

APPENDIX A – SuperTracker Screenshots

Create Profile Page

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SuperTracker USDA United States Department of Agriculture

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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 results and access to more features, include your height and weight.

* Required information to personalize.

 * Profile Name: Enter a display name (not your legal name) for your profile, such as JM12, Jules, or Mom.

* Age:

* Gender:

* Physical Activity: Which option is best for me? Your physical activity level affects your Calorie limit. Choose options 1, 2, or 3 to estimate GR option 4 to calculate based on at least one week of activities you have entered.

Height: ft. in.

Weight: lbs.

What if I do vigorous instead of moderate activity?
When doing moderate activity you can talk, but not sing (like brisk walking). When doing vigorous activity you cannot say more than a few words without pausing for breath (like running).
Every 1 minute of vigorous activity counts as 2 minutes of moderate (e.g., 30 min. vigorous is equivalent to 60 min. moderate).

Step 2 Register to Save Your Profile

Register to save your data and access it any time.

* Required information to register.

* Username: (6-50 Characters)

* Password: (4-15 Characters)

* Re-Enter Password:

* Password Hint: Enter a word or phrase that will help you remember your password.

* Password Security Question: Choose a security question with an answer unique to you to help you reset your password if needed.

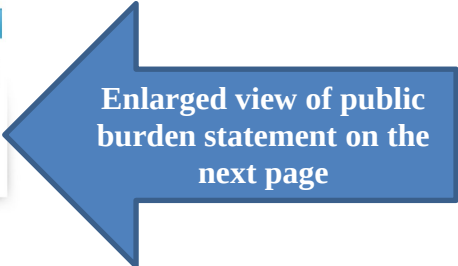
* Your Answer:

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

Re-Enter Email:

Step 3 Submit to View Your Plan

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 0594-0535 (expiration date: September 30, 2015). 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.



Enlarged View of Public Burden Statement

Step 3

Submit to 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 0584-0535 (expiration date: September 30, 2015). 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.

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