The National Institutes of Health Body Weight Planner is a goal setting resource available to SuperTracker users.

The Body Weight Planner, or BWP, can help you identify how many calories you need to eat and how much exercise you need to achieve a goal weight within a specific time period.

You can then create a SuperTracker plan based on your BWP results.

You can access the BWP when creating your SuperTracker profile, setting a goal on the My Top 5 Goals page, or on the My Weight Manager page.

The BWP is available to adult SuperTracker users who are not pregnant or breastfeeding.

Let's click the BWP link on the Create Profile page.

The BWP will open in a new window.

You can begin with step 1 by entering your starting information.

Enter your weight, sex, age, height and physical activity level.

If you are unsure of your physical activity level, click the "Estimate Your Level" button to get more information.
For step 2, enter your goal weight and when you would like to reach it.

You can enter a number of days or choose a specific date using the calendar.

In step 3, you have the option to change your physical activity level by clicking the "Calculate" button.

Add or remove any activities you want. If your activity is not listed, select one with a similar intensity.

Changing your physical activity can help you reach and maintain your goal.

For step 4, you can review your BWP results including how many calories you need to eat to reach and maintain your goal weight.

Now you can finish creating your SuperTracker profile.

Enter your suggested calorie amount from the BWP into the personal calorie goal field.

This field appears after you enter your height weight.
When you're all done, click "Submit."

To view your new plan based on your BWP results, go to the My Plan page.

Here you will find your daily food group targets - what and how much to eat within your calorie allowance.

If you already have a SuperTracker account, enter your suggested calorie amount from the BWP into the personal calorie goal field on the SuperTracker My Top Five Goals page (on the Calories tab).

And you can use SuperTracker's tracking features to monitor how you're doing.

Go to the Food Tracker page to track your meals and compare them to your personalized plan in order to reach your goal.

And use SuperTracker's Physical Activity Tracker to track your activities.

And lastly, track your weight over time on the My Weight Manager page.

We hope that SuperTracker and the BWP will help you reach your goal!