



## How to Join the MUSC SuperTracker Challenge: *Logging Your Food*

LOGGING IS QUICK AND EASY AND ALSO WORKS FROM A MOBILE DEVICE!

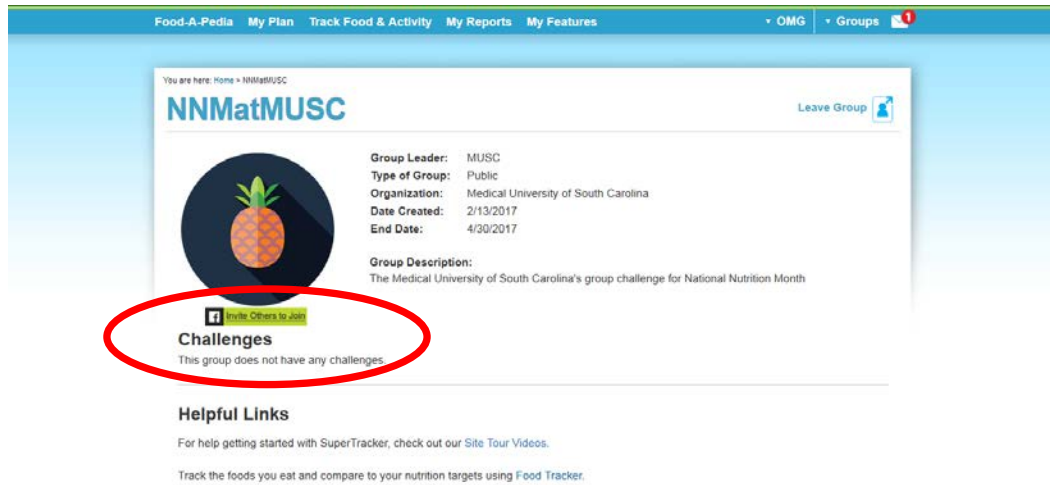
1. Log into your SuperTracker account at <https://www.supertracker.usda.gov>

The screenshot shows the SuperTracker website homepage. The top navigation bar includes links for "Help", "Contact Us", "Print Page", "Share", and "Follow MyPlate On Twitter". The main header features the "MyPlate" logo, the "SUPERTRACKER" logo, and the "USDA United States Department of Agriculture" logo. Below the header, there is a navigation menu with "Food-A-Pedia", "My Plan", "Track Food & Activity", "My Reports", "My Features", "Log In / Create Profile", and "Groups". The "Log In / Create Profile" button is circled in red. A blue arrow points from this button to the text "Log in or create your FREE account". The main content area features a large image of a cookie and a baseball, with the text "SuperTracker: My foods. My fitness. My health." and a list of benefits: "Get your personalized nutrition and physical activity plan.", "Track your foods and physical activities to see how they stack up.", and "Get tips and support to help you make healthier choices and plan ahead."

2. In the top right hand corner, select "Groups", "My Groups", and select "NNMatMUSC"

The screenshot shows the SuperTracker website homepage with the "Groups" dropdown menu open. The "Groups" menu is circled in red and contains the following options: "My Groups", "Create Group", "Join Group", and "About Groups". The "My Groups" option is further expanded to show "NNMatMUSC". The main content area features a large image of a cookie and a baseball, with the text "My Coach Center" and a prompt to "Activate My Coach Center now by setting up your personal goals."

3. Scroll down until you see “Challenge”. This is where you will find all the information regarding MUSC’s SuperTracker Challenge and where you will come to track your food intake and check the scoreboard.



4. To begin tracking your food intake, click on “Add Foods and Activities”, located on the right hand side of the page (underneath “Quick Tracker”)

### Challenges

View challenge details including the number of days left, challenge standings, a record of your points earned, and your recent challenge activity. Use Quick Tracker to add foods and activities and earn points in your challenge.



Click here to begin tracking foods

<b>Custom Challenge</b>
<b>Vegetable Challenge</b>
<b>Fruit Challenge</b>
<b>Grains Challenge</b>
<b>Protein Challenge</b>
<b>Dairy Challenge</b>



### Custom Challenge NEW!

*Ends in 5 days*  
2/5/2017 - 2/10/2017

Show 'em what you're made of! To earn points in this challenge, use Quick Tracker each day. Earn extra points with same day logging.



