

JAWBONE®

Fitness Trackers!

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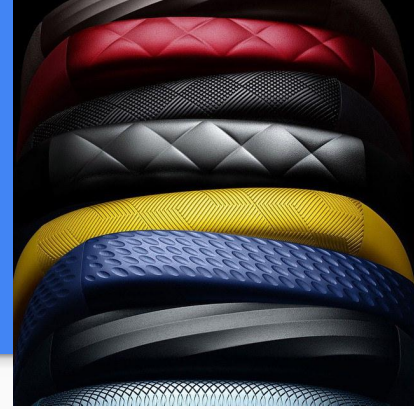
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Q: What is a fitness tracker?



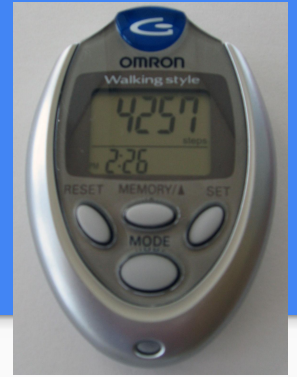
These are jawbone fitness trackers.

#1 What is a fitness tracker?

A fitness tracker is a personal device that counts your steps, tracks your sleep and keeps track of **calories** burned every day. Sometimes they have a heart rate monitor. There are many kinds of fitness tracker companies that make fitness trackers and also make other things too. some companies are Xiaomi and Garmin. Other companies like Fitbit and Jawbone only make fitness trackers.

Did you know?... The Apple company really does not like Xiaomi, a fitness tracker making company, because they think that they steal their ideas and get around there **patents**.

Q: How long have fitness trackers been around?



This is a old **pedometer**

#2 How long have fitness trackers been around?

Fitness trackers have been around for a long time. Thomas Jefferson showed the Americans the very first basic fitness tracker called the **pedometer**. Some people even called them “tomish meters. Then in the 1930’s long distance walkers started to call them “hike-o-meters”. Then 30 years later in 1965 in Japan a man named Y. Hatano invented a pedometer named manpo-kei which translates in English 10,000 steps. Most scientists agree that is the right amount of steps for a human every day.

Fun Fact: Jawbone used to work for the U.S. Military.

Q: how much do fitness trackers cost?

\$

#3 What are the prices?

Some prices are high and some are low --it just depends what features you want. You can spend more money and get detailed information about your level of fitness or you can spend less and just get basic information like step counting.



these are Garmin vivofit fitness trackers.



Chart



high price	medium price	low price
fitbit charge HR 140.00	wellograph 89.99	mi band 19.99
basis peak 199.99	fitbit charge 99.89	misfit flash link 19.99
withings activite 450.00	jawbone up3 124.99	mi band pulse 25.00

Q: Is it a fitness tracker a good or a service?



A: Is a fitness tracker a good or a service?

This is the Garmin forerunner 15.

A personal fitness tracker is a **good** because a good is something you can touch or hold or take home with you. Also you can touch a fitness tracker and you can take a fitness tracker home with you. You can use a **service** like a website to learn more about your fitness tracker.



Glossary



calories : Calories are a unit of measurement. They are what gives us energy. If we eat too much of them or not burn enough of them we can gain weight.

good : A good is something you can take home or touch or hold.

patents : A patent is when a company pays for a idea to not get stolen for like 10 years.

pedometer : A pedometer is like the old fitness tracker that only counts steps.

service : When a company does something for someone that they can't do themselves, it's a service.

References



Expert = DAD

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About the author



Alex Kociubinski is a 3rd grade boy when he wrote this book. He likes football and his favorite football team is the seahawks. He has a ton of friends. With not the best hand writing and not the best spelling he is still very smart.