

Garmin Vivofit 2 Review

There are many reasons why almost everyone wants to be in better shape. To lower the risk of heart disease, lower the risk of a stroke, to be firmer, fitter, to sleep better, and/or to help with depression and low energy. The list is long and the desire to get in shape may be there, but the motivation to either start or sustain a fitness routine isn't. Activity trackers are neat little motivational bracelets that will hopefully keep you on the move and finally let you achieve your fitness goal.

Overview

The Garmin Vivofit 2 is an activity tracker similar to Fitbit and Jawbone. It is a wearable wristband that you never have to take off because it's water resistant and the battery lasts for a year. The bands even come in different colors. While you wear it, it tracks your steps, calories, distance and time of day on its display so you are never far from your stats. It has an alert to remind you to get up and move after an hour of inactivity. In sleep mode it will monitor how well you sleep at night by tracking movement. .

One feature the Vivofit 2 has that the Fitbit doesn't, is the ability to learn your current activity level and then assign you a daily goal you can attain. The Vivofit 2 automatically adjusts your goals as you meet your milestones. It can be paired with a heart rate monitor during cardio exercises and will record your heart rate in order to provide more accurate calorie burn information.

Connect the Vivofit 2 to your PC and it will sync giving you a dashboard display of all your fitness information, including your steps, distance, as well as sleep stats.

Specifications and Features

- Weight – 1 ounce
- 8.3x0.8x0.4 inches
- 2 lithium metal batteries
- 1 inch display
- Battery life – 8760 hours
- Move bar w/alert
- Backlit display

- Activity timer
- Auto-sync
- Water resistant
- Step tracker
- Automatically adjust fitness goal
- Monitors sleep

The monochrome band has a small screen that displays the time by default, but with a series of presses will cycle through the relevant fitness information. The pedometer is sensitive and accurately measures steps taken. This is an entry-level activity tracker so don't expect it to have the fancy bells and whistles like its more expensive counterparts. That being said, there are some Pro's just as there are con's. To sum it up:

Pro's

- Accurate step tracking
- Backlit display always on
- Interchangeable bands
- Long batter life
- Audible alerts

Con's

- No vibration
- Doesn't automatically sync
- Lacks detailed information in the Garmin app
- Lacks sleep alarm
- No diet tracking
- Non-touchscreen

What Others are Saying

The Garmin Vivofit 2 Activity Tracker has a 4 star rating on Amazon. It rates high in the looks department with its interchangeable bands as well as its backlit screen. Many customers have commented that being able to see the display in the dark and make adjustments if necessary is a huge help. The fact that it doesn't need to be recharged and the battery lasts for a year is a plus, as is its

ability to withstand water up to 50 meters. This means it can be worn swimming, showering, doing dishes etc.

On the flip side, customers were unhappy with the low tone of the alerts and the alerts are difficult to see on the display. The display also appears “frosted” or “hazy” which detracts from its appearance and makes it look “cheap”. Another very common complaint was the fact that the Garmin says it syncs automatically but in fact it does not. It will sync when you have reached 2000 steps within an hour. Many customers have also complained that the Vivofit 2 has minimal sleep tracking that isn’t always accurate and sometimes doesn’t work.

Conclusion

The always on backlit display along with its long battery life make this an ideal activity tracker for those who prefer things low maintenance. It is unobtrusive as it monitors your activity and sleep and once you put it on you can forget it’s there while you go about your daily routine.

While it is an alternative to other activity trackers, it lacks some key features such as a wake up alarm and heart rate monitor. Its main attraction seems to be the array of available wristbands.

It is perfect as a starter device but others in its class offer more features such as a better looking touchscreen, vibrating alerts, and notifications.