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## Fitbit charge 3 vs charge 4 comparison

Fitbit Charge 4 dealsFitbit Charge 4 best of the day - Activity ... While Fitbit can't predict the future, it's unfortunate that the best features of the company's latest fitness tracker require you to go outside. The Fitbit Charge 4 costs \$150 just the company's second device with GPS, and, when combined with a built-in heart rate monitor, it helps provide a much more accurate measure of your running, cycling and swimming. Fitbit Charge 4 specifications Water resistance: 50 meters GPS: Yes Heart rate sensor: Yes Display: 1 inch, 160 x 100-pixel touchscreen Contactless payment: Fitbit Pay Battery life: 7 days / 5 hours continuous GPSConsidering that some of the best cheap fitness trackers - all of which cost less than \$100 - have GPS, it's been a long time coming for Fitbit. As long as I tested the Charge 4, I was lucky enough to be able to run out on the outskirts of the city, keeping a good distance from anyone I met. But Charge 4 has some other great qualities as well, including improved sleep tracking and new fitness metrics, to let you know if you're getting enough exercise. Be sure to read the rest of our Fitbit Charge 4 review to find out what else we love about the best fitness trackers, as well as the Apple Watch Series 3 vs. Fitbit Charge 4 and Fitbit Versa 2 vs. Fitbit Charge 4 face-off to see the benefits you'll get with a traditional fitness tracker via a full smartwatch. Fitbit launches a new Heart Study to determine how effective its device is in detecting atrial fibrillation (aFib). If you have a Fitbit Charge 4, Fitbit Charge 3, Inspire HR, Ionic, Versa, Versa 2, or Versa Lite, you can enroll in the research, and the company will notify you if your device detects an irregular heart rhythm indicating AFib. Fitbit will also connect you with a doctor for a free consultation. The Fitbit Heart Study, open to U.S. residents aged 22 and older, is being conducted to determine how accurately its device detects atrial fibrillation, as a first step to receiving FDA approval. Here's how to sign up for the Fitbit Heart Study.Update (July 2020): Fitbit updated Charge 4 to include two new features: Smart Wake can sense your sleep patterns, and adjust your wake time (up to 30 minutes), thus avoiding waking you up while you're sleeping well. Dynamic GPS can sense when your phone is nearby, and use its GPS, rather than GPS Charge 4, to save battery life. The Fitbit Charge 4 is available from Amazon, Best Buy and Walmart. It's available in black or rosewood (deep sorolish red) for \$149. The special edition, with its reflective black/granite woven band, is available for \$169. Fitbit Charge 4 starts at \$149.95 with wrist band rosewood and blue/black storms. The Special Edition 4 costs \$169.95, and comes with reflective/black granite woven bands. Fitbit Charge 4: Design'll be the first to admit that when it comes to and fitness trackers, I love big honkin devices like the Garmin Fenix 6. But there's something to be said for svelte Charge 4. For one thing, it's much lighter, so you almost forget that it's on your wrist. (Image credit: Tom's Guide) The Charge 4 looks almost identical to its predecessor, the Charge 3. Both have rectangular designs similar to grayscale OLED touchscreens, and replaceable ribbons that wrap around your wrist. The single touch sensitive area on the left side of Charge 4 acts as a Back button. Previous generations had physical, silver buttons, and while touch buttons worked well, I missed the silver accents. The Charge 4 touch screen is easy to read in all the bright sunshine, and responds quickly to swipes, except when my fingers are sweating; then, it doesn't work at all. That's pretty typical for most touchscreen devices, though. However, the small size of the Charge 4 screen does make it a little harder to read as I run and my head and arms move. Both Charge devices will use similar size wristbands, so Charge 3 Owners who want to upgrade but like their old band will be able to easily swap them. All you have to do is press the button at the bottom of the rope where it is connected to the device. Those with smaller wrists can also find there is a gap in the edge, where Charge 4 is connected to the strap; when my wife tried Charge 4, this gap was noticeable, even though the device was safe. (Image credit: Tom's Guide) Fitbit Charge 4: Active Zone MinutesWith the Charge 4, Fitbit introduces a new fitness metric called Active Zone minutes. The tracker will measure the time you spend in the target heart rate zone, and track your progress towards the goal of 150 minutes per week. This is the recommended minimum from the American Heart Association, the Centers for Disease Control, and the World Health Organization. (Image credit: Tom's Guide) You get double credit for the amount of time you spend doing strong activities. Charge 4 will calculate your target heart rate zone based on your age and your resting heart rate; as your overall fitness level increases, Charge 4 will automatically recalculate the zone. Active Zone Minutes will launch into Fitbit smartwatches (Fitbit Versa, Fibt Versa 2, Fitbit Versa Lite and Fitbit Ionic) later this year, but not for other fitness trackers. (Image credit: Tom's Guide) Once Fitbit calculates your heart rate threshold for Active Zone Minutes (mine is 116 beats per minute), the app shows you a graph of your heart rate, and the time you spend in each zone (Fat Burn, Cardio, and Peak). Although I only spent 23 minutes in the Cardio and Peak zone (136 bpm and higher), I was awarded 46 credits I'll get it! Fitbit Charge 4: GPS and running performance The most prominent new feature of the Fitbit Charge 4 is its built-in GPS. The Charge 4 is only the second Fitbit device, and its first fitness tracker to feature