Wearable Technology Class

(used at Western National Roundup in Denver, CO, January, 2017)

Melissa is a sophomore in the Food for Health and Sport Project. She already keeps track of her meals and exercise routines using apps on her Apple iPhone, but she needs to get an accurate count of her physical activity for her 4-H Project Portfolio. Melissa needs to show the true size and scope of her activity for her records and to have data she can share with others to showcase her growth within the project. Ideally, she wants to collect information on her calories burned, steps taken, and total distance during both daily activity and her various workouts. Melissa's main goal is to find wearable technology that can give her the most holistic view of her physical activity throughout each day and can easily pair with her current mobile device. Her budget is $150.

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**1. Garmin - Vivosmart HR Activity Tracker + Heart Rate**

Price: $149.99

**Product Features**

**Monitor your day-to-day activity**

Device tracks heart rate, calories burned, distance traveled, steps taken, stairs climbed and hours slept.

**Receive accurate calories-burned information**

Heart rate monitor works from your wrist to collect precise calorie data.

**LCD**

Makes reading information and alerts easy, even in sunlight.

**Enjoy worry-free workouts**

Water-resistant design works through sweat and water up to 164' deep.

**Pair with your existing device**

Compatible with both Apple iOS and Android operating systems.

**Get cell phone notifications via your activity tracker**

Vibrations alerts notify you of calls, texts, e-mails and meetings.

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**2. Samsung - Gear Fit2 Fitness Watch + Heart Rate**

Regular Price: $179.99

Sale Price:$129.99

**Product Features**

Measures heart rate, calories burned, distance traveled, steps taken and speed to help you track your fitness progress.

**1.5" Super AMOLED display**

The curved full-color Super AMOLED display lets you easily read real-time activity reports in the sun or shade.

**Built-In GPS**

You can even leave your phone behind and map your run right from your Gear Fit2.

**Auto & Multi Sport Tracking**

Automatically recognizes what you’re doing whether you’re running, cycling, working out on the

elliptical or a variety of other activities.

**Smart Notifications**

Receive notifications for your favorite apps and even respond to calls, texts and more - all without reaching for your phone.

**Standalone Music Player**

Store your favorite music on the Gear Fit2 or connect with Spotify to access millions of songs.

**Mobile Device Compatibility**

Designed to work with the Galaxy S7 and most Android smartphones.\*

**Dust- and water-resistant design**

Helps ensure reliable protection against damage. IP68 certified.

\*Compatible with select devices using Android 4.4 and later with at least 1.5GB RAM. Supported

devices may vary by carrier and device. Some features may not be available. For best results, connect with compatible Samsung Galaxy devices.

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**3. Fitbit - Flex 2 Activity Tracker**

Price: $99.95

**Product Features**

**All-Day activity tracking**

Track all-day activity including steps, distance, calories burned and active minutes, so you can see how every move you make adds up to something big.

**Automatic sleep tracking**

Track your sleep, see your nightly trends, set bedtime reminders and wake with a silent, vibrating alarm.

**Interchangeable accessories**

This ultra-thin, removable tracker, easily hides inside bands, bangles and pendants, so you can track your life in style.

**Swim-Proof to 50m**

Wear it in the pool, shower or ocean and never worry it getting wet. Plus, automatically track your swimming and get stats like duration and laps counted.

**Auto exercise recognition**

SmartTrack™ automatic exercise recognition can detect select activities and will record them for you in the Fitbit app. Available when worn on the wrist.

**Reminders to move**

Stay active throughout the day with a unique vibration and orange-colored light encouraging you to reach mini-goals of 250 steps per hour.

**Call and text notifications**

Discreet notifications using color-coded lights and unique vibrations when you receive calls and texts. Syncs to select Apple®, Android and Windows devices such as iPhone®, iPad®, iPod® touch and cell phones and tablets with Windows Phone or Android for simple wireless communication.

**Up to 5-day battery life**

Battery life up to 5 days so you can track all day and night without needing a charge. Varies with use.

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**4. Omron- USB Online Pedometer**

Price: $27.99

**Product Features**

**Tracks steps, aerobic steps, calories burned and distance**

For efficient monitoring of your workout progress.

**Steps-per-minute function**

Helps you keep your set pace.

**Long-term memory**

Offers a comprehensive overview. Up to 7 days of information can be displayed on the screen at the same time, letting you see recent progress.

**Tri-axis technology**

Counts steps accurately from a variety of attachment points.

**PC connectivity via USB**

Enables you to log activity with a simple online solution by physically connecting to a personal

computer instead of a mobile device.

**3-1-4-2**

**3**

This class had a easy top pair. #3 gives Melissa the most cost effective option. It tracks her daily activity, workouts, and even her sleep activity. Information like this can really help Melissa get accurate data to assess her health more holistically. The description also states #3 can remind her to move, which can help increase her physical activity. These increases in activity could be used to show growth within Melissa’s project area. This product also works with her Apple iPhone.

**1**

I grant that #1 does many of the same things as #3, but there are two main differences. #1 is more expensive than #3. #1 also does have as many health-tracking features like measuring Melissa’s sleep activity. It also works with her Apple iPhone.

**4**

#4 placed over #2 due to price and its ease of use. Even though it is not a smart device, it still qualifies as wearable technology as a pedometer. It does not connect with her phone, but, unlike #2, she could still use #4 regardless of this fact. The USB plug would allow Melissa to upload the data to a computer for easy tracking, a feature not expressly listed by #2.

**2**

#2 placed last in the group because it is not compatible with her Apple iPhone at all. Purchasing #2 would require Melissa to buy a brand new mobile device just to use some of the features. This would not be a wise investment. The product description clearly states that it only works with Android systems. Therefore, she could not use the extra (and unnecessary features) like GPS tracking and smart notifications. Melissa does not need a music player to track her health information for her 4-H project. I grant that this item is on sale from its normal price and currently falls within Melissa’s price range.