

ST-CARE C82 Fitness Tracker with Heart Rate Monitor

QUICK BUYER GUIDE



Fitness enthusiasts seeking comprehensive health tracking

At a Glance Specs


 **SCREEN SIZE**
1.47-inch color touchscreen


 **BATTERY LIFE**
10 days of use

 **WATER RESISTANCE**
IP67 waterproof rating

 **COMPATIBILITY**
Works with iOS and Android







 **HEART RATE**
24/7 real-time monitoring

 **EXERCISE MODES**
104 modes for tracking workouts







 **SLEEP TRACKING**
Monitors deep, light, and awake stages

 **BAND MATERIAL**
Silicone with stainless steel bezel







Who It Is For

-  People tracking daily activity goals
-  Users monitoring heart rate and sleep
-  Fitness enthusiasts needing 24/7 health data
-  Individuals looking for smart notifications
-  Those wanting waterproof fitness tracking
-  Users needing multiple exercise modes

Who It Is Not For

-  Users needing GPS tracking
-  People with severe skin sensitivities
-  Those requiring medical-grade monitoring
-  Individuals needing third-party app integration
-  Users looking for long battery life beyond 10 days
-  People needing a watch with a traditional analog face

Trade Offs to Consider

-  No GPS functionality included
-  Limited app integration options
-  Band may require frequent replacement
-  Screen brightness may not be ideal in direct sunlight
-  No built-in emergency alert system
-  Limited customization for watch faces



Users Say

● POSITIVES

- ✓ Easy to set up and use
 - ✓ Accurate heart rate and sleep tracking
 - ✓ Nice color screen for viewing data
 - ✓ Good battery life for daily use
 - ✓ Multiple exercise modes for variety
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● COMPLAINTS

- ⚠ App interface can be confusing
- ⚠ Band may not fit all wrist sizes
- ⚠ Limited third-party app support
- ⚠ Screen can be difficult to read in sunlight
- ⚠ No built-in emergency features



How It Compares

- More accurate than basic pedometers
- Less feature-rich than smartwatches
- Better battery life than most fitness trackers
- Fewer exercise modes than high-end devices
- More affordable than premium health trackers
- Less customizable than smartwatch faces



Choose This If...

- ✓ You need comprehensive health tracking
- ✓ You want a stylish and functional fitness tracker
- ✓ You prefer a long battery life
- ✓ You need multiple exercise modes
- ✓ You want a waterproof device
- ✓ You're looking for smart notifications

✗ Skip This If...

- ✗ You need GPS tracking
- ✗ You require medical-grade health monitoring
- ✗ You want a watch with a traditional analog face
- ✗ You need third-party app integration
- ✗ You're looking for a device with emergency features
- ✗ You need a watch with a long battery life beyond 10 days



Learn More



Read our Review

[ST-CARE Fitness Tracker Review: 1.47-inch Screen, 10-Day Battery, 104 Exercise Modes for 2026](#)



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