1

00:00:00,000 --> 00:00:06,100

This video will show you how to use the My Journal feature in SuperTracker.

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00:00:06,100 --> 00:00:12,100

My Journal is your area to jot down information of personal importance about your foods and physical activities.

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00:00:12,100 --> 00:00:19,366

Use it to keep track of daily events and to help identify triggers that may be associated with changes in your health behaviors and weight.

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00:00:19,366 --> 00:00:23,166

Access the My Journal page under My Features navigation.

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00:00:23,166 --> 00:00:27,099

When you first get to the page, you will see a blank journal form.

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00:00:27,100 --> 00:00:31,433

In the title field, enter a name for your journal entry.

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00:00:31,433 --> 00:00:37,099

Use the "Foods Eaten" area for notes on the foods you've chosen or planned that day.

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00:00:37,100 --> 00:00:43,166

Or you can quickly jot down your foods, to jog your memory if you want to track them in Food Tracker later.

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00:00:43,166 --> 00:00:46,232

You can also make notes about where you have eaten throughout the day.

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00:00:46,233 --> 00:00:52,099

Use the "Physical Activity" area to journal about your activities.

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00:00:52,100 --> 00:00:56,633

You may also want to journal about your mood, attitudes or feelings.

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00:00:56,633 --> 00:01:00,966

And finally, use the Notes field to record anything else you feel is important.

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00:01:00,966 --> 00:01:05,466

The text can be formatted using the toolbar at the top.

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00:01:05,466 --> 00:01:09,632

When you're done, click the Save button.

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00:01:09,633 --> 00:01:15,833

You'll see a list of all the journal entries you have entered so far, with your most recent entry open at the top.

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00:01:15,833 --> 00:01:19,699

Click the arrow icon to review any previous journal entries.

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00:01:19,700 --> 00:01:22,900

From this page, you can edit or delete journal entries.

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00:01:22,900 --> 00:01:26,433

Select the "Edit" button next to the journal you want to update.

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00:01:26,433 --> 00:01:32,833

The journal entry form will open up, so you can make and save your changes.

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00:01:32,833 --> 00:01:37,833

To delete an entry, select the "Remove" button next to the journal you want to delete.

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00:01:37,833 --> 00:01:41,499

The journal entry for that day will be permanently deleted.

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00:01:41,500 --> 00:01:47,166

You can also post your journal entry Notes to Facebook or Twitter from this page by selecting the icon.

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00:01:47,166 --> 00:01:53,366

As your number of entries grows, use the dropdown box to select the number of entries to show on each page.

24

00:01:53,366 --> 00:01:58,299

You can also scroll through your entries using the page numbers in the lower left.

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00:01:58,300 --> 00:02:04,100

And, you can sort your entries.
Choose to view your list by journal date or modified date.

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00:02:04,100 --> 00:02:10,233

To post a new journal entry, change the date in the dashboard to the day you want to journal about.

00:02:10,233 --> 00:02:14,166

And click the "Post a New Journal Entry" button.

28

00:02:14,166 --> 00:02:18,166

Your journal entries can be integrated into certain SuperTracker History Charts,

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00:02:18,166 --> 00:02:22,299

including your weight, Calories, and physical activity history charts.

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00:02:22,300 --> 00:02:29,100

Click to show your journal entries to view your notes in the context of changes in your weight, Calories and physical activity.

31

00:02:29,100 --> 00:02:35,266

Use your journal entries to help you identify triggers that may be associated with changes in your health behaviors and weight.