



[CoachMePlus Help](#) > [Nutrition](#) > [Logging Meals](#)

Articles in this section



How To: Track Your Nutrition as an Athlete



Michael Gallivan

3 days ago · Updated

In this article, we walk through how an **Athlete** can log and track their food using the **CoachMePlus** Nutrition Module.

Video Walkthrough:

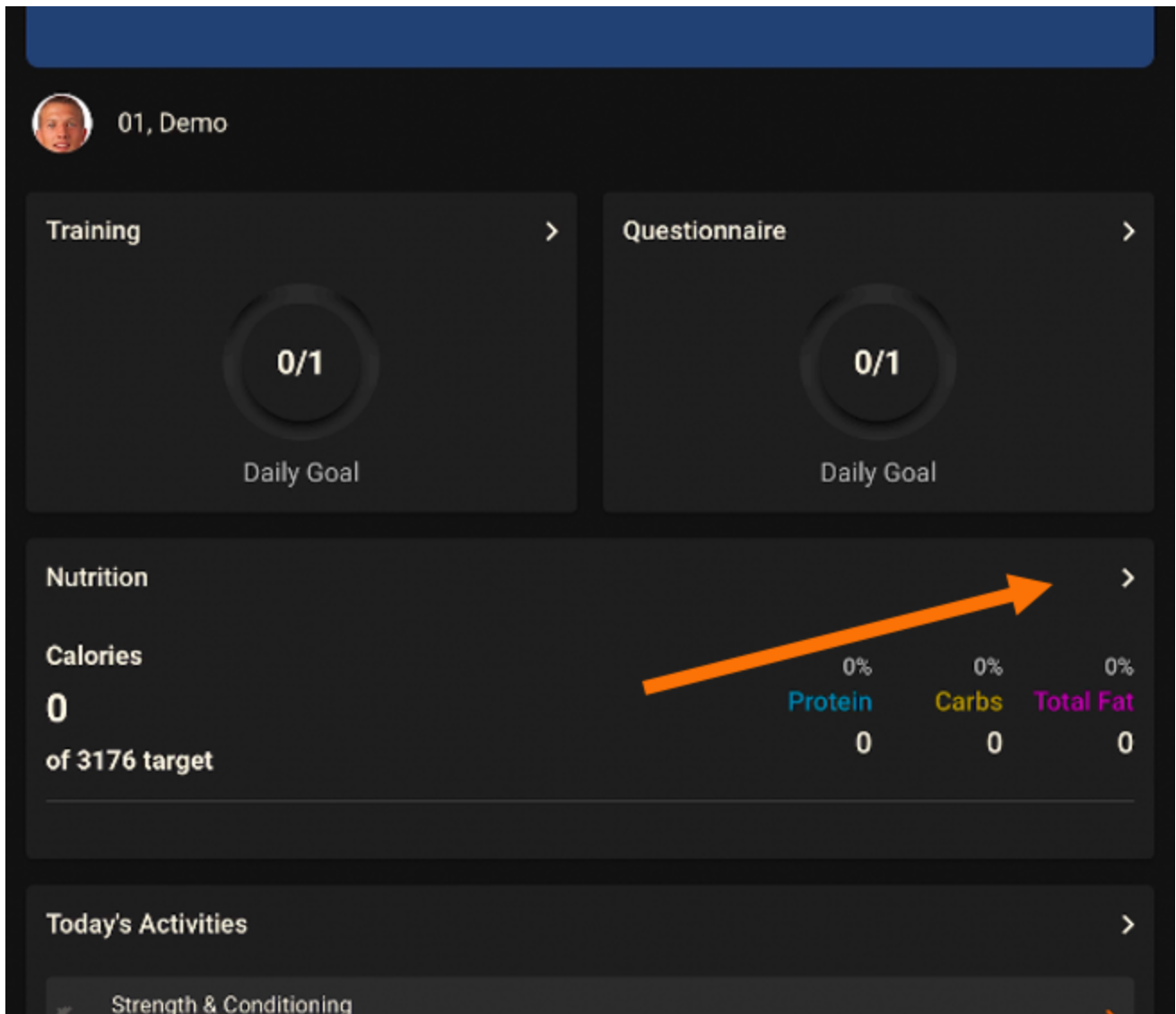


How To: Track Nutrition in CM+ as an Athlete

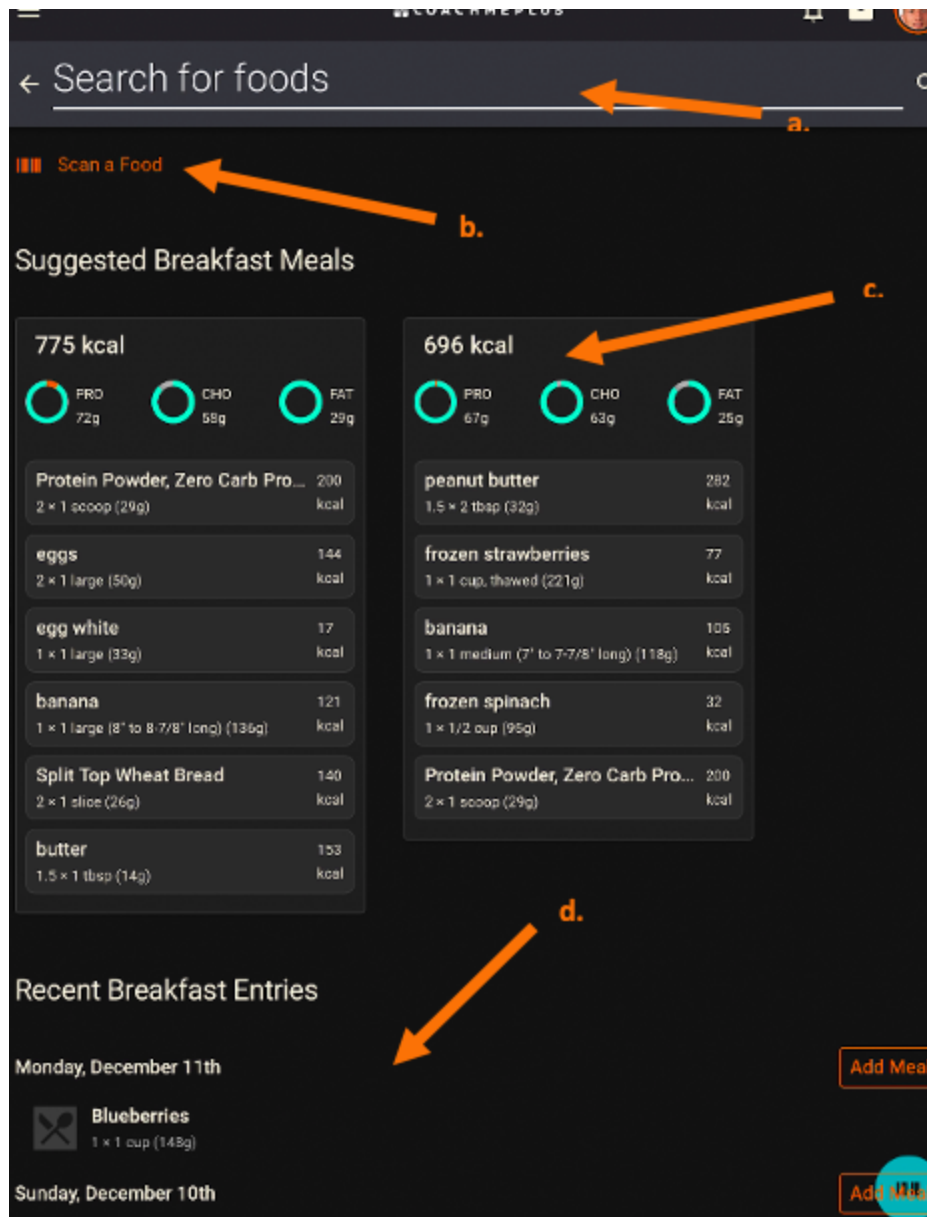


Step-by-step Instructions:

