**Fitbit Charge Wristband was the solution for reaching my weight loss goals**

We all know that life in the 21st century is fast-paced and packed with information. It seems technology is developing daily to match our busy lifestyles. A vital element of technology these days for me is that it should help me save time and should make my life less effortless.

One such an item where technology improved my life, especially in the areas of weight loss and training, is the Fitbit Charge high-performance wristband. This wristband provides a ton of useful information, which I absolutely cannot live without.

**What information does the Fitbit Charge Wristband provide?**

With this wristband I can track your heart rate, track my workouts, the distance I ran, the calories I burned and even the floors I climbed. It can also monitor my sleep and wake me with a silent alarm, which is great. I stay informed with this wristband which also displays call notifications, daily statistics and time of day on the bright OLED display. Another handy feature is that I can sync my statistics wirelessly to my computer and smartphone, which is very cool!

This wristband tracks my heart rate and therefore there is no need for those uncomfortable chest straps to monitor my heart rate.

Because of all the information this wristband provides, I can get more accurate calorie burn and reach my target workout intensity. This helps me to get the most out of my training time, which means I am not wasting time. The sync function allows me to not only monitor my trends, but to also get motivation for training and weight loss.

The information is immediately available and ensures that when I train I know exactly what my training is doing for me and what I need to do to reach my perfect weight. The Fitbit Charge wristband has a long battery life, between 7 to 10 days, which is longer than those of most competitors I checked out.

**The all-in-one Fitbit app**

The Fitbit Charge app is another brilliant function and this app is available on over 150 smartphones. It can be downloaded from the Apple Store, Google Play or from the Windows Store.

When I use this app with my Fitbit Charge wristband, I can log my calories. This is done with a barcode scanner function in the app as well as a calorie estimator. Or I can search the Fitbit database of food items.

Food logging, which is like keeping a food diary, has been proven to help people eat fewer calories and thus lose weight and I found this to be true for me as well.

Various studies have shown that people who keep food journals are more likely to be successful in not only losing weight, but in keeping it off. One study found that people who keep a food diary six days a week lost about twice as much weight than those who kept a food diary once a week. Keeping a food diary can be quite a hassle, but with the Fitbit Charge Wristband app, I find it very easy to keep a food diary.

Food logging is also a great way to increase awareness of what, how much and why I am eating. This in turn helps me to not mindlessly munch on food, as I am prone to do. Food logging with this app also helped me identify areas where I could make changes that helped me to lose weight. Tracking calorie intake and output revealed my patterns of overeating. I could also identify triggers which lead to overeating, such as not eating during the day and then overeating at night, which I am prone to do.

As reaching any goal requires inward or outward motivation, this app helped me to invite contacts on my phone, Facebook and email. My friends could then send cheers to help me reach my goal. This function really works for me!

**Setting weight goals**

The app allows me to set weight goals with the Calorie Coaching function. This function allows me to see the calories that I consumed and the calories that I burned with graphs on calories in versus calories out. Seeing these statistics is another way that helped me stay motivated as I know exactly what my food intake is.

This app also tracks my weight, Body Mass Index and fat percentage. These statistics are all automatically synced to my Fitbit dashboard.

This app really helps me to stay motivated as I can earn badges for achievements and get push notifications to spur me on. I can also share my exercise achievements with my friends when I post photos with my Fitbit statistics.

**Challenge friends and family**

Another useful function is the fact that I could invite friends and family to join a Fitbit challenge. In this way I found even more encouragement, I got really competitive and I reached my goals. As I am quite a competitive person, I loved this function.

This app's easy-to-read charts and graphics ensure I can view my progress and analyze my trends.

Weight loss happens differently for different people and where some weight loss programs may work with certain individuals, there is no guarantee that it will work with everybody. This is what makes the Fitbit Charge wristband and app really useful. I receive personalized information and can determine which training program and diet is best suited to my specific, individual needs. This enables me to change and adapt training programs and weight loss programs when the results are not ideal. It definitely helped me not to lose hope, as I could assess my training program and weight loss program continuously to ensure I had success with it.

**Fitbit website**

The Fitbit website provides help on training and weight loss with topics including “Best & Worst Times to Hit the Gym”. The website also provides a Fitbit Activity Index which gave me information on the most popular activities, shifts in workout trends and also tips for staying motivated on my fitness journey. Activity logs from users across the world were analyzed to determine which activities are the most popular for men, women, millenials (people aged 18-35), Generation X'ers (age 35-55) and even Baby Boomers (ages 55 and up).

A breakdown of calories consumed by different exercises is also provided on the Fitbit website. According to this breakdown running and circuit training are the exercises where the most calories are burned within a 30 minute period. The Fitbit Charge Wristband changed my life!