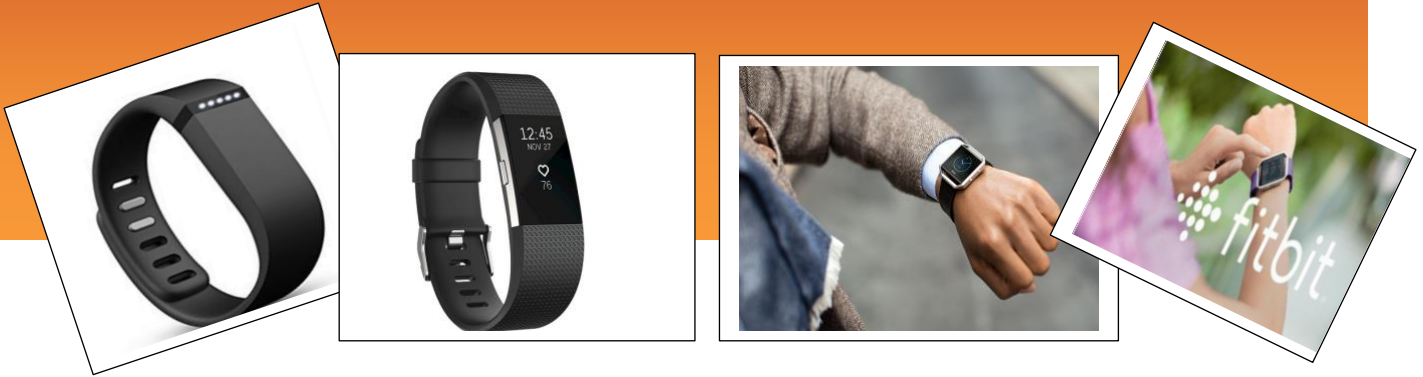


The Fitbit



Know Yourself to Improve Yourself

Fitbit's are a wearable device used for tracking health behavior of your choice. It is a fitness band used to monitor someone's fitness activity. You can also use it to track your sleep, workouts, and food intake. It is a good way to make goals for yourself. (track steps, calorie intake)



Features

- Check Heart Rate
- Tracks Steps
- Tells Time
- Sends Alerts
- Connects with your mobile phone
- Calorie intake
- Calories burned
- Shows your progress



