DuckDik Sense

What it measures, and how it works it out

A guide for reviewers

October 2026

> **DuckDik Sense is a wellness and physical-activity product for personal use.** It is not intended to diagnose, prevent, monitor, predict, prognose, treat or alleviate any disease, injury or disability, and it does not replace the advice of a healthcare professional. Every value it shows is information about your own habits and fitness, for your personal tracking.



1. What it is

Most bands in this range show you charts. The DuckDik Sense is built for a different job: **telling you what today's numbers mean for you**, compared with how your body usually works, and then doing something about it, instead of leaving you alone with a dashboard.

Three things define it:

- **About 45 days of battery.** You charge it roughly once a month and forget about it. Sleep data is only useful if the band is on your wrist every night, and that is much easier when charging is not a weekly ritual.
- **No subscription.** Everything described here is included: the AI coach, training plans, sleep programmes and the family circle. No tiers, no locked screens, no monthly fee.
- **An app that acts, not just one that displays.** The coach does more than answer: it builds and changes your training plan, adjusts today's session when you slept badly, takes you to any screen, starts a session,

and it is also where our support team replies to you.

This document explains, feature by feature, what you see and how it is calculated. It also has a section on what the Sense deliberately does not measure, probably the most useful one for a reviewer.

---

2. The core idea: your baseline, not the average person's

Almost every number in the app answers "how is today compared with your normal?" rather than "is this a good value?". A resting heart rate of 62 bpm means nothing on its own; 62 when you are usually at 55 does.

How that baseline is built:

- **A rolling 30-day window**, using the median of your values rather than the mean. A 3-hour night after a flight, or a week with flu, shifts a mean; it barely moves a median. Spread follows the same robust logic: one outlier cannot widen your "normal range" until everything looks normal.
- **Nothing is made up while it learns.** A metric needs at least 5 valid readings before it has a baseline. Until then the app blends what it knows about you with an age-and-sex reference, and says "learning your profile" instead of "within your usual range", because that range does not exist yet.
- **Visible calibration.** Your own data weighs 0 % below 5 days, 50 % on day 5 and 100 % from day 30. Sleep and stress get there sooner (7 days), because those are the two areas where a population reference is most misleading.

In practice: the band is more useful in week four than in week one, and the app tells you so instead of pretending day one means something.

There is one deliberate exception. **DuckDik Age** compares you with population norms by age and sex, because that is exactly what "biological age" means.

---

3. Sleep

Sleep is the most developed module in the app. It answers four questions, in this order: how you slept, why, how regular you are, and what to change.

3.1 The night itself

The band produces the hypnogram: light, deep, REM and awake. The app then fixes the two things this kind of hardware traditionally gets wrong, under a strict rule: **positive evidence only**. This layer can turn sleep into wake, never the other way round, and it never invents a stage.

Evidence	Why it counts
Steps on the band **and** a rise of ≥8 bpm above your resting rate	Turning over in bed produces false steps; getting up for the bathroom produces both signals at once
Unlocking your phone, or steps counted by the phone	If you unlocked your phone at 04:12, you were not asleep
Screen on without unlocking	Weak evidence: it never opens a wake period on its own, it only extends one

The same evidence trims the end of the night: the firmware often keeps you "asleep" long after you got up. Wake-ups shorter than 5 minutes are not flagged: below that it is noise. And because everyone moves differently in bed, **the sensitivity of the wake detector is a setting in your profile**: if you are a restless sleeper it can be lowered, and it never rewrites your history.

There is also a **real sleep window**, taken from the hypnogram itself rather than from when the recording starts: the first minute actually classified as sleep. That is what makes "the time you fall asleep" comparable from one night to the next.

You can correct the night. Trim it when the band kept you asleep too long, or extend it when you fell asleep earlier than it noticed. Minutes you remove automatically recalculate every score; **minutes you add count as unclassified, never as invented deep or REM sleep**: grey in the hypnogram, counting only towards duration. Naps can also be logged by hand. One tap restores the original, and every future sync re-applies your correction on top of the fresh data.

