



FREE PRINTABLE

Home Gear Buying Checklists

Nine one-page checklists to use before you buy sleep, recovery, exercise, running and hydration gear.

One page per product

Treadmill, running shoes, mattress, weighted blanket, yoga mat, bands, massage gun, bottle, tracker

Before, during, after

Measure first, read the product page, check returns, then set it up safely

Compare two options

A small side-by-side table on every page

From our own guides

Each page names the free WellnessTrim guide it comes from

By the WellnessTrim editorial team · Version 1, October 2026 · wellnesstrim.com

Buying information only, not medical or professional advice. Every check is summarised from WellnessTrim's own buying guides (facts checked October 11 to 19, 2026). Brands change specs, prices and terms, so confirm them on the brand's page before you pay. We have not tested these products hands-on.

Home Gear Buying Checklists

Nine one-page checklists for the moment before you buy. Print the page for what you are shopping for, take it to the store or keep it beside the product page, and tick each check. The small table at the bottom of each page lets you compare two options side by side.

Each checklist is a summary of one of WellnessTrim's free buying guides, which compare current models on what the makers publish. The guide it comes from is named on every page, so you can read the detail behind any check.

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Eight checks for any purchase

- ☐ Measure first: the floor, the doorway, the bed, the cup holder or your foot, whichever applies.
- ☐ Write down how you will actually use it before you compare specs.
- ☐ Read the returns page, not the badge: the length, the condition rules and who pays return shipping.
- ☐ Read what the warranty covers and excludes, and whether it depends on where you buy.
- ☐ Treat a spec the maker does not publish as unknown, not as good.
- ☐ Check the latex or material line if you have an allergy.
- ☐ Prices change, and a retailer's price may differ from the brand's. Check the date and the cart.
- ☐ Save the order confirmation and the warranty terms together.

What is inside

- **Page 3, Home Treadmill:** Space, power, speed and incline, screens and warranty.
- **Page 4, Running Shoes:** Toe room, width, heel hold, timing and replacement.
- **Page 5, Memory Foam Mattress:** Firmness, layers, cooling, certifications, trial and base.
- **Page 6, Weighted Blanket:** Weight, size, fabric, washing, returns and safety.
- **Page 7, Yoga Mat:** Thickness, surface, latex, weight, length, care and seller.
- **Page 8, Resistance Bands:** Band type, pound ratings, latex, what is included and safety.
- **Page 9, Massage Gun:** Stroke depth, stall force, noise, weight, attachments and safe use.
- **Page 10, Insulated Water Bottle:** Lid, size, hot drinks, cup holder, cleaning and warranty.
- **Page 11, Fitness Tracker:** Goals, phone, battery, GPS, water rating and subscriptions.

Home Treadmill: buying checklist

From our guides: [What to Check Before Buying a Home Treadmill](#); [Best Home Treadmills](#)

Before you shop

- ☐ Footprint plus the clearance the brand lists behind the belt, taped out on the floor (Wahoo asks for 79 in / 200 cm behind the KICKR RUN)
- ☐ Doorways, corners, stairs and ceiling height on the delivery route measured
- ☐ Fixed in place or folding decided (the Commercial 2450 is the folding pick in our guide)
- ☐ Fastest pace and steepest grade you use now written down
- ☐ Subscriptions you already pay for listed

On the product page

- ☐ Power requirement checked against a photo of your outlet and breaker label (the KICKR RUN needs a dedicated 15 amp, non-GFCI circuit); if none is listed, ask before delivery
- ☐ Speed, incline and decline ranges cover what you wrote down
- ☐ Built-in screen and membership, or your own device on a shelf
- ☐ Warranty length for each component, not just the headline (a motor warranty covers the motor only)

Before you pay and after delivery

- ☐ Unsure the floor can take the weight? Ask someone qualified
- ☐ If you can, walk on a few decks at a gym or store first
- ☐ Assembly and placement by the manual; area around and behind the belt kept clear
- ☐ Children and pets away while the belt moves; warranty terms saved with the receipt

