



# NO TECH/LOW TECH

FUNCTION	EXAMPLE
DATA COLLECTION	Using a pen and paper to keep a fitness or food diary
WEIGHT MANAGEMENT	Using a tape measure to calculate waist to height ratio (WHtR) and monitor changes
SELF-CREATED SPREADSHEET	To record data collected and track changes
BLOOD PRESSURE	<u>Blood pressure monitors for home use</u>
BLOOD SUGAR BALANCE	<u>Finger prick blood sugar monitoring</u>
WEIGHT MANAGEMENT	<u>Skin callipers for skinfold measurement</u>
WEIGHT MANAGEMENT	Basic scales (many available)
BODY COMPOSITION FOR WEIGHT MANAGEMENT	<u>Body composition (Bio-impedence) scales</u>