



TRACKING IT

USING TECHNOLOGY TO IMPROVE YOUR LIFE
EAT SLEEP MOVE YOUR BEST

BE HEALTHY BE MOVED

*"IF YOU CAN'T
MEASURE IT, YOU
CAN'T IMPROVE
IT."*

MAKE CHANGES COUNT



ACTIVITY SLEEP DIET

CHANGES IN
LIFESTYLE
FACTORS LEAD TO
REDUCED RISK OF
ALL CANCERS

MAKE CHANGES COUNT



**YOU GOT TO
MOVE IT OR
LOSE IT**

*YOU NEED 30
MINUTES OF
DAILY ACTIVITY*

MAKE CHANGES COUNT





TRACK MOVEMENT
OF ALL KINDS
AND MONITOR
PROGRESS



STAY MOTIVATED
TO REACH YOUR
GOALS



SHARE AND
CHALLENGE
OTHERS
FRIENDLY
COMPETITION



FREE WORKOUT
TRAINER AND TIPS



SLEEP

LAUGH AND THE
WORLD LAUGHS
WITH YOU, SNORE
AND YOU SLEEP
ALONE.

MAKE CHANGES COUNT





According to the Centers for Disease Control and Prevention (CDC), 1 in 3 adults do not get their recommended hours of sleep each night.

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AMERICAN ACADEMY OF SLEEP MEDICINE AND
SLEEP RESEARCH SOCIETY RECOMMEND THAT
ADULTS SHOULD SLEEP FOR AT LEAST 7 HOURS
PER NIGHT REGULARLY.

WHAT HAPPENS WHEN YOU DON'T GET ENOUGH REST?

MEMORY ISSUES

MOOD CHANGES

WEAKENED IMMUNITY

RISK FOR DIABETES

TROUBLE CONCENTRATING

ACCIDENTS

WEIGHT GAIN

BLOOD PRESSURE

HEART DISEASE

POOR BALANCE

memory issues

During sleep, your brain forms connections that help you process and remember new information. A lack of sleep can negatively impact both short- and long-term memory.

mood changes

Sleep deprivation can make you moody, emotional, and quick-tempered. Chronic sleep deprivation can affect your mood and lead to anxiety or depression, which may escalate.

weakened immunity

Too little sleep weakens your immune system's defenses against viruses like those that cause the common cold and flu. You're more likely to get sick when you're exposed to these germs.

risk for diabetes

A lack of sleep affects your body's release of insulin, a blood sugar-lowering hormone. People who don't get enough sleep have higher blood sugar levels and an increased risk for type 2 diabetes.

low sex drive

People who don't get enough sleep often have a lower libido. In men, this decreased sex drive may be due to a drop in testosterone levels.

trouble with thinking and concentration

Your concentration, creativity, and problem-solving skills aren't up to par when you don't get enough rest.

accidents

Being drowsy during the day can increase your risk for car accidents and injuries from other causes.

high blood pressure

If you sleep less than five hours a night, your risk for high blood pressure increases.

