



Types of Fitness Tracker and its Impact



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Objective

The purpose of this paper is to compare different kind of fitness trackers and the impact it has on its user's health. To help me do my research, I will be narrowing down to three different fitness trackers which are as follows:

1. Fitbit
2. Jawbone UP2
3. Garmin Vivosmart HR

About the Product

For this research, my hypothesis is the different types of fitness tracking devices and their impact on user's health. In my research, I will be focusing on three different kind of fitness tracking devices like Fitbit, Jawbone UP2, and Garmin Vivosmart HR. Moreover, I will also talk about the pros and cons of each tracker. Lastly, talk about if it is safe for users to wear this technology 24/7.

To help me complete this research, I will be reading different web articles, reading reviews to help me see which one is the best tracking device out there and see what the customers think about the devices. Moreover, in order for me to complete this research, I have asked help from Dr. Diane Murphy via email (as shown on last page) so she can help me choose the topic and further help me if needed. She agreed to do and we fixed a meeting so we could talk about it.

Through this research I am hoping to convince the reader that this is a great technology to wear which is not only safe but also helps you keep your health on track. Also, by doing this research I will show them what different impact this technology will bring into their health.

Project Plan

In order for me to complete this project I will have to do rigorous research using different kind of web sources as stated above so I can prove my hypothesis. The most time that I would have to devote on would be doing the research and finding articles, and reviews about the different devices out there. Moreover, to write a good research paper I most likely will be using the writing center so they can proof read my paper and point out any mistakes that need to be fixed or improved upon. In order for me to complete this project on time, I will be using the timeline set by the professor so I meet all the deadlines set and submit my work on time.

Project Details

Fitness trackers are a device which tracks which helps you track your heart rate, sleeping patterns, how many steps you have taken throughout the day and so much more. Now, there are so many different kind of fitness tracking devices out there which are compatible for different kind of users and it's not just by Apple.

The history of this entire wearable fitness tracker started back in 2006 and has only increased with more high tech features till now. In 2006 apple had launched new software called Nike+iPod which when put inside or on top of your shoe, tracked calories burned, distance walked or ran, and time. Later on in 2009, Apple launched a new tool called Fitbit which when clipped on yourself could track steps, calories burned, intensity of activity, and sleep habits. Moreover, with the help of online tools, you could track all these features and see how you have progressed within a certain period of time. After seeing how well the audience was receiving this new tool that came into the market. Apples competitors started joining the business like Jawbone, Nike+FuelBand, Garmin Vivofit, and etc.

According to me, this kind of technology is still an emerging technology which leaves a positive impact on its users and is very important because it helps and lets users take care of their health, helping and teaching them the steps that need to be taken in order to stay fit. Especially of older people it helps them take care of their heart so they can watch what they eat and keep an eye on their heart. A person who is new to this kind of technology, my suggestion would be to try the technology first, and learn about its features and what it offers before buying it. Moreover, don't just buy Apple

brand because people say it's the best. Rather, try the different kind of fitness trackers that are out there and see which one you like the best and go for that one.

To start of some of the features that the Fitbit Flex holds are tracks all day activity of steps, distance, and calories. Additionally, it tracks your sleep automatically and sets a silent alarm. Moreover, it has LED light up system and wireless syncing so you can put your data in your smartphone or computers very easily. Looking at it from the style basis it is very slim, water resistant and with 5 day battery life. Fitbit Flex is available in both small and large sizes and comes with two wristbands, charging cable and a wireless sync dongle. The batter life is up to five days and the charging time is about two hours.

Next, the Jawbone UP2 is available for both android and IOS devices. For IOS devices, it helps track weight, mood, and also has a team/leaderboard, and gives you reminders. Additionally, it tracks your steps, distance, calories burned, intensity, streaks, and milestones. Moreover, it lets you set your goals, and gives you activity alerts as well. Jawbone UP2 lets you track your good and drinks that you have consumed throughout the day and keeps a score for it. Lastly, it has features of sleep quality where you can track your light and sound sleep phases and has a smart sleep alarm.

For IOS device, the Jawbone J2 is compatible with iPhone 4s, through 6Plus, it is also compatible with iPod touch 5th generation, iPad 3rd generation, iPad mini and iPad Air. On the other hand, for Android phone, the Jawbone J2 comes compatible for devices like ASUS, HTC, Huawel, LG, Motorola, OnePlus, Samsung, and Sony.

The last device that I will be talking about is Garmin Vivosmart. The features that come within this device are that it displays your steps, calories, distance, and time of the

day. Moreover, it vibrates when you get calls, texts, and emails on your smartphone. It is touch screen so you can touch and swipe away for easy access. Additionally, if the user has not move for a while, it will alert you to do an activity and move yourself. Lastly, it let you challenge yourself by letting you set auto goals. The battery life for Garmin Vivosmart is up to 7 days and it comes with a charging cable.

Risk Factors

The number one risk factors that the fitness trackers bring are not the product itself but the amount of competition there is in the market which makes it even harder for the user to choose and decide if they should even at all buy the tracker? As said in the article by Karen Smith, even though there are trackers out there, everything that the tracker does your smartphone can do too through apps. There are numbers of different apps out there which can help you keep an eye on the number of steps you have taken in a day or how you have slept through the night, etc.

During a recent JAMA study by University of Pennsylvania, they found that smartphone apps did a better job at nailing accuracy of steps taken (Smith-Janssen, Karen L). During this study, researchers asked the candidates to wear different kind of trackers in which one of them was a Fitbit and Jawbone Up24. While wearing the trackers, they were also carrying iPhone 5s and Samsung Galaxy S4. When it was result time, the phone won as they were more accurate in measuring the steps.

If we focus on risk factors for just the product, then one risk that the Fitbit can bump into would be supply and demand problem. As mentioned in the article by Business Insider, they mention that Fitbits are made by a company called Flextronics and if by any chance they die or can't handle the amount of demand the product wants then Fitbits could die fast.

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