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SuperTracker can give you a personalized plan that tells you what and how much to eat within your Calorie allowance.

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This video will show you how to get your SuperTracker plan.

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If you would like a personalized plan, you will need to create a profile.

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Specifically, you will need to fill out the personalization section.

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You do not need to register for an account if you don't want to.

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You can access Create Profile from any page using the link at the top of the page.

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Also, from the homepage, access the Create Profile page from the button on the right side of the page.

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SuperTracker uses your age, gender, physical activity level, height and weight to calculate a personalized Calorie and food plan.

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Fill out this information in Step 1: personalization.

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If you don't feel comfortable entering your height and weight, skip it, but for best results, you can include this information.

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If you want to register for an account, you can fill out step 2: Registration. If not, skip it.

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After you hit submit, your personalized plan will open in a new window.

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And you can access your personalized plan at any time by navigating to the My Plan page.

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Your plan tells you your Calorie allowance.

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It also tells you how much to eat of each food group with examples of specific foods and tips.

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Additional guidance is available at the bottom of the page.

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Click to expand the “Get Additional Guidance” section to find more information about physical activity, food groups,

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related topics (like oils, sodium, empty Calories) and nutrition information for specific population groups.

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You can keep track of your plan in the dashboard.

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The dashboard is the blue bar that appears at the top of most SuperTracker pages.

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It serves as an at-a-glance reminder of your plan targets and how you are doing.

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If you have more than one profile on your SuperTracker account, you can also view My Family Plan.

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You can find it under the My Plan tab in your global navigation bar.

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My Family Plan shows daily food group targets for each of the profiles you have added to your username.

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Print it out for a quick reference.

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00:02:04,766 --> 00:02:08,966

If you would like help planning your meals, visit the [Sample Meal Plans](#) page.

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You can find it under the My Plan tab in your global navigation bar.

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These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

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Three sample meal plans for you Calorie allowance are provided

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to show the many possibilities for breakfast, lunch, dinner and two snacks.

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Use the Sample Meal Plans to get ideas on how to implement your Plan and meet your daily food group targets.

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You can also choose to use SuperTracker without personalizing.

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In this case, you will be provided a General Plan.

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The General Plan shows daily food group targets - what and how much to eat within a default 2,000 Calorie allowance.

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Even if you have personalized, you can still access the General Plan from the "Get Started" area of the SuperTracker homepage.