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In this video will you'll learn how to create and participate in a SuperTracker challenge.

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Challenges are fun way to encourage healthy eating and physical activity through some friendly competition!

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If you're the leader of a SuperTracker group, you can create a challenge for group members.

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00:00:17,600 --> 00:00:23,400

Start by logging into your SuperTracker account with your username and password.

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00:00:23,400 --> 00:00:31,633

To get to your group page, select the "groups" navigation menu in the upper right, and select your group from the list.

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00:00:31,633 --> 00:00:34,466

This will bring you to your group page.

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00:00:34,466 --> 00:00:39,766

Here you can create a challenge by clicking the blue "Create Challenges" button.

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On the Create Challenge page, you can select a ready-made challenge or design your own custom challenge.

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00:00:46,600 --> 00:00:52,600

Let's start with a ready-made challenge like the MyPlate and MyPlate Plus Challenges.

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The MyPlate Challenge lasts five weeks and encourages participants to eat foods from all five food groups and be physically active.

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A new food group is introduced each week.

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00:01:03,100 --> 00:01:07,800

Participants use a challenge quick tracker to record their foods and activities.

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00:01:07,800 --> 00:01:12,433

Click the challenge schedule to see which challenge components are included each week.

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The MyPlate Plus Challenge is the same as the five-week MyPlate Challenge

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plus an extra three days focused on added sugars, saturated fat, and sodium.

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During the last three days, participants use SuperTracker's Food Tracker feature to record all of their foods and beverages

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and they earn points for staying under limit.

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If you would rather create your own challenge, select the custom challenge option.

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00:01:35,033 --> 00:01:40,533

You can choose your own challenge components, including any of the five food groups and/or physical activity.

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Plus you can choose the length of your challenge, whether it's a couple of days, weeks, or months.

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In this example, we'll create the MyPlate Challenge.

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Next, you can name your challenge and give it a description.

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00:01:52,700 --> 00:01:56,466

Feel free to personalize the information that's provided.

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00:01:56,466 --> 00:01:59,566

And select the start date for your challenge.

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When you're all done, click the create button.

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00:02:02,000 --> 00:02:06,600

This will bring you back to your group page where you'll see your challenge details and leaderboard.

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00:02:06,600 --> 00:02:14,266

If at any time you want to edit or delete your challenge, click the pencil icon to the right of your challenge on your group page.

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00:02:14,266 --> 00:02:21,399

Your group participants will receive an onscreen notification and a message in their message center telling them about the challenge.

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00:02:21,400 --> 00:02:25,966

Group members can participate using the Quick Tracker provided on the group page.

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00:02:25,966 --> 00:02:34,232

The Quick Tracker allows you to quickly record foods and physical activities. Just click on a category and select your items.

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You can change the date at the bottom if you're recording foods or activities for a previous day.

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00:02:40,433 --> 00:02:42,733

Click submit to add your points.

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00:02:42,733 --> 00:02:47,699

You'll also get tips and progress messages as you participate.

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00:02:47,700 --> 00:02:51,600

The challenge leaderboard includes a summary of how you've earned your points.

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00:02:51,600 --> 00:02:55,766

You are also able to check up on the competition in the "Standings" table.

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00:02:55,766 --> 00:02:59,266

You can see the points for all of the group participants there.

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00:02:59,266 --> 00:03:02,699

The top 3 point earners in your group will appear at the top.

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00:03:02,700 --> 00:03:05,000

Thanks for checking out the SuperTracker Group Challenges.

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00:03:05,000 --> 00:03:12,800

We hope your group finds them to be a fun and motivating way to stay healthy!