

Fitbit Ultra Application Description

This device, the size of a thumb drive, and its companion smartphone and computer program, revolutionizes your health management. At least your nutrition and exercise. At any point before you do something that you want to measure, you can press and hold (for 2 seconds) the device button and it starts timing. You could have it time a run, a walk, reading, working in the garden or even your sleep. (*see my discovery about my sleep pattern on page 21*). If anything, it ensures your mindfulness of what you eat, how much you exercise and even sleep. The \$100 seems easily worth it. You can read more about it at <http://fitbit.com> and purchase it if you like.

Once you register and get your computer to recognize the USB device for syncing, you log into your account at <http://fitbit.com> and go to your Dashboard (shown below). Note that in my first example, the device was sitting all night in the USB sync cradle and I had worn it all morning. I had eaten breakfast (but not logged in any food or liquid intake). I sat working at my computer all morning and had gone up and down the stairs between floors about twice. At the end of the morning, I synced it with the computer and the items I've marked (with a red arrow) are showing what it did pick up, even though I didn't input anything myself.

FitBit Ultra

The device itself



The packaging



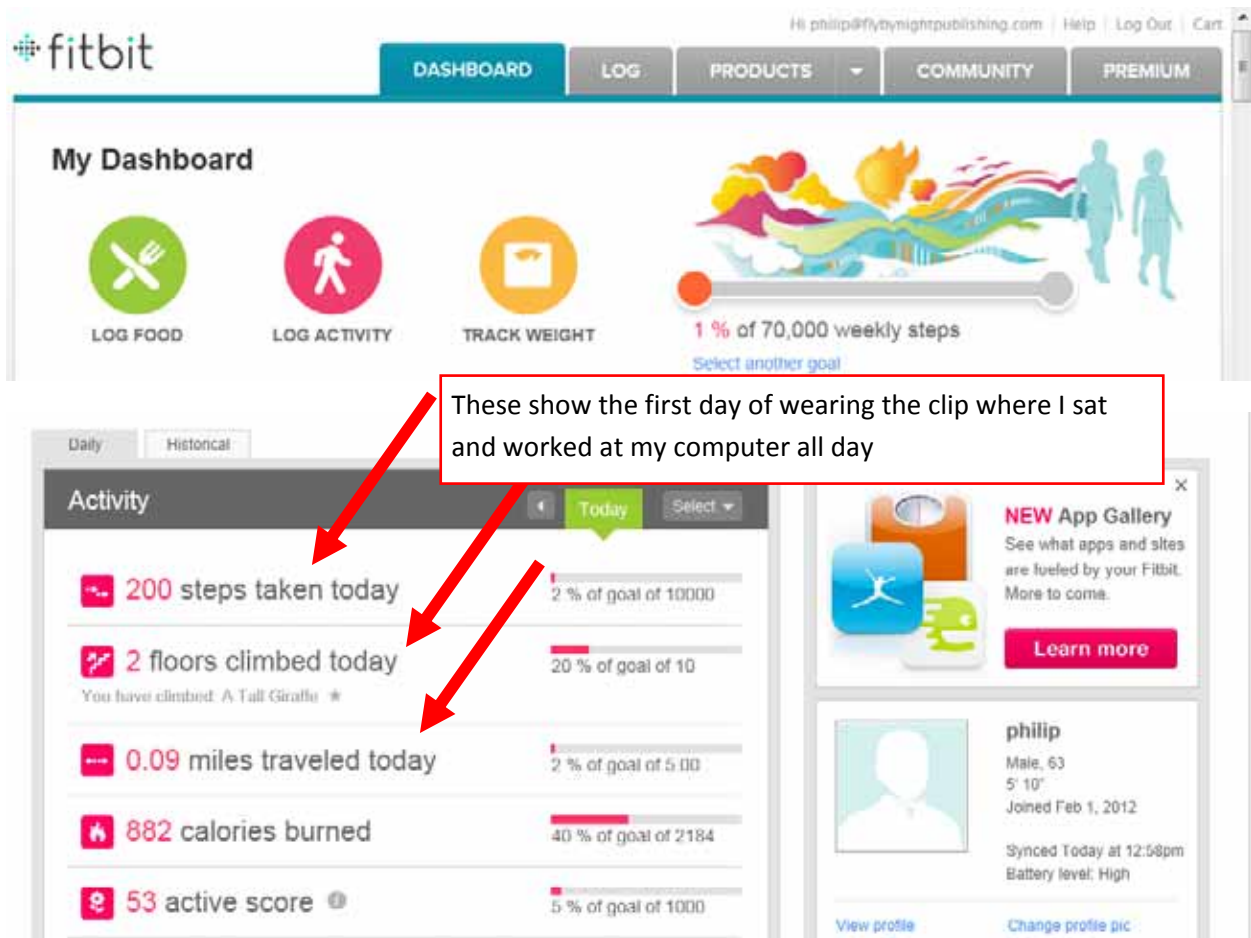
The cradle with its USB connection to a computer



The FitBit in its USB connection to a computer



Screen views of the computer program:



Screen views of the computer program:

No step badge yet today. Get more steps!

No floor badge yet today. Get more steps!

You have 0 Activity Records

Want to challenge yourself to be more active? [Start a free week trial of the Fitbit trainer now!](#)

Calories Burned Steps Floors Active score every 5 minutes

13min

This shows only 13 minutes of activity, obviously a day when I didn't go on our walk or move around very much

Today's activity breakdown (excluding sleep)

sedentary 12hrs 32min

light active 13min

very active 0min

Food Goal

0 cal logged today

Under Goal You can eat about 1961 cal more today

Weight goal: Your goal is to maintain weight. [Set new goal?](#)

Sleep

Your main sleep pattern asleep active

You did not log sleep data on this day.

YOUR SLEEP EFFICIENCY ?%

You went to bed at ?

Time to fall asleep 0min

Times awakened 0

You were in bed for 0min

Actual sleep time 0min

View all your sleeps on this day

My Body

Weight 160

My Achievements

571 steps total lifetime steps

Top Badges

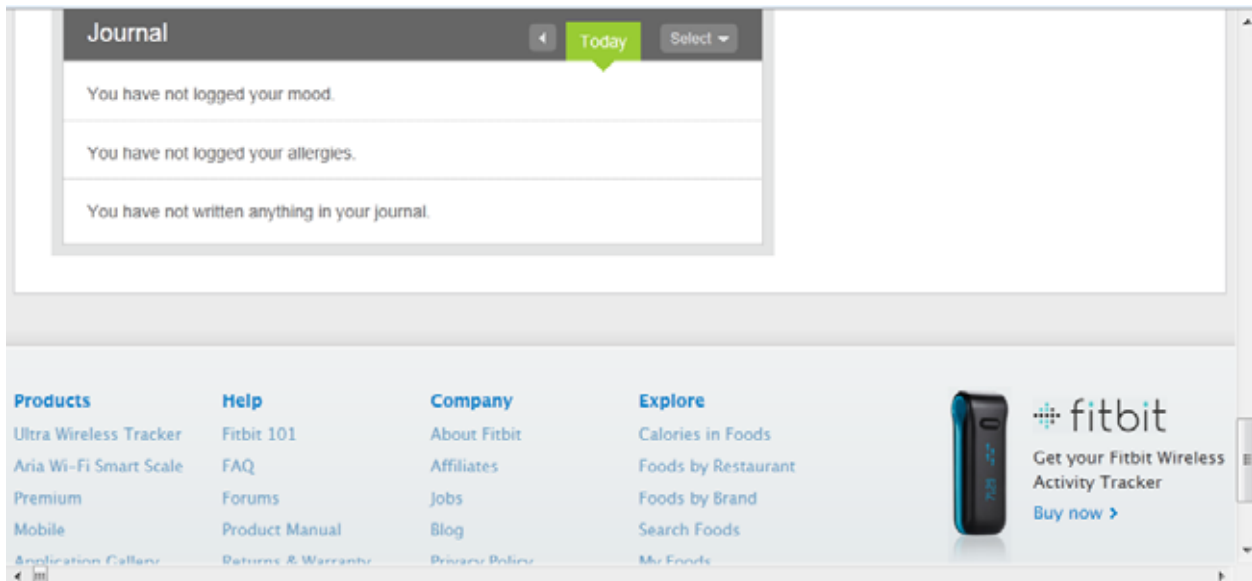
Friends make Fitbit more fun

You don't have any friends yet. [Find Friends](#)

