Directions for Students to Set Up Spark Teens Website

1. Go to Sparkteens.com The website looks like this:



- 2. Have students click on the orange rectangle that says 'Make Your Life an Adventure Now'
- Students should fill out the account information page. I have students uncheck the box for 'special offers' so that they don't receive junk mail. It looks like this:

Register for Free! Your account is 100% FREE, you will never be billed.	
Just complete this registration form to start now.	Free Daily SparkPeople Emails:
Create Paccourt Information. Email Address (for example, daveh@aol.com) Create Username (6, 15 charders on stores)	Special Offers SparkPeople periodically sends coupons and special offers on behalf of our partners. Rest assured, we will never share your address with anyone else.
Create Password	Select All Remove All

4. Once they submit the information from the account setup change they will choose between a healthy lifestyle or weight loss option. I choose to use this as a nutrition education tool NOT a weight loss tool so students should choose the green rectangle that says, 'Continue With Healthy Lifestyle Program Setup'. The page looks like this:

I'm Coach Jen, one of the resident experts on the site. By registering for SparkTeens you now have	My Fitnia
and community all for free! SparkTeens is a	This Week:
modified version of the award winning SnarkPeople com program for adults. SparkTeens	This Month:
has health recommendations tailored to teens, as	This Year:
teenagers. well as the safety of a community made up of only	You have not set
	minute goal. Clic
We want you to get started right away, but we will first help you customize SparkTeens to your personal goals through our quick setup process.	One now:
	Everying
First, tell us if you would like to use our weight management program or our more general Healthy Living Program. Don't stress about which to choose both programs provide full access to all of our tools and	
community features. Plus you can always change your decision later.	tern
-	
Weight Management Program Healthy Life	estyle / Non-Diet Program
	a dender beskilte belie
over their healthy weight	Quick L
- Set a specific weight loss goal - For people	e without a weight loss goal
	My Recent Posts
Use the 4-Stage SparkDiet to make a healthy	up and tracking options My SparkPage
lifestyle change	My SparkTeams
	My Nutrition Plan My Ethness Plan
Continue With Weight Continu	ue With Healthy Getting Stated G
Loss Program Setup	SparkRecipes.co

- 5. Fill in your height and weight and click on submit.
- 6. For the next page students are to set a goal for monthly minutes of exercise. Because it is recommended that students get 60 minutes of exercise most days of the week, I chose a monthly minute goal of 1200 minutes. You can choose what you would like. This is what the page looks like. If you are only using this for the nutrition component you can click on the link that says 'skip this step'. This is what the page looks like:



7. There will eventually be three columns on the website. In the orange column there is a white button that says 'nutrition tracker'. Use this to enter a days worth of food. Print off the final food summary and fill out the worksheet.