



# BROOKLYN\_BORN

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## I love my SPAT - It's not perfect but neither am I

Wednesday, January 28, 2015

I like that it (SPark Activity Tracker) keeps track for me, both the "workouts" and those random steps throughout the day that don't fit the "10 minute of continuous activity" standard.

Yesterday when I saw the results it posted, I was a bit confused – 17 minutes of CYCLING? That was my cool-down walk home. That's odd. That's never happened before.

I'm used to discrepancies.

I have several running routes pre-measured for distance.

When I walk the route, SPAT is pretty much on target.  
1 mile is about 2000 steps. Always a bit over, NEVER under.

When I run, I get shortchanged for steps – ALL the time.

For my 3 mile run yesterday it recorded 5,176 steps not 6000+ steps (if I had walked the same distance).

It also decided that the run (3 times around the 1 mile course) was only 2.77 miles.

No big deal. I know how far I went and record it in my training log accurately. This makes sense. When running, my stride is longer as I haul my body off the ground.

But why did it think I was CYCLING on the way home?

Oh yes! When I got home, I noticed that my shoelace was untied. The SPAT must have been flopping around and in its little digital brain, it determined I was on a bicycle.

I think that's kind of cool.

I should note that for other types of exercise I take the SPAT off. Aerobics, yoga, strength training – I enter those separately into my fitness tracker – although sometimes I wonder how SPAT would evaluate that kind of movement.

I know I can calibrate the SPAT to reflect my movement more accurately, but I'm OK with the estimation.

I like this thing – one more little motivating tool to stay on track.  
It's not perfect, but it fits right in with my "not so perfect" lifestyle.

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**WALLAHALLA**

I have several things that get logged as cycling events. Sometimes I update it, sometimes I don't even bother. I know what I did, and at least it is recording activity.

2324 days ago



**PHEBESS**

That's so funny that it decided you were cycling! (Good thing it didn't think you were jumping on a trampoline!)

2325 days ago



**MARYJEANSL**

I keep thinking that I need to take my activity tracker out of its box and start using it. I get a kick out of its 'thinking' that you were cycling because it was flopping around. Fun!

2325 days ago



**ONEKIDSMOM**

Love my SPAT, too... am amused by its quirks (it had no clue about the rowing machine, for example). But fortunately, it lets you re-characterize the activity type. But mostly, I'm just glad it's



EASY... don't have to remember to record, it does it for me.

2325 days ago



**GIVEUP30**

wish I really kept up with my Spark charts and all but am losing.

2325 days ago



**DR1939**

I like mine too. I would love something that records sleep time but the ones that do are bracelets and I can't close their hole-punch straps.

I'm looking forward to the new version of SPAT connects to phones and IPads. That will be nice for travel.

2325 days ago

Comment edited on: 1/28/2015 11:04:02 AM



**CD13758606**

I like my SPAT with all its imperfections!

2325 days ago



**GINIEMIE**

Not ready to switch up yet, watching for comments and criticisms to see what I might get when I replace my fitflex. I can't afford to do any replacement at the moment, I have work around the house that needs done. SPAT, Garmin VivoFit, Fitflex, etc it's over my head, but I use my fitflex

with an app on my phone to keep me moving.



2325 days ago



**MILLEDGE2**

The SPAT has been a really cost-effective way for me to motivate myself to moving around much more. EVERY device gives an approximation, but as long as it is consistent, a device is doing its job. It's up to us to make sense and judgments about what it reports. Thanks for the inspiration!

2325 days ago



**CD4114015**

I love having activity trackers...and I know alot of people love the spat but I sent mine back when I got it. I also have a Garmin vivofit because it is on my wrist where I prefer it but I can see the NUMBER of steps I have taken instead of lights for 2500 steps...and it shows how many left before my goal is reached too. I am just a "number" person I guess...but it is GREAT having an activity tracker of ANY kind! And, like CAROLCRC I love that it nages me each hour to move if I



haven't enough...but it doesn't nag in an obnoxious way. Next time I may get one that offers even more functions but I didn't want to spend too much on my first actual activity tracker. For 7 years I wore an Omron HJ112 that was a leashed pocket one so it was time to upgrade.

Have a great day!  
2325 days ago



**WILSONWR**

That's a great way of looking at it! Just like some of these hiking apps for your phone aren't perfect, at least I can see my improvement from repeating the same hike.

2325 days ago



**LINDAKAY228**

It sounds like a great thing. I've had a FITBIT One for over 2 years and really like it too. The thing that made me keep it over the SPAT is that it also tracks my floors or climbs. I live in a second story apartment and often go out and do 30 repeats up and down the steps for exercise. When I lived close to the mountains I did a lot of hiking. So counting the floors matters to me. If they would just come up with a way to do that I would switch to the SPAT.

2326 days ago



**TERI-RIFIC**

I liked my SPAT. I agree with your evaluation- it's fun and motivating, not perfect. Too bad it doesn't have Bluetooth and only works with a laptop with a USB port. I got a fitbit which just stopped working. I found that I forgot my fitbit much more than my SPAT. I must change my clothes more than I change my shoes. Spark People is dropping the ball as far as being compatible with smartphones and iPads. I used to be able to use my smartphone for everything on Spark, now you can't access the full site no matter what you do. You can't see your full personal page or anyone else's. You can't give anyone a goodie. It reeks! I think I might get a Garmie fitness tracker next. (I don't have a laptop or I would get a SPAT again - or get it back from my daughter)

2326 days ago



**MISCHAKEO**

I find the same thing. SPAT records cycling events on the elliptical and on the treadmill. I keep mine on for yoga and st. It does not pick them up as exercise..However, like you I like the motivational trophies and keeping track of the steps. It is a fun thing to do.

2326 days ago



**CAROLCRC**

Don't know about the SPAT, but my Garmin VivoFit doesn't give me much (if any) credit for yoga or swimming! So I take the total steps/calories as a rough indicator rather than an accurate count of energy expended (figure I'd need the upscale monitor with a heart rate monitor to get that). But I love that it nags me if I haven't moved enough in an hour!

2326 days ago



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