

Draw scenario card.

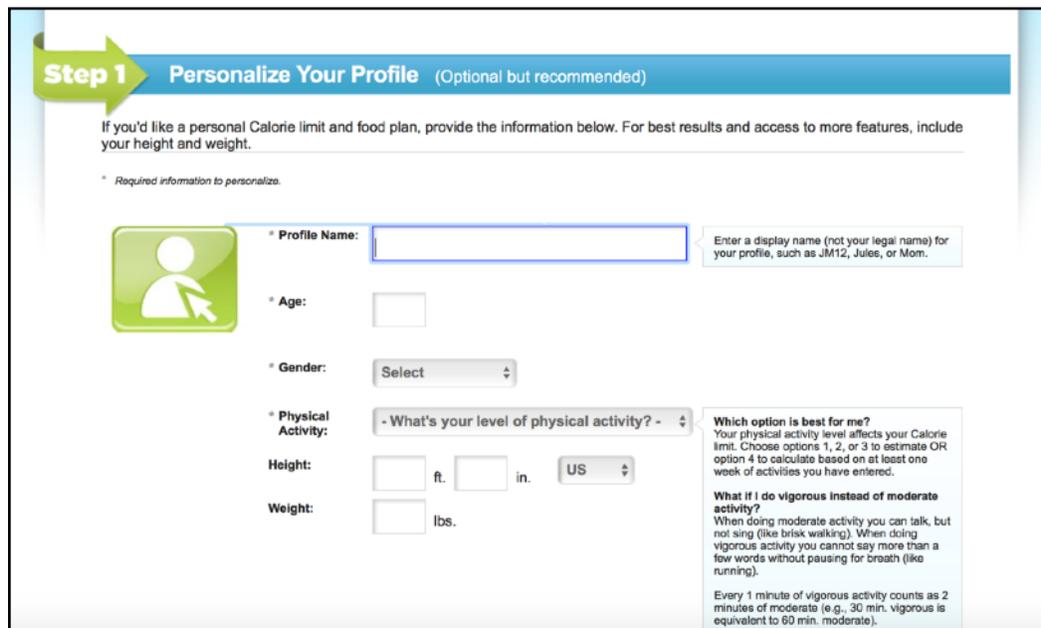
Start at supertracker.usda.gov

On right side, Create Profile.



STEP 1: Use your County/District Abbreviation and last 4 digits of your phone number as Profile Name. (Example - CL5450 for Cowley)

Enter age, gender, physical activity, height and weight from scenario card.



The screenshot shows the 'Step 1 Personalize Your Profile' form. The form is titled 'Step 1 Personalize Your Profile (Optional but recommended)'. It includes a green arrow icon and a text box for 'Profile Name'. Below this are fields for 'Age', 'Gender', 'Physical Activity', 'Height', and 'Weight'. A red arrow points to the 'Profile Name' field. The form also includes a 'Which option is best for me?' section with instructions on how to choose between moderate and vigorous activity levels.

Step 1 Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best results and access to more features, include your height and weight.

* Required information to personalize.

Profile Name: Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

Age:

Gender:

Physical Activity:

Height: ft. in.

Weight: lbs.

Which option is best for me?
Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate OR option 4 to calculate based on at least one week of activities you have entered.

What if I do vigorous instead of moderate activity?
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).

Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

STEP 2: Contest host will provide information to use for each of these fields.

- Enter user name
- Password
- Password hint -
- Security questions -
- e-mail address:

Step 2 Register to Save Your Profile

Register to save your data and access it any time.

* Required information to register:

* Username: (6-50 Characters)

* Password: (4-15 Characters)

* Re-Enter Password:

* Password Hint: Enter a word or a phrase that will help you remember your password.

* Password Security Question: Choose a security question with an answer unique to you to help you reset your password if needed.

* Your Answer:

Email Address: While not required, an email address will help you retrieve your username if needed.

Re-Enter Email:

