

# Fitness Trackers

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



# Benefits of Fitness Trackers

- Set and track goals
- Challenge yourself
- See progress
- Identify areas that need improvement
- Keep you accountable and consistent
- Source of motivation



# FitBit One

## Basic Features:

- Steps
- Distance
- Calories Burned
- Quality of Sleep
- Hours Slept
- Stairs Climbed
- Diet
- Time



## 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

## Unique Features:

- Shows daily progress on display
- Let's you set goals, see progress, and challenge friends

# Body Media

## Basic Features:

- Steps
- Calories Burned
- Quality of Sleep
- Hours Slept
- Diet
- Activity



## 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

## Unique Features:

- Fitness tracker used by the Biggest Loser TV show

# Nike Fuel Band

## Basic Features:

- Steps
- Calories Burned
- Hours Slept
- Activity



## Pros

- Sleek design
- Display
- Wireless sync
- Water resistant
- Syncs with: Lose it

## Cons

- Bulky on wrist
- Mysterious “fuel points” for activity tracking
- Too basic
- Phone application not useful

## Unique Features:

- Tracks the intensity of your activity
- Nike Fuel Points strive to capture all activity (not just step-based activities)

# Jawbone UP

## Basic Features:

- Steps
- Distance
- Calories Burned
- Quality of Sleep
- Hours Slept
- Diet
- Mood
- Activity

## Unique Features:

- Tracks idle time and allows you to set idle alert
- Smart alarm designed to wake you up at the ideal time in your sleep cycle



## 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

## Basic Features:

- Steps
- Distance
- Calories Burned
- Quality of Sleep
- Hours Slept
- Diet
- Mood
- Activity



## Pros

- Sleep tracker
- Simplified app

## Cons

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

## Unique Features:

- Active breaks/idle alert feature
- Fitness coaching based on your data
- Custom productivity breaks



# Other Trackers on the Market

Brand	Price	Compatible	Wearable	Wireless Sync	Syncs with Apps	Meal Tracker	Pedometer	Activity	Sleep	Calories Burned	Battery Life
FitBit Force	\$129.99	iphone Android	bracelet	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N/A
FitBit Flex	\$99	iphone Android	bracelet	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N/A
FitBit Zip	\$59	iphone Android	Clip	Yes	Yes	Yes	Yes	No	No	Yes	N/A
Jawbone Up24	\$149	iphone only	bracelet	Yes	Yes	Yes	Yes	Yes	Yes	Yes	N/A
Nike Fuel Band SE	\$149	iphone only	bracelet	Yes	Yes	Yes	Yes	"Fuel Points"	No	Yes	N/A

# FitBit Force



## Basic Features:

- Steps
- Distance
- Calories Burned
- Active Minutes
- Quality of Sleep
- Hours Slept
- Stairs Climbed
- Time

## Unique Features:

- Shows daily progress on wrist display
- Let's you set goals, see progress, and challenge friends
- Includes a silent wake alarm
- Syncs to cell phone for call notifications (coming soon)

# FitBit Flex



## Basic Features:

- Steps
- Distance
- Calories Burned
- Active Minutes
- Quality of Sleep
- Hours Slept

## Unique Features:

- Lights indicated progress towards goal
- Let's you set goals, see progress, and challenge friends
- Includes a silent wake alarm

# FitBit Zip



## Basic Features:

- Steps
- Distance
- Calories Burned
- Time

## Unique Features:

- Display lets you view progress in real-time
- Let's you set goals, see progress, and challenge friends
- Replaceable watch battery keeps the charge for 6 months

# Jawbone Up24

## Basic Features:

- Steps
- Distance
- Calories Burned
- Quality of Sleep
- Hours Slept
- Diet
- Activity



## Unique Features:

- Wireless sync feature

# Nike Fuel Band SE

## Basic Features:

- Steps
- Calories Burned
- Hours Slept
- Activity



## Unique Features:

- Tracks the intensity of your activity
- Nike Fuel Points strive to capture all activity (not just step-based activities)
- Idle alert