

For a Tutorial On-line: http://www.sparkpeople.com/resource/motivation_articles.asp?id=1182

Getting Started:

1. Once at the website click on the circle that says "Click Here to Join our 100% Free Program Now".
2. Fill in all information requested.
3. Click the "Get Started Now" button.
4. Choose the button that says "My Goal is to Lose Weight"
5. Fill out all info requested. Current weight, goal weight, etc...
6. Click Continue and Select Your Preferences and Conditions.
7. Check all that apply and Click Continue
8. Click on your Nutrition, Fitness, and Motivation Goals.
9. Click Finish Customizing your goals.
10. Click on Start Your Program!



You are now a member and are ready to track your nutrition and fitness!

Change Your Nutrition Values:

1. Click on Nutrition Tracker Button.
2. Click on the Don't Show Meal Plans Button.
3. Click on the Change Nutrition Goals Button.
4. Change your Calories, Carbs, and Protein values per day to your allotted amounts.
5. Click the Add another Nutrient to Track and add Daily Fiber.
6. Click Save your changes.

How To Add Foods for a Day:

1. Click on Add a Food.
2. Enter the food in the "Search by Food by Name" field.
3. Find the food and click on it.
4. When the food that you want is highlighted, look below the box and fill in the "How much" box and the "Meal" box
5. This box will not go away but it will change the other page.
6. You can do this for all food and all meals.
7. If the food you are eating is not listed, then click on the box "Enter a Food Not Listed".
8. You can add the food name and the nutritional information.
9. Click Save Food (this will save it for any other time that you will need it.)
10. If you have a specific Food Group that you eat such as everything in an omelet that you fix, or a dessert, click on Food Groupings and add all the items.
11. When you are finished you can close the pop up box and all of your food items will be listed on your main page, with the nutritional values on there.

Find Recipes

1. Move mouse over the "Healthy Lifestyle" Tab.
2. Move it down over the Spark Recipes.com
3. Click on the Browse Recipes Tab
4. Go Down and Choose the Dietary Needs.
5. Then browse your recipes!

Change Exercise Goals

1. Click on the “My Fitness Tab”.
2. Click on Change Fitness Goals.
3. Fill in all of the info requested and Click Save Changes.

Print out Daily Totals

1. On the My Nutrition Page, click on “See Today’s Full Report”.
2. Choose the day you want to print and then click Update.
3. Click the Print button.



Other Common Free Food Journal Sites

- a. www.myfitnesspal.com
- b. www.fitclick.com
- c. www.calorieking.com
- d. www.my-calorie-counter.com
- e. www.fatsecret.com
- f. www.nutrimirror.com

Phone Food Journal Apps

- a) Lose it
- a) Couch to 5K
- b) My Net Diary
- c) Tap & Track

