

Track Your Health From Anywhere, Anytime!

The fastest, easiest to use nutrition & calorie counter app!



myfitnesspal

1

Download

Download the **myfitnesspal** app on your smartphone or tablet.

2

Search

Search for foods you eat (include "Taher" to find an item you enjoyed at our café).

3

Track

Track your foods, fluids and exercise. MyFitnessPal will handle the rest.



“ Thanks to MyFitnessPal, I've rolled back 26 years of weight gain ”



Start Today
myfitnesspal.com



www.taher.com

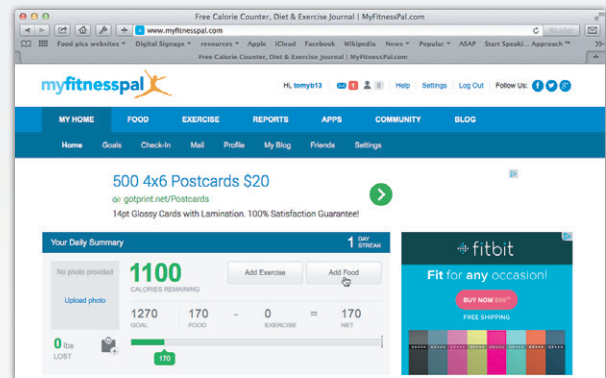
It's simple

– The more consistently you track your food intake, the more likely you are to lose weight.

From Your Computer

Follow these steps to track your progress

1 From your home page click “Add Exercise” or “Add Food”.



2 Then click “Add Food” under the corresponding meal and type in the item you had. Include Taher for our café items.

3 Click on the Exercise tab and do the same for any exercise.

4 Repeat each time you eat or exercise.



TAHER

