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00:00:00,000 --> 00:00:06,166

SuperTracker's My Weight Manager feature allows you to enter and track your weight over time.

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00:00:06,166 --> 00:00:10,699

Access the My Weight Manager page under My Features navigation.

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00:00:10,700 --> 00:00:14,133

To log your weight, type it in the current weight box.

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00:00:14,133 --> 00:00:18,733

You can enter your weight in either pounds or kilograms, whichever you prefer.

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00:00:18,733 --> 00:00:20,599

Then click submit.

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00:00:20,600 --> 00:00:29,566

Depending on the weight you enter, you may have the option to maintain your current weight or move toward a healthier weight.

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00:00:29,566 --> 00:00:34,366

If the weight you entered results in a new Calorie plan, it will open in a new window.

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00:00:34,366 --> 00:00:40,632

You can also enter your weight for a different day, by changing the date in the dashboard.

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00:00:40,633 --> 00:00:44,433

Just enter the weight and click submit.

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00:00:44,433 --> 00:00:48,899

If you set a goal weight, you will also see it here.

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00:00:48,900 --> 00:00:55,100

To set a goal weight or edit your existing one, go to the My Top 5 Goals page.

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00:00:55,100 --> 00:00:59,633

Your weight tracking history is listed on the My Weight Manager page.

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00:00:59,633 --> 00:01:03,533

You can edit a previous weight; just click the "Edit" button.

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00:01:03,533 --> 00:01:07,733

This will cause the dashboard date to change to the date when you entered the weight.

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00:01:07,733 --> 00:01:12,566

You can then change it in the box and click the "Update" button.

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00:01:12,566 --> 00:01:17,299

The date in the dashboard will automatically change back to the current date.

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00:01:17,300 --> 00:01:21,966

Information about weight management is provided at the bottom of the page.

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00:01:21,966 --> 00:01:25,566

And on the right side, you can see your weight history over time.

19

00:01:25,566 --> 00:01:28,266

The weights you entered are shown in blue.

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00:01:28,266 --> 00:01:31,566

If you have a goal weight, you will see it in green.

21

00:01:31,566 --> 00:01:34,566

And your overall trend appears in purple.

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00:01:34,566 --> 00:01:40,566

You can also compare your weight history to trends in your Calorie intake and physical activity over time.

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00:01:40,566 --> 00:01:45,066

Click the arrow buttons to view these additional history charts.

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00:01:45,066 --> 00:01:53,099

If you have been recording journal entries using SuperTracker's My Journal feature, you can show them on your history charts.

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00:01:53,100 --> 00:01:55,500

Check the "Show My Journal Entries" box.

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00:01:55,500 --> 00:01:59,600

A red dot will appear on the chart when journal entries exist.

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00:01:59,600 --> 00:02:03,733

Click the red dot to see your journal entry for that time period.

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00:02:03,733 --> 00:02:09,166

Comparing your journal entries to changes in your weight, Calories, and physical activity can be helpful.

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00:02:09,166 --> 00:02:11,199

Use your entries to help identify triggers,

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00:02:11,200 --> 00:02:16,166

such as mood or events in your life, that may be associated with changes in your weight and health behaviors.