SuperTracker’s My Weight Manager feature allows you to enter and track your weight over time.

Access the My Weight Manager page under My Features navigation.

To log your weight, type it in the current weight box.

You can enter your weight in either pounds or kilograms, whichever you prefer.

Then click submit.

Depending on the weight you enter, you may have the option to maintain your current weight or move toward a healthier weight.

If the weight you entered results in a new Calorie plan, it will open in a new window.
You can also enter your weight for a different day, by changing the date in the dashboard.

Just enter the weight and click submit.

If you set a goal weight, you will also see it here.

To set a goal weight or edit your existing one, go to the My Top 5 Goals page.

Your weight tracking history is listed on the My Weight Manager page.

You can edit a previous weight; just click the "Edit" button.

This will cause the dashboard date to change to the date when you entered the weight.

You can then change it in the box and click the “Update” button.
The date in the dashboard will automatically change back to the current date.

Information about weight management is provided at the bottom of the page.

And on the right side, you can see your weight history over time.

The weights you entered are shown in blue.

If you have a goal weight, you will see it in green.

And your overall trend appears in purple.

You can also compare your weight history to trends in your Calorie intake and physical activity over time.

Click the arrow buttons to view these additional history charts.
If you have been recording journal entries using SuperTracker’s My Journal feature, you can show them on your history charts.

Check the “Show My Journal Entries” box.

A red dot will appear on the chart when journal entries exist.

Click the red dot to see your journal entry for that time period.

Comparing your journal entries to changes in your weight, Calories, and physical activity can be helpful.

Use your entries to help identify triggers, such as mood or events in your life, that may be associated with changes in your weight and health behaviors.