

# Fitbit Charge 4 Fitness Tracker Rosewood Edition

## QUICK BUYER GUIDE



Fitness enthusiasts needing GPS tracking, heart rate, and sleep analysis

### At a Glance Specs

 **GPS**  
**Built-in for outdoor tracking**

 **BATTERY LIFE**  
**Up to 7 days with daily use**

 **CONNECTIVITY**  
**Bluetooth and NFC pairing**

 **DIMENSIONS**  
**1.43 x 0.69 x 0.4 inches**

 **WEIGHT**  
**0.923 ounces for portability**

 **SCREEN**  
**50mm display for easy reading**

 **BATTERY TYPE**  
**Lithium polymer with included cells**



## Who It Is For

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- ✓ Tracks heart rate during workouts
- ✓ Monitors sleep patterns for better rest
- ✓ Needs GPS for outdoor activities
- ✓ Prefers lightweight wearable design



## Who It Is Not For

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- ✗ Requires frequent charging
- ✗ Needs advanced health metrics like blood oxygen
- ✗ Prioritizes longer battery life
- ✗ Wants third-party app integration



## Trade Offs to Consider

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- Limited battery life compared to newer models
- No blood oxygen monitoring
- Lacks advanced stress tracking
- Screen size smaller than competitors

## How It Compares

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- Lacks advanced health metrics like blood oxygen
- Battery life shorter than newer models
- No third-party app integration
- Smaller screen than competitors

## Choose This If...

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- ✓ Need GPS tracking for runs or hikes
- ✓ Prioritize heart rate and sleep monitoring
- ✓ Want lightweight wearable for daily use
- ✓ Prefer built-in battery with included cells

## Skip This If...

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- ✗ Require longer battery life
- ✗ Need advanced health metrics like blood oxygen
- ✗ Want third-party app integration
- ✗ Prioritize larger screen size



## Learn More

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### Read our Review

[Fitbit Charge 4 Fitness Tracker Review: 2026 Buyer's Guide](#)



### Visit our YouTube Channel

[Wearable Insights](#)



### Visit our Website

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