

# **HEALTH AND WELLNESS OUTSIDE ASSIGNMENT NUTRITION TRACKING**

## **THREE DAY, RECORD OF FOOD AND BEVERAGES CONSUMED**

- 1. LOG IN TO MYPYRAMID.GOV**
- 2. UNDER SUBJECTS SELECT MY PYRAMID TRACKER AND DOUBLE CLICK**
- 3. SCROLL DOWN TO BOTTOM OF PAGE AND CLICK ON NEW USER REGISTRATION**
- 4. YOU MUST COMPLETE THE REQUIRED FIELDS (TOP THREE FIELDS) THEN SUBMIT**
- 5. ENTER IN YOUR PERSONAL DATA**
- 6. CLICK ON “PROCEED TO FOOD INTAKE”**
- 7. ENTER YOUR FOOD AND BEVERAGE INTAKE**
- 8. FOR EACH DAY, PRINT “THE CALCULATE NUTRIENT INTAKE FORM”**
- 9. FOR EACH DAY PRINT CALCULATE “MYPYRAMID STATS”**

**YOU WILL TURN IN 6 PAGES OF PRINT (3 NUTRIENT INTAKE AND 3 MYPYRAMID STATS).**