3.2 The score

Sleep score (0–100): five components, and any component the hardware cannot provide is left out and the weights are rebalanced: you are never penalised for a missing signal.

Component	Weight	What it looks at
Duration	40 %	against **your** need, not a fixed 8 hours
Efficiency	15 %	time asleep / time in bed
Continuity	15 %	how long and how often you woke up
Stages	20 %	deep 13–23 % and REM 18–28 % of the night
Heart-rate dip	10 %	how much your heart rate drops during sleep (≥10 % is healthy)

Your personal sleep need is measured, not assumed. The app keeps the nights after which your body actually recovered —variability above your median and deep sleep above your median— and takes the median duration of those nights (at least 14, bounded between 6 and 9 h). Deliberately **not** your average duration: that is what you sleep, not what you need, and scoring against it would reward a chronic deficit.

3.3 Why you slept the way you did

A score tells you how much; it does not tell you why. A dedicated engine picks **a single main cause** for the night —a late bedtime by your standards, too short a window, a heavy training day, a habit you logged— and shows the number behind it.

Three rules govern it, and they are worth spelling out because they are unusual:

- **One cause or none.** A list of six factors is not an explanation: it is an elegant way of not committing.
- **Every cause is measured against your own baseline.** "Late" means late for you.
- **Habits are only named if your own data shows the effect.** Not "alcohol harms sleep" —that is a leaflet. Only "on nights after drinking, your recovery was X points lower, over N days".

Without enough nights, the engine says nothing at all.

3.4 Your regularity

Regularity is measured on the **midpoint** of your sleep, not on your bedtime: the midpoint captures both when you fall asleep and when you get up, and that is what anchors the body clock. Spread uses the median absolute deviation, so that one flight or one late night does not make your rhythm look chaotic. And it is reported **in minutes** —"your midpoint varies by about 52 min"— not as "87 % regularity", which means nothing to anyone. Alongside it, the app compares your recovery after nights inside your usual slot with nights outside it, with a minimum number of days in each group and the sample size always shown.

3.5 Two-week sleep programmes

This is the part most sleep apps handle with a questionnaire. Here the programme is chosen from what was measured.

A triage engine looks at your real pattern over the last few weeks and suggests one of five plans. **The order of the rules matters more than the size of the problem:**

Plan	Who it is for	Target metric	Goal
Win back time	Sleeps little but efficiently: a schedule problem, not insomnia	minutes asleep	+30 min
Compress the window	Lots of time in bed, low efficiency: the most effective technique	efficiency	reach 85 %
Wind down	Takes a long time to fall asleep	latency	under 20 min
Bed is for sleeping	Wakes up and cannot get back to sleep	minutes awake	–20 min
Same wake-up time	Irregular hours: the most powerful lever	midpoint spread	under 45 min

The design decisions behind it: the schedule case is checked first, because someone who sleeps six efficient hours does not have insomnia —they have a series to finish— and giving them insomnia techniques tells them they have a clinical problem when they do not. The fixed-schedule plan comes last not because it is weak —it is the most powerful lever— but because it is the catch-all.

Each plan is **fourteen days, one behaviour to change and a measurable goal built from your own data**. The streak is forgiving: missing days breaks nothing, it simply counts the days you kept. And at the end there is an honest verdict: the target metric during the plan against the same metric over the previous two weeks, frozen at the start. If it did not work, it says so. A plan that fails is useful information too.

On the Sense there is one deliberate exclusion: the *wind down* plan is only offered where sleep-onset latency can really be measured. On this model the firmware delivers the night already started, so latency always comes out as ~0, and that does not mean "falls asleep instantly", it means "we don't know".

