

FITBIT

Fitbit is dedicated to helping people lead healthier, more active lives. We take a common sense approach to fitness, and believe that the key is to make it easier for consumers to be more active, eat smarter, and get enough sleep. You can wear the Fitbit Tracker loosely in ypur pocket, clipped to your pants, shirts or to your wrist when you are sleeping. you can wear it all day!!!

COST: 2500 rs/-

MERITS:

- Works with both PC and Mac operating systems.
- Portable
- Easily chargeable

DEMERITS:

- Requires an extra yearly expense to get fitness data analysis.
- Costs plus shipping, which can be pricey for some consumers.
- Will not physically aid your weight loss efforts, just provides tracking and analysis.