This video will show you how to use the My Journal feature in SuperTracker.

My Journal is your area to jot down information of personal importance about your foods and physical activities.

Use it to keep track of daily events and to help identify triggers that may be associated with changes in your health behaviors and weight.

Access the My Journal page under My Features navigation.

When you first get to the page, you will see a blank journal form.

In the title field, enter a name for your journal entry.

Use the "Foods Eaten" area for notes on the foods you’ve chosen or planned that day.
Or you can quickly jot down your foods, to jog your memory if you want to track them in Food Tracker later.

You can also make notes about where you have eaten throughout the day.

Use the "Physical Activity" area to journal about your activities.

You may also want to journal about your mood, attitudes or feelings.

And finally, use the Notes field to record anything else you feel is important.

The text can be formatted using the toolbar at the top.

When you’re done, click the Save button.

You’ll see a list of all the journal entries you have entered so far, with your most recent entry open at the top.
Click the arrow icon to review any previous journal entries.

From this page, you can edit or delete journal entries.

Select the “Edit” button next to the journal you want to update.

The journal entry form will open up, so you can make and save your changes.

To delete an entry, select the “Remove” button next to the journal you want to delete.

The journal entry for that day will be permanently deleted.

You can also post your journal entry Notes to Facebook or Twitter from this page by selecting the icon.
As your number of entries grows, use the dropdown box to select the number of entries to show on each page.

You can also scroll through your entries using the page numbers in the lower left.

And, you can sort your entries. Choose to view your list by journal date or modified date.

To post a new journal entry, change the date in the dashboard to the day you want to journal about.

And click the “Post a New Journal Entry” button.

Your journal entries can be integrated into certain SuperTracker History Charts, including your weight, Calories, and physical activity history charts.

Click to show your journal entries to view your notes in the context of changes in your weight, Calories and physical activity.
Use your journal entries to help you identify triggers that may be associated with changes in your health behaviors and weight.