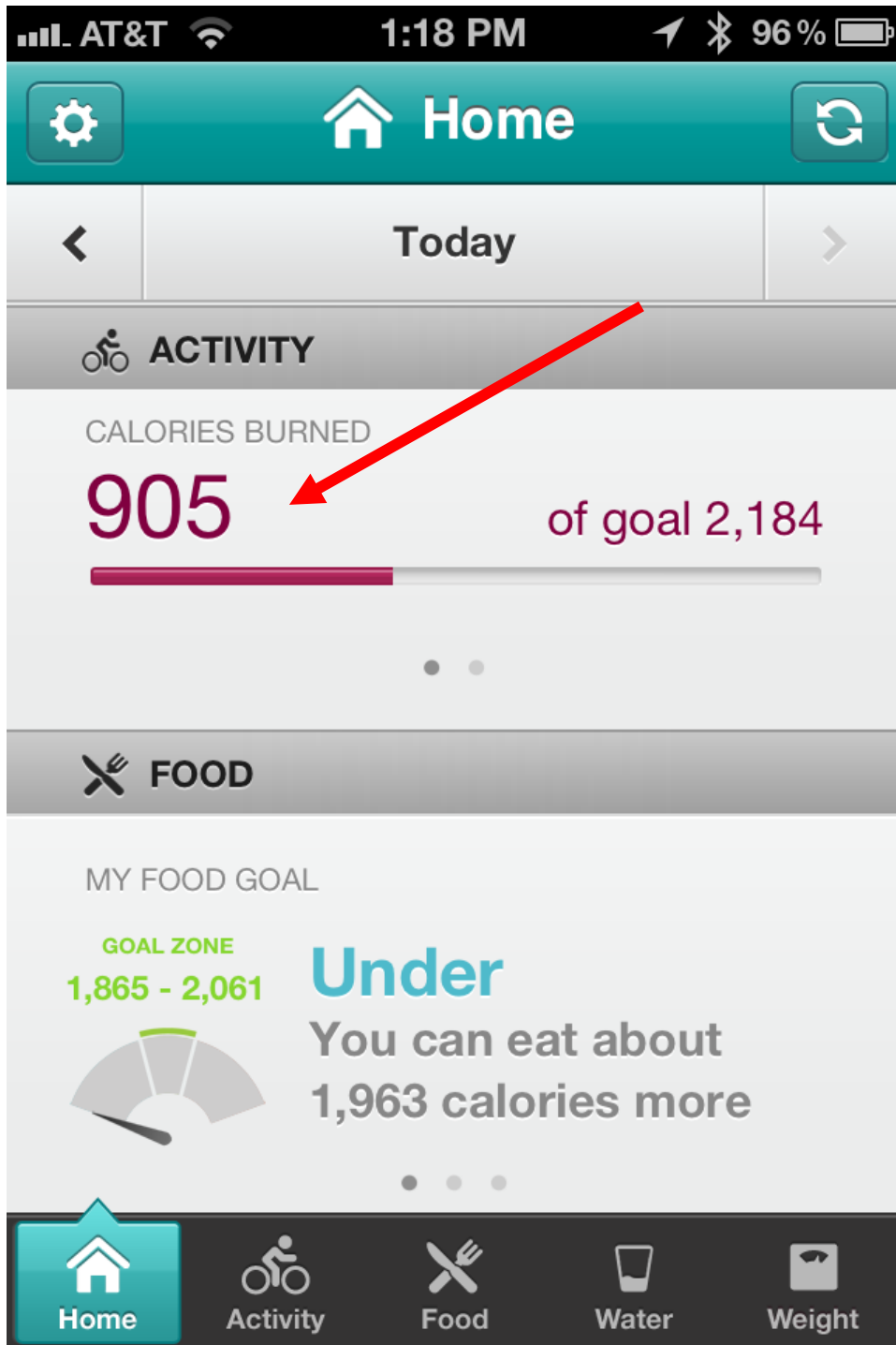
My Groups

You do not belong to any groups, yet.

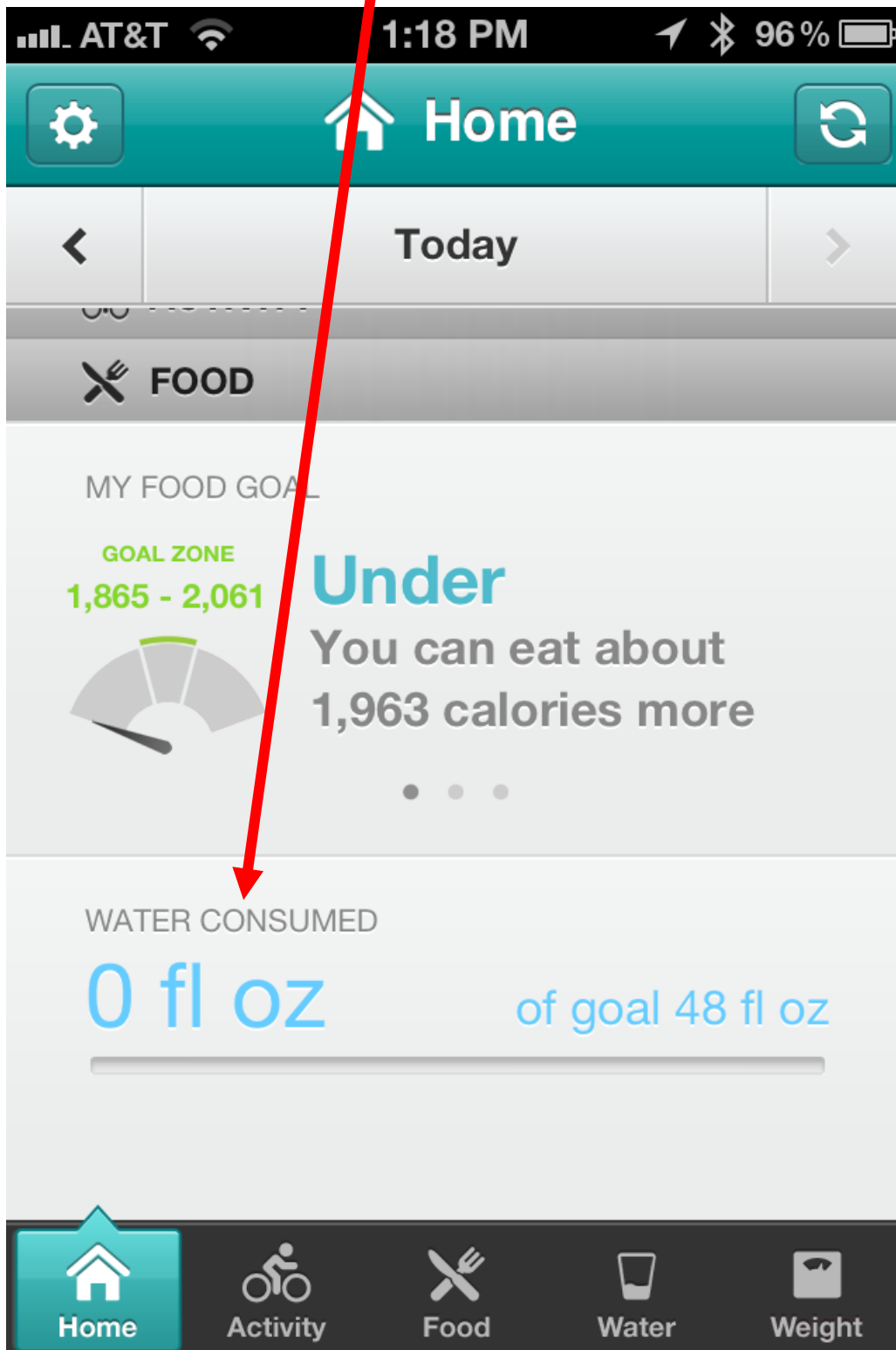
Screen views of the computer program:



