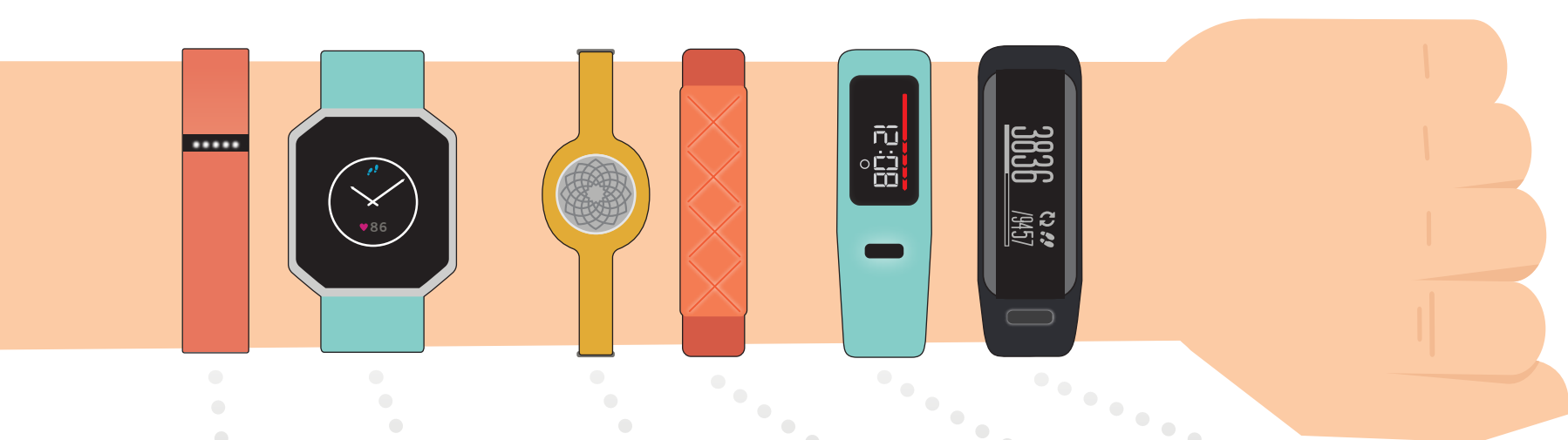




Choose the Right FITNESS TRACKER FOR YOU

So you've decided to buy a fitness tracker to help you meet your health goals. Great! Now you need to choose a tracker that's right for you. Are you looking to simply count your steps, or would you like to measure your heart rate and manage your schedule, too? Use this information to help you find the features you want while staying within your budget.



Fitbit Flex \$99.95	Fitbit Blaze \$199.95	Jawbone UP MOVE \$49.99	Jawbone UP3 \$179.99	Garmin vivofit \$69.00 +	Garmin vivosmart HR \$149.99
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BASICS					
Calories Burned	Calories Burned	Calories Burned	Calories Burned	Calories Burned (optional)	Calories Burned
Sleep Tracking	Sleep Tracking	Sleep Tracking	Sleep Tracking	Sleep Tracking	Sleep Tracking
Step Tracking	Step Tracking	Step Tracking	Step Tracking	Step Tracking	Step Tracking
	Floors Climbed				Floors Climbed
EXTRAS					
	Heart Rate Monitor	Coaching	Heart Rate Monitor	Heart Rate Monitor (optional)	Heart Rate Monitor
	Multi-Sport		Inactivity Alert	Inactivity Alert	Inactivity Alert
Food Logging		Food Logging	Food Logging		Food Logging
	Music Control				Music Control
	Notifications				Notifications
Silent Alarm	Silent Alarm		Silent Alarm		
	Time	Time			
	On-screen Workouts				
STATS					
TYPE: Wristband	TYPE: Watch with high-res color touch-screen	TYPE: Clip comes standard Wristbands available for additional cost	TYPE: Wristband	TYPE: Wristband; water-resistant band is safe for showering or swimming	TYPE: Wristband; water-resistant band is safe for showering or swimming
BATTERY: 5-day rechargeable	BATTERY: 5-day rechargeable	BATTERY: 5-day rechargeable	BATTERY: 7-day rechargeable	BATTERY: 1 year plus	BATTERY: 5-day rechargeable
Syncs wirelessly	Syncs wirelessly	Syncs wirelessly	Syncs wirelessly	Syncs wirelessly	Syncs wirelessly

WHAT THE EXTRAS DO:

- Coaching:** Personalized tips to help you reach your goals.
- Inactivity Alert:** A vibration reminds you to get up and moving.
- Notifications:** Alerts you of calls, emails, texts, or events on your calendar.
- Food Logging:** Log your meals to get calorie counts and coaching tips.
- Multi-Sport:** Choose from activities such as biking, running, yoga, or cardio.
- Onscreen Workouts:** Provides personalized workouts to follow.
- Heart Rate Monitor:** Automatically checks your heart rate.
- Music Control:** Control your mobile music with one touch.
- Silent Alarm:** A vibration on your wrist gently wakes you.
- Time:** Keep track of time using a watch feature.