



# Nudge®

April 2015

**Compatible Apps, Wearables, & Connected Devices**





# Fitbit App

**Free**

The Fitbit app can be used on its own to track basic activity and runs. It can also connect with other Fitbit products to get a complete picture of your daily stats.

The Fitbit app provides Nudge with the following data:



Activity



Hydration



Sleep



Nutrition  
(Coming Soon)



# Fitbit Aria Scale

**\$129.95**

The Fitbit Aria Scale tracks your weight as well as several other dimensions and syncs wirelessly to your other devices.



Weight



## Fitbit Charge

**\$129.95**

The Fitbit Charge tracks steps, distance, calories burned, floors climbed, and active minutes. At night, it tracks your sleeping habits. The Charge also displays Caller ID when connected to a compatible smartphone.



Activity



Sleep



## Fitbit Flex

**\$99.95**

The Fitbit Flex tracks steps, distance, calories burned, floors climbed, and active minutes. The lights on the band indicate how close you are to your preset personal goal.



Activity



Sleep



## Fitbit Charge HR

**\$149.95**

The Fitbit Charge HR tracks everything the Fitbit Charge does with the added benefit of tracking your heart rate.



Activity



Sleep



## Fitbit Force

**No Longer Available**

Like the Fitbit Charge, the Fitbit Force tracks steps, distance, calories burned, floors climbed, active minutes, and sleeping habits.



Activity



Sleep



## Fitbit Surge

**\$249.95**

The Fitbit Surge super watch tracks your everyday and fitness activity. Along with the benefits of the Fitbit Charge HR, the Fitbit Surge comes with GPS tracking, so you can measure your distance, pace, and route during your runs.



Activity



Sleep



## Fitbit One

**\$99.95**

The Fitbit One easily clips to your clothes to measure your steps, distance, calories burned, floors climbed, and sleeping habits.



Activity



Sleep



## Fitbit Zip

**\$59.95**

The Fitbit Zip activity tracker clips to your clothes to measure your steps, distance, and calories burned.



Activity



# Garmin Fit App

**Free**

The Garmin Fit app uses your smartphone's GPS to track your current speed, distance traveled, elapsed time and calories burned during your workout. Garmin can also collect data from numerous wireless fitness sensors, which require a ANT+ connection. This data can then be uploaded to Garmin Connect, Garmin's online training tool.



Activity



Sleep



Weight



## Garmin Fenix 2

**\$399.99**

The Garmin Fenix 2 can track distance, pace, location, and altitude. When connected to a heart rate monitor, the Fenix 2 can also measure heart rate, recovery time, and VO2 max estimates. A connected HRM-Run monitor adds data for cadence, ground contact time, and vertical oscillation.



Activity



## Garmin Edge 200

**\$129.99**

The Garmin Edge 200 tracks the time, distance, speed, and GPS position of your bike rides. The Edge 200 also allows you to challenge your past rides or the rides of others.



Activity



## Garmin Edge 510

**\$329.99**

The Garmin Edge 510 includes, along with all the features of the Edge 500, the ability to provide live updates of your ride to your friends by pairing with your smartphone via Bluetooth.



Activity



## Garmin Edge 500

**\$199.99**

The Garmin Edge 500 tracks your distance, speed, location and elevation via GPS. Add an ANT+ compatible heart rate monitor, speed/cadence sensor or power meter for an in-depth analysis of your ride.



Activity



## Garmin Edge 800

**No Longer Available**

The Edge 800 has a touch-enabled screen along with the capability to track distance, speed, location, ascent, and descent. The Edge 800 can also be connected to compatible ANT+ heart rate monitors, speed/cadence sensors or power meters.



Activity



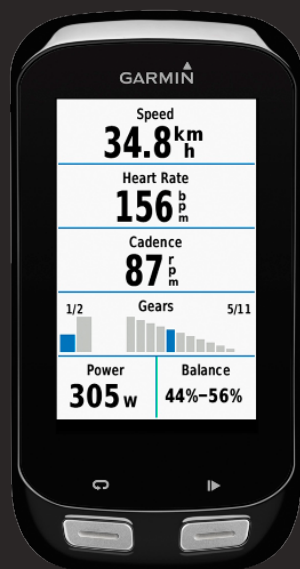
## Garmin Edge 810

**\$399.99**

The Garmin Edge 810 includes all the features of the Edge 800 plus the ability to provide live updates of your ride to your friends by pairing with your smartphone via Bluetooth.



