



MyFitnessPal

Get to lead a healthy life by controlling all your health data

By MyFitnessPal, Inc.

7.2/10

android

ios

Review

You can now know in detail all the data of your health, your weight, have control of what you eat, record your workouts and, ultimately, lead a healthy life. Being in shape and staying healthy is something that worries us all and that is why personal trainers are so fashionable, someone to help us know what we have to do to get rid of those extra pounds and look good .

Now you can have your own physical trainer on your mobile, always available and free. The **MyFitnessPal app** is here for you to join the millions of people who already use it and whose lives it has changed. The tool developed with the aim of achieving and maintaining healthy habits is the most reliable for health and physical preparation, which is why it is a leader in the United States and little by little it is adding more users around the world.

Its operation is very simple, you will only have to create a physical profile with your data and the application will recommend a series of net calorie goals with which you can achieve the weight loss you have marked. You will be recording all the exercise you do and the meals you eat, in this way you can know in detail how many calories you have consumed and how many you have left to reach the daily limit. **Download MyFitnessPal for free**, you find it available for **Android** and **iOS**.

The app shows you a series of foods and exercises that are the favorites of other users, so that you get motivated by being part of the community and continue with your process. You can also add as many as you want, it is a collaborative work in which everyone contributes their grain of sand.

One of the **advantages of MyFitnessPal** is that the exercises it shows you are adapted to all types of people, no matter your age or physical condition. In addition, due to its internationalization process, its food database includes typical recipes from each of the areas, so you will always find dishes that you know.

Automatically, it is the application that calculates the number of calories that you should consume and spend with each exercise, this is achieved with the physical data that you have marked. If you follow the instructions set by **MyFitnessPal**, you will achieve the challenges you have set for yourself and you will be very healthy.

Download

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