Linking MyFitnessPal and MapMyFitness

There are two ways to link your MapMyFitness account with MyFitnessPal.

**Online:**

1. Visit MyFitnessPal ([or get the app here](https://mapmyfitnes...)) and sign up, if you do not already have an account.
3. Select ‘MyFitnessPal’ and log in with your credentials (or via Facebook)
4. Authorize the connection.

**Mobile:**

1. Within the MapMyFitness app, select ‘Settings’
2. Tap ‘MyFitnessPal’
3. Log in with your credentials (or via Facebook)
4. Authorize the connection.

Once you have linked accounts, workouts recorded within MapMyFitness will automatically sync to MyFitnessPal. This includes activity type, duration, average pace and total calories burned. If your MapMyFitness workouts do not have a duration specified or calories burned (because your account is not configured to auto-calculate calories), those workouts will not get transferred because MyFitnessPal does not currently accept workouts without those two fields specified. In addition, workouts manually logged within MyFitnessPal will automatically sync to MapMyFitness.

If you use MyFitnessPal to track the foods you eat, we will now transfer the total calories consumed per day to MapMyFitness. MyFitnessPal currently only allows 3rd-parties access to the total calories consumed per day and not the individual foods eaten throughout the day. This means ONLY calorie values will transfer to your food log and calorie daily snapshot on MapMyFitness, not the actual food item.