Activity



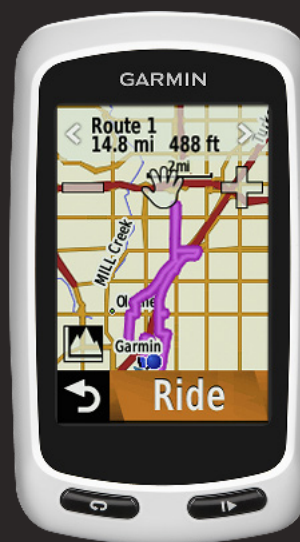
## Garmin Edge 1000

**\$599.99**

The Garmin Edge 1000 contains the features and connectivity of the Edge 810 with added incoming call and text alerts from your smartphone. It also includes current weather forecasts, on-road and off-road navigation, points of interest maps, and round-trip ride options.



Activity



## Garmin Edge Touring Plus

**\$299.99**

The Garmin Edge Touring Plus provides on-road and off-road navigation. You can also input a distance and select between three different round-trip ride options, and points of interests are available for your bike rides. The Edge Touring Plus is compatible with heart rate monitor.



Activity





## Garmin Forerunner 10

**\$129.99**

The Garmin Forerunner 10 tracks your distance, running pace, and calories burned. It can also compare your current pace to your target and notify you when you've beaten a personal record.



Activity



## Garmin Forerunner 15

**\$139.99**

The Garmin Forerunner 15 tracks distance, pace, calories burned, and steps taken. It also connects to compatible heart rate monitors and foot pods to track indoor running.



Activity



## Garmin Forerunner 50

**No Longer Available**

The Garmin Forerunner 50 tracks distance, pace, and calories burned. It also connects to compatible heart rate monitors and foot pods to track indoor running.



Activity



## Garmin Forerunner 110

**No Longer Available**

The Garmin Forerunner 110 tracks distance, time, and pace, and it connects to compatible heart rate monitors.



Activity



## Garmin Forerunner 210

**\$249.99**

The Garmin Forerunner 210 tracks distance, time, and pace, and it connects to compatible heart rate monitors and foot pods.



Activity





## Garmin Forerunner 220

**\$249.99**

The Garmin Forerunner 210 tracks distance, time, and pace. It connects to compatible heart rate monitors and alerts you when you've achieved personal records.



Activity



## Garmin Forerunner 310XT

**\$249.99**

The Garmin Forerunner 310XT can be used on land or in water. On land, it tracks your time, distance, pace, and heart rate with a compatible device. In water, the 310XT estimates distance and average speed.



Activity



## Garmin Forerunner 405

**No Longer Available**

The Garmin Forerunner 405 tracks time, distance, pace, calories, and heart rate when connected to a heart rate monitor.



Activity



## Garmin Forerunner 405CX

**No Longer Available**

The Garmin Forerunner 405CX comes with all the features of the Forerunner 405 and comes with a heart rate monitor.



Activity



## Garmin Forerunner 410

**No Longer Available**

The Garmin Forerunner 410 records your time, pace, distance, elevation, heart rate with a compatible monitor, and more than 30 other types of data.



Activity



## Garmin Forerunner 610

**\$349.99**

The Garmin Forerunner 610 gathers data on distance, pace, GPS position, calories, and heart rate with heart rate monitor. The Forerunner 610 also provides vibration alerts for time, distance, calories, heart rate, and cadence.



Activity



## Garmin Forerunner 910XT

**\$399.99**

The Garmin Forerunner 910XT provides data for running, swimming, and biking. On land, it tracks time, distance, pace, elevation, and heart rate with a compatible heart rate monitor. In water, it tracks swim distance, efficiency, stroke type, stroke count, pool lengths.



Activity



## Garmin Forerunner 620

**\$399.99**

The Garmin Forerunner 620 tracks distance and pace. When connected to a heart rate monitor, the 620 can track heart rate and calculate recovery time and VO2 max estimates. With a HRM-Run monitor, the 620 tracks cadence, ground contact time and vertical oscillation.



Activity



## Garmin Forerunner 920XT

**\$449.99**

The Garmin Forerunner 920XT includes all of the features of the Forerunner 910XT along with added features. When connected to a heart rate monitor, it provides a VO2 max estimate, race predictor and recovery advisor. Connecting to a HRM-Run provides cadence, vertical oscillation and ground contact time.