Compare two options

Check	Option 1	Option 2
Price and date checked		
Footprint plus clearance		
Folds?		
Power requirement		
Top speed, incline, decline		
Screen or own device; membership cost		
Warranty by component		

My notes and questions for the seller

Running Shoes: buying checklist

From our guides: [A Fit Checklist for Your First Running Shoes](#); [Best Running Shoes for Beginners](#)

Before you shop

- ☐ Wear on the soles of an old pair checked (extra inner-edge wear: a stability shoe may be worth trying; a running store can watch you run)
- ☐ Road or trail decided (sidewalks and park paths: a road shoe)
- ☐ Shopping later in the day or after a run, with your running socks and any insoles

In the store: the fit check

- ☐ About a thumb’s width between your longest toe and the end of the shoe; toes can wiggle
- ☐ No pressure on the sides or top of your foot (ask for the wide version before sizing up)
- ☐ Heel stays put on a short walk or jog
- ☐ Comfortable from the first minutes, with no break-in assumed
- ☐ Cushioning judged by feel, not the label; if two pairs fit equally, comfort decides

On the product page and after you buy

- ☐ Widths offered, and the heel-to-toe drop (many trainers 8–12 mm; build up gradually in a low-drop 0–6 mm shoe)
- ☐ Return policy checked if you are buying online
- ☐ Start date and weekly distance noted (Brooks: replace after roughly 300–500 miles, or sooner if the tread, midsole or fit changes)

Compare two options

Check	Option 1	Option 2
Model and size tried		
Width		
Drop		
Cushioning (brand’s word)		
Neutral or stability		
Toe room and heel hold OK?		
Price and return window		

My notes and questions for the seller

Memory Foam Mattress: buying checklist

From our guides: [How to Choose a Memory Foam Mattress](#); [Best Memory Foam Mattresses](#)

Before you shop

- ☐ The feel you sleep on now, and the one thing you would change, written in one sentence
- ☐ Your sleep positions noted; if you share a bed, the feel has to work for two
- ☐ Frame measured, and the gaps between your slats

On the product page

- ☐ Firmness word and number, read on the brand's own scale (a 5 on one page is not a 5 on another)
- ☐ Layers listed from cover to base; the top two or three shape the first feel
- ☐ Where the cooling sits: the cover, a comfort layer or a paid upgrade
- ☐ Exact certification names copied, and which foams they cover
- ☐ Base requirement (Nolah: slats no more than 5.5 in apart) and the weight of your size

Before you pay

- ☐ Trial length, who pays return shipping and any condition rules
- ☐ Warranty type: limited or full replacement, and what it covers
- ☐ Order confirmation kept; setup by the manufacturer's instructions

Compare two options

Check	Option 1	Option 2
Firmness (word and number)		
Recommended sleep positions		
Top two comfort layers		
Where the cooling sits		
Certifications (exact names)		
Trial nights; who pays returns		
Warranty type		
Base requirement; weight		

My notes and questions for the seller

Weighted Blanket: buying checklist

From our guides: [How Heavy Should a Weighted Blanket Be?](#); [Best Weighted Blankets](#)

Before you shop

- ☐ About 10% of your body weight worked out; between two weights, the lighter one (Bearaby's rule)
- ☐ Top of the mattress measured: a weighted blanket is sized to the sleeper and is not meant to hang off the bed
- ☐ Sharing? A bed-size blanket, with the weight chosen for the lighter sleeper
- ☐ Sleep warm? Look at cotton, TENCEL, bamboo or a removable cover; minky and polyester tend to run warm

On the product page

- ☐ The brand's own weight chart for the size you want
- ☐ What is washable: the whole blanket, the cover only, or an insert that is spot-clean or hand-wash only
- ☐ Your washer's capacity: a wet weighted blanket is heavy (Baloo says a King needs a commercial machine)

