

Supplementary Material 1: eaTracker® My Goals feature sample screenshots

Main eaTracker® login page (<http://www.eaTracker.ca/>)

eaTracker

Use eaTracker to check your food and activity choices, analyze your recipes and plan your meals. [Sign up](#) to set goals and track your progress.

Plan Your Meals **Analyze Your Food** **Track Your Activities** **Meet Your Goals**

Featured Recipes


- Roasted vegetables pasta**
Cal: 313
Fat: 9.2g
- Peachy Buckwheat Muffins**
Cal: 313
Fat: 7.6g
- Banana-Berry Wake-Up Shake**
Cal: 231
Fat: 4.6g

Featured Exercises

- Yoga**
Yoga is especially good for stress reduction.
- Running**
Running counts as a vigorous intensity activity.
- Pilates**
Pilates targets all muscle groups.

Featured Tips

- Meal Planning**
A weekly meal plan can cut down on trips to the grocery store.
- Healthy Weight**
Balance your food intake with your daily activities...
- Healthy Eating**
A single meal or day of eating rich foods will not...

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[? Help](#) [Français](#) [Connect](#) [Logout](#)

My Profile | My Food | My Activities | My Recipes | My Coach

Fri May 23

Calories	Fat	Protein	Carbohydrates	Activity Time	Activity Calories Burned	Weight
0	0g	0g	0g	0min	0	<input type="text"/> kgs lbs

- My Dashboard
- My Goals**
- My Eating Targets
- My Motivations
- My Messages
- My Details
- My BMI
- My Account
- Customize Dashboard

My Goals

Welcome to eaTracker **Goal Tracking Tool!** Setting goals and tracking progress is an important part of starting and keeping up a healthy lifestyle.

Use MY GOALS to:

- set goals for yourself
- track and view your progress
- see the goals you have achieved

Add A Goal

Choose a ready-made goal from the drop-down list.

OR

Write your own SMART goal. SMART stands for: [i](#)


- Specific
- Measurable
- Action-oriented
- Realistic
- Time-framed

We recommend that you select 1 to 3 goals.

Check the [My Messages](#) tab for your weekly motivational reminders from EatRight Ontario.

Ready-Made Goals Write Your Own Goal

Get answers to your nutrition & healthy eating questions from Registered Dietitians for free.

 EatRight Ontario
1-877-510-510-2
www.eatrightontario.ca

Ready-Made Goal Setting

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Ready-Made Goals **Write Your Own Goal**

Please select a category

or [Cancel](#)

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Write Your Own Goal Setting

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Ready-Made Goals **Write Your Own Goal**


Enter your custom goal here

Ongoing **Specific Date End**

or [Cancel](#)

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Goal Tracking

 **eaTracker.ca**
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Help Français Connect Logout

My Profile		My Food		My Activities		My Recipes		My Coach	
Fri	May 23	Calories	Fat	Protein	Carbohydrates	Activity Time	Activity Calories Burned	Weight	
		0	0g	0g	0g	0min	0	<input type="text"/>	kgs lbs


My Dashboard | My Goals | My Eating Targets | My Motivations | My Messages | My Details | My BMI | My Account | Customize Dashboard

Enter today's meals


Enter today's activities

My Goals Tracker


Below is the list of goals you are currently working on. Click on the buttons beside each goal to record how you are doing.

 Weekly my goal is to Eat a dark green vegetable every day this week (e.g. spinach, broccoli, Romaine lettuce, bok choy, swiss chard).

Met My Goal | Still Trying | Remove Goal


 Weekly my goal is to Eat one meal with legumes (e.g. dried beans, peas or lentils) this week.

Met My Goal | Still Trying | Remove Goal

 Weekly my goal is to Have fish (e.g. salmon, trout, sole, halibut) 2 times this week.

Met My Goal | Still Trying | Remove Goal


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www.eatrightontario.ca

Manage My Goals

Manage My Goals Hide


See the goals you are working on below. View your progress.



Replace hot and cold sweetened coffee beverages with plain coffee made with 1 teaspoon of sugar and low fat milk.
Frequency : Weekly Hide

Goal Completion History

Goal Date	Met My Goal	Still Trying
2014-May-20	•	




Eat one meal with legumes (e.g. dried beans, peas or lentils) this week.
Frequency : Weekly History

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My Success

My Success Hide

Congratulations on your goal activity. See the goals you have reached.

	Number of times you met your goal
 Eat one meal with legumes (e.g. dried beans, peas or lentils) this week.	2

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