

Fitness Trackers We Love

These easy-to-use gadgets track how much you move, eat, and sleep, providing real-time stats and analysis so you can make smarter lifestyle choices. When you see how simple tweaks (like sitting less and taking a lunchtime lap around the office) have big payoffs, you'll be motivated to improve your score day after day. —BL

Your Challenge:
Log at least **10,000 steps a day**, the doctor-recommended goal for optimal health.



JAWBONE UP

\$130; jawbone.com



The UP seamlessly

becomes part of your everyday life, thanks to its extralong battery life (10 days) and sleek design. For extra motivation, use the app to keep an eye on the activity levels of friends who also have the tracker.

HOW TO USE IT: Wear all day around your wrist; just remove if taking a swim.

FUN FEATURE: The smart alarm wakes you up at the optimal time of your sleep cycle so you're less groggy throughout the day.



ARMOUR 39 BY UNDER ARMOUR

\$150; ua.com



This gadget uses real-time workout stats to determine your WILLpower score, an at-a-glance summary of your intensity. Keep tabs on that score (info syncs wirelessly to your smartphone) to see whether you're in the zone or need to kick it up.

HOW TO USE IT: Wear chest strap when working out.

FUN FEATURE: The module senses your movements and body position to calculate a more precise estimate of calories burned.



FITBIT FLEX

\$100; fitbit.com



Monitor your step count

throughout the day by tapping the wristband to see how many LED lights flash. The more that light up, the closer you are to your daily goal. Bonus: Charting progress is easy—the tracker syncs wirelessly to your computer and smartphone.

HOW TO USE IT: Wear all day around your wrist; just remove if taking a swim.

FUN FEATURE: You can buy extra bands in fun colors and switch them to match your mood or outfit.

