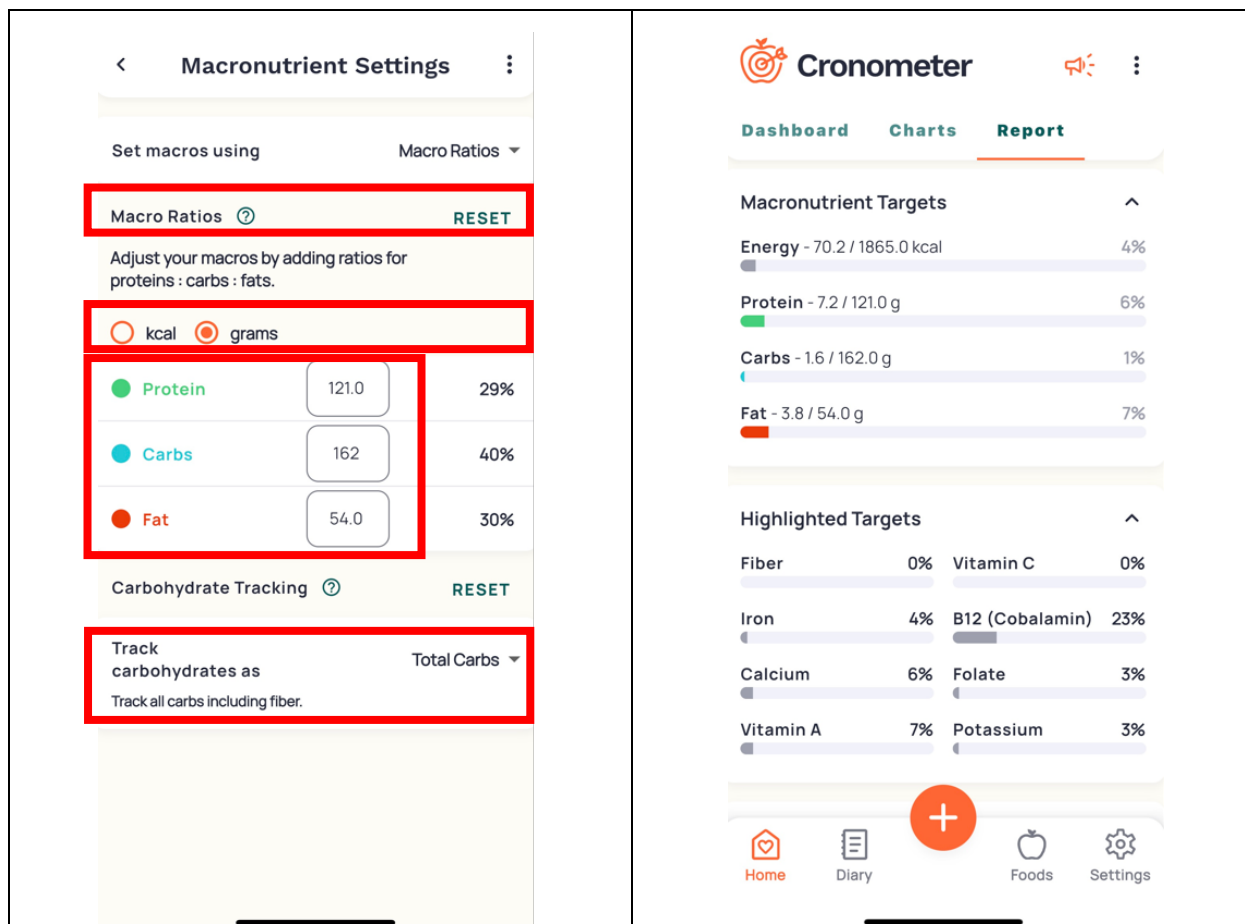
For additional instructions on how to use Chronometer, including using the food diary to enter foods you eat, tracking your calorie, protein, carbs, and fat grams consumed, and comparing to your targets, refer to the Chronometer mobile user manual.