iPhone Screen Shots on the first day just wearing the clip

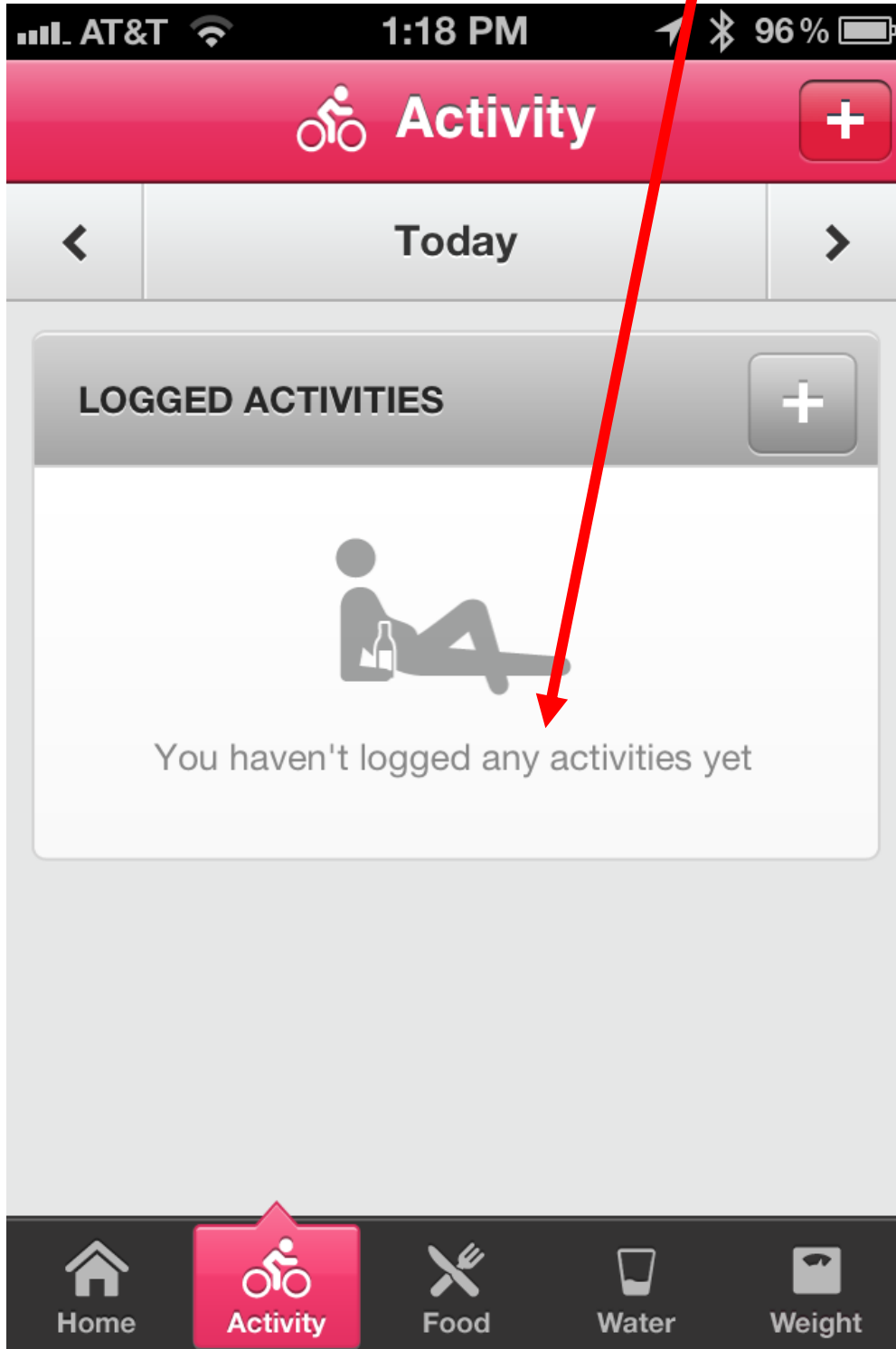


iPhone Screen Shots on the first day just wearing the clip
(logging of water drunk not yet started)