Activity



## Garmin FR70

**\$129.99**

The Garmin FR70 comes included with a heart rate monitor so that it can track your time, heart rate and calories. Connecting to a foot pod offers distance and speed data, and connecting to a speed/cadence sensor provides cycling statistics.



Activity



## Garmin Swim

**\$149.99**

The Garmin Swim tracks distance, pace, stroke count, and stroke type. It offers advanced settings for tracking timed sets and logging drills. The Garm Swim also tracks swimming efficiency using a measurement called swolf, which is the sum of the time and number of strokes it takes to swim a pool length.



Activity



## Garmin Tactix

**\$369.99**

The Garmin Tactix has a high-sensitivity GPS combined with an altimeter, barometer, and compass. This wilderness watch allows you to create routes, waypoints, and bread crumb trails during your hike or other excursions. It also measures distance, pace, cadence, and calories, and it is compatible with heart rate monitors, speed/cadence bike sensors, and foot pods.



Activity



## Garmin Vivofit

**\$129.99**

The Garmin Vivofit learns your activity level and assigns a personalized daily goal. It displays steps, calories, distance as well as monitors sleep. The Vivofit can also be paired with a heart rate monitor for more accurate data during workouts.



Activity



Sleep



## Garmin Vivosmart

**\$169.99**

The Garmin Vivosmart displays steps, calories, distance, and time of day. The Vivosmart vibrates when to alert you about calls, texts, and emails from your smartphone. The inactivity alert also reminds you to move during the day.



Activity



Sleep



## Garmin Vivoactive

**\$249.99**

The Garmin Vivoactive includes apps for tracking different sports such as running, biking, golfing, swimming, and general activity tracking. It pairs with your smartphone to vibrate and display alerts for incoming calls, texts, emails, calendar items, and other mobile notifications.



Activity



# Jawbone Up App

**Free**

The Jawbone Up App tracks your activity, diet, and sleep. It then shows you how to make small changes to your daily routine that will help you live a fitter and healthier life.



Activity



Sleep



Nutrition  
(Coming Soon)



# Jawbone Up

**No Longer Available**

The original Jawbone Up allows you to track your sleep, steps taken, and calories burned. The Up also features a vibration motor that can be programmed as an alarm to wake you during the appropriate phase of your natural sleep cycle. It can also remind you when you have been stationary too long.



Activity



Sleep





## Jawbone Up24

**\$129.99**

The Jawbone Up24 is an upgraded version of the original Jawbone Up, and it includes all of the same features.



Activity



Sleep



## Jawbone Up3

**\$179.99**

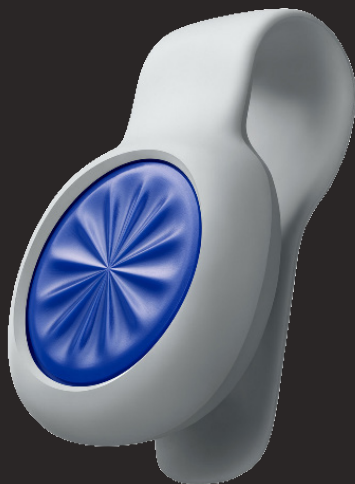
The Jawbone Up3 tracks sleep, eating habits, steps taken, calories burned, as well as heart rate with a built-in heart rate monitor. The Up3 also includes a vibration alarm to awake you or keep you from being stationary too long.



Activity



Sleep



## Jawbone Up Move

**\$49.99**

The Jawbone Up Move can be used as a clip or as a wristband to measure your sleep, steps taken, and calories burned.



Activity





# MapMyFitness

**Free**

The MapMyFitness app, along with its suite of companion apps, allows you to record and view your steps, sleep, workouts, and more. You can record workouts from a large selection of activities, including running, cycling, walking, gym workouts, cross training, yoga, and others. You can also record GPS-based workouts that include pace, route, distance, calorie burn, and elevation.



