

Patricia Wehrli

HWS 298

Professor Brian Sathers

## Trouble shooting MyPyramid.gov

MyPyramid.gov is a nutrition tracking system used by Professor Sather's in many of his Health and Wellness classes for Eastern Oregon University. This paper will discuss some of the general problems that can come up while using MyPyramid.gov as well as solutions to overcome them.

One of the most annoying issues with this simple site is revising previous entries and or adding entries from a previous date. To rectify this you must do so at the beginning.

First you log in (you must have a membership)

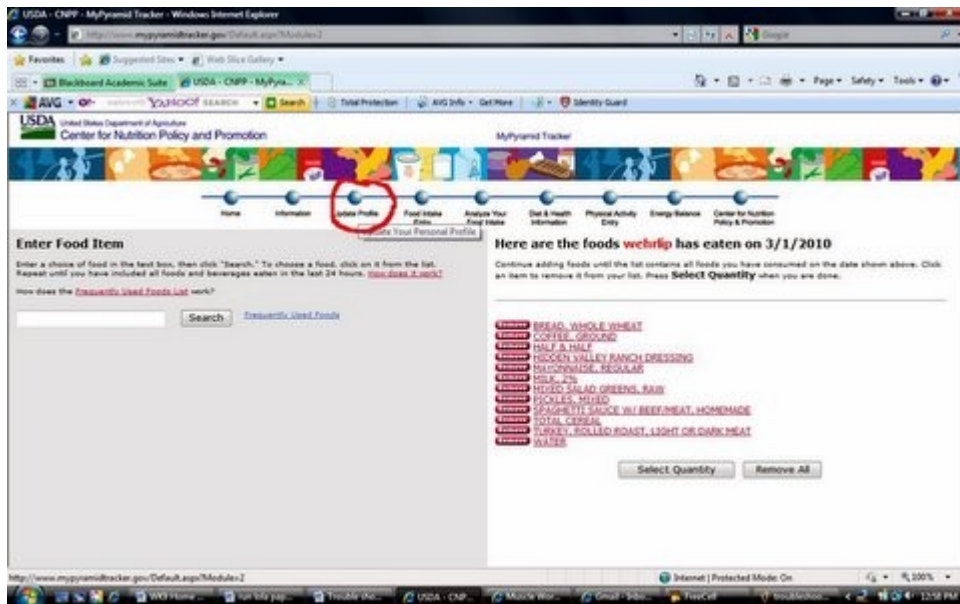


Then if you want to add foods from a previous date you need to change the date on your profile page:

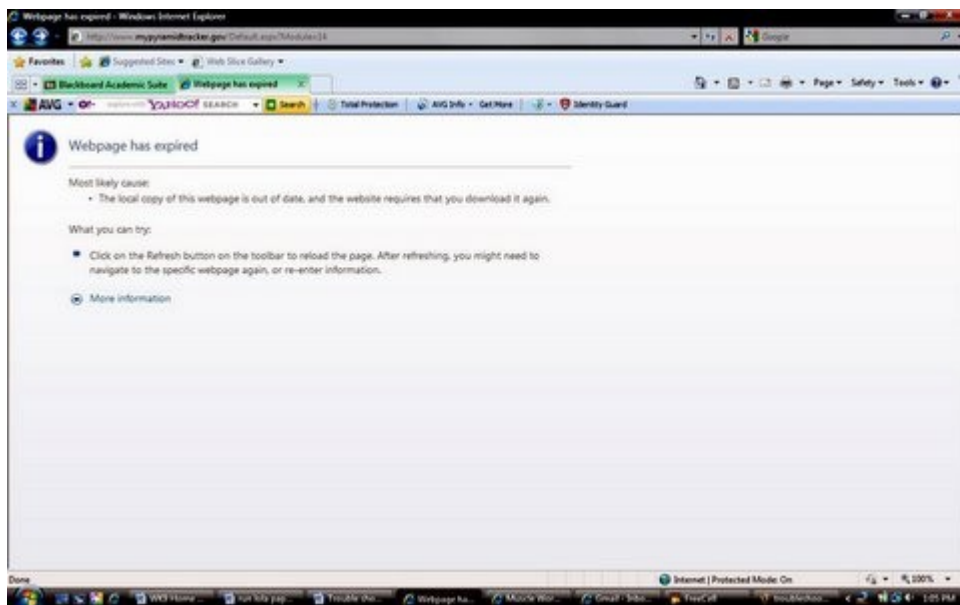


You then click Proceed to food intake at the bottom of highlighted box

Once you complete your foods added for the date to add foods for a different date you must use the tool bar at the top of the webpage to get back to your profile so you can change the date:



If you use your web browser's back button you will receive an error:





If you receive this error the only thing you can do is go to the “Update Profile” button on the top tool bar and reselect “proceed to food intake” usually you do not have to re add the food items over again, but occasionally you do. I do not know why this happens.

Lastly if you have a problem other than the ones mentioned here the site does have a decent Frequently Asked Questions page. To find this page you need to go to the top tool bar and click the information link which will take you to a page that looks like this:



The Frequently Asked Question Page is the second from the top under the General Information for MyPyramid Tracker.

Over all this program can be a little frustrating and difficult to manage.

Allow about 20 minutes per day to navigate through it at first. Once you've mastered the site less time will be necessary.