

	<b>Jawbone UP</b>	<b>FitBit Flex</b>	<b>Nike Fuel Band</b>
	<a href="http://jawbone.com/store/buy/up24#comparison">http://jawbone.com/store/buy/up24#comparison</a>	<a href="http://www.fitbit.com/flex">http://www.fitbit.com/flex</a>	<a href="http://www.nike.com/us/en_us/c/nikeplus-fuelband">http://www.nike.com/us/en_us/c/nikeplus-fuelband</a>
<b>Cost</b>	\$129.99 (no Bluetooth) <b>*New*UP24 \$149.99 (Bluetooth)</b>	\$99.95	\$149.00
<b>Tracks</b>	Steps Taken Distance Traveled Active Minutes Calories Burned Hours Slept Quality of Sleep Idle Alert Mood Tracking Food Tracking	Steps Taken Distance Traveled Active Minutes Calories Burned Hours Slept Quality of Sleep Stairs	Steps taken Distance Traveled Active Minutes Calories Burned Hours Slept Quality of Sleep Intensity of workout  The activity is tracked with fuel points so it is different than the other two. Universal Unit
<b>Food Tracking</b>	Take a photo of your food, scan a barcode, browse the image gallery in UP or search the ingredient database to record what you eat and drink. Whether you choose to go deep with detailed nutritional information or simply keep a visual record of your meals, UP makes it fun and easy to keep track of your choices.	Fitbit does have nutrition tracking software that you can use. It is not as indepth as the Jawbone UP.  Would recommend linking MyFitnessPal or Lose It to you fitbit account	Would recommend linking MyFitnessPal or Lose It to your Nike + account
<b>Feedback</b>	User must download information from band to phone  Weak website support	Real-time LED lights show progress against your goal and updates App  Website tracks information  Great website support	LED Display that can show progress towards goals and also act as a watch. Updates app through USB
<b>Can it get wet?</b>	Water Resistant	Water Resistant	Water Resistant
<b>Extra Parts</b>	Charging USB cable	Charging USB cable  Wireless sync dongle	USB charging tool and sizing kit
<b>Technical Interface</b>	Apple devices running iOS 5.1 or later: iPhone 3GS, iPhone 4/4S/5, iPad/mini, iPod touch (3rd generation or later)  Android: Android 4.0 (Ice Cream Sandwich) or later. Phones with small screens and tablets are not currently supported: HTC Droid DNA, HTC One, LG Escape, LG Nexus 4, LG Optimus G, Motorola Atrix HD, Motorola Droid RAZR Maxx HD, Pantech Burst, Samsung Galaxy Note 2, Samsung Galaxy Rugby Pro, Samsung Galaxy S2/S3/S4, Sony Xperia TL	PCs, Macs, iPhone 4S & 5, iPad 3, Retina & mini, iPod touch, and to select Android phones without plugging in or pushing buttons.	<ul style="list-style-type: none"> <li>Apple devices running iOS 5.1 or later: iPhone 3GS, iPhone 4/4S/5, iPad/mini, iPod touch (3rd generation or later)</li> </ul> No current Android or PC support.

	<b>Polar Loop</b> <a href="http://www.polar.com/us-en/products/get_active/fitness_crosstraining/loop">http://www.polar.com/us-en/products/get_active/fitness_crosstraining/loop</a>	<b>Garmin Viviofit</b> <a href="https://buy.garmin.com/en-US/US/prod143405.html">https://buy.garmin.com/en-US/US/prod143405.html</a>	<b>Withings Pulse 0<sub>2</sub></b> <a href="http://vitrine.withings.com/us/withings-pulse.html">http://vitrine.withings.com/us/withings-pulse.html</a>
<b>Cost</b>	\$110.00 (tracker) \$70.00 (HR Strap) Optional	\$130.00	\$120.00
<b>Tracks</b>	Steps Taken Distance Traveled Active Minutes Inactive Minutes Calories Burned Sleep Duration Sleep Quality Idle Alert	Steps Taken Distance Traveled Active Minutes Inactive Minutes Calories Burned Sleep Duration Sleep Quality	<ul style="list-style-type: none"> <li>• Steps Taken</li> <li>• Distance Traveled</li> <li>• Active Minutes</li> <li>• Inactive Minutes</li> <li>• Calories Burned</li> <li>• Sleep Duration</li> <li>• Sleep Quality</li> </ul>
<b>Food Tracking</b>	Would recommend linking MyFitnessPal or Lose It to your Polar account	Would recommend linking MyFitnessPal or Lose It to your Garmin Connect account	Would recommend linking MyFitnessPal or Lose It to your Withings account
<b>Feedback</b>	This tracker is great for people who want to use Heart Rate as an exercise intensity measure  Lots of great exercise intensity tools  Complexity is one step above Jawbone UP and Fitbit	This tracker is great for people who want to use Heart Rate as an exercise intensity measure  Lots of great exercise intensity tools  Complexity is one step above Jawbone UP and Fitbit	This tracker is very versatile. Can be either worn on a wrist or in a pocket.  Measures heart rate and blood oxygen levels with LED light technology.  Many different band and clip styles
<b>Can it get wet?</b>	Water Resistant	Water Resistant	Water Resistant
<b>Extra Parts</b>	Charging USB cable	USB charging stick Small and Large Band	Micro USB charging cable Variety of accessories (sold separately)
<b>Technical Interface</b>	Compatible with PC Windows XP, Windows 7, Windows 8, and later  Compatible with Polar Flow mobile app via Bluetooth Smart  Compatible with Mac OS X 10.6, OS X 10.7, OS X 10.8, and later  Compatible with Polar Flow web service via custom USB cable	<b>Android (Requires phone to be running Android 4.3 or higher):</b>  HTC One Samsung Galaxy Note 2 Samsung Galaxy Note 3 Samsung Galaxy S3 Samsung Galaxy S4  <b>Apple:</b> iPhone 4S or later iPad Air The New iPad (iPad 3) iPad with Retina Display (iPad 4) iPad Mini iPod Touch 5th Generation	<b>Apple:</b> iPAD all versions iPAD mini iPAD touch 3 <sup>rd</sup> generation or higher iOS 5 or higher  <b>Android:</b> Android 4.0 or higher on all phones and tablets with Bluetooth technology.