

SUPERTRACKER

SuperTracker (SuperTracker.usda.gov) is a free, online food, physical activity, and weight tracking tool from ChooseMyPlate.gov. Individuals can use SuperTracker on their desktop, phone, or tablet to create a personalized plan and see how their choices stack up. Plus, users can get tips and support as they work toward their goals.



How can groups use SuperTracker together?

Anyone can create a private or public group (SuperTracker.usda.gov/usergroups.aspx) and invite others to join via email, Facebook or a group-specific access code. Group leaders can:



Run roll-up reports of group member dietary and physical activity data (available to private groups only).



Send messages to group members.



Create a healthy eating challenge for group members or against another group. Leaders can choose from ready-made challenges or design a custom challenge.

What are MyPlate Challenges?

Part of the SuperTracker application, MyPlate Challenges encourage healthy eating and physical activity through friendly competition. This online challenge platform is available to groups of people working to get healthy together.

Participants earn points by using a simple Quick Tracker to select the healthy foods they eat and the physical activities they do.

Tips and bonus point quizzes make for a fun and interactive experience.

Participants can compare progress on a challenge leaderboard and declare a winner.

How can users get started?

1

Create a SuperTracker group — A step-by-step [video tutorial](#) is available

2

Invite others to join via email or with a group code at SuperTracker.usda.gov/join

3

Create a challenge for the group — A step-by-step [video tutorial](#) is available