In this video will you’ll learn how to create and participate in a SuperTracker challenge.

Challenges are fun way to encourage healthy eating and physical activity through some friendly competition!

If you’re the leader of a SuperTracker group, you can create a challenge for group members.

Start by logging into your SuperTracker account with your username and password.

To get to your group page, select the “groups” navigation menu in the upper right, and select your group from the list.

This will bring you to your group page.

Here you can create a challenge by clicking the blue “Create Challenges” button.
On the Create Challenge page, you can select a ready-made challenge or design your own custom challenge.

Let's start with a ready-made challenge like the MyPlate and MyPlate Plus Challenges.

The MyPlate Challenge lasts five weeks and encourages participants to eat foods from all five food groups and be physically active.

A new food group is introduced each week.

Participants use a challenge quick tracker to record their foods and activities.

Click the challenge schedule to see which challenge components are included each week.

The MyPlate Plus Challenge is the same as the five-week MyPlate Challenge plus an extra three days focused on added sugars, saturated fat, and sodium.
During the last three days, participants use SuperTracker’s Food Tracker feature to record all of their foods and beverages and they earn points for staying under limit.

If you would rather create your own challenge, select the custom challenge option. You can choose your own challenge components, including any of the five food groups and/or physical activity. Plus you can choose the length of your challenge, whether it’s a couple of days, weeks, or months. In this example, we'll create the MyPlate Challenge. Next, you can name your challenge and give it a description.
Feel free to personalize the information that’s provided.

And select the start date for your challenge.

When you’re all done, click the create button.

This will bring you back to your group page where you’ll see your challenge details and leaderboard.

If at any time you want to edit or delete your challenge, click the pencil icon to the right of your challenge on your group page.

Your group participants will receive an onscreen notification and a message in their message center telling them about the challenge.

Group members can participate using the Quick Tracker provided on the group page.

The Quick Tracker allows you to quickly record foods and physical activities. Just click on a category and select your items.
You can change the date at the bottom if you’re recording foods or activities for a previous day.

Click submit to add your points.

You’ll also get tips and progress messages as you participate.

The challenge leaderboard includes a summary of how you’ve earned your points.

You are also able to check up on the competition in the “Standings” table.

You can see the points for all of the group participants there.

The top 3 point earners in your group will appear at the top.

Thanks for checking out the SuperTracker Group Challenges.
00:03:05,000 --> 00:03:12,800
We hope your group finds them to be a fun and motivating way to stay healthy!