

Types of Fitness Tracker and its Impact

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 all these 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.

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.

Lasly, in order for me to complete this project I will have to do rigirous research using different kind of web sources as stated above so I can prove my hyposthesis. The most time that I would have to devote on would be doing the reasearch and finding articles, and reviews about the differenent 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 imporved 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.

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to Diane

Jan 28 (1 day ago)

Hi Dr. Murphy,

I was a little confused about what topic I should chose for my capstone project. If you could please guide me I would appreciate it. If you need I can come in into your office either today at 5pm or tomorrow after 2:30pm

Please let me know. Thank you

Diane Murphy

to me

Jan 28 (1 day ago)

Stop by today

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Show details