



# YOUR SCHOOL DISTRICT

## Welcome

Home

**myNUTRATEK**  
Track your nutrition, fitness & weight

Login/Register

*Catch us on the Web at [www.mynutratek.com](http://www.mynutratek.com)!*

**myNutratek™** allows students, parents, faculty, and the local community to monitor and enhance actual wellness behavior compliant to USDA, CDC, AMA and Obama Care recommendations. Our interactive and engaging program turns the school dining room and home kitchen into a classroom and enables the recording of nutritional consumption, physical activity, sleeping habits and much more.

**myHealth**  
Tools for living a healthy lifestyle!  
Click Here

View your School District Info!  
Click Here

**myDistrict**

Test Your Knowledge!  
Click Here

**myQuizzes**

Interactive Games for Nutrition and Fitness!  
Click Here

**myPlayground**

View Your Reports Here

**myData**

Choose **MyPlate** gov

Tel.: (810) 494-0100. | eMail: [info@mynutratek.com](mailto:info@mynutratek.com)



# Portal Features

*A Robust Suite Tools for Our Public School System*

## **myNutrition**

- Interactive School Cafeteria

## **myFit**

- Activity Journal
- Sleep Journal

## **myWeight**

- BMI Journal
- Calorie Needs Calculator

## **myReports**

- Activity
- Calories Burned
- BMI
- Sleep
- Nutrition Breakdown
- Site Usage

## **Info 411**

- Nutrition Articles
- Fitness Articles
- Online Cookbooks

## **myResources**

- mySchool
  - School/District Content
- myCommunity
  - Online Forum

## **myGames**

- Series of Interactive Games
  - Custom Branding Opportunities

## **Student Utilization Report Card**

- Mini Utilization Report That Earns Students Extra Credit



myNutratek™ Pyramid

## **Coming Soon**

- **Total Meal Diary**
  - Records All Meals & Snacks
  - Pantry Contains 65,000 Food Items
  - 7,000 Restaurants
  - 700 Grocery Store Chains
- **myDental**