

Fit Alta HR fitness tracker replacement watchband



Bed Bath And Beyond Fitbit Charge Hr

Gabrielle Ritchey

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Unveiling Precision: the Truth Behind Fitbit Charge HR Instabooks Ai,2024-04-05

Accuracy of the Charge HR

Fitbit Gabrielle Ritchey,2017 A number of wearable fitness tracking monitors have been marketed in recent years One device Fitbit Inc claims that it offers some of the most advanced technology that allows for accurate measurements of physical activity However studies are needed to verify these claims and to demonstrate the actual validity of these devices Thus the purpose of this study was to determine the accuracy of the Charge HR Fitbit in terms of step count distance covered heart rate and floors climbed

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