weight gain

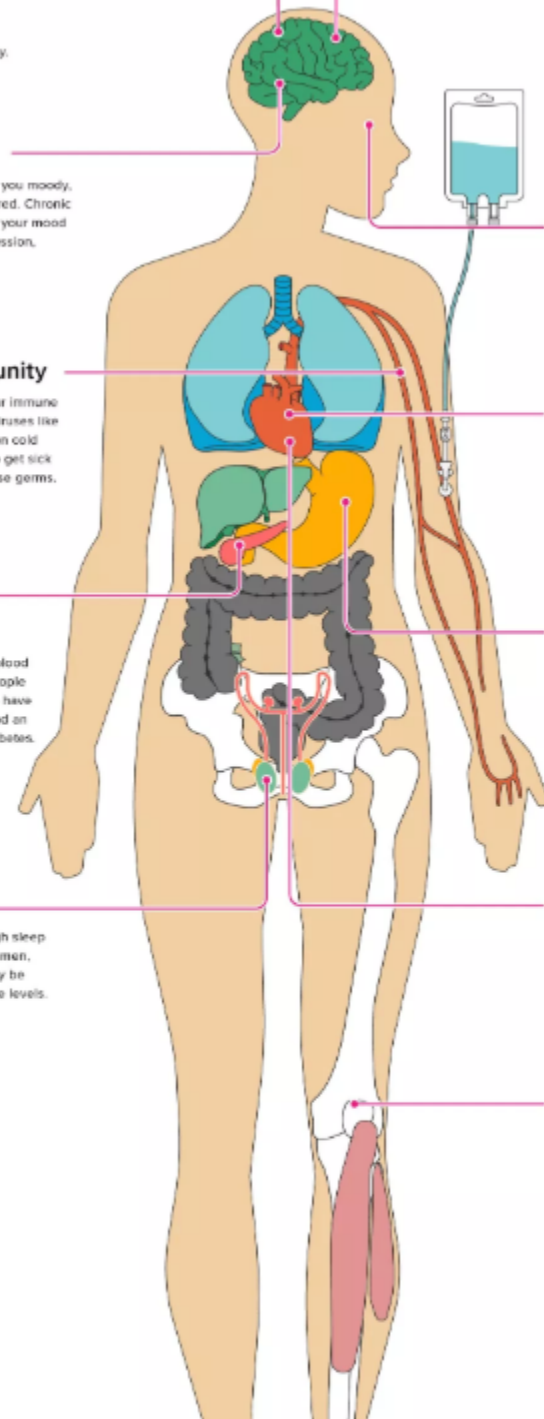
With sleep deprivation, the chemicals that signal to your brain that you are full are off balance. As a result, you're more likely to overindulge even when you've had enough to eat.

risk of heart disease

Sleep deprivation may lead to increased blood pressure and higher levels of chemicals linked to inflammation, both of which play roles in heart disease.

poor balance

Lack of sleep can affect your balance and coordination, making you more prone to falls and other physical accidents.





FITBIT ONE



JAWBONE UP

SLEEP AS ANDROID



SLEEP CYCLE
SLEEP BOT



DIET

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MAKE CHANGES COUNT



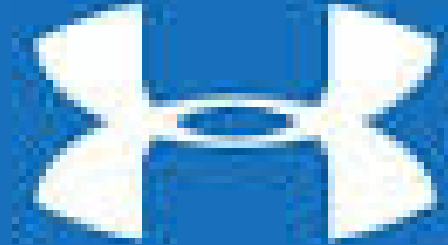
MY FITNESS PAL

PROS:

LARGEST DATABASE & INCLUDES
MANY RESTAURANT FOODS.
DOWNLOAD RECIPES FROM THE
INTERNET AND CALCULATE THE
CALORIE CONTENT OF EACH SERVING.
YOU CAN "QUICK ADD" CALORIES IF
YOU DON'T HAVE THE TIME TO ADD
DETAILS ABOUT A CERTAIN MEAL.

CONS:

USER INPUT ERROR POSSIBLE
MULTIPLE ENTRIES MAY EXIST FOR
THE SAME PRODUCT.
SERVING SIZES IN THE DATABASE MAY
BE HARD TO EDIT



LOSE IT

PROS:

DATABASE COMPLETE WITH POPULAR RESTAURANTS, GROCERY STORES AND BRAND-NAME FOODS,

THE APP LETS YOU SET REMINDERS TO LOG YOUR MEALS AND SNACKS.

CONS:

IT'S HARD TO LOG HOME-COOKED MEALS OR CALCULATE THEIR NUTRITIONAL VALUE.

THE APP CAN BE TRICKY TO NAVIGATE.

LOSE IT! DOESN'T TRACK MICRONUTRIENTS.



