

THE GADGET

KI-FIT ARMBAND

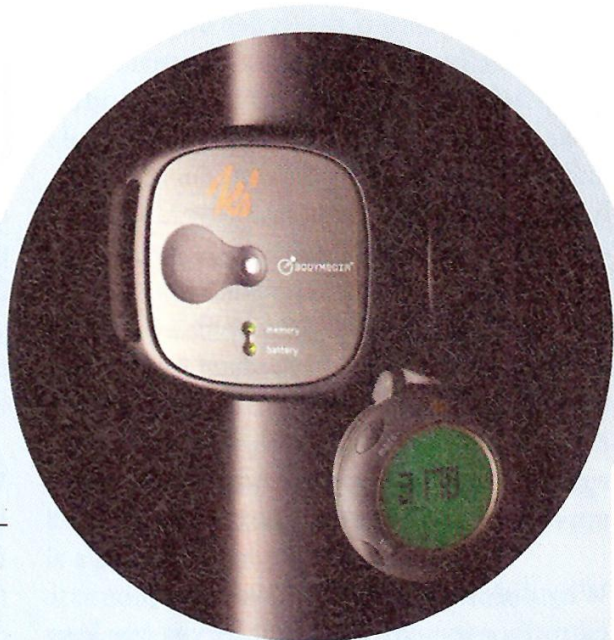
*We wore it for a month.
Here's what it does*

THE CONCEPT

Multi-action sensor worn on your left upper arm 24 hours a day that monitors motion, sweat and body temperature, then relays the data – how many calories you've burned, intensity of physical activity taken, sleep quality – for your online perusal.

THE UPSIDE

Appeals to your inner geek – checking all the graphs quickly becomes addictive. It also coaches you by setting daily targets; before long, you start taking the stairs just to hit your step



count. Seeing (lack of) sleep stats proved a particular wake-up call.

THE DOWNSIDE

To get the best from it you have to log all nutritional info yourself – calorie by calorie. This proved no fun, but figures can be estimated. Its bulky shape draws attention and may label you an obsessive.

THE VERDICT

For the uncommitted it's a boost; for the committed it's a dangerous weapon. *£100, plus £16 a month*
(www.kiperformance.co.uk)