

# The top health and fitness metrics tracked by US wearable users

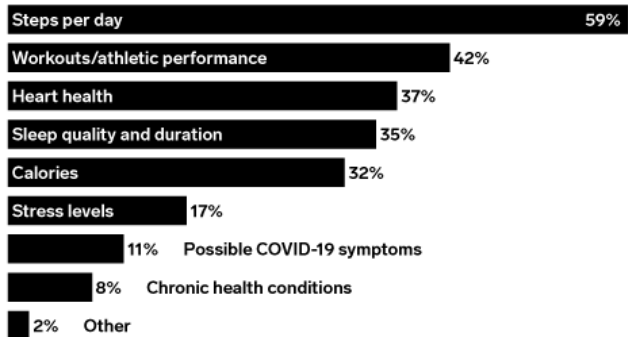
Article

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Wearable tech is still primarily used to monitor athletic metrics: **59%** of US wearable users count on the tech to tally their daily steps, and **42%** use wearables to track workouts. In contrast, just **8%** of US wearable users track chronic health conditions with their devices.

## What Health/Fitness Metrics Do US Wearable Users Track with Their Wearable Devices?

% of respondents, March 2021



Note: ages 14+ who personally own and use a smartwatch, health & fitness tracker, or both  
Source: Deloitte, "Connectivity & Mobile Trends 2021: How the Pandemic Has Stress-Tested the Crowded Digital Home," June 9, 2021

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