

# EGQINR Smart Bracelet Fitness Tracker with 24H Health Monitoring and 170+ Sport Modes

## QUICK BUYER GUIDE



Ideal for fitness enthusiasts seeking 24/7 health tracking and 170+ sport modes



## At a Glance Specs

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### 24/7 HEALTH MONITORING

**Tracks heart rate BP stress sleep with continuous analysis**



### 170+ SPORTS MODES

**Supports skipping swimming yoga and 3 GPS tracking modes**



### IP68 WATER RESISTANCE

**Resists water splashes sweat and light rain**



### BATTERY LIFE

**45–60 day usage with 20–30 day continuous operation**



### COLOR OPTION

**Dark black band for discreet wear**



### NO DISPLAY

**Requires app for health data visualization**



### MEMORY STORAGE

**64 MB capacity for health data retention**

## ✓ Who It Is For

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- ✓ Fitness enthusiasts tracking daily activity
- ✓ Users monitoring heart rate and sleep quality
- ✓ Athletes needing 170+ sport modes
- ✓ People seeking long battery life
- ✓ Individuals needing water-resistant fitness tracker
- ✓ Users wanting 24/7 health data
- ✓ Those prioritizing lightweight design

## ✗ Who It Is Not For

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- ✗ Medical professionals requiring medical-grade devices
- ✗ Users preferring high-end smartwatches
- ✗ Individuals with skin sensitivities
- ✗ Those needing GPS tracking
- ✗ People requiring frequent charging
- ✗ Users wanting advanced health analytics



## Trade Offs to Consider

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- No built-in display requires app for data
- Limited health metrics compared to medical devices
- No GPS tracking despite 3 GPS modes
- Basic app integration with no advanced features
- Water resistance but not submersion-proof
- Long battery life but not instant charging



## How It Compares

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- Better battery life than most fitness trackers
- Fewer sport modes than high-end smartwatches
- Simpler interface than medical devices
- No GPS tracking despite 3 modes
- Less accurate health metrics than medical devices
- More affordable than premium smartwatches



## Choose This If...

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- ✓ Need 24/7 health monitoring
- ✓ Seek 170+ sport modes
- ✓ Prioritize long battery life
- ✓ Want water-resistant design
- ✓ Looking for lightweight tracker
- ✓ Desire basic app integration

## ✗ Skip This If...

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- ✗ Require medical-grade health data
- ✗ Need GPS tracking
- ✗ Want advanced health analytics
- ✗ Preferring high-end smartwatches
- ✗ Need frequent charging
- ✗ Seek premium features



## Learn More

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### Read our Review

[Smart Bracelet 2026 Review: Health Tracking & 170+ Sports Modes](#)



### Visit our YouTube Channel

[Wearable Insights](#)



### Visit our Website

[wearableinsights.novicelinks.com](https://wearableinsights.novicelinks.com)