

Your watch or app says you hit your steps, burned the calories, or slept well. The number is a claim, not a fact about your body.



Use this the next time you look at the numbers.

Everyday readers

- Ask: Did my legs actually do most of that movement, or were my arms swinging (stroller, bags, gesturing)?
- Quick test: For one minute of your normal activity, count your real steps by hand. Compare to what the device shows.
- Before you eat more, skip a walk, or feel accomplished: Check how your body actually feels right now (energy, legs, breath).
- For sleep or recovery scores: How do you feel this morning? The device can be wrong even when it says "excellent."

Builders

- Never let a wearable's success signal (steps reached, sleep score high, "active day") automatically award badges, adjust targets, or send praise.
- Store the raw claim separately from anything you treat as verified.
- Add one independent signal — user confirmation, a second sensor, or an explicit review step — before the data influences what the user sees or is encouraged to do.
- Reconcile regularly: Look at recent "great day" or "good sleep" events. How many have any record of the user confirming the number?

Run this the next time your tracker claims success.

The If Statement shows you how to know when a system claim is actually true. Subscribe at <https://theifstatement.dev>