SuperTracker:  My Plate Image

My foods. My fitness. My health.

https://www.supertracker.usda.gov/img/layout/branding_text_pink_bullet.gif **Get your personalized nutrition and physical activity plan.**

https://www.supertracker.usda.gov/img/layout/branding_text_pink_bullet.gif **Track your foods and physical activities to see how they stack up.**

* **Get tips and support to help you make healthier choices and plan ahead.**

Steps for using SuperTracker from the [www.choosemyplate.gov](http://www.choosemyplate.gov) website. Click on Interactive Tools, click on SUPERTRACKER

1. Go to the WEEBLY and click on the SuperTracker link.
2. Set-up and register profile:

Click on CREATE PROFILE

To PERSONALIZE PROFILE:

Use first name only and vms (all lowercase)

johnvms

Enter Age, Gender and Physical Activity Level

We will measure height and weight

Don’t forget to set a personal goal!!!

To REGISTER PROFILE:

Use first name only and vms

Use your school password

Use GMAIL/GOOGLE account for email

1. Submit to View Your Plan
2. You will need to open GMAIL to verify your registration.
3. Now you are ready to track your health!

* **You will need to track the foods you eat and compare to your nutrition targets for ONE WEEK using the Food Tracker.**
* **You will need to enter your activities and track progress as you move for ONE WEEK using the Physical Activity Tracker.**