**MyPyramid Tracker Activity**

**Step 1.** Log into your account at <http://www.mypyramidtracker.gov/>.

**Step 2.** Select “Proceed to Food Intake.”

**Step 3.** Enter everything you have already eaten or plan to eat today.

**Step 4.** Click “Select Quantity” and estimate how much of each food you ate or plan to eat.

**Step 5.** Click “Save & Analyze.”

**Step 6.** Click “Calculate DG Comparison.”

**Step 7.** Make your choice and click “Go!”

**Step 8.** Answer the following questions.

1. Based on the emoticons (happy, sad, and neutral faces), how would you rate your diet? Healthy? Not so healthy?
2. If you could go back and change what you ate today, what changes would you make?
3. What can you do differently in the future to get more smiley faces?