**Choose My Plate.gov Computer Instructions:**

 Go to [www.choosemyplate.gov](http://www.choosemyplate.gov)

1. Click on Supertracker and other tools
2. Click on the blue words Supertracker
3. Click on Create a Profile
4. Enter your age, gender, height, weight, and activity level.
5. Make your password and username. REMEMBER THESE.
6. Click on Food Tracker.
7. Select the correct date for when you recorded your foods
8. Enter all your food for THAT SPECIFIC DAY ONLY
9. Select the appropriate meal time, serving sizes
10. Click on the physical activity tracker
11. Select the correct date for when you recorded your activities
12. Enter all your activities for THAT SPECIFIC DAY ONLY
13. Select the appropriate activity, time, level of difficulty
14. Repeat steps 7-14 for each day of the week
15. By the end of the week you should have typed in a 7 day food and activity log
16. Click on My Reports
17. Print [Food Groups & Calories](https://www.supertracker.usda.gov/Foodgroupcaloriereport.aspx)
18. Print Nutrients
19. Print Food Details
20. Print Meal Summary
21. Print Physical Activity