Your simple fitness tracker

Cheap measures you can repeat a few times a year. Pick one or two you like and watch the direction. No single number is the point.

MEASURE, THEN REPEAT

Measure	How to take it	Date 1	Date 2	Date 3
Resting heart rate	On waking, before getting up			
Blood pressure	Seated, after five quiet minutes			
Heart rate recovery	Drop in the first minute after a hard effort			
Grip	Dynamometer or a timed hang			
Up from the floor	Sit down and stand up, noting any hand support			
Stair climb	Time for the same flights each time			
Easy minutes a week	Can talk in full sentences			
Harder minutes a week	A little short of breath			
Hardest minutes a week	Very short of breath			

QUESTIONS TO ASK

- [ ] Is it safe for me to do hard efforts?
- [ ] Which of these matter most for someone like me?
- [ ] What change would you want to see in six months?

Sources: Mandsager 2018, JAMA Network Open. Moore 2012, PLOS Medicine.

Educational only. Not medical advice, and not a diagnosis. Take this to your own clinician. vitalsvault.com