Before you pay, and safety

- ☐ The returns page read, not the badge: window, unused or unwashed rules, who pays return shipping
- ☐ Warranty length, and the cart price re-checked
- ☐ Never on or near a baby (American Academy of Pediatrics); for a child, the brand's minimum age and a pediatrician's advice
- ☐ Health condition or injury? Check with a healthcare professional first

Compare two options

Check	Option 1	Option 2
Weight		
Size		
Fabric and fill		
What is washable		
Return window; who pays		
Warranty		
Price and date checked		

My notes and questions for the seller

Yoga Mat: buying checklist

From our guides: [Thick or Thin Yoga Mat?](#); [Best Yoga Mats](#)

Before you shop

- ☐ What you want more of: steadiness (4–6 mm), cushioning on hard floors (8 mm, and heavier) or travel (1.5 mm)
- ☐ How much you sweat, and whether you take heated classes
- ☐ Any latex or rubber allergy (a PVC mat labelled latex-free is the simpler choice)
- ☐ Your height: choose a mat longer than you are tall

On the product page

- ☐ Surface: closed-cell keeps sweat on top (many people add a towel); open-cell or absorbent tops grip when damp
- ☐ The material line and any latex warning, read in full
- ☐ Weight, if you will carry it (the 8 mm Jade Fusion is about 8.5 lb)
- ☐ Hot yoga: does the brand say the mat is made for it? (Liforme says its mats are not)
- ☐ The brand's cleaning instructions and the cleaner it recommends

Before you pay and after it arrives

- ☐ Bought from the brand or an authorized seller if the warranty matters (Jade says Amazon is not an authorized Jade seller)
- ☐ Warranty and returns terms read
- ☐ Dried fully before rolling; never disinfectant on an open-cell mat; natural rubber kept out of the sun

Compare two options

Check	Option 1	Option 2
Thickness		
Surface (closed or open cell)		
Material and latex line		
Weight		
Length		
Warranty and authorized seller		
Price and date checked		

My notes and questions for the seller

Resistance Bands: buying checklist

From our guides: [Resistance Band Types Explained](#); [Best Resistance Bands](#)

Before you shop

- ☐ Type chosen for the job: tube with handles and a door anchor (rows, presses, leg work), mini loop (warm-ups, lateral steps), fabric hip band, long loop (pull-up help, stretching) or flat band with loops
- ☐ Latex a concern? Choose bands labelled latex-free (such as TheraBand CLX or the Rogue Hip Band)
- ☐ Fabric hip band? Thigh measured 2–3 in above the knee (Rogue sizes by thigh)

On the product page

- ☐ How the pound rating is measured: the stretch it refers to, and per band or a whole set added up and doubled
- ☐ Ratings compared only within one brand, using that brand's chart
- ☐ What is included: handles, ankle straps, door anchor (the CLX anchor is sold separately)
- ☐ The stretch limit (TheraBand: no more than 3 times the length at rest) and the warranty

Every time you use them

- ☐ Inspected before and after use; any torn, nicked or cracked band retired
- ☐ Anchored to something sturdy; a door anchor on the hinge side of a locked door (Bodylastics)
- ☐ Never stretched so it could snap toward your head; TheraBand recommends eye protection
- ☐ Stored cool, dry and out of direct sunlight, unhooked from anchors

Compare two options

Check	Option 1	Option 2
Type		
Rating and how it is measured		
Latex-free?		
What is included		
Stretch limit		
Warranty		
Price and date checked		

My notes and questions for the seller

Massage Gun: buying checklist

From our guides: [How to Use a Massage Gun Safely](#); [Best Massage Guns](#)

Before you shop

- ☐ Your three specs to compare chosen, for example stroke depth, weight and stated noise
- ☐ Mainly for your own back? Reach and weight first, features second
- ☐ Travelling with it? Charger type checked (several use USB-C), and the airline's battery rules