---

4. The coach: a conversation that actually does things

The coach is where the whole product comes together. It is not a chatbot bolted onto a dashboard: it can drive the app for you, and **every action goes through a confirmation card** before anything changes.

4.1 What it can do

It can…	Example
Build a full training plan	"Give me 4 weeks to get back into running, three days a week, 45 minutes"
Adjust the plan	"Make Tuesday lighter", "swap bench press for push-ups", "add a session on Thursday", "drop Friday"
Reschedule	"Push this week to next week, I'm travelling"
Change a date range	"Change everything from the 10th to the 20th"
Log what you did	"I did today's session", and it is recorded
Set your loads	"I squatted 60 kg": it remembers and progresses from there
Take you anywhere in the app	About 35 destinations: sleep, variability, stress, recovery, energy, cycle, family, alarm, notifications, band diagnostics, data export…
Start a session	"I want to go for a run now" → the tracker opens with the sport already chosen
Set the band's alarm	The alarm lives in the firmware: it vibrates even with the phone switched off
Invite someone to your family circle	It creates the link and opens the share sheet
Suggest a weekly pact	A small commitment, with a forgiving streak
Suggest an N=1 experiment	"No screens after 10 pm for 10 days, and we'll look at your deep sleep"
Delete the plan	And it asks first

4.2 It is also customer support

Unusual enough to mention: when you write to DuckDik support, **the reply arrives in that same conversation**, with a notification, in the same place where you talk about your training.

There is a delivery guarantee behind it. Team replies used to live in their own thread and were only visible if that thread was the most recent one and from the same day: around 30 % were never seen. Now every reply is fetched when the coach opens, shown in whichever session is active, and confirmed to the server once displayed. If you are already on the coach screen when it arrives, it appears without you doing anything.

4.3 What it knows

The coach does not work from a single snapshot. Three channels feed it:

- **Right now**: energy, recovery, effort and steps at this moment, refreshed every 15 minutes and on every sync.
- **Your history**: daily summaries, your last 14 days, 8 weeks and months, plus your week told in words.
- **With every message**: your profile, the band's battery and diagnostics, today's heart rate and the local weather.

That is why it can answer "what's my energy right now?", "how did I sleep last Tuesday?" and "how much battery does my band have?" in the same conversation.

Two more points:

- **The daily journal** —the morning greeting, the read of your night and your day— is written entirely on your phone by a deterministic text engine. No model, no network call, no cost. It works in airplane mode.
- **The language model is only used when you actually talk to the coach**, and it receives derived values —scores, averages, levels, trends— never your raw signals.

---

5. Training and exercise

5.1 The plan

Training plans are built on **real dates**, not on a rigid weekly template: each session sits on an actual day and can be moved, changed or deleted on its own. Goals: stay active, build strength, lose weight, build endurance, recover.

The plan can be generated by the coach or built by hand. When the coach generates it, it gets your exercise library, your physical profile, **your actual training history for the last 30 days and the loads you have recently lifted for each exercise**: progression starts from what you really did, not from a generic template.

5.2 Strength: guided, set by set

Strength sessions prescribe exercises with target sets and reps, drawn from a **library of more than 60 movements**, each with the muscles worked, equipment, level, written cues and **two photographs** —start and end position— that alternate to show the movement.

The session player then guides you **set by set**: it shows the target, lets you adjust load and reps on the fly, starts the rest timer between sets, and saves everything to your history at the end. That history is what lets the coach say "last time you did 4×8 at 60 kg, today we go to 62.5" rather than generic advice.

What it deliberately does not do: count reps automatically or correct your form. A wrist device cannot do that honestly.

5.3 Live sessions

More than 160 sports in 15 categories —running, walking, cycling, swimming, outdoor, gym, dance, combat sports, ball sports, water sports, snow and ice, leisure, table games— including **16 household chores**, because cleaning for an hour is real physical activity and pretending otherwise is snobbery. "Walking the dog" even takes the dog's name.

