Today,

I want to talk a little bit about MyDietAnalysis and a few cool features that have really helped me improve my own activity level and help me keep track of what I eat, especially when I'm in college.

One of the main things that sets MyDietAnalysis apart from other health or dietitian apps is that it's not just a regular meal tracking app that tallies up calories and carbs throughout the week. It actually lets you input the food you eat every day, and then it generates a report so you can see if you're reaching the healthy amount of nutrition for your body specifically.

You can see I already have a profile set up, which I think is really fun.

You can at least have a little cool character guy.

And the best part about this is it's
just a really good way to keep track of your activity and what you've been eating and putting in your body without having to create this gigantic spreadsheet yourself or mark it all down in a little notebook. It does it for you. So after creating a profile, they show your daily calorie suggested intake. And this is based off of the personal information that you’ve entered. So for my calorie deficit is 2415 calories. Another cool feature is that when you click on the additional those three dots here, you can click on progress and it just shows you in a really cool graphic the overall progress of your day to day diet goal. Something else that I find extremely helpful on MyDietAnalysis
that has really helped me is the activity level.

Under the activity tab,

I can enter in my exercise levels throughout the day

and it will show me how many calories I have burned altogether.

So let's say you were doing biking.

It has multiple different bicycle, mountain biking

or even if you're doing niche sports like let's say for instance, rock climbing,

it has multiple different results and you can add them and change

how many minutes and it'll estimate how many calories you burn

and I think that's pretty cool.

So this is really helpful for me because I can make sure

that I'm maintaining my health as I should be.