

# SELF-MONITORING TOOLS

## WHAT ARE SELF-MONITORING TOOLS?

Self-monitoring tools are methods or devices you use to track your health, nutrition, and lifestyle habits. They can be manual, like a paper food journal, or digital, like smartphone apps and wearable devices.

## WHAT CAN THEY HELP WITH

### Awareness of habits

Seeing what you eat, how much, and when helps identify patterns and triggers.

### Goal tracking

Helps monitor progress toward weight, fitness, hydration, or nutrition goals.

### Accountability

Logging meals, snacks, and workouts keeps you honest with yourself.

### Identifying nutrient gaps

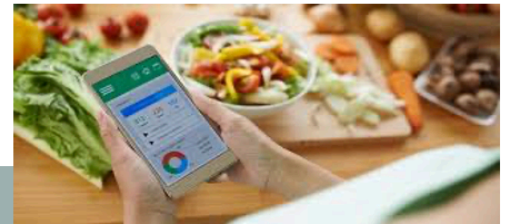
You can see if you're getting enough protein, fiber, vitamins, and minerals.

### Behaviour change support

Tracking can help create new habits, like eating more vegetables, drinking water, or exercising regularly.

### Motivation

Seeing progress—like improved energy, weight, or fitness performance—can boost motivation.



## TYPES OF TOOLS

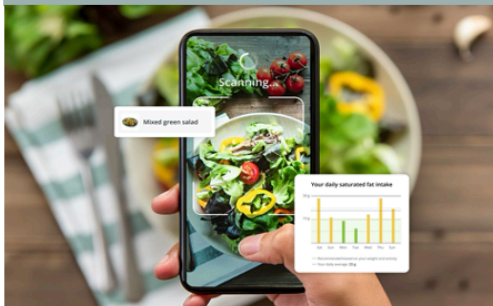
**Food logs / journals:** Paper or digital record of meals, snacks, and beverages.

**Nutrition & fitness apps:** Track calories, macros, water, exercise, and sleep.

**Wearables / smart devices:** Monitor steps, heart rate, sleep and activity.

**Photos & measurements:** Weekly progress pictures, waist/weight tracking.

**Habit trackers:** Checklists for behaviours like hydration, exercise, or meal prep.



## “What gets measured, gets improved.”

## WHAT TO BE CAREFUL

## TIPS FOR SUCCESS

**Start simple:** Pick one tool and begin.

**Be consistent:** Track daily, even if not perfect. Focus on patterns: Look at trends, not individual entries.

**Reflect & adjust:** Note how you feel and tweak as needed.

**Celebrate wins:** Reward progress, however small.

**Perfectionism:** -Tracking isn't about being perfect. Missing a meal or snack is normal—focus on patterns, not every single entry.

**Obsessive behavior:** -Constantly checking numbers (calories, steps, macros) can create stress or anxiety. Keep it a helpful tool, not a source of pressure.

**Accuracy issues:** Apps and devices rely on correct input. Misreporting portions or skipping entries can give misleading results.

**Privacy concerns:** Some apps collect personal data. Check privacy settings before storing sensitive information.

**Mental health impact:** If tracking leads to guilt, shame, or stress around food, it may be better to simplify or take breaks from tracking.