

FITNESS BAND COMPARISON



WHOOP®
Whoop MG



WHOOP®
Whoop 5.0



@MEMORI
CoreVitals



Giftology
FitBand

	WHOOP® Whoop MG	WHOOP® Whoop 5.0	@MEMORI CoreVitals	Giftology FitBand
COST	App Subscription	Paid (\$359/year)	Paid (\$199/year)	Free
FEATURES	Core health metrics (Heart Rate, HRV, Steps, Activity, Sleep, SPO2)	✓	✓	✓
	Strain & recovery	✓	✓	✗
	Stress monitoring	✓	Requires plan upgrade	✓
	Biological Age Insights	✓	Requires plan upgrade	✗
	AI-powered personalized coaching	✓	Requires plan upgrade	✗
	Blood pressure insights	✓	✗	✓
	Heart scan with ECG	✓	✗	✗
	PERFORMANCE	Sensor Quality	Clinical Grade	Clinical Grade
Battery Life		14 Days	14 Days	7 days
Product Weight		26.5g (Heavy)	26.5g (Heavy)	8.6g (Lightweight)
Waterproof		IP68	IP68	IP68