FAT SECRET

PROS:

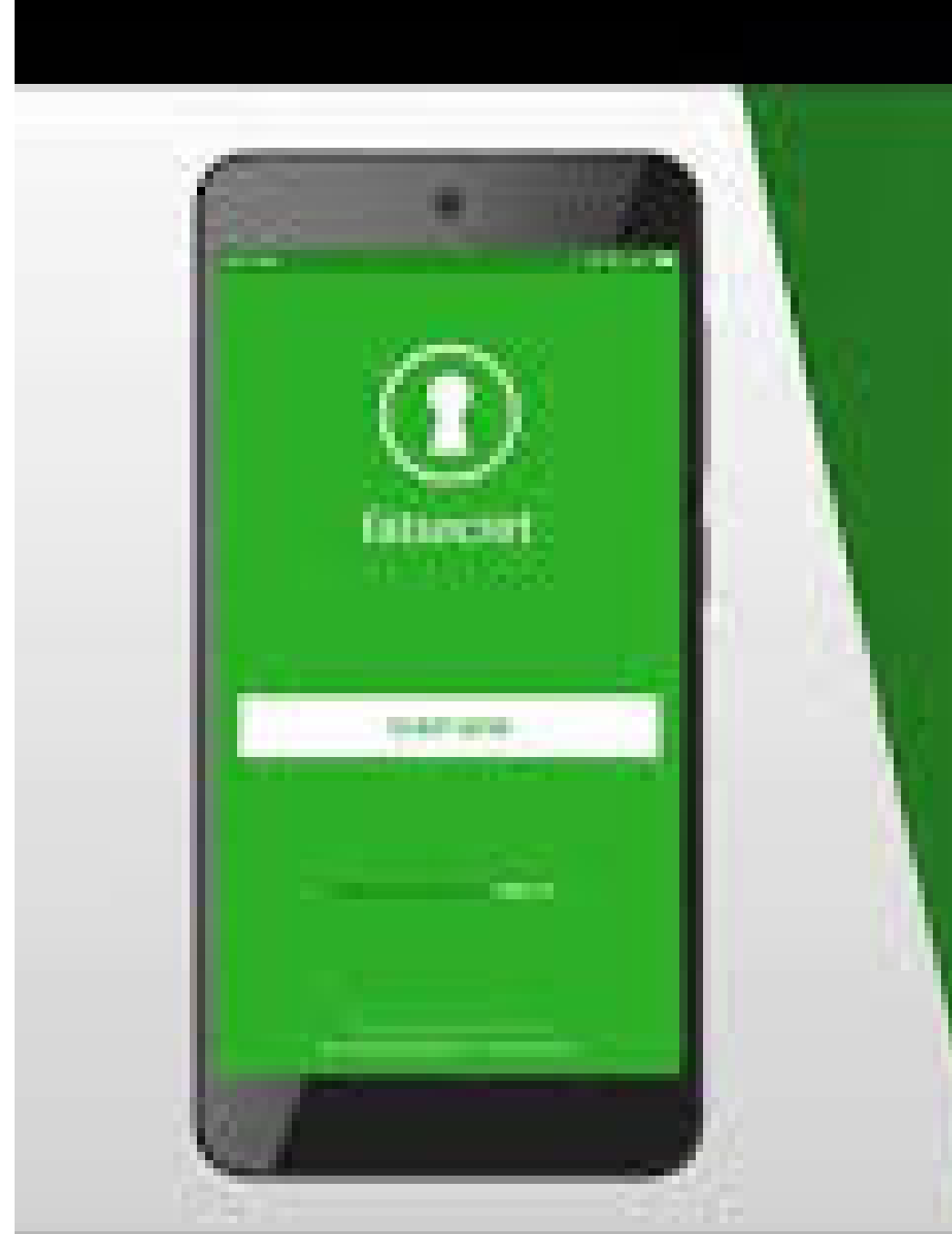
DATABASE IS COMPREHENSIVE,
INCLUDING MANY SUPERMARKET AND
RESTAURANT FOODS.

FOODS SUBMITTED BY OTHER USERS
ARE HIGHLIGHTED SO THAT USERS
CAN VERIFY IF THE INFORMATION IS
ACCURATE.

FATSECRET CAN PRESENT NET CARBS,
WHICH MAY COME IN HANDY FOR
LOW-CARB DIETERS.

CONS:

THE INTERFACE IS RATHER
CLUTTERED AND CONFUSING.



