

### **APPENDIX 3: ILLUSTRATIVE DESIGN COMPS**

These sample pages are provided for context only regarding how users will enter data in SuperTracker. Please note that these pages do not necessarily include correct data or the final wording, and are provided with this memo only for the purpose of facilitating review.

**Figure 1: Create Profile - Users enter data to create a profile and/or register.**

## Create Your Profile

### Step 1 Personalize Your Profile (Optional but recommended)

If you'd like a personal Calorie limit and food plan, provide the information below. For best more features, include your height and weight.

\* Required information to personalize

Add a Personal Photo



OPTIONAL

Upload a Profile Photo (750x750 Max)

Choose File

\* Profile Name:

Enter a title for your profile

\* Age:

\* Gender:

\* Physical Activity: --What's your level of physical activity?--

Height:  ft.  in.

Weight:  lbs

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Your physica  
level. Choo  
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What if I  
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few weeks  
running)  
Every 1 mi  
minutes of  
equivalent

### Step 2 Register (Optional but required to save your data)

Register to save your data and access it any time.

\* Required information to register

\* Username: (8-32 Characters)

\* Password: (6-12 Characters)

\* Re-Enter Password:

\* Password Hint:

\* Password Security Question: --Select a question--

\* Your Answer:

Email Address:

Re-Enter Email:

Enter a word or a phrase that will help you remember your password.

Choose a security question with an answer unique to you to help you change your password if needed.

While not required, an email address will help you retrieve your username if needed.

### Step 3 Submit and View Your Plan

Submit

Clear

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 908-0033 (expiration date: XXXX XX, 2011). The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

Figure 2: My Journal - Users jot down information in one of five general categories as desired.

## My Journal

This is your area. Quickly jot down your foods and physical activities. Keep track of daily events to help you identify triggers that may be associated with changes in your health behaviors and weight.

### Post a Journal Entry

Title:

Food(s) Eaten:

I had a BIG MAC and Super-Sized fries.

Meal Location(s):

McDonald's

Physical Activity:

Running - 30 minutes

Mood:

I felt guilty after that food splurge.

Notes:

**B** *I* U A ▼

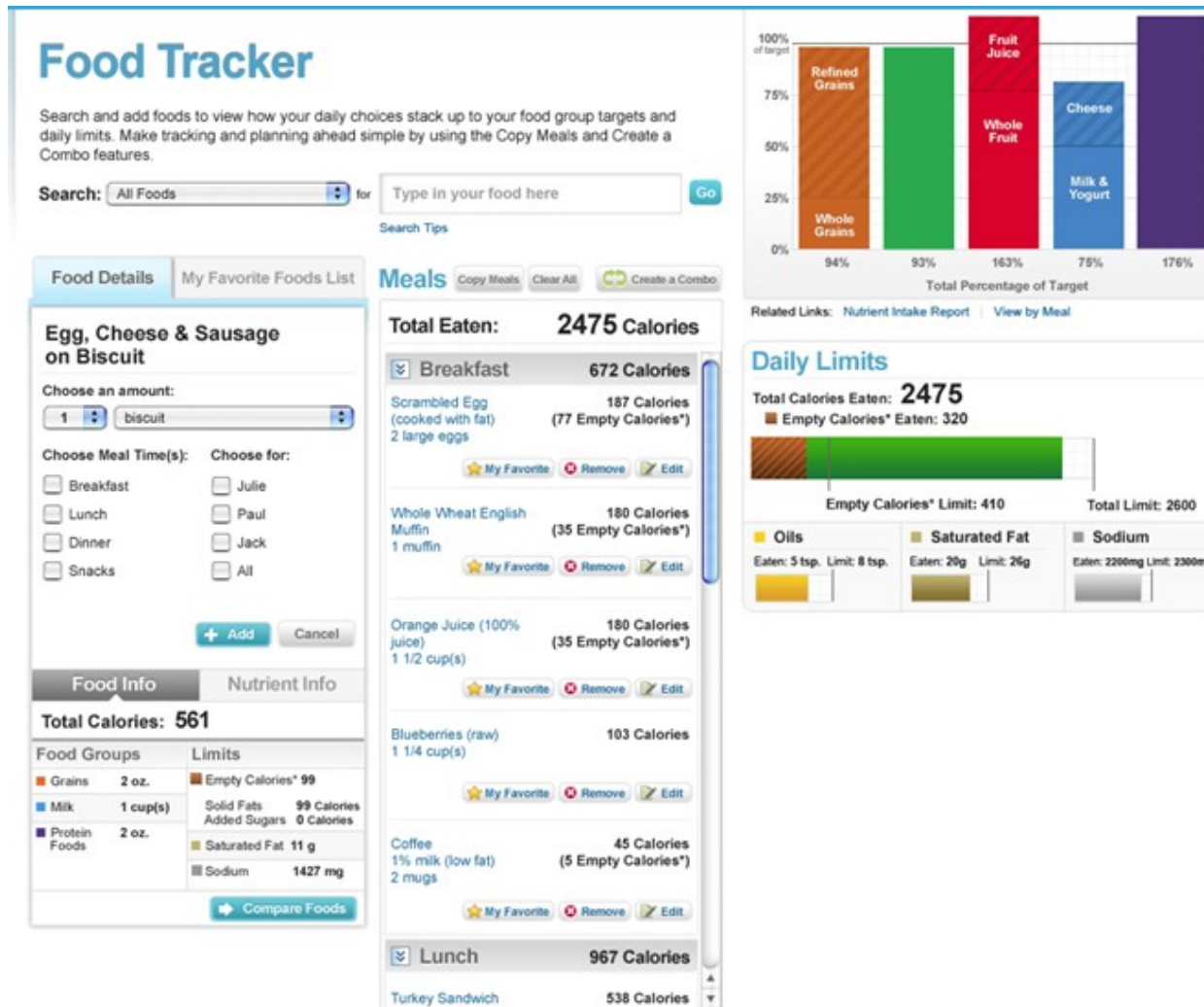
I am going to achieve my physical activity goal no matter what. Maybe I'll feel better about the Big Mac then, but I'll have to run an extra hour tomorrow to burn off that food!

