

00:00:02:23 - 00:00:03:09

Today,

00:00:03:09 - 00:00:09:04

I want to talk a little bit about MyDietAnalysis and a few cool features

00:00:09:04 - 00:00:12:22

that have really helped me improve my own activity level

00:00:12:22 - 00:00:16:04

and help me keep track of what I eat, especially when I'm in college.

00:00:16:10 - 00:00:19:13

One of the main things that sets MyDietAnalysis apart

00:00:19:14 - 00:00:23:19

from other health or dietitian apps is that it's not just a regular meal

00:00:23:19 - 00:00:27:02

tracking app that tallies up calories and carbs throughout the week.

00:00:27:19 - 00:00:30:15

It actually lets you input the food you eat every day,

00:00:30:15 - 00:00:33:23

and then it generates a report so you can see if you're reaching

00:00:33:23 - 00:00:36:24

the healthy amount of nutrition for your body specifically.

00:00:37:02 - 00:00:40:06

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

00:00:40:06 - 00:00:42:15

You can at least have a little cool character guy.

00:00:42:15 - 00:00:44:07

And the best part about this is it's

00:00:44:07 – 00:00:47:10  
just a really good way  
to keep track of your activity

00:00:47:10 – 00:00:49:12  
and what you've been eating  
and putting in your body

00:00:49:12 – 00:00:50:21  
without having to create this

00:00:50:21 – 00:00:53:24  
gigantic spreadsheet yourself  
or mark it all down in a little notebook.

00:00:54:02 – 00:00:55:13  
It does it for you.

00:00:55:13 – 00:01:00:21  
So after creating a profile, they  
show your daily calorie suggested intake.

00:01:00:21 – 00:01:03:24  
And this is based off of the  
personal information that you've entered.

00:01:04:01 – 00:01:08:10  
So for my calorie  
deficit is 2415 calories.

00:01:08:21 – 00:01:12:12  
Another cool feature  
is that when you click on the additional

00:01:12:12 – 00:01:16:10  
those three dots here,  
you can click on progress

00:01:16:11 – 00:01:19:17  
and it just shows you in a really cool  
graphic

00:01:19:17 – 00:01:23:22  
the overall progress of your day  
to day diet goal.

00:01:23:22 – 00:01:27:07  
Something else that I find  
extremely helpful on MyDietAnalysis

00:01:27:07 – 00:01:29:17  
that has really helped me is the activity  
level.

00:01:29:17 – 00:01:32:01  
Under the activity tab,

00:01:32:01 – 00:01:35:17  
I can enter in my exercise levels  
throughout the day

00:01:35:17 – 00:01:39:18  
and it will show me how many calories  
I have burned altogether.

00:01:39:18 – 00:01:41:24  
So let's say you were doing biking.

00:01:41:24 – 00:01:44:24  
It has multiple different  
bicycle, mountain biking

00:01:45:06 – 00:01:49:14  
or even if you're doing niche sports like  
let's say for instance, rock climbing,

00:01:49:23 – 00:01:54:04  
it has multiple different results  
and you can add them and change

00:01:54:04 – 00:01:57:06  
how many minutes and it'll estimate  
how many calories you burn

00:01:57:06 – 00:01:58:16  
and I think that's pretty cool.

00:01:58:16 – 00:02:01:17  
So this is really helpful for me  
because I can make sure

00:02:01:17 – 00:02:04:13  
that I'm maintaining  
my health as I should be.