FAT SECRET

PROS:

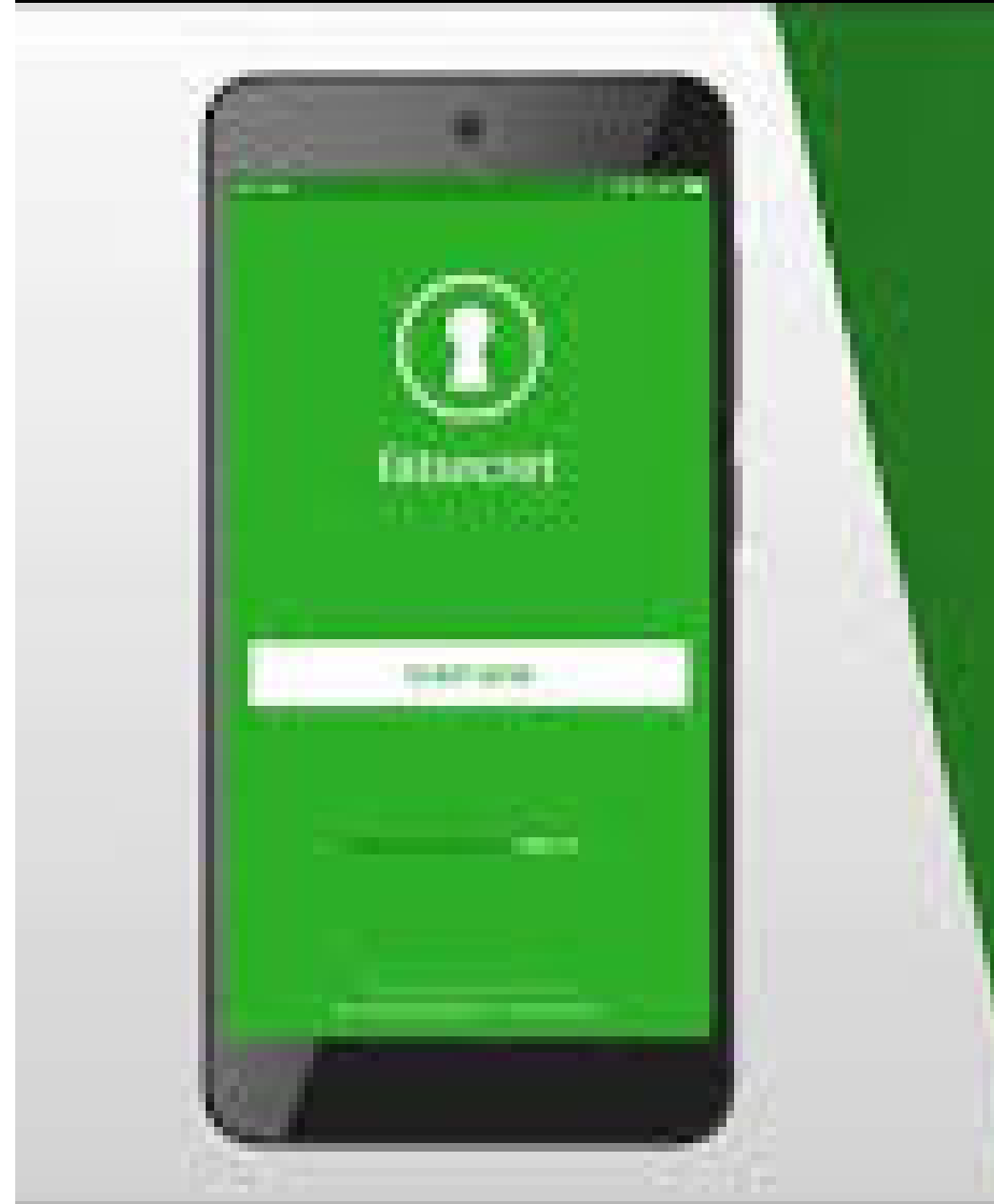
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BE HEALTHY BE MOVED



SCHEDULE IT



UNDERSTAND THE ROLE OF TECHNOLOGY



PUTTING IT ALL TOGETHER



SHARE YOUR SUCCESS



**BE HEALTHY
BE MOVED**

WWW.ANDREAMETCALF.COM