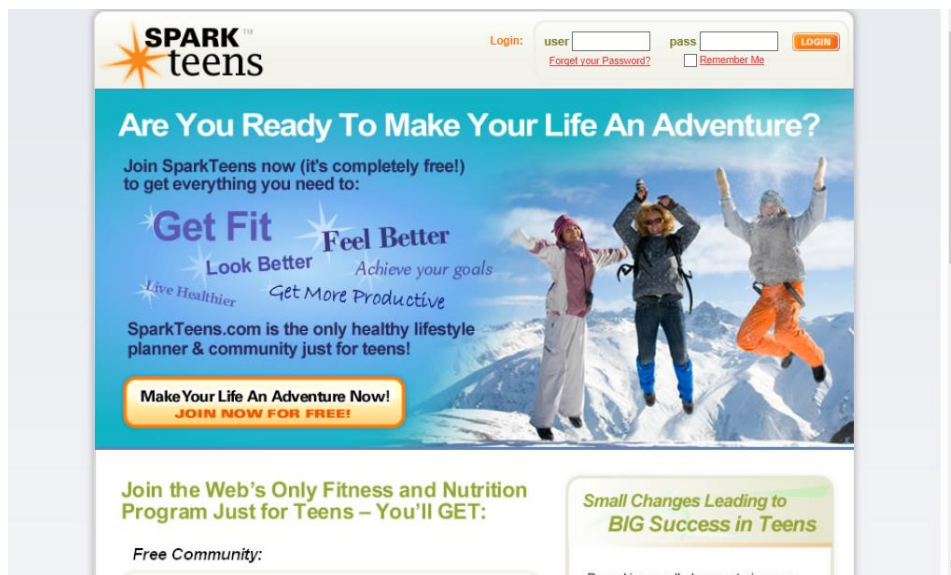
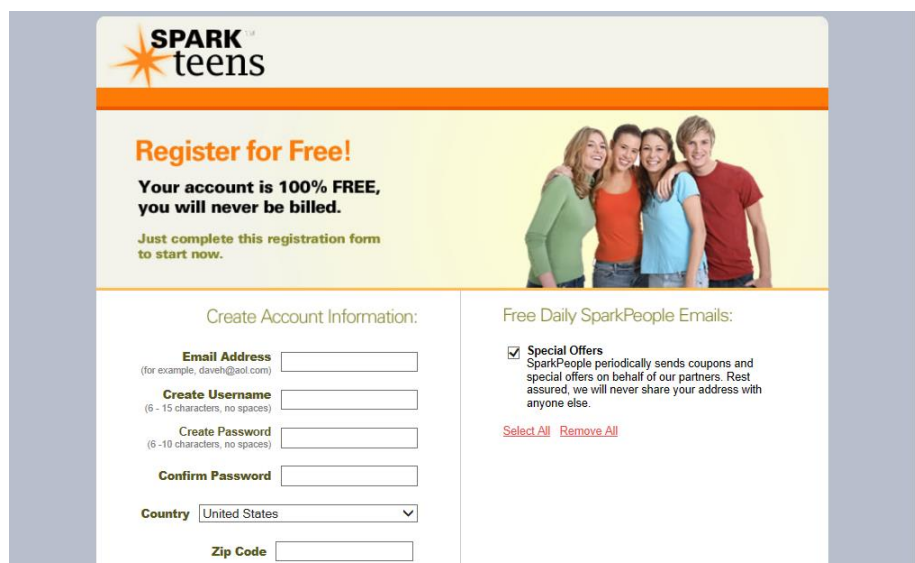


Directions for Students to Set Up Spark Teens Website

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'
3. 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:



- 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:



- Fill in your height and weight and click on submit.

- 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:



- 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.