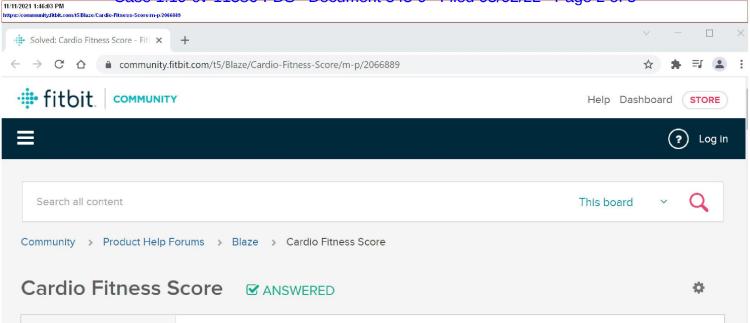
EXHIBIT AI

DOCKET A L A R M Find authenticated court documents without watermarks at <u>docketalarm.com</u>. Case 1:19-cv-11586-FDS Document 343-9 Filed 03/02/22 Page 2 of 5



	06-28-2017 16:07	••
adikeenan	Hi! My cardio fitness score, up to today, was 45.6, which is very good for women of my age. Today after	I
Jogger ● 2 ✔ 0 📫 0	went for a 4K run it dropped to 40, which is average. I just find this strange as I exercise nearly every varying between 5K-10K runs and weight training in the gym. My resting heart rate generally stays are 48 or 49. I just don't feel that 40 is very accurate but I'd like to know why it happened so suddenly. Thanks!	
	D Votes Reply	

1 BEST ANSWER

R

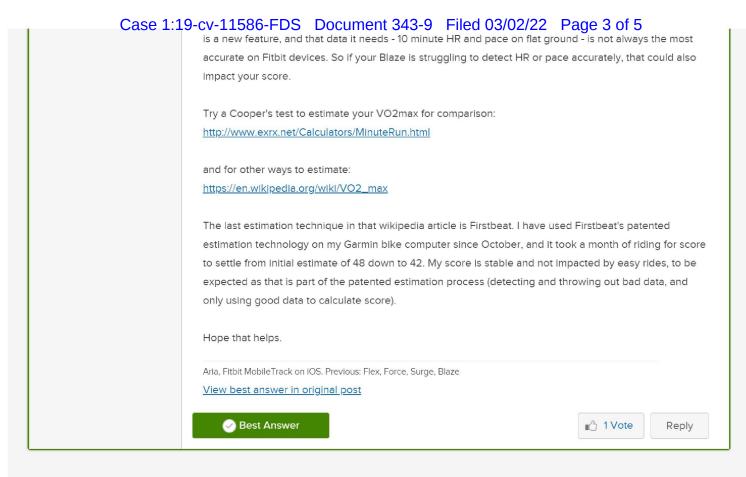
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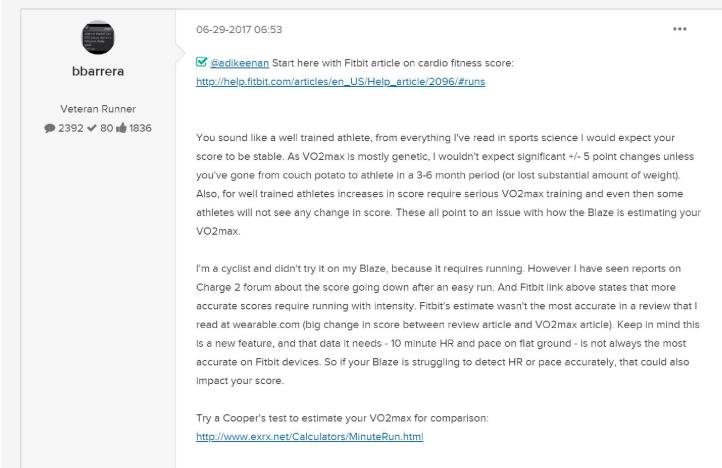
06-29-2017 06:53
@adikeenan Start here with Fitbit article on cardio fitness score: http://help.fitbit.com/articles/en_US/Help_article/2096/#runs
You sound like a well trained athlete, from everything I've read in sports science I would expect your score to be stable. As VO2max is mostly genetic, I wouldn't expect significant +/- 5 point changes unles you've gone from couch potato to athlete in a 3-6 month period (or lost substantial amount of weight). Also, for well trained athletes increases in score require serious VO2max training and even then some athletes will not see any change in score. These all point to an issue with how the Blaze is estimating yo VO2max.
I'm a cyclist and didn't try it on my Blaze, because it requires running. However I have seen reports on Charge 2 forum about the score going down after an easy run. And Fitbit link above states that more