During the session: route and pace from the phone's GPS, live heart rate from the band, heart-rate zones, calories and duration.

Voice and vibration cues, the way Strava or Garmin do it:

- **Distance sports on foot**: every km (configurable): "Kilometre 3. Time 15 minutes 40. Last kilometre pace: 5 minutes 12 per kilometre."
- **Outdoor cycling**: every 5 km by default, with average speed instead of pace.

- **Sports without distance** (gym, dance, combat): every 10 minutes with time, calories and heart rate. Off by default.
- **Swimming**: nothing, the phone is not with you.

The voice ducks your music instead of cutting it, vibration is the parallel channel for people who run without headphones, and if you set a session goal, reaching it is announced the moment it happens.

And you can leave the phone behind. If you start a session and then move away from your phone, the band keeps recording. On sync, the app rebuilds the session from the band's memory: it fills the gaps in the heart-rate curve and recalculates zones, average and maximum heart rate and calories. It only copies heart rate that was actually measured; whatever the band did not record stays as a gap in the curve.

5.4 The plan adapts to your body

Every morning, if a session is scheduled and your recovery suggests it, the coach offers to adjust it: lighter when you are wiped out, harder when you are unusually well recovered. You accept with one button or leave it, and the decision is remembered for the day so it does not nag. All of this runs on the phone and is fully deterministic.

5.5 Heart-rate zones

Sessions are split into five zones as a percentage of your maximum heart rate —warm-up (<50 %), fat burn (50–60 %), cardio (60–70 %), hard (70–80 %) and maximum (≥80 %)— accumulated second by second: minutes per zone are real time spent in the zone, not an average. When there is GPS, the route is coloured by the zone you were in at each point.

Maximum heart rate starts from the classic age formula by default, but you can replace it in your profile with your real measured value. Anyone who has done a lab or field test will want to: it changes the zones, effort and VO_2max calculated from it.

---

6. Fitness: VO_2max, race times and DuckDik Age

This is the module that answers "am I actually getting fitter?", and the one where it would be easiest to make up a number, so it is also where the app refuses most firmly.

6.1 VO_2max

Two sources, and the app keeps the most reliable one available:

- **From a run (preferred).** Any GPS run of at least 1.5 km and 6 minutes in the last 6 weeks, a window chosen to reflect your current fitness rather than your all-time best. The pace-based VDOT is calculated with Daniels' oxygen-cost equations and then corrected for intensity: if you ran at 78 % of your maximum heart rate, the VO_2 you sustained was roughly 78 % of your ceiling, so the value is scaled up. An easy run no longer underrates you.
- **From resting physiology (the universal fallback).** Uth-Sørensen: $VO_2\text{max} \approx 15.3 \times (\text{HRmax} / \text{HRrest})$. All it takes is wearing the band: no running, no test.

Two safeguards worth mentioning. Results outside the plausible human range (15–85 ml/kg/min) are discarded, not shown. And the "resting heart rate" route first requires **at least 5 nights of genuinely measured rest**: with one or two readings straight out of the box or after a reset, the number would be fiction

—a bug we found and fixed in July. A GPS run, on the other hand, counts from the first one: it is a measured performance.

Next to the number you get a level for your age and sex (five tiers, ACSM-style thresholds) and a **fitness age**: the age for which your VO_2max would be the median.

6.2 Race predictor

Four standard distances —5 km, 10 km, half marathon and marathon— with predicted time and pace.

The reference is your own best recent effort, projected with Riegel's classic fatigue exponent ($T_2 = T_1 \cdot (D_2/D_1)^{1.06}$). If you have not run anything long enough to serve as a reference but the app has your VO_2max, it projects from velocity at VO_2max, assuming a 5 km is run at ~94 % of it. With neither, it shows nothing: no generic table, no borrowed average.

