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00:00:00,666 --> 00:00:08,766

The National Institutes of Health Body Weight Planner is a goal setting resource available to SuperTracker users.

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00:00:08,766 --> 00:00:17,132

The Body Weight Planner, or BWP, can help you identify how many calories you need to eat and how much exercise you need

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00:00:17,133 --> 00:00:20,933

to achieve a goal weight within a specific time period.

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00:00:20,933 --> 00:00:26,066

You can then create a SuperTracker plan based on your BWP results.

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00:00:26,066 --> 00:00:30,732

You can access the BWP when creating your SuperTracker profile,

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00:00:30,733 --> 00:00:37,199

setting a goal on the My Top 5 Goals page, or on the My Weight Manager page.

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00:00:37,200 --> 00:00:44,500

The BWP is available to adult SuperTracker users who are not pregnant or breastfeeding.

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00:00:44,500 --> 00:00:49,266

Let's click the BWP link on the Create Profile page.

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00:00:49,266 --> 00:00:52,532

The BWP will open in a new window.

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00:00:52,533 --> 00:00:57,066

You can begin with step 1 by entering your starting information.

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00:00:57,066 --> 00:01:03,099

Enter your weight, sex, age, height and physical activity level.

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00:01:03,100 --> 00:01:10,633

If you are unsure of your physical activity level, click the "Estimate Your Level" button to get more information.

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00:01:10,633 --> 00:01:15,133

For step 2, enter your goal weight and when you would like to reach it.

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00:01:15,133 --> 00:01:21,833

You can enter a number of days or choose a specific date using the calendar.

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00:01:21,833 --> 00:01:30,366

In step 3, you have the option to change your physical activity level by clicking the "Calculate" button.

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00:01:30,366 --> 00:01:35,699

Add or remove any activities you want. If your activity is not listed,

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00:01:35,700 --> 00:01:39,533

select one with a similar intensity.

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00:01:39,533 --> 00:01:44,433

Changing your physical activity can help you reach and maintain your goal.

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00:01:44,433 --> 00:01:50,533

For step 4, you can review your BWP results including how many calories you need to eat

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00:01:50,533 --> 00:01:53,599

to reach and maintain your goal weight.

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00:01:53,600 --> 00:01:57,600

Now you can finish creating your SuperTracker profile.

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00:01:57,600 --> 00:02:04,100

Enter your suggested calorie amount from the BWP into the personal calorie goal field.

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00:02:04,100 --> 00:02:08,200

This field appears after you enter your height weight.

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00:02:08,200 --> 00:02:12,166
When you're all done, click "Submit."

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00:02:12,166 --> 00:02:17,432
To view your new plan based on your BWP results, go to the My Plan page.

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00:02:17,433 --> 00:02:26,133
Here you will find your daily food group targets - what and how much to eat within your calorie allowance.

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00:02:26,133 --> 00:02:33,066
If you already have a SuperTracker account, enter your suggested calorie amount from the BWP

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00:02:33,166 --> 00:02:40,999
into the personal calorie goal field on the SuperTracker My Top Five Goals page (on the Calories tab).

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00:02:41,000 --> 00:02:45,900
And you can use SuperTracker's tracking features to monitor how you're doing.

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00:02:45,900 --> 00:02:53,466
Go to the Food Tracker page to track your meals and compare them to your personalized plan in order to reach your goal.

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00:02:53,466 --> 00:02:58,666
And use SuperTracker's Physical Activity Tracker to track your activities.

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00:02:58,666 --> 00:03:03,699
And lastly, track your weight over time on the My Weight Manager page.

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00:03:03,700 --> 00:03:08,566
We hope that SuperTracker and the BWP will help you reach your goal!