

Teen / PreTeen – Weigh2Rock Quick Start Guide

Welcome to Weigh2Rock!!! Congratulations on your decision to lose weight. That's a big step! Weigh2Rock is here to assist you and your provider with your weight loss program.

How to Get Started:

How To Register:

1. Go to www.weigh2rock.com and click on the eCare icon (picture) on the lower row of icons.



2. You should now be in the **eCare and Weigh-In Area**. Click on **SIGN UP FOR YOUR OWN WEIGHT CHART**



3. Click on your group name (clinic or program). Then click on your provider or mentor's name.

WEIGHT CHART SIGN UP

To set up your free chart, please fill in the information below, and then click on the sign up button. Your personal information will be sent by secure transmission and will be kept strictly confidential. Please ask your parents' permission before you register.

If your provider (doctor, dietitian, nurse, PE teacher, personal trainer), has agreed to check your chart on this site, please select your group name and your Provider's name. Please leave Provider as "None" if no one has agreed to check your chart:

Group:	<input type="text" value="Bear Valley"/>	Provider:	<input type="text" value="None"/>
First Name:	<input type="text" value="None"/>	Last Name:	<input type="text" value="Winkler"/>
Recommend:	<ul style="list-style-type: none"> Alpenglow Bear Valley Bowman Campbell Chester Valley Chugiak College Gate Creekside Fairview Gladys Wnnd 	Username:	<input type="text" value=""/>
Password:	<input type="password" value=""/>	Confirm Password:	<input type="password" value=""/>
You:	<input type="text" value=""/>	Email:	<input type="text" value="henry10044@hotmail.com"/>

4. Type your first and last name in the boxes. Your Login Name will be your first initial and lastname, like "nmoss" if your name is Nathan Moss, but you may change it. Chose a password, write it down, and your Login Name. Select your birthdate and type your height. Chose a weight goal, and the number of pounds per week you plan to lose. Then click on

the button at the bottom to sign up:

CLICK TO SIGN UP FOR WEIGHT CHART

How To Submit Your Weight

1. Go back to the eCare Area. Click on [ADD RESULTS TO YOUR WEIGHT CHART](#)



2. The login page will appear as shown below. Type the Login Name you selected when you signed up for a weight chart and your Password.

Teens and PreTeens
Login Area

(example: rsmith)

Login Name:

Password:

Remember login name on this computer

3. Click on "Login". The Weight Chart Area Page will appear, with your name in blue:

WEIGHT CHART AREA

Hello Nathan!

Enter your results for: Wed Mar 14 01:55 2007

Enter Your Weight for Today: pounds

Pedometer Steps: (Reset your pedometer after sending.)

Your Comments:

Check the box at left if you would like your results for today to be posted on the [Weigh-In Page](#), where everyone can see how everyone else is doing.

- Type your weight in the “Weight for Today” box.
- If you are using a pedometer, type your pedometer reading in the “Pedometer Steps” box, like "10345". Note: whenever you weigh-in, be sure to reset your pedometer to “0” by pushing the little “Reset” button.
- Next, type some brief comments, if you wish, such as how you are doing with your weight loss or any questions you may have.

Optional: If you like, you may check the little box at the lower left to have your results for today be posted on the Weigh-In Results Page, so that others on the site can see how everyone is doing.

- Click "PUT ON CHART". Your weight chart will then come up, and your latest weight will be at the top, as shown:

[Technical Help](#) **Logged in as nmoss** [LOG OUT](#)


My Happiness Scale
My Healthy Weight Interest

Nathan Moss WEIGHT DATA

Weight Graph Change Info Weigh-In Page My eRoom eCare Area

(Note: This is a copy of your report at your last weight posting on 12/23/05).

Hi Nathan! Since starting your weight chart, 1/28/05 (47 weeks and 0 days ago), you have gained **20.6 lb**. Your weight today is **29.0 lb** away from your goal weight of **141.0 lb**. If you lose at your chosen rate of **0.25 lb** per week, you will reach your goal weight in **116 weeks**.

Since your last posting, 9/11/05 (103 days ago), you have gained **15.0 lb**. Therefore, you are losing slower than your chosen rate of **0.25 lb** per week, because you have gained weight since your last posting.

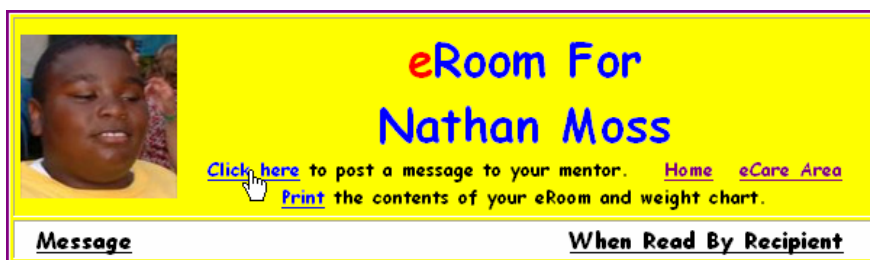
Your **BMI is 25.8**. The healthy weight range for your height, age, and sex is **115 to 162 pounds** according to [health experts](#). You are **8.1 lb** above your healthy weight range.

Date	Weight (lb)	Comments
12/23/05	170.0 e	first test after new ocx deployment
9/11/05	155.0	
7/17/05	156.0	seeems ok. Pedometer: 48 steps per day.
5/6/05	150.0 e	

Reading Your eChart

- To display a graph of your past weights and today’s weight Click on Weight Graph at the top of your weight chart.

- Click on the My eRoom button at the top of your results page. Your eRoom is where you and your provider/mentor will post messages. At the top of your eRoom page click on [Click here](#) to post a message to your provider/mentor.”, as shown:



3. The Secure Communication Area will appear as below. Type a message to your provider/mentor and click "SUBMIT". The message will then appear in your eRoom, where your provider/mentor can read it and respond to you.

Secure Communication Area

Hello Nathan

Here you can post a secure communication to your healthcare mentor. This will appear in your eRoom where your mentor will be able to view it and respond. You can keep typing even when the box looks full.

Send To: Nicole Dessel, RN

Your message:

hey ms desSEL. whats up??? im doing good.
 nathan |



4. Each time you want to weigh-in, see your results, check your eRoom, or send a message to your provider/mentor, just click on where you want to go (picture) in the eCare Area.

Other Cool Stuff

Look around the website. Feel free to join the club and use the bulletin boards and chatrooms. The other kids on the site would love to meet you. They will help you with your weight loss and have loads of great tips. Remember: Please read the bulletin board and chatroom rules and cautions by clicking on the link at the top. Do not give out your personal information.

Congratulations on becoming a Weigh2Rock kid!