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00:00:00,000 --> 00:00:06,633

SuperTracker's My Top 5 Goals feature allows you to choose and track up to 5 personal goals.

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00:00:06,633 --> 00:00:10,633

And you can sign up for tips and support related to your goals.

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00:00:10,633 --> 00:00:15,899

Access the My Top 5 Goals page under the My Features navigation or from the home page.

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00:00:15,900 --> 00:00:22,966

You can set goals related to Weight Management, Physical Activity, Calories, Food Groups and Nutrients.

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00:00:22,966 --> 00:00:28,132

If you want to set a weight management goal, you have the option to "Maintain Current Weight"

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00:00:28,133 --> 00:00:31,133

or "Move toward a Goal Weight" that you enter.

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00:00:31,133 --> 00:00:38,066

If you select "Move toward a Goal Weight," your Calorie plan will be recalculated to help you achieve the goal weight you specify.

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00:00:38,066 --> 00:00:41,932

Click on the Physical Activity tab to set an exercise goal.

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00:00:41,933 --> 00:00:46,733

If you are 18 or older, you can set your own goal for minutes of physical activity per week.

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00:00:46,733 --> 00:00:52,699

If you are younger, you can set a goal to meet your target of 60 minutes of physical activity per day.

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00:00:52,700 --> 00:00:56,566

On the Calories tab there are 3 goals you can set.

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00:00:56,566 --> 00:00:59,932

You can choose to stay within your Total Calorie or Empty Calorie limit.

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00:00:59,933 --> 00:01:04,033

Or you can set your own personal calorie goal.

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00:01:04,033 --> 00:01:08,466

There are 5 food group goals on the Food Groups tab.

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00:01:08,466 --> 00:01:13,066

And there are 9 nutrient goals on the Nutrients tab.

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00:01:13,066 --> 00:01:16,099

You can set up to 5 total goals.

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00:01:16,100 --> 00:01:21,900

View progress toward your goals in 2 ways: the daily graphs and weekly trend analyses.

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00:01:21,900 --> 00:01:28,100

In the Goals area, you will find a list of your goals and a bar chart showing your progress toward each for the current day.

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00:01:28,100 --> 00:01:35,766

The chart includes your daily target or limit as well as your actual amount based on your foods and activities entered for the day.

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00:01:35,766 --> 00:01:41,299

Under the How Am I Doing? heading, you will find a weekly trend analysis for each of your goals.

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00:01:41,300 --> 00:01:44,900

Green check marks appear for days when your goals are met.

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To delete a goal, click the Remove button next to that goal.

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00:01:48,633 --> 00:01:55,133

You can also edit your goal weight, physical activity goal, or personal calorie goal if you set one.

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00:01:55,133 --> 00:01:59,333

Sign up for tips and support specific to your goals in My Coach Center.

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00:01:59,333 --> 00:02:06,566

First choose where you want to receive messages: in the SuperTracker Coach Center and/or by email.

26

00:02:06,566 --> 00:02:10,666

If you choose email, enter your email address in the box provided.

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00:02:10,666 --> 00:02:16,799

Then choose how often you want to receive messages: daily, weekly, or monthly.

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00:02:16,800 --> 00:02:21,033

Click the blue submit button to activate your Coach Center and begin receiving messages

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00:02:21,033 --> 00:02:24,766

When you sign up, there are 2 types of messages you will get:

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00:02:24,766 --> 00:02:29,232

Tips specific to your goals will be sent at the frequency you selected.

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00:02:29,233 --> 00:02:33,733

And you will receive congratulations messages as you reach your goals.

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00:02:33,733 --> 00:02:39,833

You can share your Coach Center messages on Facebook or Twitter by clicking the icon next to the message.

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00:02:39,833 --> 00:02:46,733

If you chose to receive messages in your Coach Center, your 5 most recent messages will always display.

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00:02:46,733 --> 00:02:54,299

You can find your Coach Center on the My Top 5 Goals page, the bottom left of most pages, and the homepage.

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00:02:54,300 --> 00:03:00,066

All messages you have ever received are available in the My Coach Center Message Archive.

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00:03:00,066 --> 00:03:04,699

To access your archives, click the "See all messages" link at the bottom of the Coach Center.

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00:03:04,700 --> 00:03:08,900

To edit your My Coach Center message preferences,

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00:03:08,900 --> 00:03:14,066

go to the My Top 5 Goals page and click the "Edit Preferences" link on the bottom of the Coach Center.

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00:03:14,066 --> 00:03:17,799

You can change where you receive your messages and how often.

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00:03:17,800 --> 00:03:21,633

Click the Submit button when you are done making changes.

41

00:03:21,633 --> 00:03:27,766

To unsubscribe from Coach Center emails, click the unsubscribe link in the footer of the email message.

42

00:03:27,766 --> 00:03:34,466

Just type in your email address and click submit to complete the process.