Activity



Nutrition  
(Coming Soon)



**MapMyHike**  
**Free**



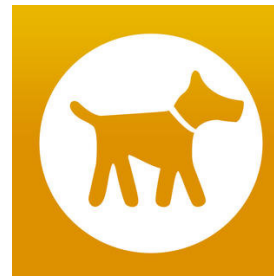
Activity



**MapMyRun**  
**Free**



Activity



**MapMyDogWalk**  
**Free**



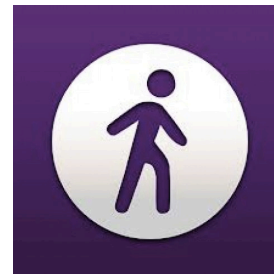
Activity



**MapMyRide**  
**Free**



Activity



**MapMyWalk**  
**Free**



Activity



## Moves App

**Free**

The Moves app automatically tracks your walking, cycling, and running, and plots your daily routes on a map. Moves then calculates the calories burned and steps taken for each activity it tracks.



Activity



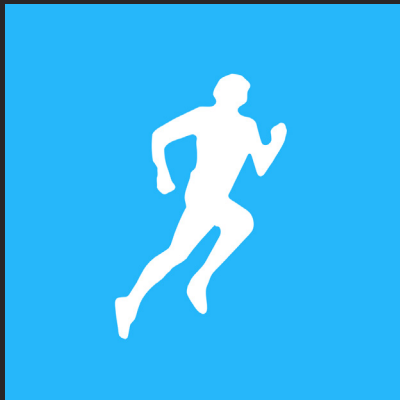
## Sleep as Android App

**Free**

The Sleep as Android app is a smart alarm clock that wakes you during the optimal moment of your sleep cycle. It provides a sleep graph history with sleep deficit, deep sleep, and snoring statistics.



Sleep



## RunKeeper App

**Free**

The RunKeeper app allows you to track your running pace, cycling speed, route distance, elevation and calorie burn for your runs, walks, bike rides, training workouts, and all of the other fitness activities using your smartphone's GPS.



Activity



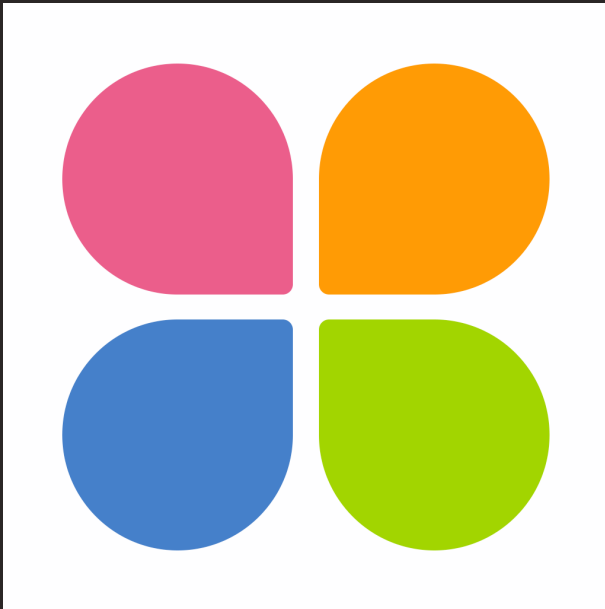
## Strava Running and Cycling App

**Free**

The Strava Running and Cycling app lets you track distance, pace, speed, elevation gained, and calories burned from your running and cycling activities. You can also collect heart rate, power, and cadence data from ANT+ and Bluetooth LE-enabled sensors.



Activity



# Withings Healthmate App

**Free**

The Withings Health Mate app tracks your everyday activity and heart rate using your smartphone, or you can connect with Withings' health trackers for more in-depth data.



Activity



Sleep



Weight



## Withings Pulse O<sub>2</sub>

**\$199.95**

The Withings Pulse O<sub>2</sub> can be used as a clip or as a wristband. It can measure your steps, elevation, distance, calories burned, heart rate, and sleep quality.



Activity



Sleep



## Withings Activité

**\$450.00**

The Withings Activité tracks all your activity while you work, play, exercise, and swim and displays the percentage of your daily goal on the analog watch face. The Activité then records data about your sleep patterns for later analysis.



Activity



Sleep

## Withings Activité Pop

**\$149.95**

The Withings Activité Pop has all the features of the Withings Activité packaged in an analog sports watch.



Activity



Sleep



## Withings Smart Body Analyzer

**\$149.95**

The Withings Smart Body Analyzer can recognize multiple users and have a profile saved for each of them. The Smart Body Analyzer can measure weight, fat mass, heart rate, and the indoor air quality.



Weight



## Withings WS30 Wireless Scale

**\$99.95**

The Withings WS30 Wireless Scale measures your weight and body mass index, and it wirelessly syncs it with your Withings mobile and web apps.



