## HAPIfork Bluetooth



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New and in box.

The smart fork that coaches you into healthier eating habits.

The HAPIfork is the world's first smart fork. It's an electronic fork that lights up and vibrates when you are eating too fast. As it takes 15-20 minutes to feel satisfied, by simply slowing down your pace while eating, you will consume fewer calories.

Pair with your smartphone or tablet over Bluetooth?,® to see your eating stats in real time.

Download the HAPIfork app for iOS or Android and connect it to your device via Bluetooth?,® to check: How long it took to eat your meal

The number of "fork servings" (each time food is brought to the mouth) per minute

A timer to help you pace your fork servings

Actual intervals between fork servings

Your success rate and overspeed ratio

Upload your eating data for analysis and coaching.

This data is then uploaded via USB to your Online Dashboard on HAPI.com to track your progress. Here, you can also follow an online coaching program to help improve your eating behavior.

With the Online Dashboard at HAPI.com and HAPILABS mobile app, you can: View and manage all the data from your devices

Set your workout objectives, track your progress and score points in the HAPILABS challenge

