

# Instructions to register at Sparkpeople.com and join the HuskyPAW team

1. www.sparkpeople.com



2. Complete the registration process. When registering as a user, please use your Michigan Tech ISO user ID. If you choose to use an ID other than your Michigan Tech ID, please email the Benefits office at [benefits@mtu.edu](mailto:benefits@mtu.edu) to let us know what your user name is.

### Create Account Information

Email Address: [ ]  
(email addresses are not shared)

Create Username: [ ]  
(8 - 15 characters, no spaces)

Create Password: [ ]  
(8 - 10 characters, no spaces)

Confirm Password: [ ]

Country: [ United States ]

Zip Code: [ ]  
(U. S. residents only)

Birthdate: [ ] [ ] [ ]  
Month Day Year

Gender:  Male  Female

Referred By Username: [ ]

How did you hear about SparkPeople? (optional)  
[ Click To Choose ... ]

Are You Pregnant or Breastfeeding?  Yes  No

So we know you are a real person and not a spammer, please enter the two words in the box below.

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Type the two words: [ ] [ ]

Use Facebook? Register with that account

You have the option to use your Facebook account to register and login for SparkPeople. Just click this button to start.

[Register with my Facebook account](#)

Free Daily SparkPeople Emails

- Best of SparkPeople Daily (Sample)
- Exercise Tip of the Day (Sample)
- Family Health and Wellness (Sample)
- Healthy Reflections (Sample)
- Recipe of the Day (Sample)
- Food Showdown (Sample)
- DailySpark Digest (Sample)
- Special Offers

[Select All](#) | [Remove All](#)

\* You can expect to receive one email per day for each checkbox above, except for Special Offers which sends rarely.

How Can This Be Free?

Read a note from our founder:

This site really is free - with no strings attached. Hundreds of thousands of people around the world use SparkPeople.com to lose weight and make healthy lifestyle

3. Choose your options.

MY TRACKERS HEALTHY LIFESTYLE HEALTH CONDITIONS COMMUNITY STORE

## Welcome to SparkPeople

 I'm SparkGuy, founder and CEO of SparkPeople. Along with our team of experts, I'd like to welcome you to the site! By registering for SparkPeople you now have full access to our powerful diet and fitness tools plus our Healthy Living Community, all for free!

We want you to get started right away, but we will first help you customize SparkPeople to your personal goals through our quick setup process.

First, tell us if you would like to use our weight loss program or our more general Healthy Living Program. Don't stress about which to choose, both programs provide full access to all of SparkPeople tools and community features. Plus you can always change your decision later. Click a button below to proceed.



**My goal is to lose weight and I'd like to follow a weight loss program.** 

**My goal is to live a healthy lifestyle without setting a weight loss goal.** 

4. Provide necessary information.

MY TRACKERS HEALTHY LIFESTYLE HEALTH CONDITIONS COMMUNITY STORE

Set Your Diet Goals:  
**Tell Us About Yourself**

STEP 1 About You | STEP 2 Preferences & Conditions | STEP 3 Fast Break Goals | STEP 4 Join SparkTeams

### Calculate BMI

To get started please tell us your current weight and height:

Current Weight:  pounds

Height:  feet  inches

### Set Your Weight Goal

Current Weight:  pounds

Target Weight:  pounds

By When:  Month  Day  Year

[Need Help?](#)  
[Enter Target Weight, Find Out How Long it Will Take](#)  
[Enter Future Date, Find Out How Much to Lose by Then](#)

5. Enter preferences.

The screenshot shows the 'Your Preferences & Conditions' page on the SparkPeople website. The page is part of a four-step process, with Step 2 being the current step. The main heading is 'Set Your Diet Goals: Your Preferences & Conditions'. Below this, there are three main sections: 'Mobile Program', 'Your Meal Plan Preferences', and 'Conditions/Interests You Have'. The 'Mobile Program' section asks if the user uses a smartphone/mobile device, with a dropdown menu set to 'No'. The 'Your Meal Plan Preferences' section contains nine checkboxes for various dietary restrictions: Vegetarian, No Red Meat, No Pork, No Chicken/Turkey, No Fish, No Eggs, No Tofu, Low Sodium, and Low Cholesterol. The 'Conditions/Interests You Have' section asks for further tools and information to help the user and their family, with checkboxes for: Allergies, Digestive Health / IBS, Chronic Pain (Back, Joints, Muscles), Anxiety & Stress, Emotional Health, Heart Health / Heart Disease, Asthma, GERD / Heartburn / Reflux, High Blood Pressure / Hypertension, Beauty / Appearance, Men's Health, and High Cholesterol. The page also features a search bar, a 'You Have SparkMail' notification, and navigation tabs for 'MY TRACKERS', 'HEALTHY LIFESTYLE', 'HEALTH CONDITIONS', 'COMMUNITY', and 'STOR'.