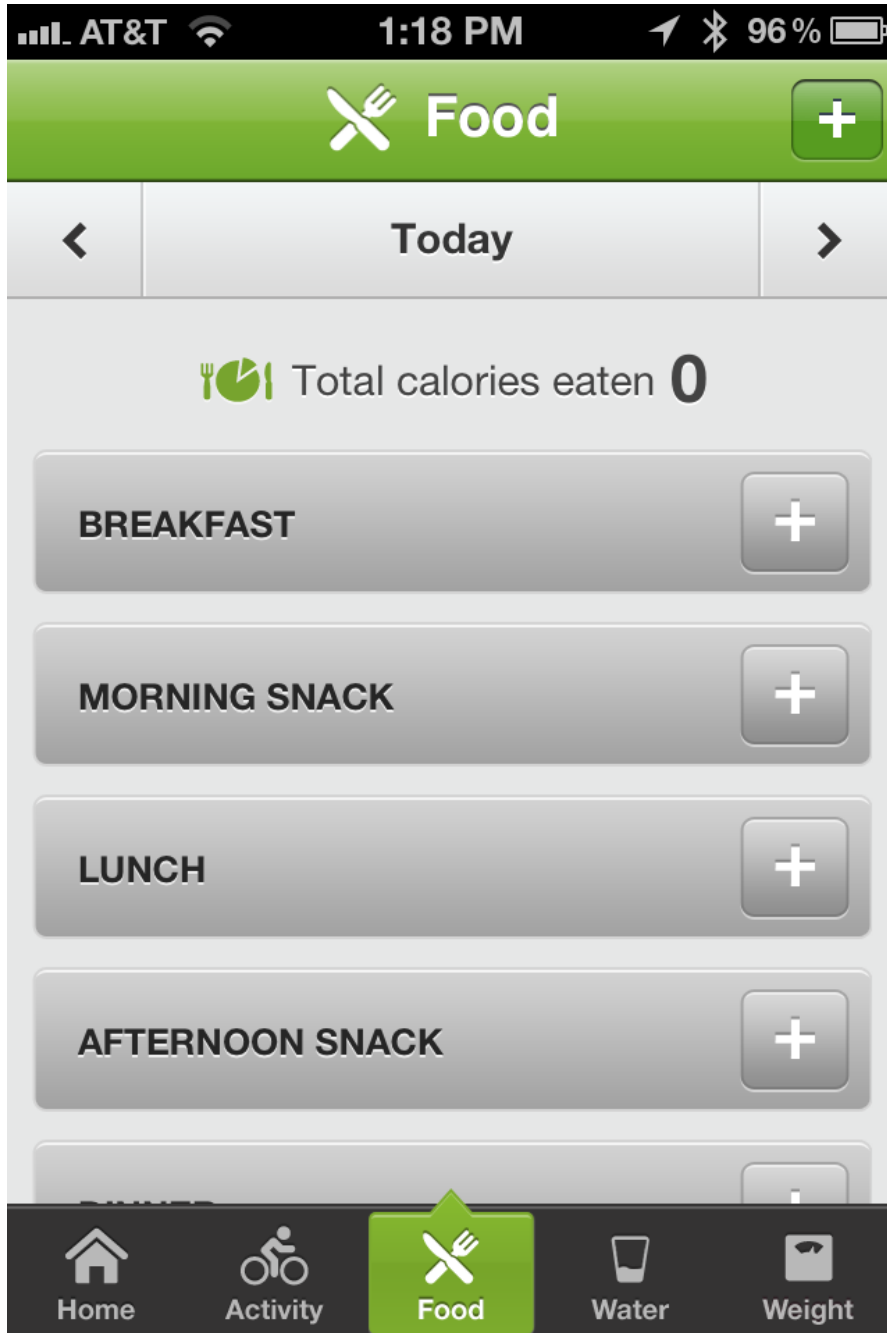


iPhone Screen Shots on the first day just wearing the clip

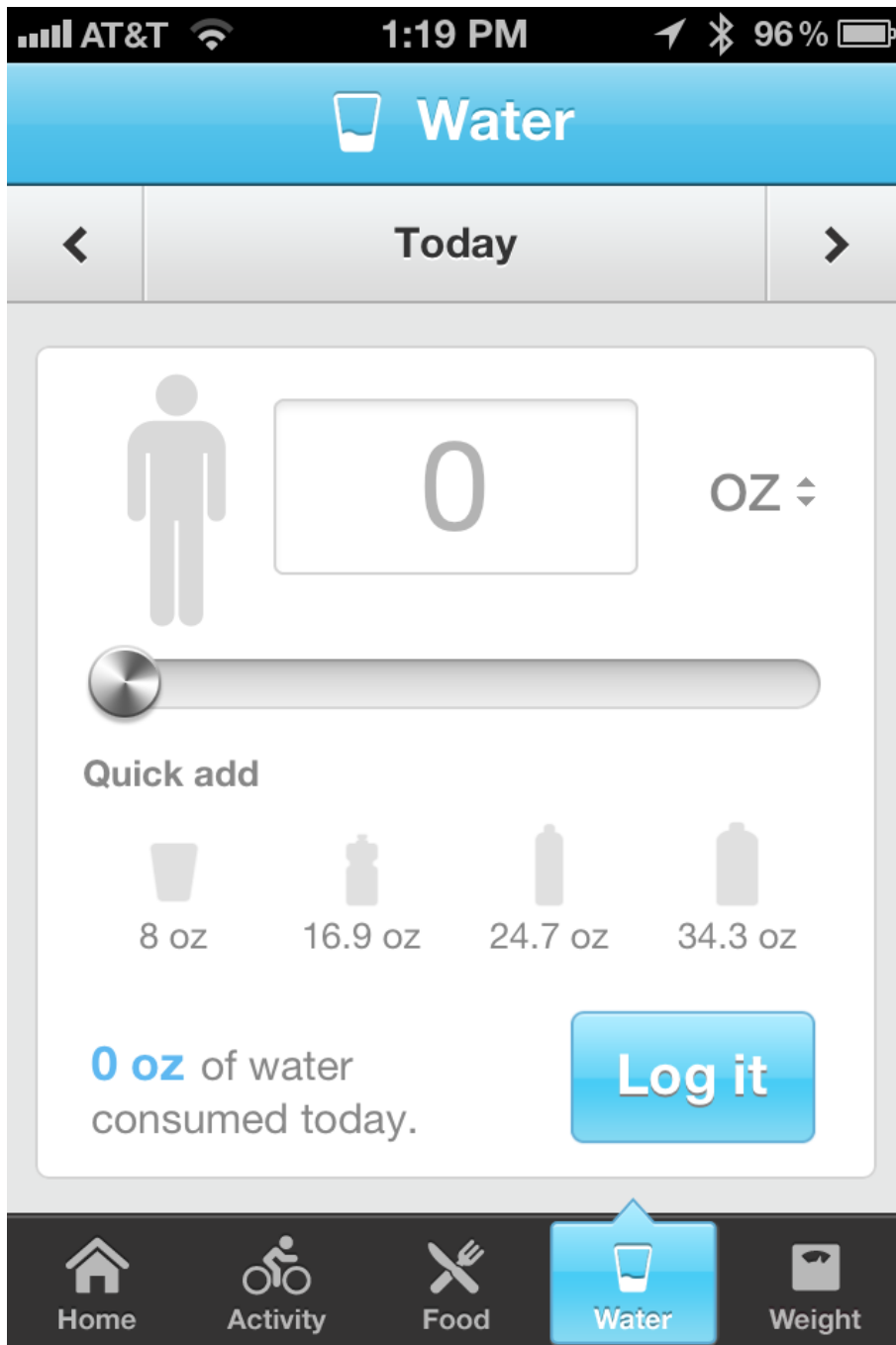
Walks not yet logged:



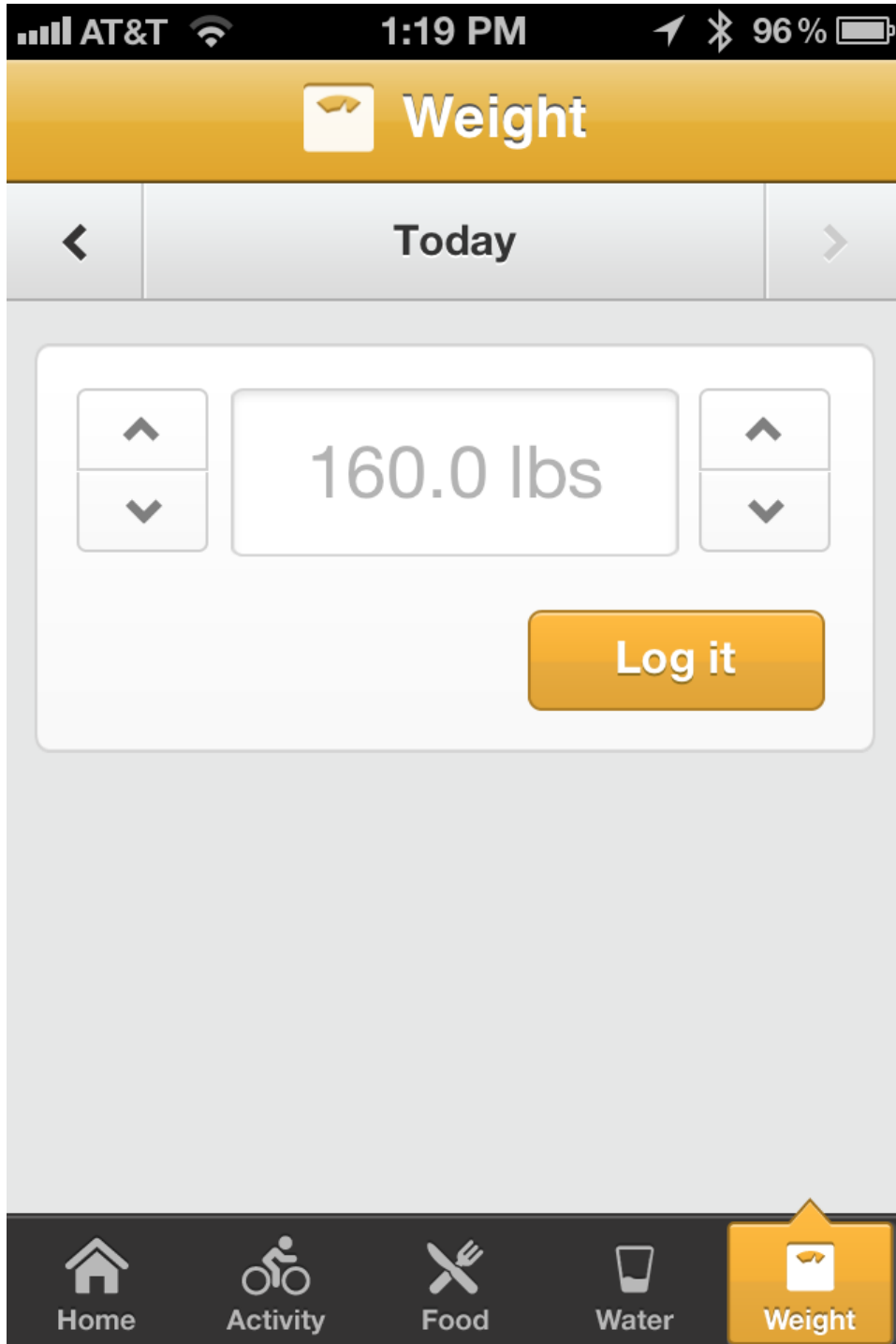
iPhone Screen Shots on the first day just wearing the clip.
This where you would begin to log your food intake.



iPhone Screen Shots on the first day just wearing the clip
To log that you've drunk water, you just click on one of the amount icons (8, 16, 24oz, etc.)



iPhone Screen Shots on the first day just wearing the clip.
This is just a logging of the report of the scale.

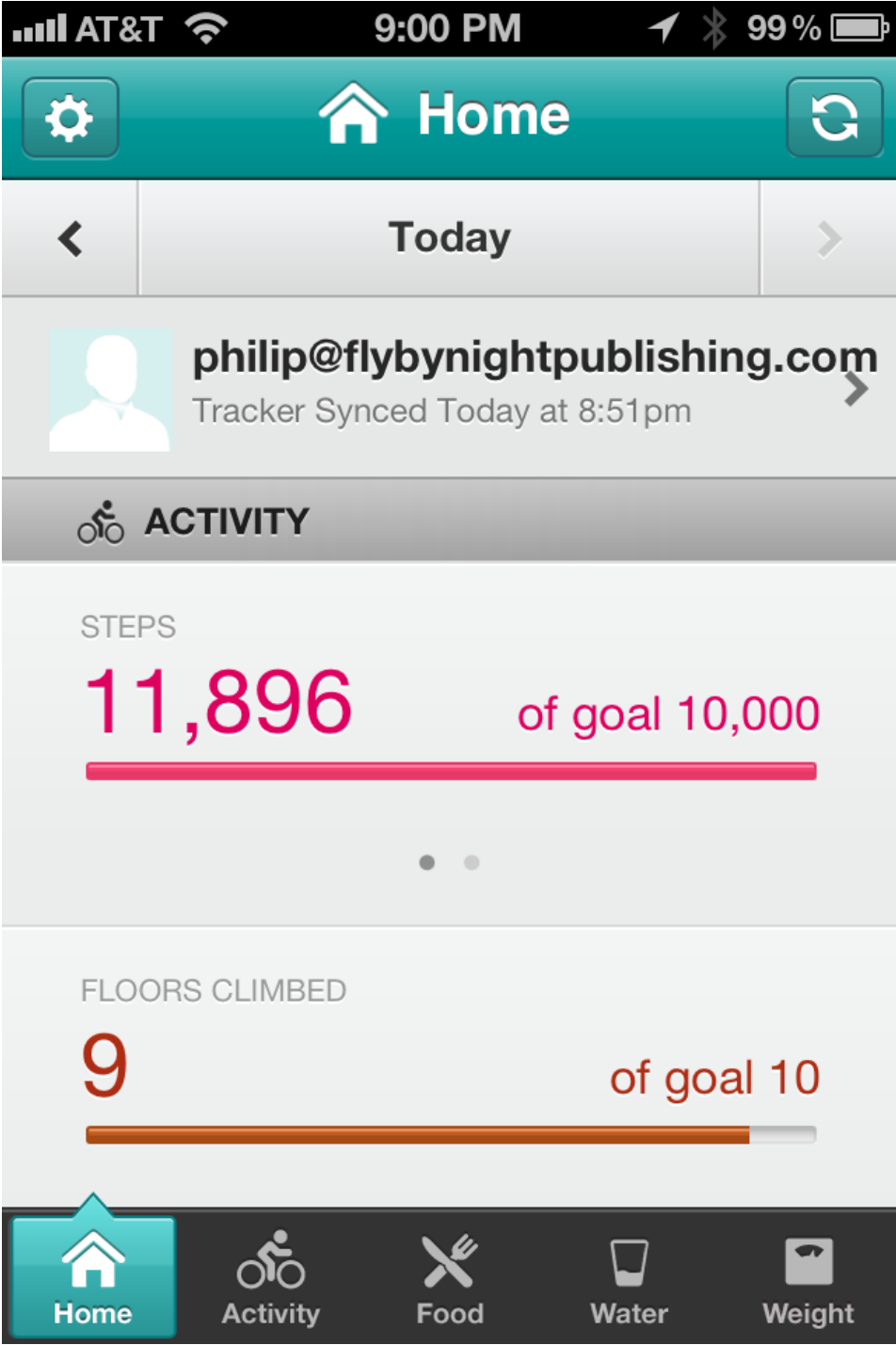


Below are iPhone screen shots on a day when I've (1) used the calorie counter in the program to log food I've eaten, (2) (the water I've drunk (that input is a separate icon from the input from the food) and (3) input a 2 mile walk (separate icon called **Activity**) for input). (The device counts steps taken when walking about when worn and it figures out a flights of stairs you climb). I used the *IMapMyRun* iPhone app and calculated, pretty accurately, how far I went in the walk. There is a place in the app FitBit app where you record a walk (or bike ride or run), noting the actual distance you've gone. When you hold down the button on the device for 2 seconds, it begins a stopwatch. When you are done, holding down the same button ends the times.

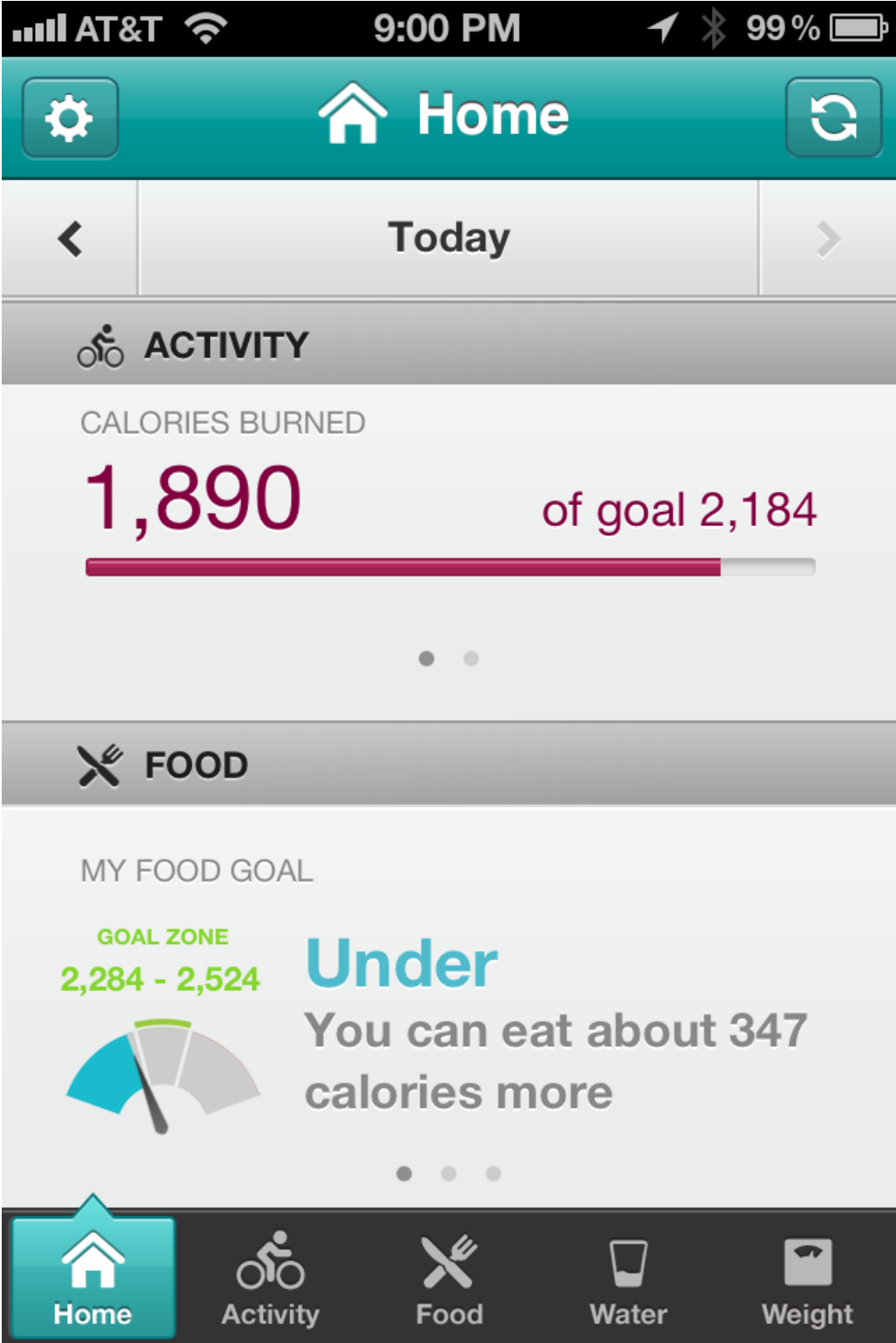
It does keep track of steps for the entire day. From there, it calculates calories you've burned and adds them to the other activities you have logged during the day. It already knows what you weigh and your height(from your input).

