
Resources for Wearable Devices and Tracking Tools

Apple Watch

- Location: wrist
- Cost: \$300 to \$750
- Activities Tracked: exercise, sleep, stationary time, steps
- Charge: 18 to 48 hours
- Display: interactive face, phone
- Additional Features: alarms, Apple Music and Apple Pay integration, email, magnetic charger, maps, photos, voice control

Bellabeat LEAF

- Location: body, wrist
- Cost: \$120 to \$250
- Activities Tracked: exercise, sleep, stationary time, steps
- Charge: none; 6 month battery
- Display: phone
- Additional Features: 14-day memory, inactivity alert, pill reminder, smart alarm, sustainable materials, wireless sync

FitBit

- Location: body, wrist
- Cost: \$60 to \$250
- Activities Tracked: exercise, floors climbed, sleep, stationary time, steps
- Charge: 5 to 7 days
- Display: interactive face, phone
- Additional Features: auto sleep detection, clock, caller ID, music control, silent alarm

Garmin

- Location: wrist
- Cost: \$25 to \$700
- Activities Tracked: exercise, floors climbed, sleep, stationary time, steps
- Charge: 40 hours to 5 days
- Display: interactive face, phone
- Additional Features: auto sync, accelerometer, find my phone, GPS, music control, smart notifications

InBody Band

- Location: wrist
- Cost: \$180
- Activities Tracked: exercise, sleep, steps
- Charge: 7-10 days
- Display: phone
- Additional Features: body composition analyzer, heart rate monitoring, smart notifications

Jawbone Up

- Location: wrist
- Cost: \$50 to \$200
- Activities Tracked: exercise, sleep, steps
- Charge: 7-10 days
- Display: phone
- Additional Features: auto sleep detection, silent alarm, wireless sync

Microsoft Band

- Location: wrist
- Cost: \$180 to \$250
- Activities Tracked: exercise, floors climbed, sleep, steps
- Charge: 2 days
- Display: interactive display, phone
- Additional Features: email and text alerts, GPS, heart rate monitoring, music control

Misfit

- Location: body, wrist
- Cost: \$20 to \$170
- Activities Tracked: exercise, sleep, steps
- Charge: none; 6 month battery
- Display: phone
- Additional Features: water resistant (50 meters), wireless sync

Moov Now

- Location: ankle, wrist
- Cost: \$80
- Activities Tracked: exercise, sleep
- Charge: none; 6 month battery
- Display: phone
- Additional Features: audio coaching (in-app), waterproof

Withings

- Location: body, wrist
- Cost: \$80 to \$170
- Activities Tracked: exercise, sleep
- Charge: none; 8 month battery
- Display: phone
- Additional Features: analog watch, auto sync, silent alarm, waterproof

Heart Rate

Apple Health, Fitbit, iHealth, S Health

Exercise & Movement

Apple Health, Fitbit, iHealth, LEAF app (with device), MyFitness Pal, Nudge, Olumia Life, S Health

Nutrition

Apple Health, FitBit, MyFitnessPal, Nudge, Olumia Life, S Health

Sleep

Apple Health, CBT-I Coach, FitBit, iHealth, LEAF app (with device), Nudge, Olumia Life, Pzizz, S Health, Sleep++, Sleepio, SnoreLab

Breathing & Meditation

Calm, Headspace, LEAF app (with device), MyCalmBeat