



Step-by-step Eat2Win Application

1. Athlete receives their Initial Evaluation at MAP Hockey
2. Download 'Eat2Win' application from app store/google play onto your phone; application link found on the Nutrition Tab at www.MAP.Hockey
3. Sign in with Facebook or email.
4. Input personal information to complete calculation of calories.
5. Once completed, tap the Menu button (the 3 horizontal dashes), in the top left corner.
6. Then select 'Manage'.
7. Select 'Friends' and add Remi Famodu by clicking the addition button in the top right corner. Additionally, add Jamie Zeldman and Rachel Stark.
8. Once friend request has been accepted continue to step number 9.
9. Then select 'Manage', then 'People Monitoring Me'.
10. Once on the Nutrition Monitors page, make sure 'People Monitor Me' is highlighted, and add Remi Famodu by clicking the addition button in the top right corner. Also add Jamie Zeldman and Rachel Stark.

Athlete to record food intake for at least 1 week. Follow instructions below on how to track intake.

- **BEFORE** meal, take picture of meal.
- Select 'Trackers' in bottom left corner of screen. And select
- Select 'Meals'. Select meal or snack you want to record.
- Select 'Take Photo' and allow access to camera.
- Record meal by taking a photo of meal.
- In the Notes box below, record food intake, beverage, and condiments.
- Select 'Save' button.
- Repeat for next meal or snack.
- Record food intake for at least 1 week.

Call 952-456-7650 to set up an appointment with Remi Famodu, to see results and discuss food patterns after a week of tracking intake. MUST have REMI and Jamie/Rachel added as Friend before appointment is set up.

How to add Friends and Monitoring Request:

1. Select "Manage"
2. Select "Friends" and add Remi Famodu by clicking the addition button in the top right corner. Additionally add Jamie Zeldman and Rachel Stark.
3. Once Friend Request has been accepted select "Manage", then "People Monitoring Me."
4. Once on the Nutrition Monitors page, make sure "People Monitor Me" is highlighted, and add Remi Famodu by clicking the addition button in the top right corner. Also add Jamie Zeldman and Rachel Stark.