I'm now writing down my usual food intake, looking up what the calorie count is on each item, being sure I enter it just after I eat or drink. These screens from the iPhone app will show the result of a 2 mile walk. The calories from the food and the water intake will show up in some of the later screens below:

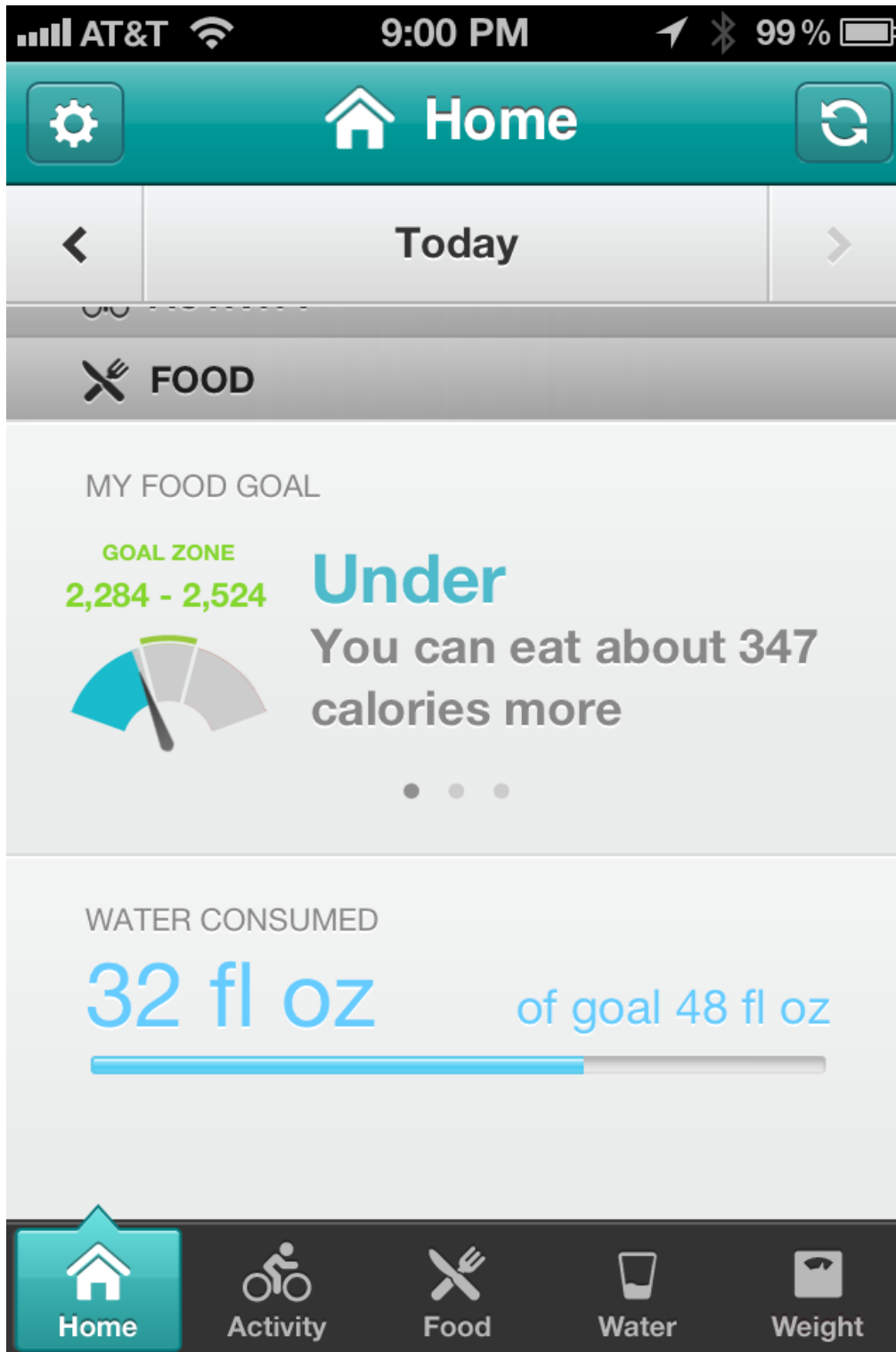
iPhone Screen Shots the first day after logging food, water and measured activity



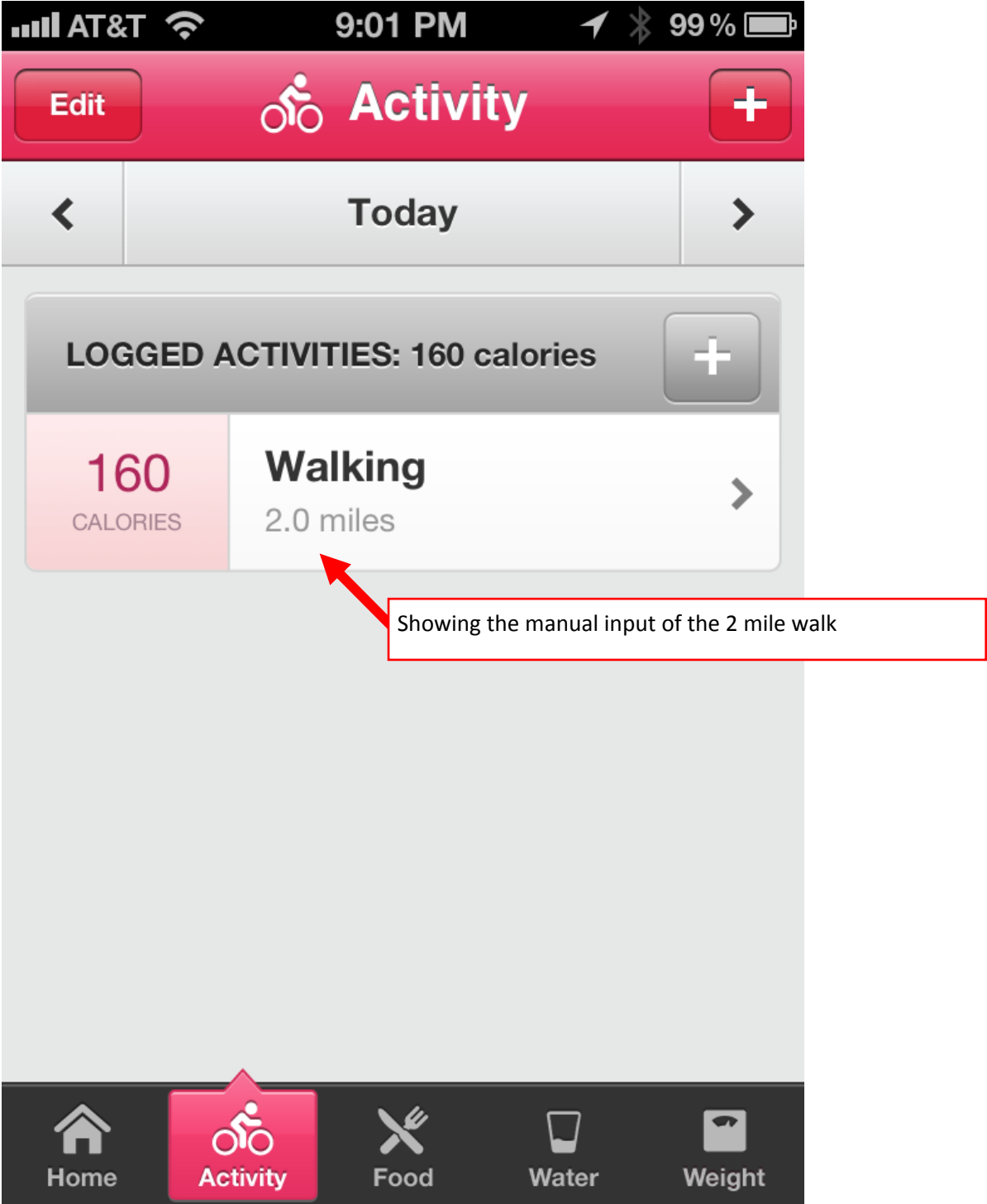
iPhone Screen Shots the first day after logging food, water and measured activity