this. (The... (The... (The... consider the Fitbit Ionic to be a smartwatch.) Many fitbit rivals already have GPS in the same tracker, and considering devices like the Garmin Forerunner 35 that run watches now cost less than the Charge 4, it's about time GPS became mandatory on trackers that cost more than \$100. (Image credit: Tom's Guide) I was surprised by how quickly Charge 4 picked up the GPS signal, on my first run with the device, it took about half a minute, but after that, it acquired the satellite in seconds. That's what I get with the best GPS watches, and it's nice to see them here too. (Image credit: Tom's Guide) By default, Charge 4 has six loaded workout shortcuts: Run, Bike, Swim, Treadmill, Outdoor Workout, Walk. However, in the Fitbit app, you can choose from 16 other activities ranging from yoga to kickboxing, even interval training. (Image credit: Tom's Guide) I love that during the run, Charge 4 will buzz my wrist when I move from one heart rate zone to another. However, I hope it will also buzz after every mile. If you have headphones connected (via your smartphone), Charge 4 will give you audio cues for this effect. (Image credit: Tom's Guide) After Charge 4 synced with my phone, my running map appeared in the Fitbit app, along with data for speed, altitude, heart rate zones and calories burned. Even better, the app layers this information along your route, so you can see right where you're huffing and puffing. (Image credit: Tom's Guide) Looking at the data, there seem to be some instances where the Charge 4 heart rate monitor is somewhat tardy in its tracking; My heart rate would suddenly jump up 10 or 20 beats per minute before settling into a more consistent pattern. Overall, heart rate tracking seems pretty consistent. Fitbit Charge 4: Fitbit Charge 4 sleep tracking uses the SpO2 pulse oximeter sensor (also found in Charge 3, Versa, and Ionic) to better help you understand your sleep patterns. The new Restoration metric not only shows your heart rate while sleeping, but also unsettles you and estimates oxygen variation; if there are many variances, it can be associated with respiratory problems such as sleep apnea. (Image credit: Tom's Guide) The first night I put on Charge 4, he said I didn't fall asleep until almost 12:30 a.m..m., half an hour or so after I fell asleep. I must have been sossyong and turned around a lot. However, my oxygen levels remained fairly consistent. The second night, Charge 4 thought I wasn't asleep until 2 .m. Fortunately, you can edit this data in the Fitbit app, to more accurately reflect your rest. Fitbit has also brought its Smart Wake feature to charge 4; the company says it uses machine learning knowing the best time to awaken you from your sleep, a feature that my toddler has perfected without the help of advanced algorithms. Fitbit Charge 4: Spotify controlsAdapting other features brought from Fitbit smartwatch, Charge 4 will Spotify music controls. While you still need your phone —sorry, there's no music storage on board — it'll make it easier for you to skip tracks and change playlists. This is a great feature to have, but until you can actually download tracks to Charge 4, as you can with the Versa 2, it's not a feature I'll use regularly. Fitbit Charge 4: Fitbit Pay'll admit, I didn't think much of the payments were nonsensic until I became a little paranoid about touching any surface in public. However, glad to know that I could use Charge 4 to pay for stuff without having to put my fingers on the keypad. While it's not everywhere like Apple Pay or Google Pay, Fitbit Pay works with 500 publishers, retailers in 44 countries, and 10 transit systems around the world - not that I plan to use the New York City subway anytime soon. The Charge 4 is the first Fitbit fitness tracker to feature this feature, but it's available on Versa, Versa 2 and Ionic. Here is a list of participating banks for Fitbit Pay. Fitbit PremiumLaunched last fall, Fitbit Premium is a \$9.99 per month subscription service that offers personalized workouts, health and sleep insights, and training from trainers. (Image credit: Tom's Guide) While not limited to those who purchase Charge 4, Fitbit currently offers a 90-day free trial of Fitbit Premium, as well as 40 new free content on the Fitbit app. Fitbit Charge 4: Battery lifeFitbit says that The Charge 4 should last up to 7 days in normal fitness tracking mode - the same as Charge 3, and is standard enough for most fitness trackers - and will last up to 5 hours if you're actively using GPS. I took Charge 4 on some runs using GPS; a 30-minute run drains the battery by about 20 percent. If you extrapolate it, you'll use the battery in about 2.5 hours - half the time that Fitbit claims. That's not great when compared to GPS watches, but it's not terrible if you use Charge 4 just to keep track of your daily walks around the neighborhood. After four days of wearing Charge 4, plus two and a half hours of running using GPS, charge 4 battery life dropped by 24 percent. Fitbit Charge 4 review: VerdictWith the addition of GPS, the Fitbit Charge 4 represents a major improvement over Charge 3. Now, you can track running, cycling and swimming as accurately as possible with a bona fide GPS watch. Plus, Charge 4 has several other featured features, including wireless payment support and better health tracking. That said, if you're a special runner, you'd be better served by one of the best GPS watches, like the Garmin Forerunner 245 for \$300, because the device has a larger screen, metric more detailed settings, and longer battery life, especially when using GPS. But there's no denying that if you want a fitness tracker to precisely measure exercise, sleep, and other health metrics, you can't do better than a Fitbit Charge 4. 4. 4.

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