XXXX characters used

Save

Cancel

**Figure 3: Food Tracker - Users search and enter foods and beverages and obtain interactive feedback on how their intake compares to targets.**



\*Calories that provide little nutritional value, such as those from added sugars and solid fats. Empty Calories are part of Total Calories.

**Figure 4: Physical Activity Tracker - Users search and enter physical activities and obtain interactive feedback on how their physical activity compares to targets.**

## Physical Activity Tracker

Search and add physical activities to view how your weekly activities stack up against your targets.

Search:  for

Search Tips

### Activity Details

#### Jump Rope

Enter the duration:  minutes

Choose Days:  Sun,  Mon,  Tue,  Wed,  Thu,  Fri,  Sat

Choose for:  Julie,  Paul,  Jack,  Martha,  All

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#### Activity Info

Estimated Calories Burned\*: **94**

Intensity: **Vigorous**

Muscle-Strengthening: **No**

Bone-Strengthening: **No**

[More Info](#)

### Activities for Week of 01/02/11 - 01/08/11

Date	Activity	Intensity	Estimated Duration (Minutes)	MIE Minutes**
Sun 01/02/11	Bicycling >20 mph, racing, not drafting	Vigorous	30	60
Mon 01/03/11	Calisthenics (e.g. pushups, situps, pullups, jumping jacks)	Vigorous	30	20
Tue 01/04/11	Aerobic step, with 10-12 inch step	Vigorous	20	40

### Daily Totals for 01/08/11

Moderate Intensity Equivalent (MIE\*\*) Minutes

Your Goal: 60 minutes

120 minutes

Children & adolescents (age 6-17) should do 60 minutes (1 hour) or more of physical activity daily.

Gauge | Data

[Physical Activity Report](#) | [More Info](#)

### Weekly Targets

**Total Muscle-Strengthening Days: 3**

Target: 3 Days minimum

1 2 3 4 5 6 7

Muscle-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents (age 6-17) should include muscle-strengthening physical activity on at least 3 days of the week.

**Total Bone-Strengthening Days: 3**

Target: 3 Days minimum

1 2 3 4 5 6 7

Bone-strengthening: As part of their 60 or more minutes of daily physical activity, children and adolescents (age 6-17) should include bone-strengthening physical activity on at least 3 days of the week.

**Total Vigorous Days: 3**

Target: 3 Days minimum

1 2 3 4 5 6 7

Vigorous: Most of the 60 or more minutes a day should be either moderate- or vigorous-intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week.

\* Calories burned are estimates only for an average person performing the activity.

\*\* **Moderate Intensity Equivalent (MIE) Minutes:** Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes.