

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

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

eaTracker.ca
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Help Français Connect

Not a Member? Sign Up Login

BMI Weight Analyzer Food Search Activity Search Recipe Analyzer

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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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

Add A Goal

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

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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


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


1-877-510-510-2
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
 <p>Eat one meal with legumes (e.g. dried beans, peas or lentils) this week.</p>	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 [1-877-510-510-2](tel:1-877-510-510-2)
- 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 www.eatracker.ca when you login to your account.

Click [Here](#) to stop receiving motivational messages about this goal.

To log into eaTracker, please click [here](#)

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My Profile

Fri May 23

- ▶ 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.

My Food

Calories **0**

Fat **0g**

Protein **0g**

Carbohydrates **0g**

My Activities

Activity Time **0min**

My Recipes

Activity Calories Burned **0**

My Coach

Weight kgs

lbs

My Messages

If you have registered with EatRight Ontario, you will receive weekly motivational messages and tips about your goals. EatRight Ontario is here to support you!

My Messages

[Delete All Messages](#)

1 2 3 4 5 [▶](#)

EatRight Ontario motivational message for you.

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

Tip: Try [Swiss Chard and Navy Bean Soup](#). It is delicious and is made with a nutritious dark green vegetable.

2014-MAY-25 9:00:05 AM

EatRight Ontario motivational message for you.

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

It can sometimes be hard to meet your healthy eating goals. The good news is that you are not alone! Call EatRight Ontario at 1-877-510-510-2 to speak to a Registered Dietitian. Let us keep you motivated!

2014-MAY-25 9:00:04 AM