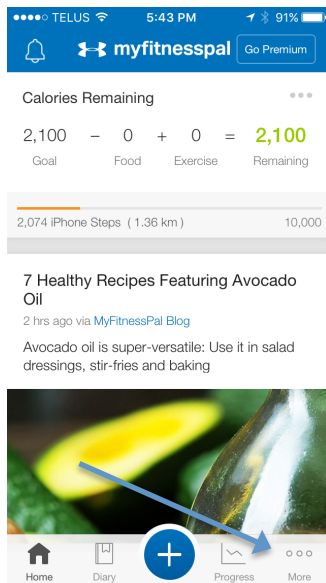
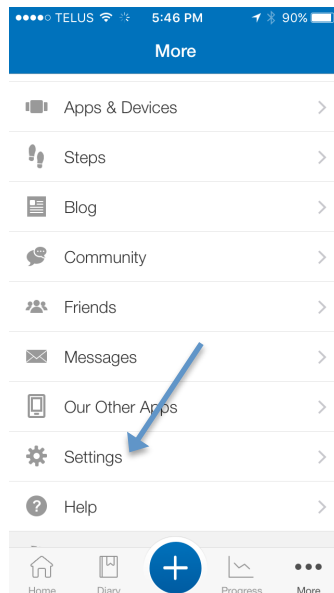


## How to share your diary with me on *MyFitnessPal* smart phone app

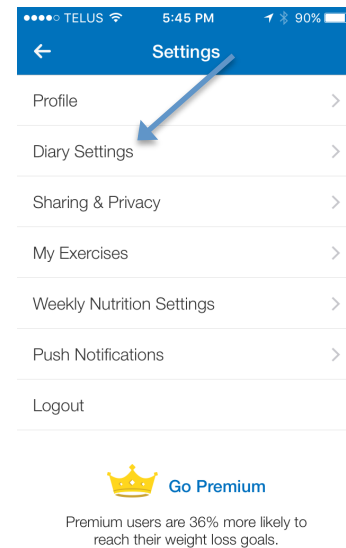
### Step 1: select "more"



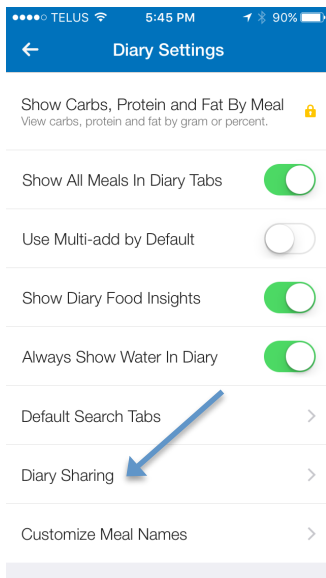
### Step 2: select "settings"



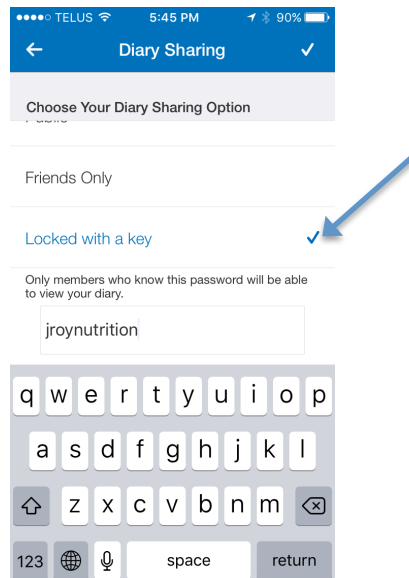
### Step 3: select "diary settings"



### Step 4: Select "diary sharing"



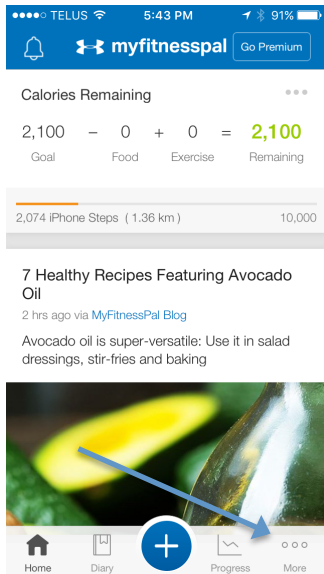
### Step 5: check "locked with a key" and enter "jroynutrition"



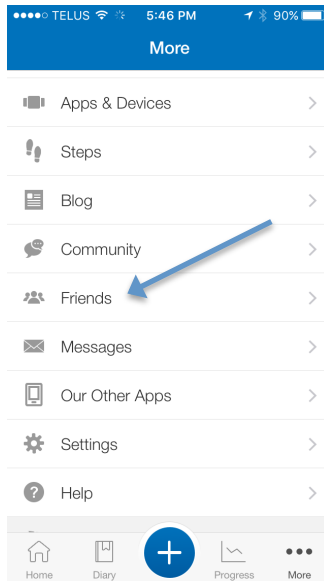
Click the check mark at the top right of the box when you are finished to save your changes.

Then... go back to the home screen...

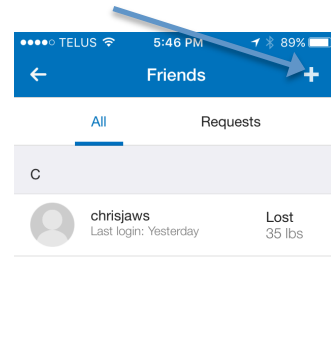
Step 7: Select “more”



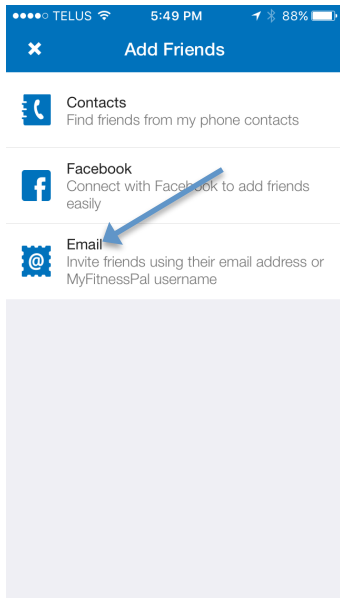
Step 8: Select “friends”



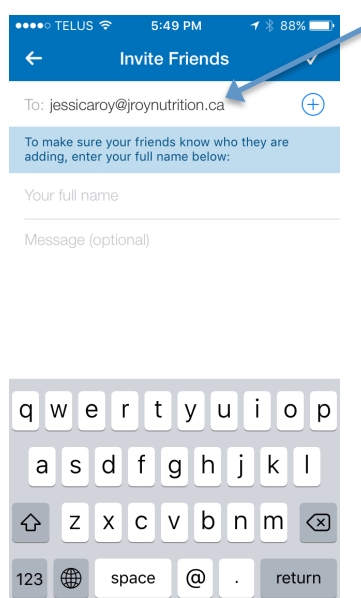
step 9: click the “+” button



Step 10: Select “email”



Step 11: enter [jessicaroy@jroynutrition.ca](mailto:jessicaroy@jroynutrition.ca)



Click the check mark at the top right of the box when you are finished to save your changes.