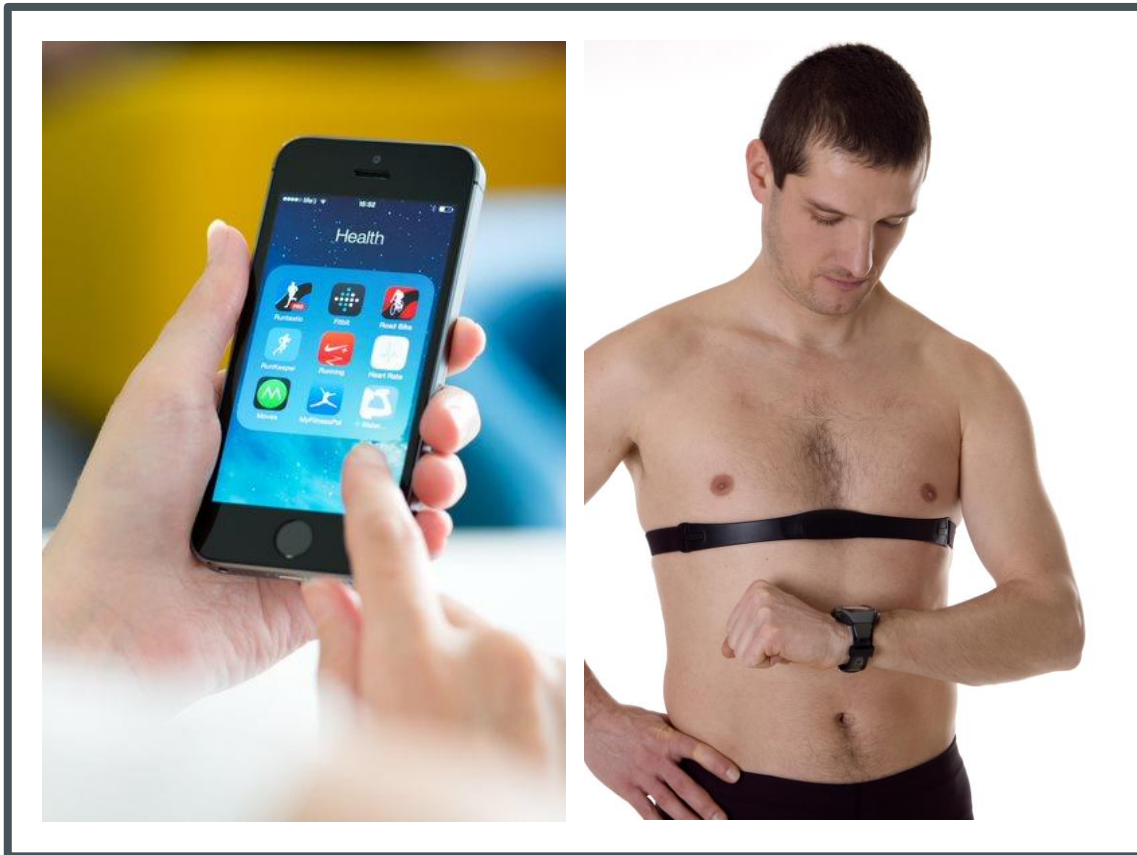


COMPARING FITNESS TRACKERS TO FIND THE BEST FIT

BY TEAM LEADER:
JENNY KRAUSE

WHAT ARE FITNESS TRACKERS?



- Group of devices to be worn throughout the day to track physical activity
- They can track number of steps you take, heart rate, how long you sleep, and more
- Come in forms of smartwatches, heart-rate monitors, rings, and more
- Provides data to help motivate, monitor progress, design exercise regimens, and more
- Anyone can wear tracking devices

CHEST STRAP FITNESS TRACKERS

How you wear device:

Directly on your skin, just below your sternum

What they track (dependent on brand):

Heart Rate (HR), Calories burned, cadence, vertical oscillation, ground contact time, stride length

Who is it made for:

Distance runners & triathletes

PROS:

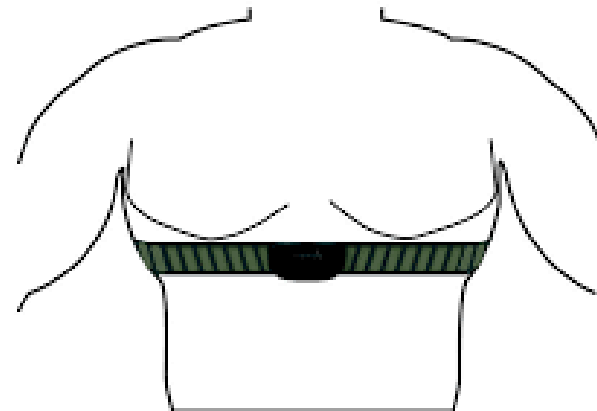
More accurate readings on HR compared to wrist wearables

CONS:

May be uncomfortable & cause chafing

Brands:

Polar, Garmin, Wahoo, CooSpo, Lifeline



WRIST FITNESS TRACKERS

How you wear device:

Directly on your skin, on top of your non-dominant wrist

What they track (dependent on brand):

Heart Rate (HR), Calories burned, cadence, vertical oscillation, ground contact time, stride length, sleep, stress

