Supplementary Material 1: eaTracker® My Goals feature sample screenshots

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

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My Goals

Welcome to eatTracker 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:
- 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

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Ready-Made Goal Setting

Add A Goal

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

OR

Write your own SMART goal. SMART stands for:

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

Enter your custom goal here

Submit or Cancel

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Write Your Own Goal Setting

Add A Goal

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

OR

Write your own SMART goal. SMART stands for:

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.

Write Your Own Goal

Enter your custom goal here

Ongoing

Select Frequency

Specific Date End

Submit or Cancel

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Goal Tracking

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

Customize Dashboard

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

1-877-810-810-2
www.eatracker.ca

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Manage My Goals

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

Goal Completion History

<table>
<thead>
<tr>
<th>Goal Date</th>
<th>Met My Goal</th>
<th>Still Trying</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014-May-20</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

My Success

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.

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