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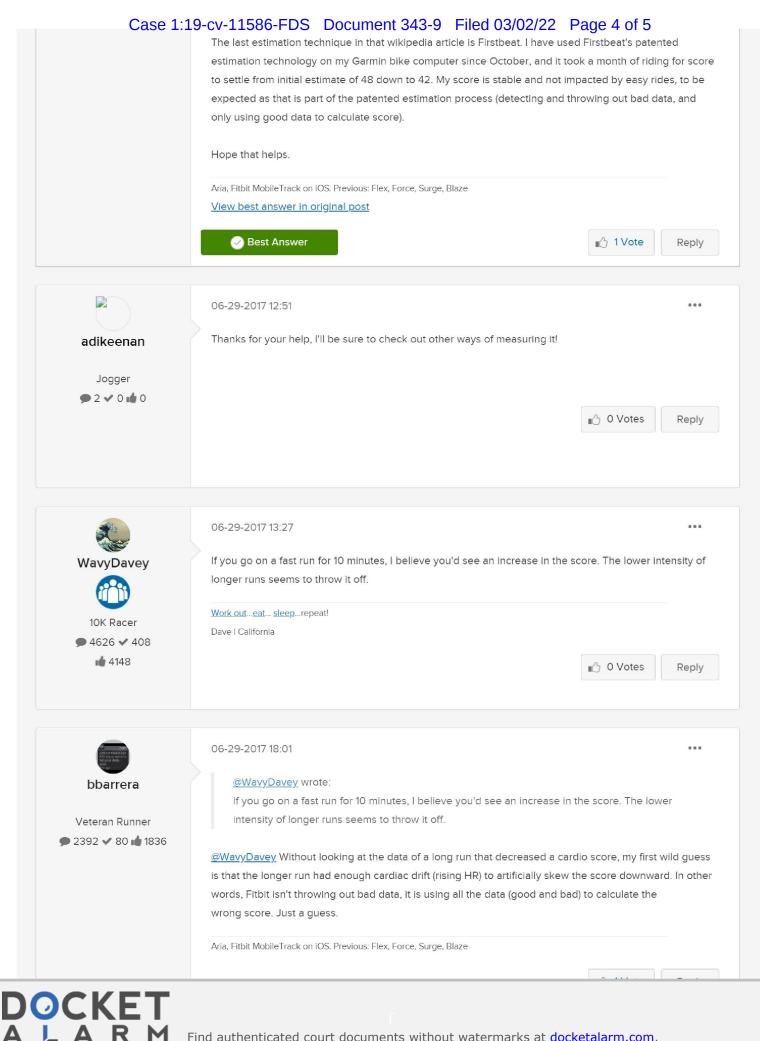
6 REPLIES

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Audi11 Jogger ● 2 ♥ 0 📫 2	My cardio fitness score dropped 2 categories in one day, as did my sister's. I woke us (almost excellent) category and after my evening run I dropped to average. Kind of h score is average when my resting heart rate is 55. I read the article but it doesn't exp changes users are seeing.	hard to believe my
		Votes Reply
6	05-19-2020 00:06	
ChchChris Base Runner 24 🗸 0 📫 27	This happened to me today. It dropped from 49 to 47. When i looked at the run der gps had dropped out in the middle of the run so i deleted the run and added it in ma went back to 49.	
Base Runner	gps had dropped out in the middle of the run so i deleted the run and added it in ma went back to 49. Versa 2, Charge 2	

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