STEP 3:
Click on
Submit

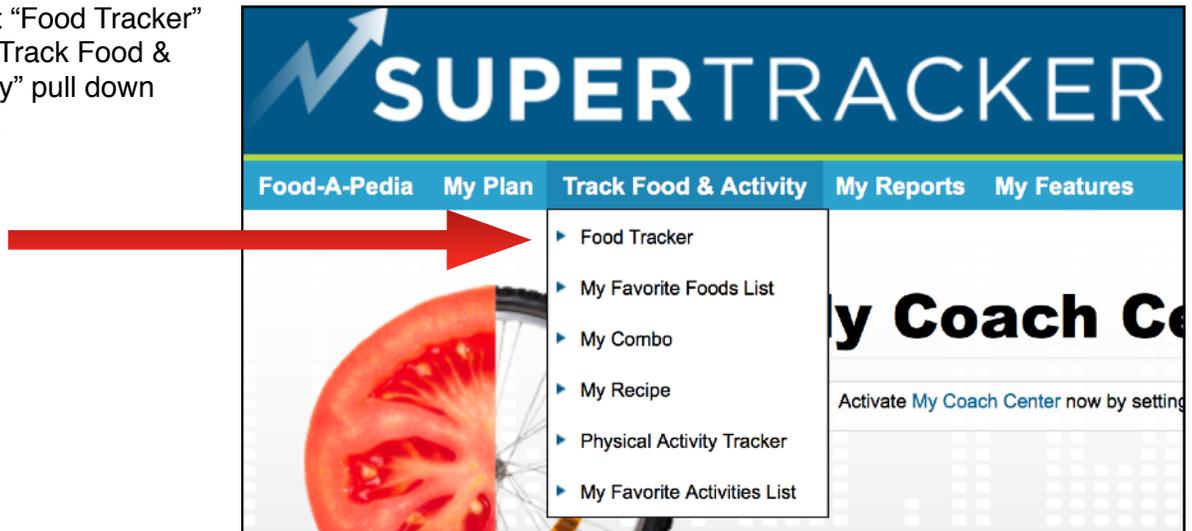
Step 3 Submit to View Your Plan

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: September 30, 2018). The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.



Confirm that blue bar displays your profile name.

Select "Food Tracker" from "Track Food & Activity" pull down menu.



The top light blue bar will provide target numbers based on the scenario information you entered.

You are here: [Home](#) > [Track Food & Activity](#) > [Food Tracker](#)

Today

05/20/16

Physical Activity Target

For 05/20/16

Target	AT LEAST 60 minutes per day
Actual	0 minutes

Daily Calorie Limit

Allowance	2200
Eaten	0
Remaining	2200

Daily Food Group Targets [More Info >](#)

	Grains	Vegetables	Fruits	Dairy	Protein Foods
Target	7 oz.	3 cup(s)	2 cup(s)	1 cup(s)	6 oz.
Eaten	0 oz.	0 cup(s)	0 cup(s)	0 cup(s)	0 oz.
Status	-	-	-	-	-

SAMPLE

You are now ready to select foods to meet your daily calorie and food group targets.

Check local contest instructions to confirm which meals/snack to plan for and possible sources of ideas.

Food Tracker

Search and add food to view how your daily choices stack up to your food group targets and daily limits. Make tracking and planning ahead simple by using the Copy Meals and Create a Combo features.

Type in your food here

Search Tips

Food Details My Favorite Foods List Meals

Copy Meals Clear Create Combo Create Recipe

Total Eaten: 0 Calories

- Breakfast 0 Calories
EMPTY
- Lunch 0 Calories
EMPTY
- Dinner 0 Calories
EMPTY
- Snacks 0 Calories
EMPTY

As you enter food, choose an amount and meal time(s).

Click "+Add"

Food Details My Favorite Foods List

Milk, reduced fat (2%)

