Best Practices for Conducting SuperTracker Trainings
https://www.SuperTracker.usda.gov

Best Practice	Details	Why?
Create an account and track for about a month prior to the training	– Add foods in Food Tracker – Add activities in Physical Activity Tracker – Track weights in My Weight Manager – Create My Journal entries	This will allow you to demonstrate features such as History Charts and My Weight Manager that show progress over time.
Provide sample profile, meal, and physical activity information	– Provide a sample profile, including Profile Name, Age, Gender, Physical Activity Level, Height, and Weight – Provide sample meals that can be entered – Provide sample activities that can be entered	Some participants may not be comfortable entering their own profile information, foods, or activities in a group setting.
Incorporate audience participation	– Demonstrate features one-by-one – Follow each demonstration with an exercise that allows participants to try the feature themselves	SuperTracker's many features can seem overwhelming when participants are not given time to try them out and do hands-on learning.
Create a "judgement-free zone"	– Do not require participants to share their results unless they volunteer to do so – Do not make comments about "good foods" and "bad foods"	Some participants may be nervous about being judged based on their dietary choices. They will be more likely to engage in a "judgment free zone."
Emphasize SuperTracker's "tiered level of involvement"	– Notify participants that registering for a SuperTracker account is not required to use the tool (but it is necessary to save data) – Notify participants that personalizing a profile is optional, and not required to use the tool	Creating an account or providing information to a website is a turnoff to certain people and can be a barrier for using web applications.
Test technology in advance of the training	– Do a practice run using the webinar technology – Have a colleague "on the other end" verify that the technology works and the demo comes across properly – Always test videos using the webinar technology in advance	Certain webinar technologies operate on a slight delay and are not compatible with certain website features such as dialog boxes or videos.