

Nerdy Fitness

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DISCLAIMER: The apps and devices in this document are recommended for personal and recreational use only. They may not be as accurate as professional or medical grade measuring devices. They are not presented as a replacement for advice from a medical professional. Consult a medical professional before making any significant changes that may affect your health.



	Fitbit One	Fitbit Flex	Jawbone UP	Nike+ FuelBand
Price	\$100	\$100	\$130	\$150
Battery Life	5-7 days	5-7 days	7-10 days	1-5 days
Style	clip	wristband	wristband	wristband
Colors	black, burgundy	black, slate, pink*	onyx, mint, blue, navy blue, gray, red, orange, hunter green	black, black ice, white ice
Water Safe	splash resistant	water resistant	water resistant	water resistant
Steps	yes	yes	yes	yes
Stairs	yes	no	no	no
Sleep Tracking	yes	yes	yes	no
Silent Alarm	yes	yes	yes (smart alarm)	no
Food Log	yes	yes	yes	no
Calories Burned	yes	yes	yes	yes
Distance	yes	yes	yes	no
Syncing	wireless & manual	wireless & manual	manual only	wireless & manual
Mobile App	iOS & Android**	iOS & Android**	iOS & Android**	iOS
Web Reports	yes	yes	no	yes

*additional accessory band colors available if purchased separately

**typically covers iOS devices released since 2011; only a handful of Android devices are supported



Fitbit One

Fitbit Flex

Jawbone UP

Nike+ FuelBand



Works with nearly any outfit because it can be clipped anywhere. More accurate than other devices when clipped to you. Super-easy syncing and excellent mobile app. On-device display tells you your daily steps, distance, stair count, activity and calories burned without having to open your phone.

Lightest and flattest device of the wristband options. Super-easy syncing and excellent mobile app. Water resistant so you can keep it on in the shower.

Most flexible fit of the wristband types. Water resistant so you can keep it on in the shower. The silent alarm tracks your sleep patterns to wake you at the optimal time. Will vibrate to let you know if you've been inactive too long. Power Nap feature wakes up after about 26.5 minutes.

Water resistant so you can keep it on in the shower. Can sense alternative activities like playing basketball. Great mobile app. Community focused; you're encouraged to challenge your friends. Beautiful on-device display. Can be plugged directly into a USB port on your computer or wall charger.





Water resistant, not waterproof, so it may not survive an accidental trip through the washer. Since it's not a wristband and can't be worn in the shower, you have to take special care to keep track of it. Uses a special charger that could be easy to lose.

On device display is very limited; have to sync with mobile/web app to see daily goal progress. Uses a special charger that could be easy to lose.

Unlike the other devices on this list, the UP has to be synced manually by removing a cover from the wristband and plugging it into the headphone jack on your phone. Uses a special charger that could be easy to lose. Quality control issues have historically been a problem.

No silent alarm. Battery life is very low compared to the other devices (as little as one day if you're very active). Due to Nike's focus on gamification/community, all activity is converted into "Fuel Points," which can come off as confusing and gimmicky. Only works on iOS devices.

	Walking	Running	Heart	Nutrition	Sleep
app	Moves	Map My Run	Cardio (iOS)	Lose It!	Sleep Cycle (iOS)
link	moves-app.com	mapmyrun.com	cardio.com	loseit.com	sleepcycle.com
cost	free	free	\$2	free	\$2
info	<p><i>Moves</i> automatically records the walking, cycling, and running you do. It tracks distance, duration, steps, and calories burned, along with a map and timeline of where you've been. It's always on. Just keep your phone in your pocket or bag.</p>	<p><i>Map My Run</i> tracks your pace, distance, calories, elevation, and time, then overlays your run on a map using your GPS information. You can also run routes created by other users with route navigation and audio alerts.</p>	<p><i>Cardio</i> is a heart rate monitor created by researchers in MIT's Media Lab. Using it is as simple as looking at the front camera of your iPhone or iPad for a few seconds. Measurements are tracked over time to provide insight into your progress.</p>	<p><i>Lose It!</i> is a simple calorie-tracking app that helps you log calories and activities to stay within your calorie budget. You can use your phone's camera to scan the barcode off food packaging. Integrates well with other major apps and devices.</p>	<p><i>Sleep Cycle</i> uses the iPhone accelerometer to track your sleep patterns throughout the night. Using this information, it identifies when you're in your lightest sleep phase closest to the time you've set for your alarm, and wakes you up then.</p>
	<ul style="list-style-type: none"> • Easy to use. • Pulls Foursquare data to figure out where you've been. • Doubles as an informal journal with its location timeline. 	<ul style="list-style-type: none"> • One of the more accurate GPS maps out there. • Great community features. • Plays well with other devices/apps. 	<ul style="list-style-type: none"> • Easy to use. • Two measurement options. • App has a quirky sense of humor. • Push notification reminders. 	<ul style="list-style-type: none"> • Huge catalog of foods, including restaurants. • Can create "recipes" and share them with other users. 	<ul style="list-style-type: none"> • Easy to use. • Tracks your sleep over time so you can see how you're doing. • Can set a vibrate-only alarm to gently wake up to.
	<ul style="list-style-type: none"> • Any app using GPS will drain your battery faster. • Occasionally stops tracking. 	<ul style="list-style-type: none"> • Any app using GPS will drain your battery faster. • Have to purchase \$2 <i>Map My Run+</i> for an ad-free experience. 	<ul style="list-style-type: none"> • Currently iOS only. • Recommend <i>Heart Rate Pro</i> by Runtastic for Android. 	<ul style="list-style-type: none"> • Can take about a week to really get up and running. • Takes a lot of effort to keep up with entering everything. 	<ul style="list-style-type: none"> • Phone <i>must</i> be plugged into the charger while using it. • Won't work if you place phone in the wrong spot on your bed.