Choose an amount:
1 cup

Choose Meal Time(s):
 Breakfast
 Lunch
 Dinner
 Snacks

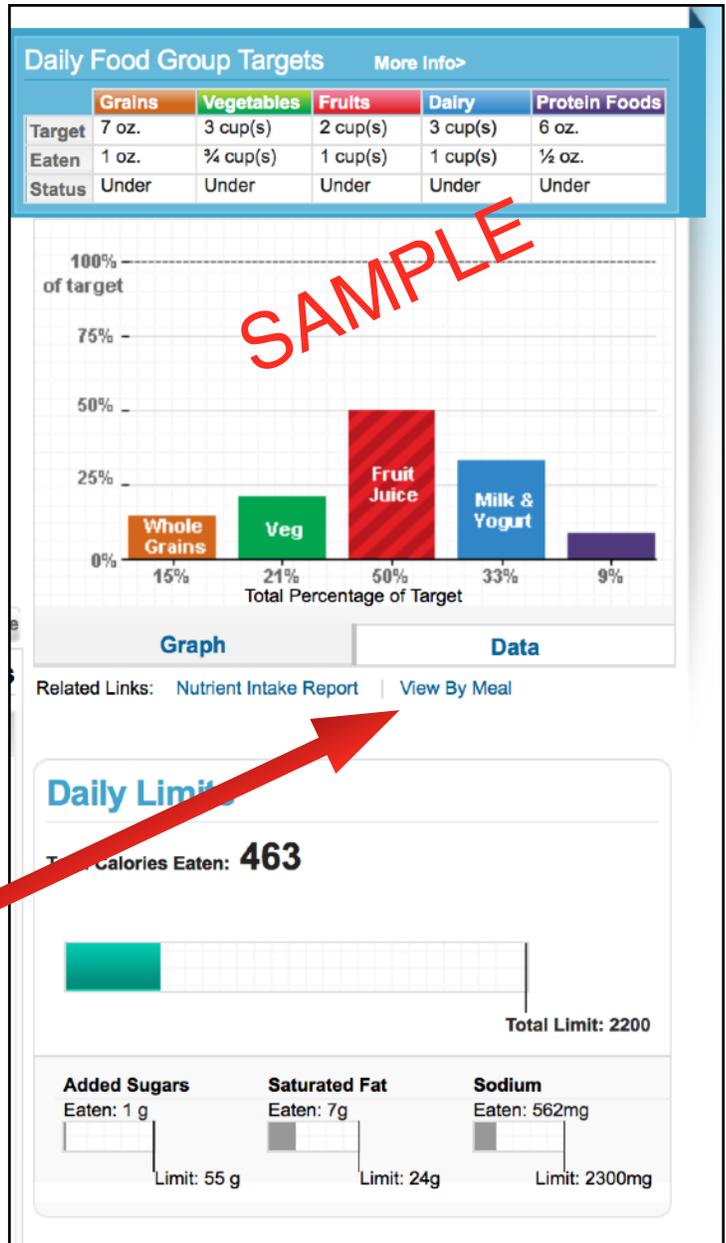
Choose for:
 FCS Cowley

Food Info Nutrient Info

Total Calories: 122

Food Groups	Limits
Dairy 1 cup(s)	Added Sugars 0 Calories
	Saturated Fat 28 Calories
	Sodium 115 mg

Your goal is to have the appropriate amounts of each food group while staying within the daily limits of added sugars, saturated fat and sodium!



Upon completion of a full day, select “View by Meal” for a summary of all of your choices.

Select “Print Page” if using Mac or PC laptop. See next page for iPad instructions.

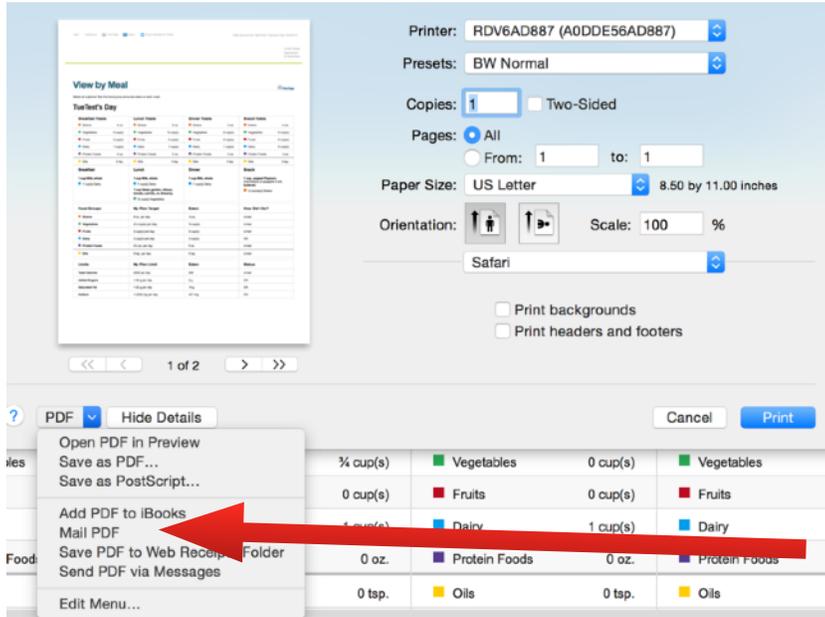
View by Meal

Meals at a glance! See the food group amounts eaten at each meal.

Print Page

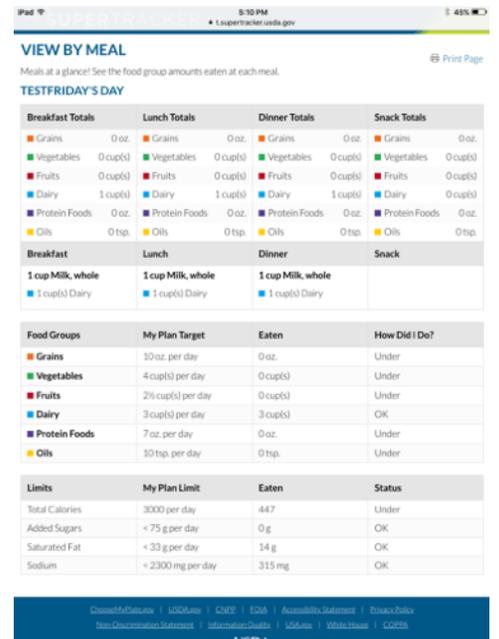
MAC Instructions

At print menu, look for the PDF option in lower left corner. Under pull down menu, select "mail PDF" which will create mail message. **Contest host will provide e-mail address.**



iPad Instructions

Take a screen shot (push home button and power button at same time for quick pulse). **From "photos" app, send to e-mail provided by contest host.**



PC Instructions

Please select "Save as PDF" on the print menu under "destination".

Save with a file name that includes your district/county abbreviation and last digits of your phone number. **Open e-mail and mail to e-mail provided by contest host.**