Who is it made for:

Everyone

PROS:

Accountability, motivation, set goals, track progress, stay connected, monitor data, connects to phone notifications

CONS:

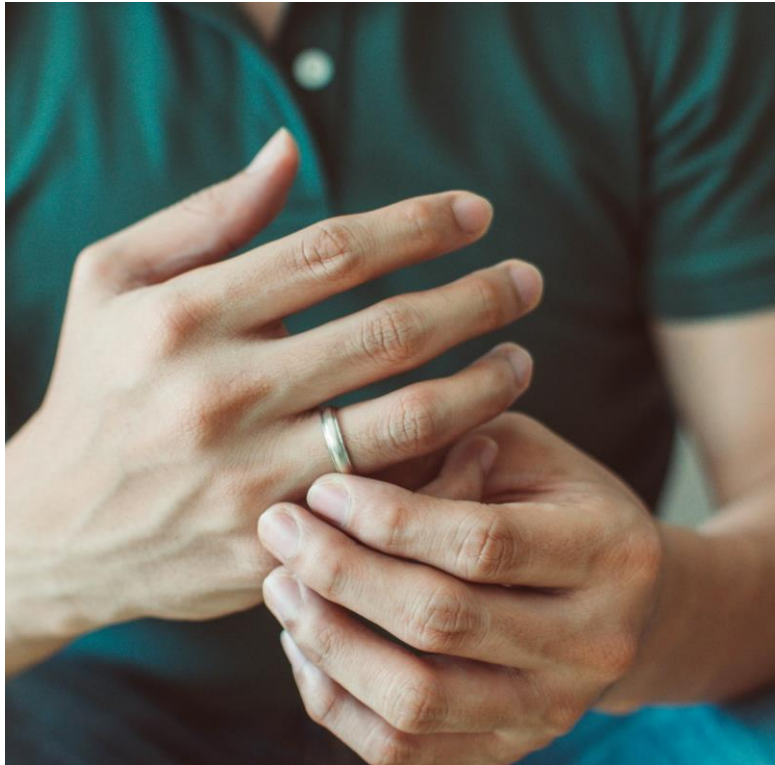
Expensive, battery life, accuracy, not for all activities

Brands:

Polar, Garmin, Fitbit, Samsung, Amazfit, Apple Watch



RING FITNESS TRACKERS



How you wear device:

Directly on your skin,
on your finger

What they track (dependent on brand):

Heart rate, blood
oxygen, sleep tracking,
readiness score

Who is it made for:

Everyone

PROS:

Reliable sleep tracking,
stylish ring design,
waterproof

CONS:

Expensive, bulky & non-
flexible material, data
not directly available,
must be synced with
device

Brands:

Oura

WHAT TO CONSIDER WHEN CHOOSING A FITNESS TRACKER?



Identify why you want a fitness tracker



Determine what your goals are



Consider what activities you want to track



Assess what data tracking & tools are important to you



Set a budget

BEST FITNESS TRACKER OVERALL: FITBIT INSPIRE 2

- Daily readiness score, 24/7 HR & Resting HR, Breathing Rate, heart Rate Variability, Skin temperature, stress management score, reflections, guided breathing sessions, menstrual health, HR Zones, Real-time pace & distance, reminders to move
- Automatically recognizes & starts tracking common workouts (20+)
- Waterproof to about 150 feet
- 10 Day battery life
- Receive notifications from phone
- \$100





BEST BUDGET FITNESS BAND: XIAOMI MI BAND 4

- Heart Rate monitoring & alerts, sleep monitoring, phone notifications, touchscreen, GPS, calories burned, steps & distance
- 6 workout modes
- Up to 50meters water resistant
- 20 days of batter life
- \$60

BEST SAMSUNG FITNESS WATCH: GALAXY WATCH 4

- Tracks SpO2, HR, Blood pressure, ECG, Sleep
- Estimate body fat %, muscle mass, body weight
- 100 workouts & sport activities it can track
- Works best with Galaxy phones & phone notifications
- \$260



BEST GARMIN FITNESS TRACKER: VIVOACTIVE 4

- On-screen animated exercise demonstrations, customized training plans, 20+ preloaded sports app
- Heart Rate monitor, respiratory tracker, SP02 sensor, sleep & menstrual tracking, body energy level, stress tracking with relax reminders, breathing activity, hydration tracking
- Built-in storage for playing music, pay from your watch, phone notifications, safety & tracking features, water resistant up to 5ATM
- 8 days battery life
- \$350



BEST APPLE FITNESS TRACKER: SERIES 7

- Heart rate monitoring, ECG, SpO2 sensor, sleep tracker, female health tracking,
- Automatically senses & tracks workout, Fitness + workouts
- Crack, dust, & water resistant
- Music capability, phone notifications, apple pay
- \$350



FINAL THOUGHTS

Consider if the tracker is compatible with your phone & want real-time notifications

Does it have the tracking features you want & need

Consider the battery life

Price

RESOURCES

- <https://www.cnet.com/health/fitness/best-chest-strap-heart-rate-monitors/>
- <https://www.forbes.com/sites/forbes-personal-shopper/2021/10/15/best-fitness-trackers/?sh=5a54b85c2d32>