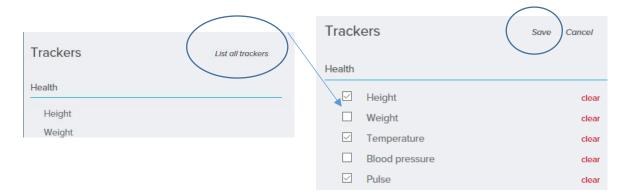# Getting Started - Trackers

You can track a wide range of items. By default you see all the available trackers displayed. You can add/remove which trackers you want displayed at any time by clicking on **List all trackers** and then checking those you want to see and uncheck those you don't want to use and **save** your selection. Some subscriptions limit the number of trackers you can select. You can change your selection at any time.
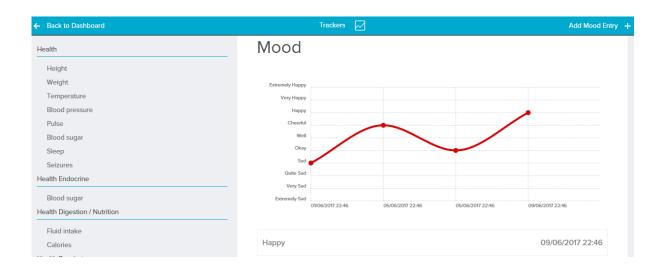
Enter a Reading

From the trackers listed on the left, click on the tracker you want to enter information for. Click on **Add New**, and add the information. Once you have added your first reading the details are displayed in the main area. If you have added more than one reading some trackers display as a graph. Continue to add readings as needed. The **units displayed** can be set from *My Account/Account Settings/ Preferences* where you can choose metric or imperial. You can also add a note to each reading to give more explanation if needed.

Edit a Reading

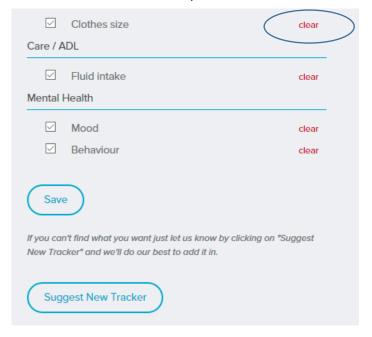Click on the reading then select the edit option.

Delete a Reading

The delete option is available from the edit page.

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Clear all data from a tracker

Click on **List all trackers** and select Clear for the chosen tracker. This removes **all** the entries you have made from the selected tracker, they can't then be retrieved.

Suggest a new Tracker

From the Show all Trackers area click on Suggest New Tracker, which is at the end of the list of trackers, and send us your suggestions.

Download a picture of a graph

Click on the menu item within the graph and select how you want to download an image.