

SparkPeople User Guide

Now that you've registered for your teams, please begin USING SparkPeople!!!!

When logging into Spark People, you will see the following goals set up for your team. You should track this goal on a daily basis by clicking on "track goal."

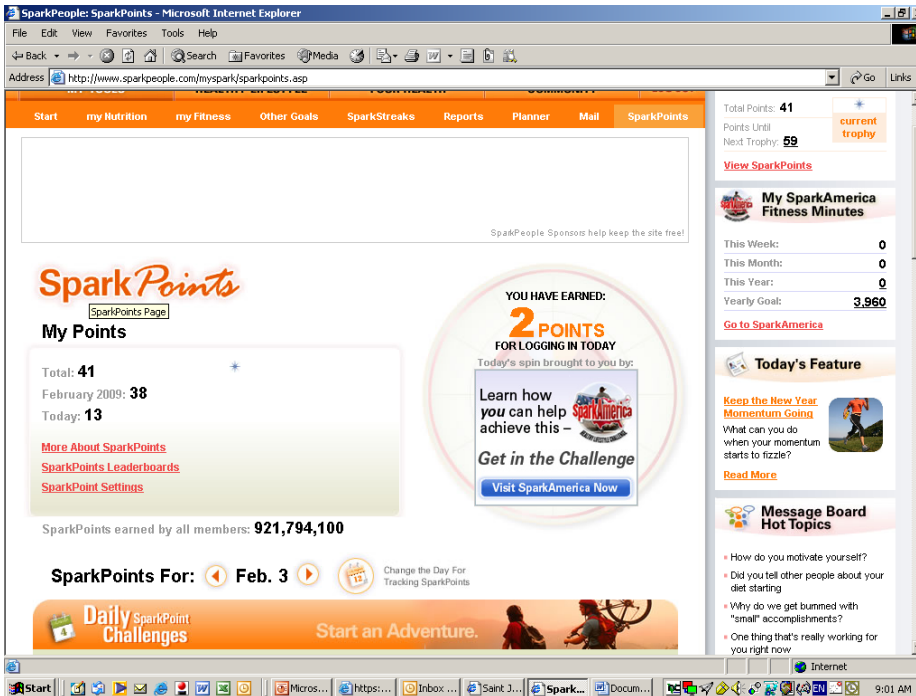
Team Goals

Individual Goal:Team March Progress / Team Goal:

Log on to sparkpeople.com 1 time per day	3 / 90 (3%)	Track Goal
Get 8 hours of sleep per day	15 / 720 (2%)	Track Goal
Track Nutrition once per day	4,800 / 900,000 (1%)	Track Goal
Do 500 minutes of fitness activities per month	0 / 1,500 (0%)	Track Goal
Earn 500 sparkpoints per month	26 / 1,500 (2%)	Track Goal

[Add / Edit Team Goals](#) 

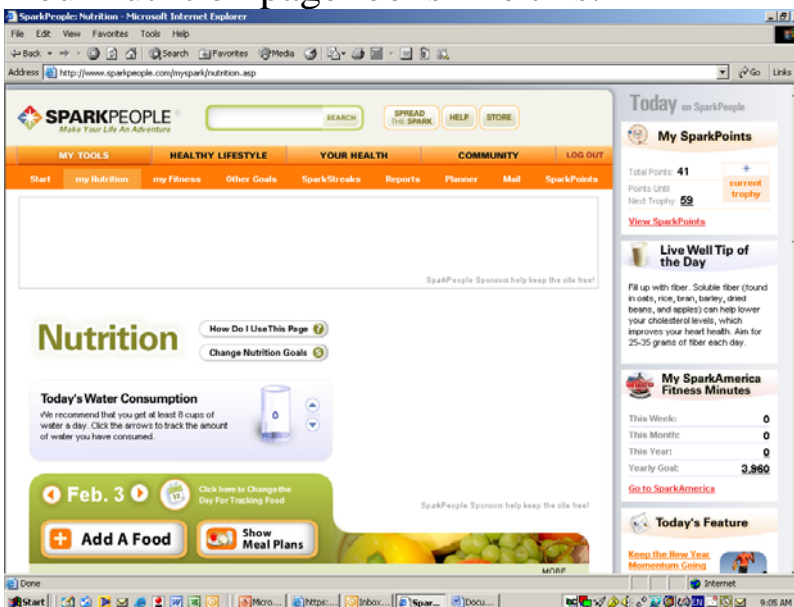
Each day you should also spin the SparkPeople points wheel as your reward for logging in. To do this, go to "My tools" at the top of the page and click on "My SparkPoints."



To begin your challenge, you should go to “Quick Links” on the bottom right of the screen to set up your daily nutrition tracking and activity tracking.



Your nutrition page looks like this:



Your fitness page looks like this:

The screenshot shows the 'Fitness' page of the SparkPeople website. The browser title is 'SparkPeople: Fitness - Microsoft Internet Explorer'. The address bar shows 'http://www.sparkpeople.com/myspark/fitness2.asp'. The navigation menu includes 'Start', 'my Nutrition', 'my Fitness', 'Other Goals', 'SparkStreaks', 'Reports', 'Planner', 'Mail', and 'SparkPoints'. The main content area features a 'Fitness' header with buttons for 'How Do I Use This Page?' and 'Change Fitness Goals?'. Below this is a section for 'Strength Training' with a date selector for 'Feb. 3' and a 'Track Strength Exercises' button. A sidebar on the right displays 'Total Points: 41', 'Points Until Next Trophy: 59', and 'My SparkAmerica Fitness Minutes' with a progress table. The table shows 0 minutes for the current week, month, and year, against a yearly goal of 3,960. Other sidebar sections include 'Today's Feature' and 'Message Board Hot Topics'.

Category	Value
Total Points	41
Points Until Next Trophy	59
This Week	0
This Month	0
This Year	0
Yearly Goal	3,960

To see your SparkPoints, go to “My tools” at the top of the page and click on “My SparkPoints.” The page will look like this:

The screenshot shows the 'SparkPoints' page of the SparkPeople website. The browser title is 'SparkPeople: SparkPoints - Microsoft Internet Explorer'. The address bar shows 'http://www.sparkpeople.com/myspark/sparkpoints.asp'. The navigation menu includes 'Start', 'my Nutrition', 'my Fitness', 'Other Goals', 'SparkStreaks', 'Reports', 'Planner', 'Mail', and 'SparkPoints'. The main content area features a 'SparkPoints' header and a 'My Points' section showing 'Total: 41', 'February 2009: 38', and 'Today: 13'. A central graphic announces 'YOU HAVE EARNED: 2 POINTS FOR LOGGING IN TODAY'. A sidebar on the right displays 'Total Points: 41', 'Points Until Next Trophy: 59', and 'Live Well Tip of the Day' about fiber. Below this is the 'My SparkAmerica Fitness Minutes' progress table, identical to the one in the previous screenshot. The bottom of the page features a 'Daily SparkPoint Challenges' banner with the text 'Start an Adventure.' and an image of two people on a bicycle.

Category	Value
Total Points	41
Points Until Next Trophy	59
This Week	0
This Month	0
This Year	0
Yearly Goal	3,960