On the product page

- ☐ Amplitude (full-size Theraguns 16 mm; compact guns about 10–12 mm) and stall force, compared only where stated
- ☐ Noise: a decibel figure, and whether it is one number or a range
- ☐ Speed ranges compared, not single figures (brands use PPM or RPM)
- ☐ What is in the box and what is sold separately: a soft head near bone, a ball for general use, a small head for small spots
- ☐ Battery claims read as best-case; warranty length (often 1 year; some longer)

Using it safely

- ☐ About 10–20 seconds per spot and no more than about 2 minutes per muscle; lowest speed first
- ☐ Soft tissue only: never the face, head, throat, neck or genitals, the cervical spine, or bony areas such as the spine and kneecaps
- ☐ Ask a professional first if you have a recent injury or surgery, wounds, bruises or a fracture, take blood thinners, are pregnant, or have a heart condition, pacemaker or metal implants

Compare two options

Check	Option 1	Option 2
Amplitude		
Stall force (if stated)		
Noise (dB)		
Weight		
Attachments in the box		
Charger and battery claim		
Warranty and price		

My notes and questions for the seller

Insulated Water Bottle: buying checklist

From our guides: [Straw, Spout or Screw Cap: Choosing a Bottle Lid](#); [Best Insulated Water Bottles](#)

Before you shop

- ☐ Where it goes: desk or car (straw lids are easy to sip), gym or commute (spout or chug lids), bag (a lid that locks)
- ☐ Hot drinks too? Choose a bottle the brand rates for hot drinks; many straw lids are cold-only
- ☐ Size you will carry (18–24 oz suits most bags; 40 oz and up is heavy when full)
- ☐ Car cup holder measured before a 32 oz or larger bottle

On the product page

- ☐ The lid locks or seals when closed (straw lids are leakproof only when closed)
- ☐ Cup-holder fit for that size (Simple Modern: 14–30 oz fit most, 32 oz and up do not)
- ☐ Dishwasher rules for the body and the lid separately (Iron Flask: never the body)
- ☐ Cold and hot hours read as the brand's own best-case claims

Before you pay and after it arrives

- ☐ Warranty exclusions read (lifetime cover differs: lids, dents, leaks after a year)
- ☐ Order confirmation saved
- ☐ Straw lids taken apart and washed in the open position; a bottle brush for the inside

Compare two options

Check	Option 1	Option 2
Lid type; locks?		
Size		
Hot drinks?		
Cup-holder fit		
Dishwasher: body / lid		
Warranty exclusions		
Price and date checked		

My notes and questions for the seller

Fitness Tracker: buying checklist

From our guides: [Fitness Tracker Buying Guide](#)

Before you shop

- ☐ Do you need one? A phone or a paper tracker can log walks; a tracker is a motivation tool, not a medical device
- ☐ Your goals named: activity, sleep, heart-rate trends or all three
- ☐ A budget set, and your must-have features listed (no more)
- ☐ Your phone checked: iPhone, Android or both (the Apple Watch SE 3 needs an iPhone)

On the product page

- ☐ Battery life read as the maker's claim; GPS and always-on screens shorten it
- ☐ Built-in GPS, if you want to leave the phone at home on runs
- ☐ Water rating checked before you swim or shower with it
- ☐ Accounts and subscriptions: some features need a paid plan (Google Health Premium, Garmin Connect+), and Fitbit setup needs a Google Account

Before you pay

- ☐ Only specs the maker actually publishes trusted
- ☐ Price checked on the maker's site and the retailer's
- ☐ Independent reviews read; sleep-stage figures treated as trends, not a diagnosis

Compare two options

Check	Option 1	Option 2
Price and date checked		
Battery (maker's claim)		
GPS		
Water rating		
Works with my phone?		
Account or subscription needed		
Must-have features covered?		

My notes and questions for the seller
