

FITNESS TRACKING

DISCOVER HOW TO IMPROVE YOUR HEALTH WITH FITNESS TRACKING TECHNOLOGY TODAY

Your Fitness Tracking Resource Sheet

Fitness tracking is the perfect marriage of health, fitness and technology. For years we've been complaining that our technology has been making us more sedentary but now all that is changing – now we can rely on our devices to actively *encourage* us to get up and move.

If you're looking to find some of that wonderful technology, then you've come to the right place. This resource sheet is your one-stop shop for fitness tracking apps, hardware and information.

The Gadgets

Fitbit

Fitbit.com

Fitbit is one of the longest running fitness trackers and has a great app and a great community. It tracks heartrate, steps, calories, sleep and more depending on the model you choose.

TomTom Spark

http://www.wareable.com/sport/tomtom-spark-review

The TomTom Spark is a great device with one of the best in-built GPS options out there as well as the unique option to store music on the device. We couldn't track down the official site but here's a review with more information.

Microsoft Band 2

Microsoft.com/Microsoft-Band

The Microsoft Band 2 is one of the most fully-functional bands on the market with 11 different sensors and productivity features. The only drawback is some find it uncomfortable.

Jawbone UP3

jawbone.com

The Jawbone UP3 is quite different from a lot of the competition on the market. Not only does it lack a screen which makes it significantly more svelt but it also uses bioimpedance instead of an infrared heartrate monitor.

Atlas

Atlaswearables.com

The Atlas is quite different from the other options on this list. Most significantly, that's because it can track all of your movements and even things like sit ups and deadlifts. It looks a bit cumbersome but makes up for it in functionality.

Websites

Bodyspace

bodybuilding.com

Bodyspace is a massive online fitness social network. Despite being owned by bodybuilding.com, it's not only aimed at bodybuilders but anyone looking to lose weight, build muscle or generally improve their fitness. You can use this as a great tool for tracking your progress, but also for getting feedback and discussing fitness with other fanatics.

BraingHQ

brainhq.com

BrainHQ is an example of a tool that uses health tracking for your mind rather than your body. It contains a number of online games that have been designed by researchers to help you sharpen your memory.

Luminosity

luminosity.com

Luminosity is another tool like BrainHQ. While the games aren't quite as reliable in terms of effectiveness, the tracking and social elements are far superior.

The Four Hour Blog

fourhourworkweek.com/blog

This is the blog of author Tim Ferriss who wrote *The Four Hour Body*. Tim was one of the trailblazers who made fitness tracking as popular as it is today and he has a ton of interesting tips and ideas for those who are interested in taking this further.

MyFitnessPal

myfitnesspal.com

MyFitnessPal is an app and a website. This is super useful for tracking your calories and it makes staying on top of what you've eaten considerably easier.

This is just scratching the surface though. Do some research and read through these resources and you'll find even more!