Weight

# iHealth

## iHealth MyVitals App

**Free**

The iHealth MyVitals App helps you track and manage your key vitals. It connects to iHealth's other products and allows you to build a personalized dashboard using your tracked data.



Activity



Sleep



Weight



## iHealth Edge

**\$69.95**

The iHealth Edge can be worn as either a watch on your wrist or a clip on your waist. The Edge tracks your steps, distance, calories, and sleep. It can automatically recognize when you start a workout, and it will give you a report at the end of the workout.



Activity



Sleep





## iHealth Wireless Body Analysis Scale

**\$99.95**

The iHealth Wireless Body Analysis Scale can measure your body fat percentage, muscle mass, water weight percentage, bone mass, and caloric intake. The scale can then connect to your iHealth MyVitals app, so you can track your progress. The Wireless Body Analysis Scale can also support up to 20 users, so you can your family can track your progress.



Weight



## iHealth Lite

**\$79.95**

The iHealth Lite can measure both your weight and your body mass index and sync it to the iHealth MyVitals app.



Weight



# Dailymile App

**Free**

The Dailymile app allows you to track your runs, bike rides, and strength workouts. Dailymile also lets you share your progress and stay connected to your friends and other users of their community.



Activity



# Vyykn App

**Free**

The Vyykn app, when connected to a Vyykn water fountains that you use, tracks the amount of water you consume as well as the steps you take each day automatically. You can also manually enter any other water consumed or activity done throughout the day. When you enter your desired fitness and activity goals within the Vyykn app, it will provide the recommended amount of water needed to reach those goals.



Hydration



# Misfit App

**Free**

The Misfit app connects to your Misfit Beddit, Misfit Flash, Misfit Shine, or a Pebble Watch to track your activity and sleep. The Misfit app tracks activities such as running, biking, swimming, and more. Those activities are translated into usable metrics such as calories burned, steps taken, and distance travelled. The app provides a trend analysis of your activity and sleep over time, so that you know how you are progressing to your goal.



Activity



Sleep



## Misfit Beddit

**\$149.99**

The Misfit Beddit unobtrusively tracks your sleep. By laying it across your mattress and beneath your fitted sheet, the Beddit measures respiration, heart rate, movement, snoring, and ambient sound in order to measure sleep cycles and quality. That information is then wirelessly synced to your Misfit app.



Sleep



## Misfit Flash

**\$49.99**

The Misfit Flash can be wore as a watch or as a clip, and it tracks your activity as well as your sleep. This data is synced to your Misfit app. The ring of lights around the edge of the Flash gradually fill as you meet your activity goal for the day. The lights can also be used to display time with an analog watch face. The Flash never requires charging to use.



Activity



Sleep

## Misfit Shine

**\$99.99**

The Misfit Shine can be wore as a watch or as a clip, and it tracks your activity as well as your sleep. Shine tracks running, walking, cycling, and swimming and other sports. This data is synced to your Misfit app. The ring of lights around the edge of the Shine gradually fill as you meet your activity goal for the day. The lights can also be used to display time with an analog watch face. The Shine requires infrequent charging.



Activity



Sleep





# Nike+ Running App

**Free**

The Nike+ Running app allows you to track your runs using your smartphone's built-in GPS. The app can also provide audio feedback during your run, letting you know your time, pace, and distance ran. Nike+ Coach allows you to pick a distance that you wish to race and provides you with a several week long training plan to help you reach your goal. Nike+ Running also lets you connect to and challenge your friends to see who can reach a total amount of miles first.



Activity

# Nike+ Fuel App

**Free**

The Nike+ Fuel app wirelessly collects the activity from your Nike+ FuelBand, turning it into NikeFuel. You can view the amount of NikeFuel you have collected over a week, month, or year. You can connect and compete with those you know in the app's Friend leaderboard. The app can also remind you about staying active during the day.



Activity





## Nike+ Sportwatch GPS

### No Longer Available

The Nike+ Sportwatch GPS allows you to track your location, pace, distance, laps, and calories burned during your run. The data can then be synced to your Nike+ account using a USB connection and the Nike+ Connect desktop application. The Sportwatch GPS also provides automated run reminders and, if connected to Polar Wearlink+, a heartrate.



Activity

## Nike+ FuelBand SE

### No Longer Available

The Nike+ FuelBand SE measures all of your daily activity and converts it into NikeFuel. The time as well as your current NikeFuel is displayed on the band. Your NikeFuel count can then be wirelessly synced via Bluetooth to your Nike+ account.



