

Fitness Trackers

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



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
- Syncs with: Lose it
- 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