1. Tap on the Nutrition Module on your home screen



2. Tap to add a food using one of the following options:



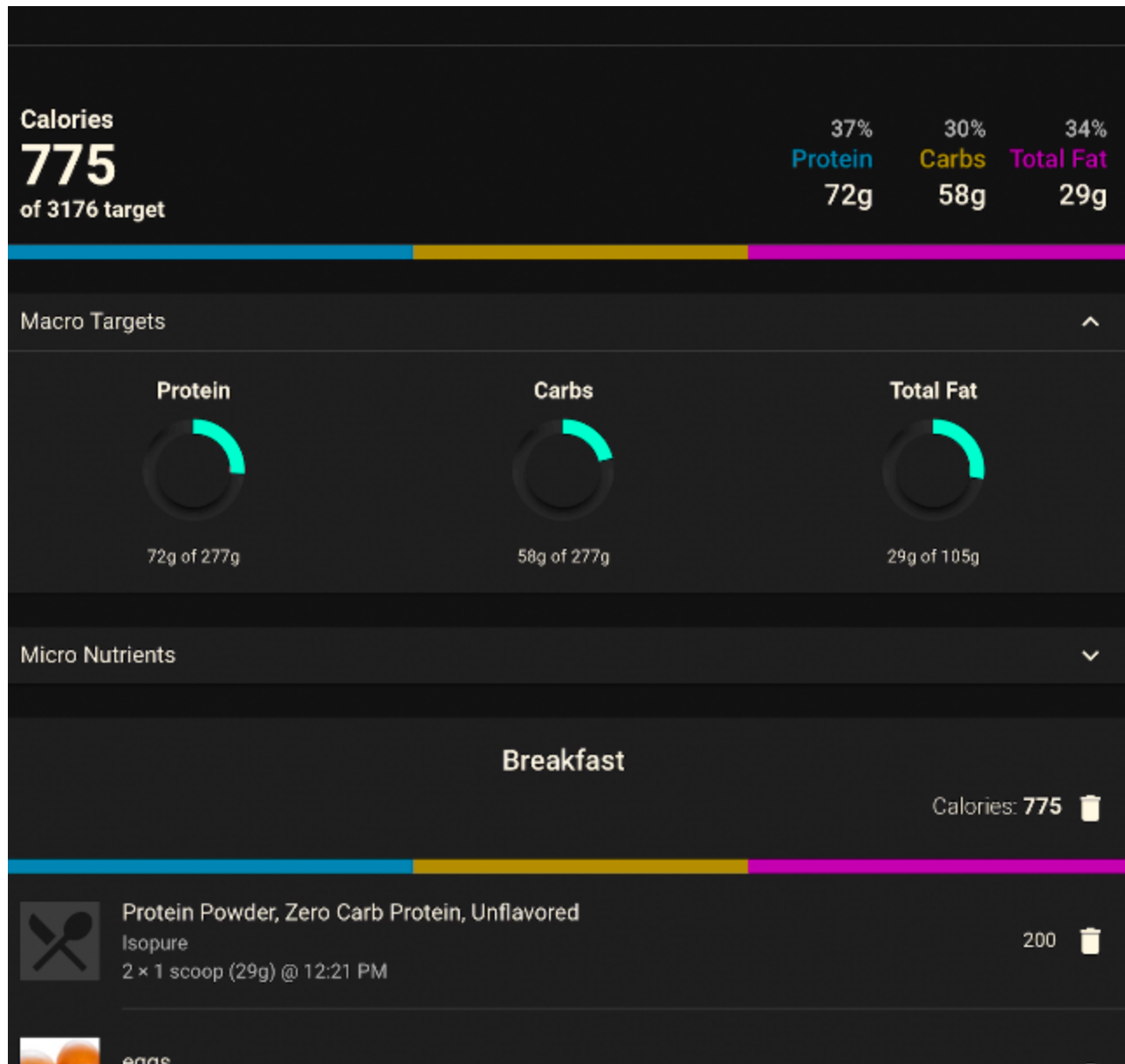
a. Search and Select

b. Scan a barcode:

c. Use a **Coach Suggested Meal**

d. Use a "Recent Entry"

3. You can track your macro goal progress here:



4. And track your micronutrient intake here:

Micro Nutrients	
Vitamins	
Vitamin D	82iu
Vitamin A	1159.5iu
Vitamin C	11.8mg
Vitamin E	1.695mg
Vitamin K	2.6ug
Vitamin B6	0.671mg
Vitamin B12	0.96mg
Dietary Fiber	
Dietary Fiber	4.5g
Iron	3.74mg
Sodium	874.5mg
Calcium	289.5mg
Magnesium	53mg
Zinc	1.525mg
Saturated Fat	14.219g
Trans Fat	0.737g
Polyunsaturated Fat	2.659g
Monounsaturated Fat	8.18g
Cholesterol	428.5mg
Total Sugars	19.255g
Potassium	733.5mg
Thiamin	0.085mg
Riboflavin	0.709mg
Niacin	1.024mg
Folate	76ug
Phosphorus	237.5mg
Choline	311.55mg



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