	BodyMedia for exerspy armband	fitbit	Nike Fuel	Garmin Forerunner	BioTrainer	Adidas miCoach Pacer	Polar FA 20	Jawbone UP
Online Program	V	V	V	V	/	V	✓	V
Personalized Supplement Plan	V							
Menus/Meal Plans	V				~			
Recipes	V							
Food Log	V	V			~			~
Exercise or training plan	V			~		~		
Weekly Weigh-in/Progress Chart	~							
Daily feedback based on food log & progress	•							
Phone Counseling with NASM- certified Coaches	✓							
Sleep data	V	<u> </u>						V
4-sensor technology	V							
Published clinical trials validating >90% accuracy for calorie burn data	~							
Heart rate monitor				(optional)		V	V	
Pedometer/step tracking	V	V		V		/	✓	~
Access to Fitness Library	V							
Articles by industry experts	V							
Fitness FAQs	✓							
Blog or online forum	V	~				✓		