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00:00:01,966 --> 00:00:05,966

This video will show you how to create a profile on SuperTracker.

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00:00:05,966 --> 00:00:08,832

You don't have to create a profile to use SuperTracker,

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00:00:08,833 --> 00:00:14,499

but if you do, you can save your data between sessions and get more personalized information.

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00:00:14,500 --> 00:00:19,900

Let's start on the homepage: www.ChooseMyPlate.gov/SuperTracker.

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00:00:19,900 --> 00:00:25,300

You can get started creating your profile using the button on the right side of your screen.

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00:00:25,300 --> 00:00:31,766

Also, from any page, click the Create Profile link in the navigation bar at the top of the page.

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00:00:31,766 --> 00:00:36,632

I am clicking the button, which takes me to the Create Profile page.

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00:00:36,633 --> 00:00:40,699

There are 2 steps on this page – Personalization and Registration.

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00:00:40,700 --> 00:00:43,633

You can do one or both to create your profile.

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00:00:43,633 --> 00:00:49,033

By personalizing your profile you can get a personalized Calorie limit and food plan.

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00:00:49,033 --> 00:00:52,899

Just give your profile a name (a display name, not your legal name).

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00:00:52,900 --> 00:00:55,700

Enter your age and gender.

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00:00:55,700 --> 00:00:57,966

You can also indicate if you are pregnant or breastfeeding.

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00:00:57,966 --> 00:01:00,499

Enter your physical activity level.

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00:01:00,500 --> 00:01:04,600

You can estimate your activity level using the first 3 options, or choose option 4 for the system

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00:01:04,600 --> 00:01:10,866

to calculate it for you based on the activities you enter in Physical Activity Tracker.

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00:01:10,866 --> 00:01:14,132

You need to enter at least one week of activities to use this feature.

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00:01:14,133 --> 00:01:18,666

And for best results and access to more features, enter your height and weight.

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00:01:18,666 --> 00:01:21,466

But you don't have to give this information if you don't want to.

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00:01:21,466 --> 00:01:26,732

Moving on to step 2, you have the option to register your profile. If you register,

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00:01:26,733 --> 00:01:32,066

SuperTracker saves your data between sessions, so you can access it any time.

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00:01:32,066 --> 00:01:36,399

Just create a username and password. Re-enter your password.

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00:01:36,400 --> 00:01:39,933

And enter a hint to remind you of your password if you forget it.

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00:01:39,933 --> 00:01:43,466

Also choose a security question and type in your answer.

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00:01:43,466 --> 00:01:47,266

This will allow you to reset your password later if you need to.

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00:01:47,266 --> 00:01:50,932

And while not required, you can enter your email address.

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00:01:50,933 --> 00:01:54,466

This will allow you to recover your username if you forget it.

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00:01:54,466 --> 00:01:57,999

When you are all done, click submit. You will get a message that you were successful.

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00:01:58,000 --> 00:02:01,733

And your personalized plan will open in a new window.

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00:02:01,733 --> 00:02:06,799

For more info on your plan, check out our video on Getting started: How to use My Plan.

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00:02:06,800 --> 00:02:11,933

Now that you've created your profile, you can start tracking your foods and activities.