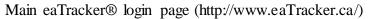
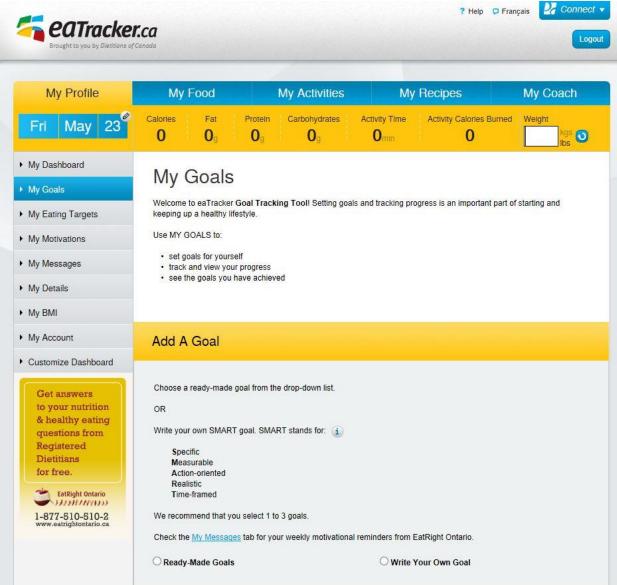
Additional File 2: eaTracker® My Goals feature and EatRight Ontario motivational messaging sample screenshots





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Main Goal Setting Page



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Ready-Made Goal Setting

| Choose a ready-made goal from the drop-do | wn list. |
|---|---|
| DR | |
| Write your own SMART goal. SMART stand | Is for: 🧃 |
| Specific Measurable Action-oriented Realistic Time-framed | |
| We recommend that you select 1 to 3 goals | 3. |
| Check the <u>My Messages</u> tab for your week | y motivational reminders from EatRight Ontario. |
| Ready-Made Goals | ○ Write Your Own Goal |
| Please select a category | |
| | |

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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: | 1 |
| Specific Measurable Action-oriented Realistic Time-framed We recommend that you select 1 to 3 goals. Check the <u>My Messages</u> tab for your weekly motion | <i>v</i> ational reminders from EatRight Ontario. |
| \bigcirc Ready-Made Goals | Write Your Own Goal |
| Enter your custom goal here | |
| Ongoing Select Frequency | C Specific Date End 2014-May-18 |
| Submit or Cancel | |

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Goal Tracking

| Brought to you by Dietitians o | | ? Help 🗭 Français 🛃 Conne | | |
|---|---|--|----------------------|--|
| My Profile | My Food My Activities | My Recipes | My Coach | |
| Fri May 23 | Calories Fat Protein Carbohydrates 0 0 g 0 g 0 g | Activity Time Activity Calories Burne Omin O | d Weight | |
| My Dashboard | Enter today's meals | Enter today's activities | Q | |
| My Goals | | | | |
| My Eating Targets | My Goals Tracker | | | |
| My Motivations | | 5 20 56 Mart 68 Mart 16 100 1 | ner som | |
| My Messages | Below is the list of goals you are currently working on. Click | on the buttons beside each goal to record | I how you are doing. | |
| My Details | | | | |
| My BMI | Weekly my goal is to Eat a dark green vege | | Met My Goal | |
| My Account | broccoli, Romaine lettuce, bok choy, swiss | chard). | Still Trying | |
| Customize Dashboard | | | Remove Goal | |
| Get answers | | | _ | |
| to your nutrition & healthy eating | Weekly my goal is to Eat one meal with lege this week. | umes (e.g. dried beans, peas or lentils) | Met My Goal | |
| questions from Registered | | | Still Trying | |
| Dietitians | | | Remove Goal | |
| for free. | | | | |
| EatRight Ontario | Weekly my goal is to Have fish (e.g. salmor | n, trout, sole, halibut) 2 times this week. | Met My Goal | |
| 1-877-510-510-2 www.eatrightontario.ca | | | Still Trying | |
| | | | Remove Goal | |

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Manage My Goals

| See the go | als you are working on belo | w. View your progress. | | |
|------------|---|-----------------------------|----------------------------------|---------|
| Ę | Replace hot and col teaspoon of sugar a Frequency : Weekly Goal Completion His | nd low fat milk. | es with plain coffee made with 1 | Hide |
| | Goal Date | Met My Goal | Still Trying | í |
| | 2014-May-20 | • | | |
| | Eat one meal with le Frequency : Weekly | gumes (e.g. dried beans, pe | as or lentils) this week. | History |

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My Success

| My Success | Hide 🤤 |
|--|-----------------------|
| Congratulations on your goal activity. See the goals you have reached. | |
| Number of tin | nes you met your goal |
| Eat one meal with legumes (e.g. dried beans, peas or lentils) this week. | 2 |

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EatRight Ontario motivational messaging

Sample email message





EatRight Ontario and eaTracker are here to help motivate you to reach your healthy eating and physical activity goals!



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

Tip: To help you eat a dark green vegetable every day this week, add fresh or frozen chopped greens to vegetable soups, stews or chili.

Login to your www.eatracker.ca account and track your progress!

Quick Links EatRight Ontario My Menu Planner Email a Dietitian

If you have additional questions about nutrition or healthy eating please do not reply to this email instead:

- Call EatRight Ontario toll-free at <u>1-877-510-510-2</u>
- · Email a Dietitian from www.eatrightontario.ca

You are receiving this email because you have registered for EatRight Ontario's motivational messages and tips to help you meet your goal. These messages are also found in the MY MESSAGES section of <u>www.eatracker.ca</u> when you login to your account.

Click Here to stop receiving motivational messages about this goal.

To log into eaTracker, please click <u>here</u> © 2016 Dietitians of Canada www.eaTracker.ca

| ? Help D Français 27 Connet Brought to you by Dietitions of Canada | | | | | | |
|--|---|---|-------------------------|------------------------------------|---------------------|--|
| My Profile | My Food | My Food My Activities | | ecipes | My Coach | |
| Fri May 23 | Calories Fat | Protein Carbohydrates 0 g 0 g | Activity Time | Activity Calories Burn O | ed Weight | |
| My Dashboard My Goals My Eating Targets | My Messa If you have registered wi EatRight Ontario is here | th EatRight Ontario, you will rece | ive weekly motivation | al messages and tip | s about your goals. | |
| My Motivations My Messages | My Messages | | | | Delete All Messages | |
| My Details | | | | | 12345 🧧 | |
| My BMI | | | | | | |
| My Account | | tivational message for you. reen vegetable every day this we | eek (e.g. spinach, broo | ccoli, Romaine lettuce | e, bok | |
| Customize Dashboard | 12.5 | d Navy Bean Soup. It is delicious | and is made with a n | utritious dark green v | vegetable. | |
| Get answers to your nutrition & healthy eating questions from Registered Dietitians | Your goal: Eat one meal It can sometimes be hard | tivational message for you. I with legumes (e.g. dried beans, I to meet your healthy eating goa 7-510-510-2 to speak to a Regist | ls. The good news is | that you are not alon | el Call | |

eaTracker® message delivery - My Messages

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