

SHAPE

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The Best Fitness Gadgets to Monitor Your Vitals

Get motivated and keep your levels in check with these great gizmos!

By Ysolt Usigan



SMALL WONDER

If you want to be a little discreet about monitoring your vitals, try the FitBit Wireless Personal Trainer (\$99 at DailyGrommet.com). It tracks both your fitness and **sleep**, as well as [calories burned](#), distance traveled, and more.

We also love that your data is automatically uploaded onto **FitBit's website**, where you can add details about your nutrition and weight. The result? FitBit will build a graph to help you visualize your sleep, eating, and exercise patterns to develop a consistent and successful routine.