What Is The Best Fitness Tracker

Hi, I'm Kim Constable, and I'm a data-junkie!

I track my calories, macros, sleep, recovery, cardio duration, heart rate, weight, and measurements. What gets measured gets managed. You cannot know which variables to manipulate, progress or change if you don't know the data. So, I get it when group members ask for recommendations for the best tracker. From monitoring your heart rate for cardio to analyzing your sleep quality for areas of improvement, a wide range of trackers can help you reach your health and fitness goals. However, having a watch or ring that gives you suggestions is just one part of the puzzle. For example, if my Oura Ring tells me my recovery levels are poor, and I should rest, but it's my day for training legs, I won't give legs a miss. I will be mindful that I am more fatigued but never cancel training over it.

Below is a list of the fitness trackers I use or Sculpted Vegan members have recommended, but there are many trackers out there on the market. Do your research and find one that best suits your goals and budget. Remember that no tracker will be 100% accurate, and what you do with the data is up to you.

KIM'S RECOMMENDATIONS

OURA RING - Best for tracking sleep and body temperature

PROS: I love the Oura Ring. It's by far the best tracker I have ever worn. The tracking is superb and only needs to be charged every five days for about twenty minutes. I honestly never take it off. It syncs with my Apple watch to track my workouts, and the step tracker is far more accurate than Apple seems to be. It reminds me that bedtime is approaching and suggests a wind-down routine and a time to be asleep, which I try to adhere to as rest and recovery are super important. While I can't always take it easy when it suggests just seeing the data is important as I can make subtle changes to my routine to ensure I'm getting enough rest. It also tracks my daily temperature, so I can see how it rises during the month and peaks during my cycle, usually when my sleep is the most restless. Then, mid-month, when my temperature is lower, and my recovery is stronger, I can push more load. Oura helps me with all of this tracking.

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CONS: It doesn't have live workout tracking. For example, I can't monitor my heart rate live while on my power walk. Still, I can see a breakdown of my step count, calorie burn, heart rate variability and workout intensity on the Oura Ring app afterwards.

CLICK HERE to go to the Oura Ring Store

APPLE WATCH - Best for fitness motivation

PROS: One of the Apple Watch's greatest strengths is its ability to motivate you to move. It offers gamified physical fitness with activity rings that track my daily steps and workouts and give me virtual high-fives when I have achieved a goal. I like having the functionality of my Apple phone on my wrist, keeping me connected on the go. I also use it to track my heart rate to ensure I'm in my fat-burning zone during cardio.

CONS: The Apple Watch was the first fitness tracker I ever used, but I must admit it seems rudimentary now compared to what is available. Its battery life is pretty poor, and it needs to be charged almost daily. That being said, I still use mine every day.

CLICK HERE to go to the Apple Store.

MEMBER'S RECOMMENDATIONS

GARMIN - Best for outdoor cardio

PROS: The Garmin Watch is popular among our cardio bunny and hike-loving members. These watches provide advanced GPS tracking and are extremely durable, with a water-resistant design and even solar charging. They can withstand anything from rugged outdoor adventures to everyday fitness routines. The long battery life also makes them great for outdoor cardio lovers.

CONS: Some models can be bulkier than other brands of fitness watches, which may be better for people who prefer a more compact device. The watch may also be a bit pricey if you plan on mainly performing your cardio inside and don't need all the outdoor functionalities.

CLICK HERE to go to the Garmin Store.

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WHOOP - Best for measuring physical strain

PROS: Some members use the WHOOP Strap, a fitness tracker and subscription-based service. This easy-to-wear, wrist-worn device calculates a daily recovery score, guiding users on modifying training intensity or incorporating rest to enhance recovery. It focuses on assessing physical strain that could be used to help tailor workout routines, and prevent overtraining.

CONS: The focus on physical strain is data that is more aimed at professional athletes than your average gym goer. If I didn't train every time my tracker told me I was under some form of physical strain, I would never train! Take the strain score with a pinch of salt. Rest if you genuinely need to rest, but be mindful not to use the data to let yourself off the hook.

CLICK HERE to go to the WHOOP Store.