This video will show you how to create a profile on SuperTracker.

You don’t have to create a profile to use SuperTracker, but if you do, you can save your data between sessions and get more personalized information.


You can get started creating your profile using the button on the right side of your screen.

Also, from any page, click the Create Profile link in the navigation bar at the top of the page.

I am clicking the button, which takes me to the Create Profile page.

There are 2 steps on this page – Personalization and Registration.
You can do one or both to create your profile.

By personalizing your profile you can get a personalized Calorie limit and food plan.

Just give your profile a name (a display name, not your legal name).

Enter your age and gender.

You can also indicate if you are pregnant or breastfeeding.

Enter your physical activity level.

You can estimate your activity level using the first 3 options, or choose option 4 for the system
to calculate it for you based on the activities you enter in Physical Activity Tracker.

You need to enter at least one week of activities to use this feature.

And for best results and access to more features, enter your height and weight.

But you don’t have to give this information if you don’t want to.

Moving on to step 2, you have the option to register your profile. If you register,

SuperTracker saves your data between sessions, so you can access it any time.

Just create a username and password. Re-enter your password.

And enter a hint to remind you of your password if you forget it.
Also choose a security question and type in your answer.

This will allow you to reset your password later if you need to.

And while not required, you can enter your email address.

This will allow you to recover your username if you forget it.

When you are all done, click submit. You will get a message that you were successful.

And your personalized plan will open in a new window.

For more info on your plan, check out our video on Getting started: How to use My Plan.

Now that you’ve created your profile, you can start tracking your foods and activities.