

Monitoring Your Health and Fitness Progress

Tracking Food and Counting Calories

- Keep a daily record in a journal or with a voice recorder or an app. If you like tracking things on paper, write in a notebook with dark lines using a bold felt-tipped pen, or use a braille writing device. Or keep notes in a digital voice recorder or a recording app on your tablet or smartphone. Check out apps like Lose It and My Fitness Pal, which help you track what you eat and the calories and nutrients you consume. (See more information about fitness apps below.)
- A handheld or video magnifier may help you read nutritional information. The print on food packages that shows serving size and calories is typically small. Look for apps like Seeing AI that read nutritional information out loud.
- Use a talking or large-display kitchen scale. Choose a kitchen scale that measures weight based on a variety of modes, such as grams, ounces, and pounds, so you don't have to calculate weight conversions. Find a scale that has a "tare" or "zero" function so you can automatically subtract the weight of the container.

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Tracking Your Progress Toward Goals

- Use a talking or large-display body scale. Some scales calculate current body mass index (BMI), along with body water, muscle, fat, and bone mass percentages.
- A large-number or braille tape measure is helpful when you want to lose inches from your waist or add them to your biceps.
- How tight or loose your clothes fit is a simple but handy way to track your size.

Monitoring Your Activity

- A talking pedometer or a pedometer app makes it easy to track and reach daily steps goal.
- A talking watch or the timer app on your smartphone is handy if your goal is to be active for a certain length of time each day.
- Make a voice recording or a written note of how you feel before, during, and after your activity. This is a great way to remind yourself how a good workout affects your mood.
- Connect with friends and family and share your progress. This helps you hold yourself accountable, and you can motivate each other.

Tracking It All with Technology

- A health and fitness tracking app is a handy way to track input, activities, and progress. Some apps include

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chat groups and more. Lose It and My Fitness Pal are two popular options; search the app store for one that fits your needs. If you try free versions first, you can test accessibility features like speech output and magnification.

- A smart watch or fitness tracker can be used on its own or paired with an app to keep track of heart rate, pulse, calories burned, the amount of time you're active, distance traveled, and even sleep patterns. Speech output is available on some devices, or you can check the related website or app.
- When shopping for a smartwatch or fitness tracker, find out if the display settings can be changed to meet your vision needs. If you're pairing the device with an app, ask the salesperson to show you how the device and the app communicate.

Monitoring Heart Rate and Intensity

- To check your heart rate manually, count your pulse for 30 seconds, and then multiply that number by two. Use a watch or a clock with a large readout, or set a timer on your smart phone. Simple blood pressure apps are available for smartphones, too.
- A heart rate monitor can provide immediate feedback about your pulse before, during, and after exercise. Some monitors use a chest strap, and some connect wirelessly to your smartphone or smartwatch. Some

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fitness trackers worn on the wrist include heart rate monitors. Look for one with a display size that's right for you.

- The “Talk Test” is a simple way to measure the intensity of your activity. If you're walking with a friend and can tell a long story as if you were sitting in your living room, your intensity is light. If your friend asks you a question and you have a hard time answering, your intensity is high.
- The Rating of Perceived Exertion (RPE) is another way to estimate activity. Measure your effort on a scale of six to twenty, and multiply that number by ten to get an estimated heart rate. Or simply use a scale of one to ten. You can find more about RPE online.

Tracking Other Health Results

If your health care provider recommends monitoring blood glucose or blood pressure, here are some tips.

- Use a talking blood glucose monitor. Ask your healthcare team for training on how to operate the device.
- Consider a continuous glucose monitor (CGM) that steadily measures the blood sugar level. Ask your doctor about an accessible CGM so you can see changes as they occur.
- Track your blood pressure with a talking or large-readout monitor, or a device that works with a smartphone, smart watch, or wearable fitness tracker.