
Resources for Wearable Devices and Tracking Tools

Wearable Devices

Apple Watch*

- Location: wrist
- Cost: \$250+
- Activities Tracked: heart rate and rhythm, sleep stages, cycle tracking, etc.
- Charge: 18 to 36 hours
- Display: interactive face, phone
- Additional Features: GPS, compass, altimeter, water resistant, emergency SOS and calling, speaker, microphone, Apple Pay, GymKit, magnetic charging cable, etc.

Bellabeat Ivy

- Location: body, wrist
- Cost: \$250
- Activities Tracked: heart rate, respiratory rate, cardiac coherence, activity, hydration, sleep, mindfulness minutes, cycle, etc.
- Charge: up to 8 days
- Display: phone app
- Additional Features: calculates readiness and wellness score, lightweight, calibrated to female bodies, jewelry-like appearance, personalized coaching available, wireless charging port, etc.

FitBit*

- Location: body, wrist
- Cost: \$60+
- Activities Tracked*: heart rate, exercise, heart rate variability, sleep, breathing rate, etc.
- Charge: up to 10 days
- Display: interactive face, phone
- Additional Features: daily readiness score, cardio fitness score, wellness report, cycle tracking, GPS, water resistant, reminders to move, fun incentives, timer, stopwatch, etc.

*Cost and features vary by model. Information shown is for the lowest price model.

Garmin*

- Location: wrist
- Cost: \$80+
- Activities Tracked*: steps, stationary time, calories burned, sleep, etc.
- Charge: up to 1-year battery life
- Display: interactive face, phone
- Additional Features: auto sync, accelerometer, alarm clock, timer, stopwatch, hydration, distance traveled, intensity minutes, TrueUp, Move IQ, swim safe, etc.

InBody BAND 2

- Location: wrist
- Cost: \$150
- Activities Tracked: heart rate, walking steps, active time, calories burned, distance, sleep, etc.
- Charge: up to 7 days
- Display: phone
- Additional Features: body composition analyzer, smart notifications, EZ training mode, etc.

Withings*

- Location: wrist
- Cost: \$100
- Activities Tracked: heart rate, exercise, sleep, steps, etc.
- Charge: none; 8-month battery
- Display: interactive face, phone
- Additional Features: analog watch, auto sync, silent alarm, waterproof, multisport mode, GPS, smartphone notifications, etc.

*Cost and features vary by model. Information shown is for the lowest price model.

Tracking Tools

Heart Rate

Apple Health, Fitbit, iHealth, Samsung Health

Exercise & Movement

Apple Health, Bellabeat app (with device), Fitbit, iHealth, MyFitness Pal, Nudge, Samsung Health

Nutrition

Apple Health, FitBit, MyFitnessPal, Nudge, Samsung Health

Sleep

Apple Health, Bellabeat app (with device), CBT-i Coach, FitBit, iHealth, Nudge, Pzizz, Samsung Health, Sleep++, Sleepio, SnoreLab

Breathing & Meditation

Bellabeat app (with device), Calm, Headspace, Total Brain