SuperTracker Helps People Track and Obtain Weight Loss Goals

Self-monitoring allows people to become more aware of their current habits, poor or good alike (and how they may have changed over time). Providing people with tools to identify areas for improvement is essential to curtail the obesity epidemic that is affecting the nation. Additionally research shows, self-monitoring of diet, physical activity or weight was significantly associated with weight loss and maintenance of weight loss.

SuperTracker is a web based interactive and personalized tool that allows individuals to record their meals and activities. These food and physical activity trackers immediately provide feedback, comparing entries to recommended food group intakes as well as recommended activity levels. Individuals can also set up goals for themselves, with the option to have a virtual coach provide tips and encouragement. Many other features are available, such as nutrient reports that summarizes how well someone is meeting the recommended levels of nutrients.

SuperTracker is a great resource for those interested in a healthier diet and a healthier lifestyle. The features available help with diet and physical activity planning, assessment, and analysis. What this tool really does is promote the self-efficacy of individuals so that they are better able to make healthier choices in their lives. Self-efficacy is the ability of an individual to complete tasks and meet goals. One study showed that increasing the self-efficacy of young adults led to greater improvements in eating behavior.

Moreover, SuperTracker provides an area to set goals. Setting a few attainable goals can motivate individuals to make healthy changes and create a sense of accomplishment when goals are met. Additionally, as mentioned above, SuperTracker allows individuals to sign up for tips and support from a virtual coach.

If someone wants to develop better eating behaviors, lose weight, or exercise more, SuperTracker is an internet based tool that can empower him or her to better meet his or her goals.

How do I use SuperTracker?

SuperTracker is free to anyone. Simply, create an account by going to http://www.choosemyplate.gov and clicking the link to SuperTracker or by going directly to https://www.supertracker.usda.gov. An account allows individuals to save their information so that they can keep track of it over time. Meals and physical activity can be recorded with the respected trackers, which are accessed from the homepage or the menu bar. Set goals in the special features area, which is also where journal entries can be recorded. There are many features to be found by exploring the site.

Contact ______________________, Texas A&M AgriLife Extension Service ______________ County agent at _______________________, for more information.

Sources: