

Booster Smart Bracelet Fitness Tracker

QUICK BUYER GUIDE



Ideal for fitness enthusiasts tracking daily activity and health metrics



At a Glance Specs



WEIGHT

Lightweight at 22 grams



BATTERY

Lasts up to 149.98 amp hours



CONNECTIVITY

Bluetooth for app sync



WATERPROOF

IP68 rated for water resistance



SCREEN

No screen, data via app



FEATURES

Tracks heart rate, sleep, stress, and 120+ sports modes



GPS

Built-in GPS for location tracking



STORAGE

8 GB internal memory

Who It Is For

-  People who want continuous health tracking
-  Athletes needing sport-specific mode support
-  Individuals monitoring sleep and stress
-  Users seeking lightweight wearable tech
-  Fitness enthusiasts tracking daily activity
-  Those who prefer app-based data access

Who It Is Not For

-  Users needing a standalone display
-  People who prefer screen-based tracking
-  Those without a compatible smartphone
-  Individuals requiring long battery life
-  Users needing advanced medical monitoring
-  People looking for waterproof durability

Trade Offs to Consider

-  No screen means data is only accessible via app
-  Limited battery life compared to dedicated smartwatches
-  Requires regular charging for optimal use
-  No direct notifications without phone
-  No third-party app compatibility
-  Limited customization options



Users Say

● POSITIVES

- ✓ Accurate heart rate and stress monitoring
- ✓ Easy to use with no complicated setup
- ✓ Great for tracking daily activity and sleep
- ✓ Lightweight and comfortable to wear
- ✓ Excellent for water-based activities

● COMPLAINTS

- ⚠ Battery life could be improved
- ⚠ No direct notifications without phone
- ⚠ Limited app features compared to competitors
- ⚠ No third-party app support
- ⚠ Some users report inaccurate sleep tracking



How It Compares

- Better than basic fitness trackers with health metrics
- Less advanced than smartwatches with full app support
- More durable than standard activity bands
- Fewer features than medical-grade wearables
- More convenient than manual tracking methods
- Less customizable than premium smartwatches



Choose This If...

- ✓ You need continuous health tracking
- ✓ You prefer app-based data access
- ✓ You want a lightweight and comfortable wearable
- ✓ You need sport-specific mode support
- ✓ You're into fitness and activity tracking
- ✓ You're looking for water resistance



Skip This If...

- ✗ You need a standalone display
- ✗ You require long battery life
- ✗ You need direct notifications without phone
- ✗ You want third-party app support
- ✗ You need advanced medical monitoring
- ✗ You prefer a heavier, more durable band



Learn More



Read our Review

[Booster Smart Bracelet Review: 24/7 Health Tracking & Fitness Monitoring for 2026](#)



Visit our YouTube Channel

[Wearable Insights](#)



Visit our Website

wearableinsights.novicelinks.com