**1<sup>st</sup> Sample**  
0 Challenge Points

5. Click on the “Fruits” button for a list of several common fruits.

- Click on the name of the fruits (if any) that you consumed for the day

Apple	Cranberries	Mango	Pineapple
Apricots	Dates	Mixed fruit	Plum
Banana	Fig	Nectarine	Pomegranate
Blackberries	Grapefruit	Orange	Raisins
Blueberries	Grapes	Papaya	Raspberries
Cantaloupe	Guava	Peach	Strawberries
Cherries	Honeydew	Pear	Watermelon
Clementine	Kiwi fruit	Persimmon	Other - Fruits

Submit Food and Activity for: 02/05/2017

Apple X Pear X Pineapple X

Submit Clear

- As you select your fruits, you should notice that the names appear at the bottom of your screen
- Click on the “Vegetables” button, and repeat the process. Repeat this process for grains, protein, dairy, and physical activity
- Once you have selected all of your foods, click “Submit” in the lower right hand corner

Cheese, low-fat	Frozen yogurt, low-fat	Lactaid, skim	Soy milk (fortified)
Cheese, reduced-fat	Greek yogurt, fat-free	Lactaid, low-fat (1%)	Yogurt, fat-free
Cottage cheese, fat-free	Greek yogurt, low-fat	Milk, skim	Yogurt, low-fat
Cottage cheese, low-fat	Kefir, fat-free	Milk, low-fat (1%)	Yogurt, soy
Frozen yogurt, fat-free	Kefir, low-fat	Ricotta cheese, part-skim	Other - Dairy

Submit Food and Activity for: 02/05/2017

Apple X Pear X Pineapple X Celery X Spinach X Granola bar X

Popcorn X Chicken X Nuts X Milk, low-fat (1%) X Yogurt, low-fat X

Submit Clear

10. Once you have submitted your foods, click the “X” in the upper right hand corner to exit the food tracker page.



11. You will be taken back to the main group page. Scroll down to “Challenges” to see the points you earned and the current standings.

Standings		My Points		
1. Sample	150 pts	02/05	Same Day Entry Bonus	10 pts
		02/05	Added Chicken	10 pts
		02/05	Same Day Entry Bonus	10 pts
		02/05	Added Apple	10 pts
		02/05	Added Pear	10 pts
		02/05	Same Day Entry Bonus	10 pts
		02/05	Added Carrots	10 pts
		02/05	Added Spinach	10 pts
		02/05	Same Day Entry Bonus	10 pts
		02/05	Added Popcorn	10 pts

12. Repeat the whole process to track your foods after each meal!

13. If you forgot to track your foods one day, no problem! You can always go back and enter them in at a later time

- o You won't earn as many points this way, so try and track your foods on the day you ate them!

Fruits	Vegetables	Grains	Protein	Dairy	Activity
Apple	Cranberries	Mango	Pineapple		
Apricots	Dates	Mixed fruit	Plum		
Banana	Fig	Nectarine	Pomegranate		
Blackberries	Grapefruit	Orange	Raisins		
Blueberries	Grapes	Papaya	Raspberries		
Cantaloupe	Guava	Peach	Strawberries		
Cherries	Honeydew	Pear	Watermelon		
Clementine	Other - Fruit	Persimmon	Other - Fruits		

Submit Food and Activity for ◀ 02/05/2017 ▶

Submit Clear

14. Continue to track your foods for the rest of the week.
15. At the end of every week, the participant with the most points for that week will earn a gift card to Clean Eatz restaurant (found in Mt. Pleasant and West Ashley). If there is tie, the winner will be randomly selected.



16. Winners will be notified through a message sent to their SuperTracker account, so be sure to log in every day and see if you are a winner!
17. Continue to track your foods for the whole month of March. At the end of the month, all participants will be eligible for the grand-prize drawing!

Get started tracking those foods and taking a stab into new eating habits!

**National Nutrition  
Month 2017**



#NationalNutritionMonth  
#NNMatMUSC  
#MUSCbitesin

[www.Facebook.com/MUSCFoodandNutrition](http://www.Facebook.com/MUSCFoodandNutrition)  
[www.muschealth.org/nutrition/mindful](http://www.muschealth.org/nutrition/mindful)