

Welcome to

Your Personal Nutrition Tracking System!

Steps to access Nutrition Tracker:

1. Be a current member of USA Swimming.
2. Create a website account.
3. Link your account to your membership info.

To create an account and link it to your membership:

1. Go to www.usaswimming.org
2. Click "Sign-in" in the upper right-hand corner of usaswimming.org
3. Click "Create an Account"
4. Complete all fields, then click "Create Account"
5. The next screen is titled "Link to Your USA Swimming Membership"
6. Complete all fields, then click "Search for Membership"
7. Membership Search Results will display.
8. Click "This is Me" in the far right column next to your name and info. Do not click "This is Me" if this is not you!
9. Your account is now linked. Click on any red tab above to go to that section of the website. You will now be able to access Nutrition Tracker.

To link an already existing account to your membership:

1. Click "Sign-in" in the upper right-hand corner of usaswimming.org
2. Complete all fields and click the "Login" button
3. You are now signed on and the main page will display again.
4. Click "Your Account" in the uppermost menu bar.
5. Your account information will display, followed by a section called "USA Swimming Membership Info." Read the statement that follows, and click "Click Here."
6. The next screen is titled "Link to Your USA Swimming Membership"
7. Complete all fields, then click "Search for Membership"
8. Membership Search Results will display.
9. Click "This is Me" in the far right column next to your name and info. Do not click "This is Me" if this is not you!
10. Your account is now linked. Click on any red tab above to go to that section of the website. You will now be able to access Nutrition Tracker.

****Remember: You only have to create and link your account one time, but you must Sign In each time you want to use Nutrition Tracker.****

A Note About Food Items and Recipes in Nutrition Tracker:

When you search for a food item, keep in mind that the food items options come directly from the US Department of Agriculture's database, which is maintained by the USDA. You do have the ability to add food items and recipes for your own use ("My Food Items" and "My Recipes" from the main menu) if you find that there are ones you use often but are not included in the USDA's database. This is recommended for items such as vitamin supplements. You can also "Request a New Food Item" from the link on the food item search page. If you do not find the exact item you are looking for, it may be appropriate to select the one which most closely resembles it (different flavor, different brand, etc). The degree of error this type of estimate makes in the overall analysis will be small.