6.3 DuckDik Age

A composite lifestyle age. Each marker is converted into the age at which your value would equal the population median, and those equivalent ages are then combined:

Marker	Weight	Reference used
VO_2max	40 %	FRIEND registry, 50th percentile by decade and sex
Variability	20 %	normative RMSSD by decade (Umetani 24 h / Nunan)
Resting heart rate	15 %	healthy reference ~60 bpm, conservative slope
Sleep	15 %	your DuckDik sleep score against a good-quality reference
Activity	10 %	active days per week, WHO guidelines and the steps/mortality curve

VO_2max dominates because it is the marker whose link with biological age and mortality is best documented. Each marker is capped so that none can decide the result on its own: ±12 years for VO_2max, ±10 for variability and resting heart rate, ±6 for sleep and activity. The app also names your best and worst driver: what makes you younger, and what costs you years.

It is the only place in the product that compares you with the population instead of with yourself, because that is what "biological age" means. It is an indicative lifestyle age, not a clinical test, and it needs **at least 7 nights of real data** before giving a number, with a visible calibration bar in the meantime rather than a fake number on day one.

6.4 Training status

A separate reading answers "is my training load getting me anywhere?" using the acute-to-chronic load ratio (7 days against 28), calculated on the same physiological load as the daily Effort score:

Ratio	Status
< 0.50	Losing fitness
0.50 – 0.79	Recovery
0.80 – 1.30	Productive: you are improving without overloading
1.31 – 1.50	Slightly overreaching, watch your recovery
> 1.50	Overload, risk of injury and burnout

A detail that matters for honesty: **days without data are excluded from the averages, not counted as rest**. A day without the band is not a rest day, it is a missing measurement, and mixing the two up would quietly falsify your history. Days when you wore it and did nothing do count: that is real rest. With fewer than 10 days of data in the last 28, the app says it is still calibrating.

6.5 Step calibration

The band counts steps from wrist movement, not from your feet: it over-counts for people who gesture, cook or drive a lot, and under-counts when worn loose. The step factor and your stride length can be adjusted in your profile, and the correction is applied to the raw counts, so changing the setting updates your whole history at once without ever stacking corrections.

---

7. Habits, pacts and experiments

Three tools that turn observation into change, all 100 % on the phone.

Habit log. You tick off your day —alcohol, late caffeine, late dinner, screens, hard training, nap, stress, a night away from home— and after enough days the app correlates each habit with the next day's recovery and sleep. It requires a minimum number of days in each of the two groups before showing an effect, and always shows the sample size. It is a correlation on your own data, and the app says exactly that.

Weekly pacts. A small commitment —three active days, two sessions, something of your own— with a forgiving streak: if you miss a week, the streak freezes instead of resetting to zero, and the coach offers to lower the goal, no drama. Guilt is a poor retention strategy and an even worse health strategy.

N=1 experiments. One at a time: you choose something to change, a metric (sleep, variability, recovery, resting heart rate, stress, mood) and a number of days. At the end the app compares the average during the experiment with the baseline period immediately before it, of the same length, and gives a verdict.

You can also log your mood for the day, which the coach cross-references with everything else: the subjective signal no sensor picks up.

---

8. The everyday numbers

Recovery answers "what state has the night left me in?". It needs sleep data, starts from a neutral 50 and moves with four inputs compared with your baseline: sleep duration (±16; it has an optimum, because too much is also a signal), stages (±12), continuity (±8) and overnight resting heart rate (±14). Deductions count at

60 % and the score never drops below 20. Variability is deliberately left out: on the Sense it is a firmware index that barely changes (more on that below), and it would make no sense for it to move the score.

Vitality answers "how am I today?" and combines sleep, deep sleep, overnight variability and resting heart rate around the same neutral 50.

Today's Energy is a moving budget rather than a fixed number: it starts at your recovery level and is drawn down by your basal metabolism —spread along a circadian curve, not a flat 24th per hour— and by your actual effort.

