

FITNESS TRACKING

DISCOVER HOW TO IMPROVE YOUR HEALTH WITH FITNESS TRACKING TECHNOLOGY TODAY

Your Fitness Tracking Cheat Sheet

Fitness tracking has quickly become very popular and is something more and more people are getting involved in. It's increasingly common to see people pass you in the street sporting a Fitbit or a Jawbone UP and as a result, we're all able to learn more about our health and our habits.

But the potential for fitness tracking goes well beyond counting steps and accessorizing your fashion. If you've read the full book, then you'll already know that this is a precise tool that you can use to **guarantee** weight loss and truly improve your health.

This sheet is your quick guide to how you can do this. Refer back here for hints and tips and to keep yourself on track when tracking!

How to Track Your Fitness

The following devices are popular for mainstream fitness tracking and will provide step counting, calorie counting, sleep monitoring and heart rate monitoring (in most cases), depending on the model you buy:

- Fitbits
- Jawbone UP
- Microsoft Band
- Garmin VivoFit
- TomTom Spark
- Apple Watch
- Samsung Galaxy Gear Fit

These are your 'basic' fitness trackers. If you want to get more advanced/niche, then there are a number of lesser known trackers that do some interesting things.

- Moov Now – For coaching right in your ear
- NeuroSky – For monitoring your brain's electrical impulses
- Atlas – For measuring precise exercises and counting reps and sets
- Skulpt – For monitoring 'muscle quality'

- Healbe GoBe – Controversial tool for measuring caloric intake
- GymWatch – For monitoring your exertion during training
- Polar – For pure heartrate monitoring

These apps can also be helpful:

- MyFitnessPal – For calorie tracking
- Endomondo – For run tracking
- MyRunKeeper –Also for running
- Microsoft Health
- S Health

You can also use some more old fashioned techniques:

- Writing down your workouts and diet
- Weighing yourself
- Measuring your pulse with a finger
- Measuring your waist
- Measuring your muscle diameters
- Testing grip strength
- Monitoring your one rep maximum

How to Use Fitness Tracking

Some of the above will apply to you, some of it won't. Be logically about the data you collect and don't drown yourself in it to begin with: start off simple and build up over time.

Once you have the data, you can then use it in the following ways:

For Diet

To improve your diet, you need to work out how many calories you burn in a day. You can do this by calculating your AMR and BMR:

Men:

BMR = 66 + (6.23 x weight in pounds) + (12.7 x height in inches) – (6.8 x age in years)

Women:

BMR = 655 + (4.35 x weight in pounds) + (4.7 x height in inches) – (4.7 x age in years)

To turn this into your AMR, you then multiply that amount by:

- 1.2 if you're sedentary (little or no exercise)
- 1.375 if you're lightly active (you exercise 1-3 times a week)
- 1.55 if you're moderately active (you exercise or work about average)
- 1.725 if you're very active (you train hard for 6-7 days a week)
- 1.9 if you're highly active (you're a physical laborer or a professional athlete)

For Fitness

Use your heartrate monitor to stay within the fat burning zone. Depending on who you ask, this will be either 70% or 90%. The best choice? HIIT – but check with your physician before going too intense.

For Running

Use trackers to more logically increase the challenge for your runs. Increase the distance over time, as well as your average pace and your splits etc.