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

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

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

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

If you want to set a weight management goal, you have the option to “Maintain Current Weight” or “Move toward a Goal Weight” that you enter.

If you select “Move toward a Goal Weight,” your Calorie plan will be recalculated to help you achieve the goal weight you specify.
Click on the Physical Activity tab to set an exercise goal.

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

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

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

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

Or you can set your own personal calorie goal.

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

And there are 9 nutrient goals on the Nutrients tab.
You can set up to 5 total goals.

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

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.

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

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

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

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

You can also edit your goal weight, physical activity goal, or personal calorie goal if you set one.
Sign up for tips and support specific to your goals in My Coach Center.

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

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

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

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

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

Tips specific to your goals will be sent at the frequency you selected.
And you will receive congratulations messages as you reach your goals.

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

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

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

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

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

To edit your My Coach Center message preferences,

go to the My Top 5 Goals page and click the “Edit Preferences” link on the bottom of the Coach Center.
You can change where you receive your messages and how often.

Click the Submit button when you are done making changes.

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

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