

1

00:00:01,300 --> 00:00:06,100

To save time entering foods, you can use SuperTracker's Copy Meals feature.

2

00:00:06,100 --> 00:00:10,700

You can copy meals from one day to another or from one profile to another.

3

00:00:10,700 --> 00:00:17,100

You also have the option to copy to one day or to set up recurrence so that your meal(s) are copied to multiple days.

4

00:00:17,100 --> 00:00:20,900

Starting on the Food Tracker page, click the "Copy Meals" button.

5

00:00:20,900 --> 00:00:24,166

This will bring you to the Copy Meals page.

6

00:00:24,166 --> 00:00:31,832

Under Step 1, you will see the foods you entered in Food Tracker for the day you were viewing when you clicked to Copy Meals.

7

00:00:31,833 --> 00:00:37,833

If you would like to copy meals from a different date, use the "Change Date" calendar in the upper left of the page.

8

00:00:37,833 --> 00:00:42,033

Click the checkbox next to the meals or food items you would like to copy.

9

00:00:42,033 --> 00:00:47,366

If you select a meal, all food items in the meal will automatically be selected.

10

00:00:47,366 --> 00:00:52,099

Click the checkbox again to de-select any food item you don't want to copy.

11

00:00:52,100 --> 00:00:56,933

Now under Step 2, Select People, select the profiles you'd like to copy to.

12

00:00:56,933 --> 00:01:00,233

You can skip this step if you only have one profile.

13

00:01:00,233 --> 00:01:06,733

And under Step 3, Select Date(s), either type in or use the calendar to select the date you want to copy to.

14

00:01:06,733 --> 00:01:12,233

If you would like to copy to one day only, be sure the "Rekurs more than once" field says "No."

15

00:01:12,233 --> 00:01:17,633

If you want to copy meals to multiple days, choose "Yes" for the Rekurs more than once dropdown.

16

00:01:17,633 --> 00:01:20,133

Additional fields will display underneath.

17

00:01:20,133 --> 00:01:22,333

You can determine the recurrence interval.

18

00:01:22,333 --> 00:01:29,333

For example, if you would like to copy to every week, enter 1; if you would like to copy to every other week, enter 2.

19

00:01:29,333 --> 00:01:32,233

Then check the days of the week you would like to copy the meals.

20

00:01:32,233 --> 00:01:36,333

For example, you could choose Monday through Friday or just Saturday.

21

00:01:36,333 --> 00:01:43,233

In the "From" field, choose the day you would like the recurrence to start, by entering a date or selecting it from the calendar.

22

00:01:43,233 --> 00:01:50,233

In the "To" field, choose the day you would like the recurrence to end, by entering a date or selecting it from the calendar.

23

00:01:50,233 --> 00:01:54,533

You can copy up to one year in the future or one year in the past.

24

00:01:54,533 --> 00:01:57,333

When you are ready, click the “Copy Meals” button.

25

00:01:57,333 --> 00:02:03,633

The Copy Meals page refreshes, and a confirmation message displays, so you know your meals have been successfully copied.

26

00:02:03,633 --> 00:02:14,133

You can continue to copy meals or navigate back to the Food Tracker page using the “Back to Food Tracker” button in the upper right corner.