

Fitbit Charge 4 Fitness Tracker with GPS and Heart Rate Monitoring

QUICK BUYER GUIDE



Ideal for runners hikers and swimmers needing GPS heart rate and sleep tracking

At a Glance Specs

 **GPS**
Built-in for outdoor tracking

 **HEART RATE**
24/7 monitoring with zone alerts

 **BATTERY**
71Ah capacity with 7-day use

 **CONNECTIVITY**
Bluetooth and NFC pairing

 **SCREEN**
4-inch color display

 **WATERPROOF**
50m water resistance



Who It Is For

- ✓ Users needing outdoor activity tracking
- ✓ People monitoring heart rate zones
- ✓ Swimmers with waterproof needs
- ✓ Those using Spotify app controls



Who It Is Not For

- ✗ Android users without NFC
- ✗ Users requiring 14+ day battery
- ✗ iOS-only device owners
- ✗ Those avoiding subscription fees



Trade Offs to Consider

- Battery life shorter than premium models
- No iOS compatibility
- Free trial requires payment method
- Limited app features compared to smartwatches



Users Say

● POSITIVES

- ✓ Accurate heart rate tracking
- ✓ Great for running and hiking
- ✓ Easy to use with Spotify

● COMPLAINTS

- ⚠ Battery drains quickly with GPS
- ⚠ No free trial without payment
- ⚠ Limited smartwatch features



How It Compares

- Better than basic trackers with GPS
- Less feature-rich than newer models
- More expensive than entry-level devices
- Similar to Charge 3 but with swim tracking



Choose This If...

- ✓ Need GPS for outdoor activities
- ✓ Want heart rate zone alerts
- ✓ Use Spotify on your wrist
- ✓ Looking for waterproof tracking



Skip This If...

- × Require longer battery life
- × Only use iOS devices
- × Avoid subscription fees
- × Want advanced smartwatch features



Learn More



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[Fitbit Charge 4 Review: GPS Fitness Tracker for 2026](#)



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