

# Boquaw P90 Smartwatch: Fitness Tracker with Heart Rate Monitor

## QUICK BUYER GUIDE



Ideal for fitness enthusiasts needing heart rate and sleep tracking with phone connectivity

### At a Glance Specs

**OPERATING SYSTEM**  
Supports Android and iOS phones

**BATTERY LIFE**  
7-15 days of usage

**WATER RESISTANCE**  
IP68 rating for daily use

**SCREEN SIZE**  
Large display with HD glass

**COMPATIBILITY**  
Works with Samsung, iPhone, Huawei

**FEATURES**  
Tracks steps, sleep, blood oxygen

## Who It Is For

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-  Users tracking daily activity levels
-  People monitoring sleep quality
-  Fitness enthusiasts needing heart rate data
-  Individuals requiring phone notifications

## Who It Is Not For

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-  Users needing standalone GPS
-  Those prioritizing military-grade durability
-  People requiring 24/7 heart rate monitoring
-  Users with severe allergies to silicone materials

## Trade Offs to Consider

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-  Limited standalone functionality without phone
-  No built-in GPS navigation
-  Battery life may vary with frequent use
-  Basic watch face customization options
-  No dedicated app for advanced analytics
-  Limited third-party app support

## How It Compares

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- Better than basic fitness trackers for health metrics
- Less advanced than dedicated sports watches
- More feature-rich than standard smartwatches
- Similar connectivity to Apple Watch models
- Fewer customization options than Samsung Gear
- Comparable battery life to Fitbit Charge 5

## Choose This If...

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- ✓ Need comprehensive health tracking
- ✓ Want phone notifications on wrist
- ✓ Prioritize style with fitness features
- ✓ Looking for long battery life

## Skip This If...

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- ✗ Require standalone GPS navigation
- ✗ Need military-grade water resistance
- ✗ Want advanced medical-grade monitoring
- ✗ Prioritize extensive app ecosystem



## Learn More

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### Read our Review

[Smart Watch for Men Fitness Tracker: Waterproof Smart Watches for Women](#)



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