Stress is shown as four zones, without a number: *Calm*, *Balanced*, *Activated* and *Very activated* ("Learning" for the first 7 days). It is calculated hour by hour and **only in the windows where the step counter confirms you were at rest**: a high heart rate while moving is exercise, not tension. It measures how far your heart rate, in the moments you are still, moves away from what your resting heart rate that night and your steps would predict, and compares that with your own days: "Balanced" means your normal day. The band calculates its own stress index and we do not use it: it is inverted variability on a population scale, which pins anyone with chronically low variability to the same number every day.

Resting heart rate is the sustained minimum during confirmed sleep: the lowest 25-minute rolling average within your sleep window, after removing any one-minute sample in which you moved. Not the overnight average: a fixed 11 pm–6 am window includes the time before you fall asleep and after you wake, and inflates the value by about ten bpm. A single calculation feeds the screen, the baseline, Recovery, Stress and the alcohol detector: the whole app shows the same number.

Continuous heart rate runs all day, with an on-demand spot measurement and a live stream during sessions. Three cleaning rules everywhere: values outside 30–220 bpm are discarded and gaps stay gaps; an isolated reading that is more than 35 bpm away from its neighbours on both sides is discarded, because real effort ramps up; and your daily maximum must be backed up by a second nearby reading, so a single spike cannot set a record. A spot measurement is not averaged in full either: the sensor takes a few seconds to settle, so the app looks for the first truly stable stretch and calculates from there.

Variability (HRV) deserves precision. On the Sense it is calculated by the band itself and delivered every 30 minutes. It is a firmware index, not a beat-to-beat RMSSD (that requires the raw inter-beat intervals, which this model does not expose), and it varies very little from person to person and from day to day. That is why on the Sense variability plays a secondary role: it is shown as supporting information, and Recovery does not use it.

Effort (0–99) is based on heart-rate reserve, minute by minute, with the convex curve used by premium wearables: a short, hard effort counts for what it really costs the body. A movement factor separates training from tension: it goes up when a running cadence is detected and down when heart rate is high with no movement at all, a case that is counted separately. The scale is personal, calibrated on your median daily load over the last 30 days: a 70 means "a good day for you".

Energy balance and nutrition. Basal metabolism plus active expenditure calculated from your real heart-rate samples, cross-checked with cadence and converted into METs. Intake is logged by hand or imported from your nutrition app through Apple Health / Health Connect. If you have not logged anything, the app says so instead of estimating.

Steps come from the band, but when the phone counts them too, each hour of the day has a single source: nothing is counted twice. A long press shows the breakdown by source.

9. Quiet alerts

These are wellness reminders, not health alerts. They point to a pattern; they never diagnose. They also notify at most once: the first time a signal appears, and again only if it comes back after more than a week away. The card stays on the dashboard; the notification does not repeat every day.

When several things shift at once. Four markers tracked against your 14-day baseline: resting heart rate (+10 %), variability (–15 %), oxygen saturation (–2 points) and deep sleep (–25 %). Two drifting at the same time trigger a gentle reminder; the more of them, the clearer the message. A single one triggers nothing: that is a normal day.

Alcohol impact. Detected from the overnight signature —raised heart rate, lowered variability, fragmented sleep— and at least two of the three must be positive, because a raised heart rate on its own is just as likely to be stress or a late coffee.

Burnout mode looks at chronic load over 21 days or more. **Sleep debt** builds up against your personal need. **Jet lag** detects a time-zone change of ≥2 h from the phone's clock and estimates adaptation —roughly one day per zone travelling east, two thirds of that travelling west— then tracks your progress. The **sedentary alert** flags long uninterrupted stretches of sitting.

Peak hours. Your chronotype comes from your median wake-up time over 30 days, and the day is split using chronobiological offsets from the time you actually got up —deep focus, mental peak, physical peak, evening wind-down— with the physical peak adjusted to the hour when your heart rate is actually highest.