Activity







# Movable Dashboard

**Free**

The Movable Dashboard syncs the activity tracked by your Movband. The dashboard allows you to set personal goals, connect with others, accept fitness challenges, and view your progress over time. You can also log other metrics such as sleep, diet, and stress.



Activity



## Movband 2

**\$29.99**

The Movband 2 tracks all of your movement during the day. It syncs to your Movable dashboard via USB, and it has a 40 day battery life.



Activity



## Movband 3

**\$59.99**

The Movband 3 tracks all of your movement during the day. It is also water-resistant, allowing you to track water-related sports. The Movband 3 is wearable as a wristwatch or a clip, and it syncs wirelessly to your Movable dashboard via its smartphone app.



Activity



## BodyMedia FIT CORE

### No Longer Available

The BodyMedia FIT CORE is a armband that tracks your calories burned, steps taken, physical activity level, and sleep. The BodyMedia FIT CORE creates an individual metabolic profile based on your measurement, which helps you pinpoint what actions you need to take to reach your weight loss goals. The FIT CORE also syncs with MyFitnessPal, Runkeeper, and other fitness apps.



Activity

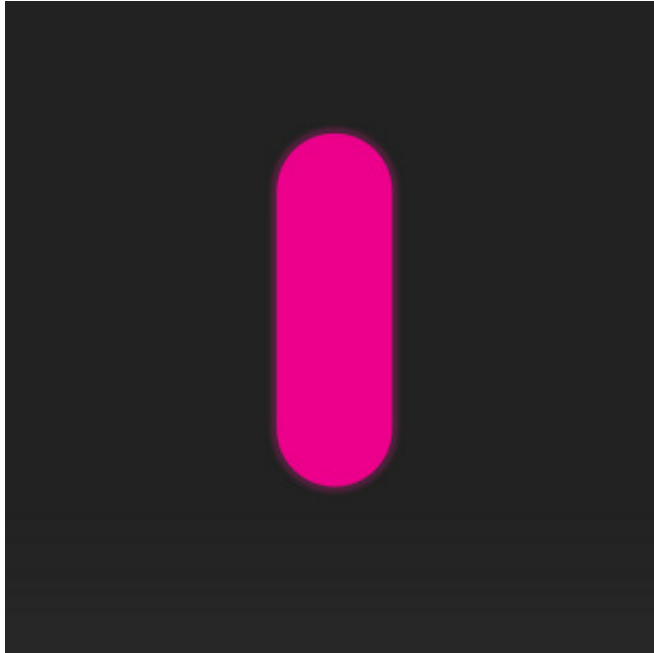
## BodyMedia FIT LINK

### No Longer Available

The BodyMedia FIT LINK tracks your calories burned, steps taken, physical activity level, and sleep. The BodyMedia FIT LINK creates an individual metabolic profile based on your measurement, which helps you pinpoint what actions you need to take to reach your weight loss goals. That data then wirelessly syncs to the BodyMedia app via Bluetooth. The app also allows you to log your food, providing you with a complete picture of your health.



Activity



# Fitbug App

**Free**

The Fitbug app can track your steps taken throughout the day and provide you with an activity history, calories burned, distance walked and walking pace. It can also determine whether your pace falls within the recommended 'walking zone'. The Fitbug app also collects information tracked by other Fitbug devices.



Activity



Sleep

## Fitbug WoW

**\$79.99**

The Fitbug WoW smart scale calculates your weight and other health measurements and syncs that information over Bluetooth with your Fitbug account.



Weight





## Fitbug Go

**\$49.95**

The Fitbug Go tracks your steps taken, calories burned, distance travelled, and minutes of daily activity. Connect the device via USB to your computer to sync it with your Fitbug account.



Activity



## Fitbug Orb

**\$49.95**

The Fitbug Orb can be worn on your wrist or stored in a pocket. It measures your steps taken as well as other movement throughout the day. At night, it measures your sleep duration and sleep quality. All of this information is synced via Bluetooth to show live data on your Fitbug app.



## Fitbug Air

**\$49.95**

The Fitbug Air tracks your steps taken, calories burned, distance travelled, and minutes of daily activity. The Air connects via Bluetooth to your smartphone to update live data on your Fitbug app.



Activity



Activity



Sleep