6. Set goals.

The screenshot shows the 'Set Your Fast Break Goals' page on the SparkPeople website. The page is part of a four-step process, with Step 3 being the current step. The main heading is 'Set Your Fast Break Goals (optional)'. Below this, there is a paragraph explaining that 'Fast Break' goals are a SparkPeople innovation and that users should choose one goal from each category. The page is divided into two columns: 'Nutrition' and 'Fitness'. Each column contains a list of goals with radio buttons and 'info' links. The 'Nutrition' column includes goals such as 'Give up one fast food meal each week', 'Eat a healthy breakfast', 'Eat 2 fruits or veggies each day', 'Eat 1 serving of whole grains each day', 'Don't snack mindlessly in the evening', 'Don't drink soda', 'Don't eat in front of the TV or computer', 'Pack your lunch 3 times each week', 'Drink eight 8-oz cups of water each day', 'Track calories eaten each day', 'Eat a piece of fresh produce each day', 'Look up nutrition facts before you dine out', 'Plan 2-3 healthy snacks each day', 'Make a new healthy recipe each week', and 'Measure your portions each time you eat'. The 'Fitness' column includes goals such as 'Exercise for 10 minutes each day', 'Do something active outdoors each day', 'Stretch for 5 minutes each day', 'Go for a walk each day', 'Track the calories you burn each day', 'Do some yard work or gardening each day', 'Do 15 minutes of exercise while watching TV', 'Squeeze a stress ball for a few minutes each day', 'Use a piece of fitness equipment each day', 'Take the stairs at every opportunity', 'Play an active video game each day', 'Walk the dog each day', 'Watch no more than 1 hour of TV each day', 'Go to the gym 3 times each week', and 'Try a new workout video or class'. The page also features a search bar, a 'You Have SparkMail' notification, and navigation tabs for 'MY TRACKERS', 'HEALTHY LIFESTYLE', 'HEALTH CONDITIONS', 'COMMUNITY', and 'STOR'.

## 7. Join teams.

Uncheck these teams unless you want to join them. Our team name is **Michigan Tech HuskyPAW**. See below for the final steps to join HuskyPAW.

MY TRACKERS HEALTHY LIFESTYLE HEALTH CONDITIONS COMMUNITY STORE

Set Your Diet Goals:

**Join SparkTeams** (optional)

STEP 1 About You STEP 2 Preferences & Conditions STEP 3 Fast Break Goals STEP 4 Join SparkTeams

SparkTeams are groups where members with common goals and interests offer motivation, encouragement and tips to one another. We believe that joining SparkTeams can increase your chances of success. Select each Team below that you want to join (optional). Remember that you can always join or leave SparkTeams at any time.

**Picked for You**  
Here are some SparkTeams that match the settings in your profile (uncheck Teams if you do not want to join):

- 20 somethings with 10-24 pounds to lose
- Michigan Team
- SP Class of March 13-19, 2011

**Popular Teams**  
Some of these may be a good fit for you:

- Outdoor People
- Shutterbugs
- 2011 Brides-To-Be
- The FIRM Believers!
- Spark Bookworms
- Starting Over: Weekly Mini-Challenge Team
- Official Healthy Cooking Challenge
- Managing Diabetes Group!
- Kids Health Team
- Fabulous, Fun, and Forty Something
- No Gyms Needed
- Taking Life Back!

**Your setup is now complete!**  
One final step you can take is to create your SparkPage (a personal homepage where you can share your progress with other members through pictures, blogs, and more). Our research shows that members with SparkPages get better results. You can always create and/or edit your SparkPage later if you prefer.

Keep SparkPeople in front of you. [click here to make our Websearch page your browser's homepage.](#)

Create your SparkPage/personal homepage Start your program

SPARKPEOPLE®  
Make Your Life An Adventure

MY TRACKERS HEALTHY LIFESTYLE HEALTH CONDITIONS COMMUNITY OUR OTHER SITES

Start my Nutrition my Fitness Other Goals SparkStreaks Reports Planner Mail SparkPoints How to Use the Site

**Start**  
Welcome ALLISON677!  
[Account/E-Mail Preferences](#)  
[Help/FAQs](#)

Improve Your Brain • new ways to help [Play Games >](#)

Memory Spatial Reasoning Focus Fluid Intelligence Reaction Time  
Attention Problem Solving Speed Stress Visual Perception

**my Trackers**

- Nutrition Tracker** Food Tracker & Meal Plans
- Fitness Tracker** Strength & Cardio
- Weight Tracker** & Measurements

**my Goals & Progress**

Calories Eaten: [Full Report](#)

0 700 1500 1850  
Eat between 1500 and 1850 calories per day [Change](#)

**Today's Features**

- Editor's Choice
- SparkPeople Insider
- dailySpark Blog
- Featured Recipe
- Health News

**5 Corned Beef Recipes for St. Patrick's Day**  
Looking for a new way to make this traditional St. Patrick's Day meal? We've rounded up a variety of delicious corned beef recipes for you to try this holiday. [Read Complete Story](#)  
[More daily Spark Entries](#)

**my Personalized Programs**

- [Getting Started Guide](#)
- [Spark Diet - You are in Stage 1](#)

**my Community**

**Jump to a SparkTeam:**

- [Join A SparkTeam](#)

**Community Links**

- [Create Profile/SparkPage](#)
- [Introduce Yourself on the Message Boards](#)
- [Scared to post? Get support here!](#)
- [Main Message Board Page](#)

SparkPeople has the most supportive and motivational online community. Research has proven that members who join the community get even better results!

Click here and follow the prompts to join HuskyPAW

[http://www.sparkpeople.com/myspark/groups\\_individual.asp?gid=27471&gcode=J53QJWQKT1](http://www.sparkpeople.com/myspark/groups_individual.asp?gid=27471&gcode=J53QJWQKT1)