Day-of-week patterns. Twelve weeks of history grouped by day give the app your typical Monday, so the journal can say "you're breaking your usual Wednesday" because it has the medians to back it up.

---

10. The family circle

You can connect with people close to you and see **a single ring per person** —their vitality— plus a short contextual comment. No activity, location or training details are shared: enough to know your father had a bad night, not enough to track him. Invitations are created in the app or through the coach.

---

11. Privacy

- **All health calculations happen on the phone.** Raw optical and motion signals stay on the band and the phone.
- **Your exact location is never sent.** GPS routes stay on the phone; at most the city and country travel.
- **What your account syncs are already-summarised figures**, on servers in the EU: your profile (age, sex, weight and height), the daily summary (energy, recovery, sleep, resting heart rate, steps…) and your messages to the coach. To write the coach's replies, that summary and your messages go through an AI provider.
- **Your history lives on the phone and exports to CSV** from the app in one gesture, generated on the phone without going through our servers. Missing readings export as empty cells, never as a made-up zero.

- **Deleting your account in the app** removes the server-side data, the login account and the local database.
- European data controller, processing in the EU, and a privacy policy published at duckdik.com/privacy.
- **No subscription**: no commercial reason to hold your data hostage.

---

12. What the Sense deliberately does not do

This is the section we would read first if we were on the reviewing side.

Not in the product	Why
Blood pressure	The underlying firmware does output a value, but it is derived arithmetically from heart rate, with a random component in the calculation. There is no oscillometric measurement behind it. Removed entirely —and yes, other bands at this price show it.
"Fatigue" index	The firmware's version is generated from the time of day, with no biometric input at all. Never implemented.
Skin temperature	This model has no temperature sensor.
Fall detection, automatic activity detection	They need a motion sensor this model does not carry.
Use as a contraceptive or family-planning method	The cycle module shows your own entries and your data; it does not inform about fertility.
Automatic rep counting, form correction	A wrist device cannot do it honestly. Strength work is logged, not guessed.

The rule behind the whole product: **if a value cannot be measured with the hardware on your wrist, it is not shown**. The price is a shorter feature list than some competitors. The benefit: everything on the list is real.

---

13. Limits we accept

- It is a wellness product, not a medical device. Every alert is an invitation to pay attention, not a clinical finding.
- Sleep stages are an estimate; sleep/wake and the sleep window are the solid part.
- On the Sense, sleep-onset latency cannot be measured, and the app says "we don't know" rather than showing a flattering zero.
- Optical heart rate works best at rest. Any metric that needs stillness discards the minutes in which you moved.
- The Sense's variability is a firmware index: useful as support, not as a reference measurement.
- Features based on your personal baseline need their calibration window: 5 days to start, 14 to be ready, 30 for full confidence.
- Results from habits, pacts and experiments are correlations on your own data, with the sample size always shown. They are not proof of causation.

- Step counting at the wrist has a margin of error on any device; cross-checking with the phone reduces it without removing it.

---

14. At a glance

Battery	About 45 days in normal use, magnetic charger
Water resistance	IP68: water and rain
Display	None: the band measures, the phone shows
App	iOS and Android, ten languages. Syncs with Apple Health and Google Fit
Subscription	None. Coach, plans, sleep programmes and family circle included
AI coach	Creates and changes plans, navigates the app, starts sessions and brings support replies
Sports	More than 160 sports in 15 categories, household chores included
Strength	Exercise library with visual demonstrations + guided set-by-set player
Sleep	Score, personal need, cause of the night, regularity and five two-week programmes
Fitness	VO_2max, predictor over 4 distances, DuckDik Age and training status
Data export	CSV, on the phone, in one gesture
History on the band	About a week: a few days without syncing lose nothing

---

© 2026 Duckdik S.L. — DuckDik Sense reviewer's guide. Figures reflect the product on sale and may change with app updates.
A question, or something you would like to check before writing: press@duckdik.com