SuperTracker can give you a personalized plan that tells you what and how much to eat within your Calorie allowance.

This video will show you how to get your SuperTracker plan.

If you would like a personalized plan, you will need to create a profile.

Specifically, you will need to fill out the personalization section.

You do not need to register for an account if you don’t want to.

You can access Create Profile from any page using the link at the top of the page.

Also, from the homepage, access the Create Profile page from the button on the right side of the page.
SuperTracker uses your age, gender, physical activity level, height and weight to calculate a personalized Calorie and food plan.

Fill out this information in Step 1: personalization.

If you don’t feel comfortable entering your height and weight, skip it, but for best results, you can include this information.

If you want to register for an account, you can fill out step 2: Registration. If not, skip it.

After you hit submit, your personalized plan will open in a new window.

And you can access your personalized plan at any time by navigating to the My Plan page.

Your plan tells you your Calorie allowance.

It also tells you how much to eat of each food group with examples of specific foods and tips.
Additional guidance is available at the bottom of the page.

Click to expand the “Get Additional Guidance” section to find more information about physical activity, food groups, related topics (like oils, sodium, empty Calories) and nutrition information for specific population groups.

You can keep track of your plan in the dashboard.

The dashboard is the blue bar that appears at the top of most SuperTracker pages.

It serves as an at-a-glance reminder of your plan targets and how you are doing.

If you have more than one profile on your SuperTracker account, you can also view My Family Plan.
You can find it under the My Plan tab in your global navigation bar.

My Family Plan shows daily food group targets for each of the profiles you have added to your username.

Print it out for a quick reference.

If you would like help planning your meals, visit the Sample Meal Plans page.

You can find it under the My Plan tab in your global navigation bar.

These samples show just a few ways to combine meals and snacks to meet your daily food group targets.

Three sample meal plans for you Calorie allowance are provided to show the many possibilities for breakfast, lunch, dinner and two snacks.
Use the Sample Meal Plans to get ideas on how to implement your Plan and meet your daily food group targets.

You can also choose to use SuperTracker without personalizing.

In this case, you will be provided a General Plan.

The General Plan shows daily food group targets - what and how much to eat within a default 2,000 Calorie allowance.

Even if you have personalized, you can still access the General Plan from the “Get Started” area of the SuperTracker homepage.