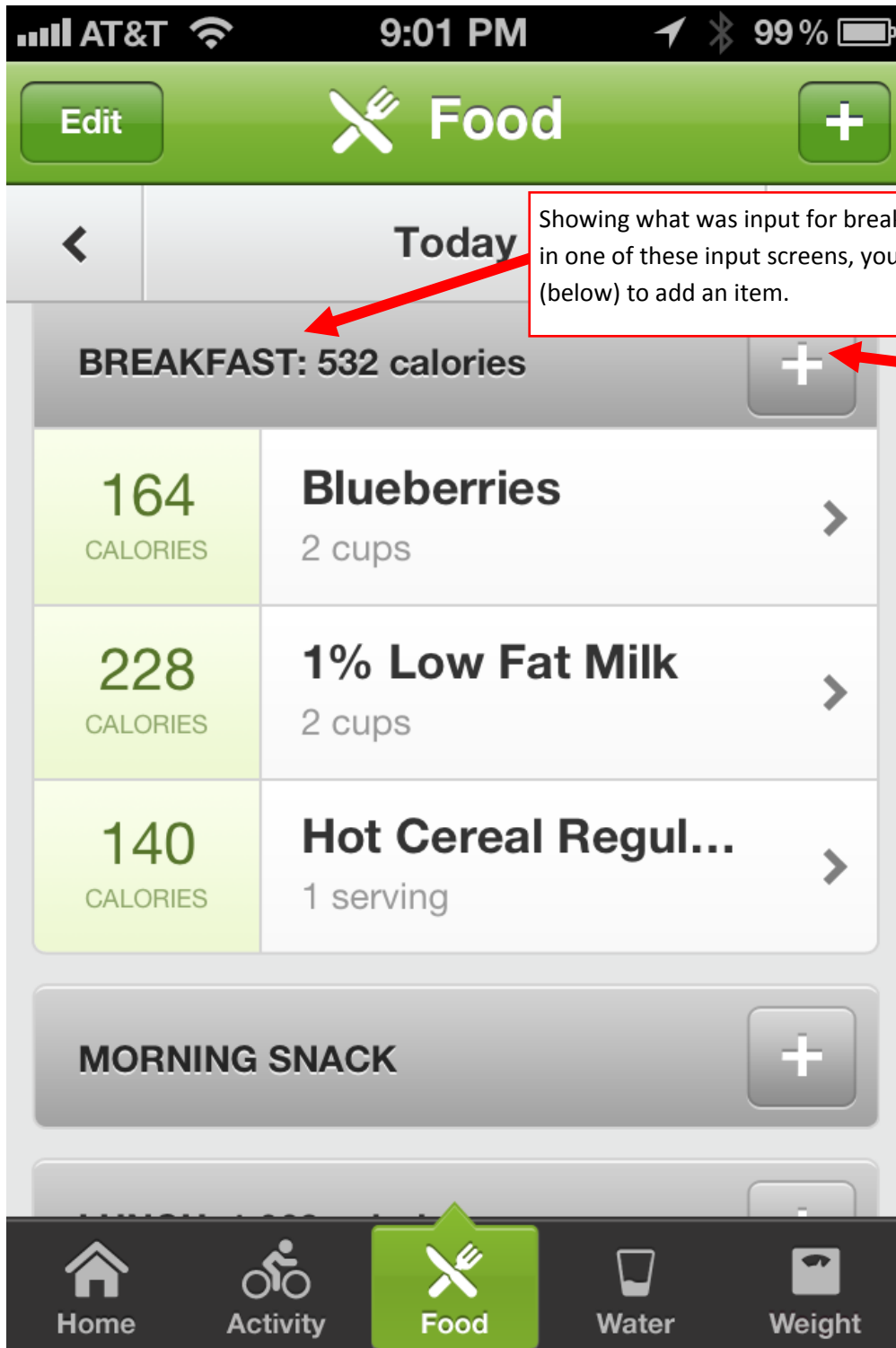
iPhone Screen Shots the first day after logging food, water and measured activity



iPhone Screen Shots the first day after logging food, water and measured activity

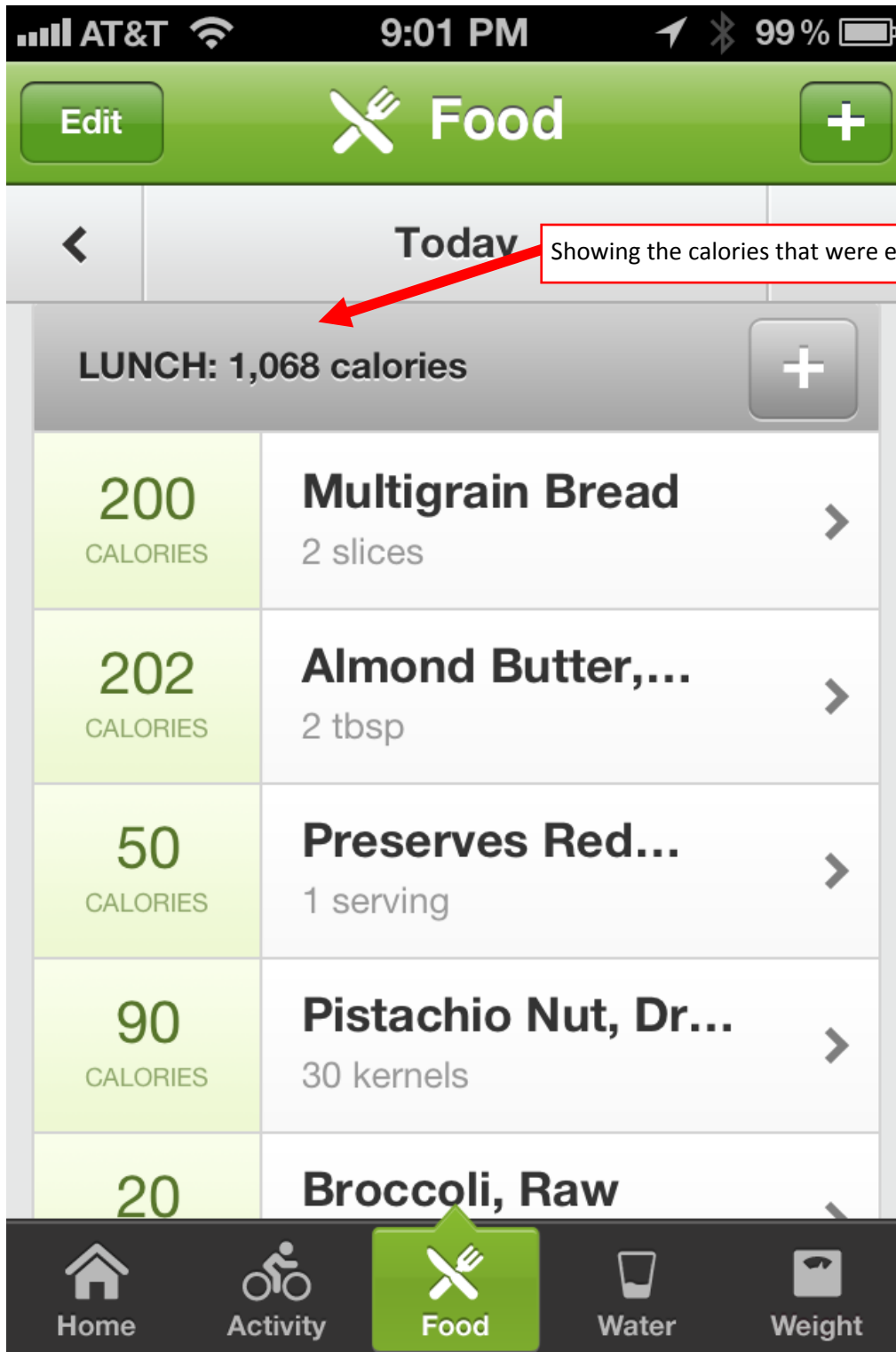


iPhone Screen Shots the first day after logging food, water and measured activity

