# **Fitness Trackers**

A quick review of five popular fitness trackers to help you reach your health and fitness goals.



## Fitness Tracker Comparison

Brand	Price	Compatible	Wearable	Wireless Sync	Syncs with Apps	Meal Tracker	Pedometer	Activity	Sleep	Calories Burned	Battery Life
		iphone									
Jawbone UP	\$129.99	Android	bracelet	No	Yes	Yes	Yes	Yes	Yes	Yes	10 days
								"Fuel			
Nike Fuel Band	\$149.99	iphone only	bracelet	Yes	Yes	No	Yes	Points"	No	Yes	1-4 days
Lark Life	\$149.99	iphone only	bracelet	Yes	No	Basic	Yes	Basic	Yes	Yes	1 day
FitBit ONE		iphone Android Computer	clip	Yes	Yes	Yes	Yes	Yes	Yes	Yes	5-7 days
		iphone Android									
Body Media	\$149 +	Computer	upper arm band	Yes	Yes	Yes	Yes	Yes	Yes	Yes	2-4 days

### FitBit One

- Pros
  - Display allows you to track progress
  - Small, lightweight, discreet
- Syncs with: Lose It, My Fitness Pal,
  Spark People, Walgreens,
  Map My Run and many others.
- Cons
  - Easy to lose



## **Body Media**

- Pros
  - Detailed feedback
  - Great battery life



- Syncs with: Facebook, Walgreens, earndit, My Fitness Pal, Run Keeper, Spark People, and many others.
- Cons
  - Not discreet
  - Have to purchase an additional subscription to the online Activity Manager
  - Several issues syncing to phone app

## Nike Fuel Band

- Pros
  - Sleek design
  - Display
  - Wireless sync
  - Water resistant



- Cons
  - Bulky on wrist
  - Mysterious "fuel point" algorithm for activity tracking
  - Too basic
  - Phone application not useful



## Jawbone UP

#### Pros

- Comfortable
- "Idle alert" vibration
- Sleep tracking with "smart alarm"
- -Can individualize settings



 Syncs with: Runkeeper, My Fitness Pal, May My Run, Lose it, Wello, and many others.

#### Cons

- Does not sync wirelessly
- No display
- Food tracking not as easy as food tracking apps (My Fitness Pal, etc.)

## Lark Life

#### Pros

- Sleep tracker
- Simplified app

#### Cons

- Bulky and awkward to wear
- Didn't always sync
- Poor battery life
- Does not sync with other apps