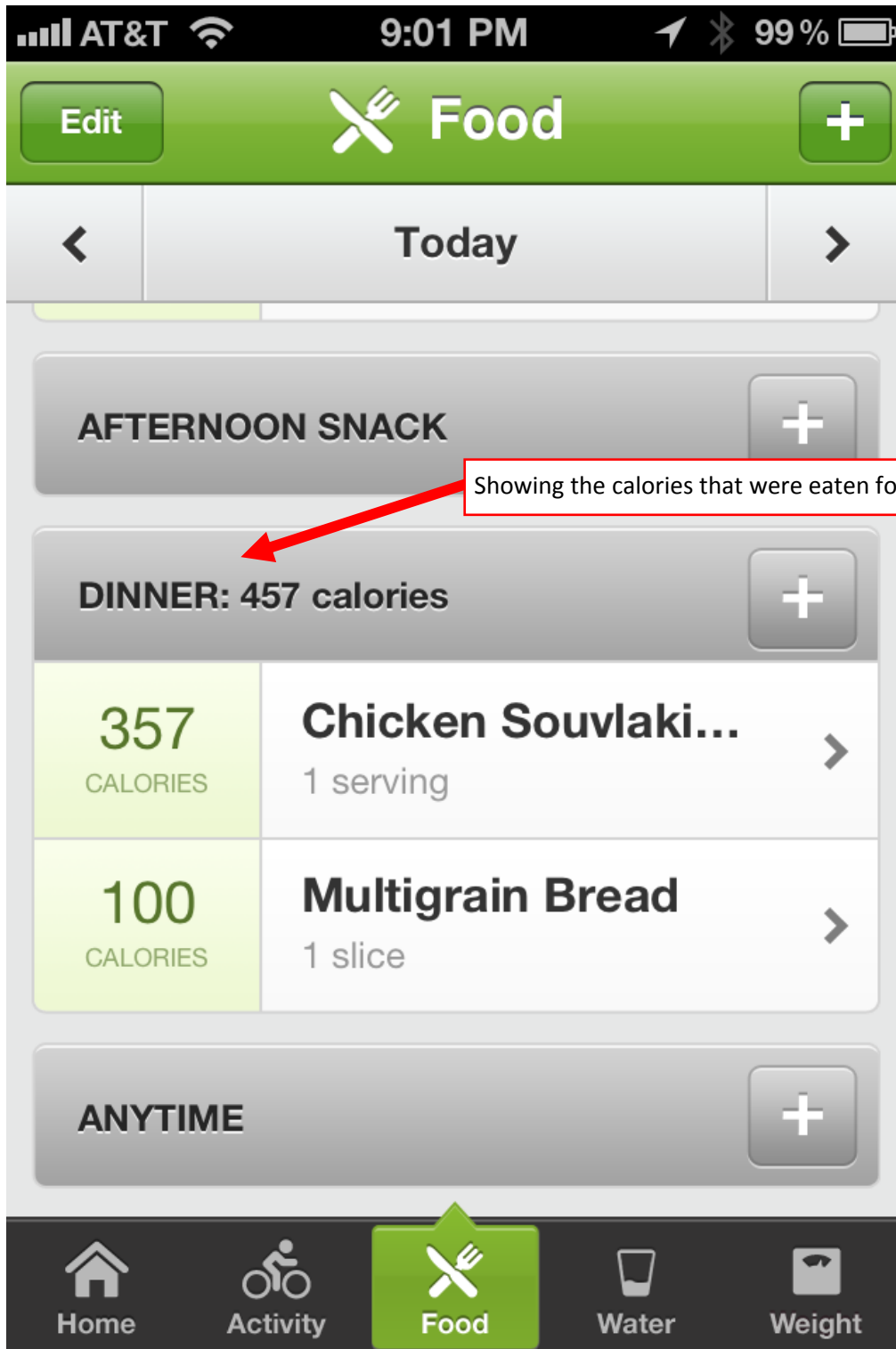


Showing what was input for breakfast. When you are in one of these input screens, you click the Plus key (below) to add an item.

iPhone Screen Shots the first day after logging food, water and measured activity

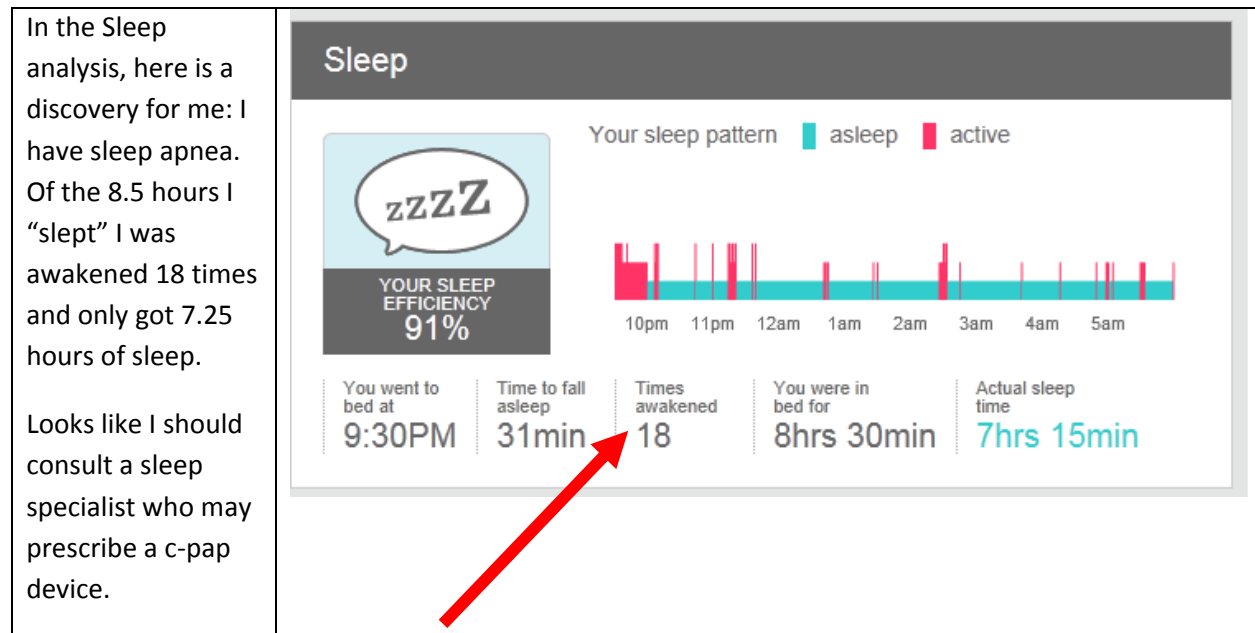


iPhone Screen Shots the first day after logging food, water and measured activity



Showing the calories that were eaten for dinner

Sleep Tracking



Summary

1. This is an intelligent and useful bit of technology.
2. If you carefully put in the food you eat (it shows you the calories) and the water you drink and wear it throughout the day, it constantly makes you mindful of your nutrition and exercise. Attention to these two things alone will (I think) increase your sense of well-being. This resonates with most all nutrition programs.
3. I wore the device just once when sleeping and the results showed up in the online application but not the iPhone app. I learned that I have to log the start of sleep and the end of the sleep in the morning. That will give me more specific readings as opposed to the cumulative monthly calculation shown on the previous page.
4. The focus and attentiveness required to track your calorie intake and record it may be beyond the capabilities of individuals with a high-demand-multi-tasking lifestyle.