

Tiantianka Fit Ring Health Tracker for iPhone & Android

QUICK BUYER GUIDE




Fitness enthusiasts tracking heart rate, sleep, and stress on iOS or Android

At a Glance Specs


 **BLUETOOTH CONNECTIVITY**
Wireless sync for iOS and Android devices


 **DISPLAY TYPE**
Analog face with touchscreen controls

 **BATTERY LIFE**
2-hour charge with included batteries

 **LOCATION TRACKING**
GPS-enabled for outdoor activity monitoring







 **HEALTH METRICS**
Heart rate, blood oxygen, and stress levels

 **ACTIVITY TRACKING**
Sleep duration and step counter features







 **BAND MATERIAL**
Durable metal band with included batteries

 **DIMENSIONS**
4.09 x 3.15 x 1.26 inch package size







Who It Is For

-  Track heart rate, sleep, and stress levels
-  Use with iPhone or Android smartphones
-  Avoid monthly subscription fees
-  Prefer lightweight metal band design
-  Monitor daily activity levels
-  Need GPS location tracking

Who It Is Not For

-  Require long battery life
-  Avoid smartphone dependency
-  Need advanced health analytics
-  Prefer waterproof durability
-  Want physical buttons instead of touchscreen
-  Require subscription-based features

Trade Offs to Consider

-  Limited battery life compared to competitors
-  Basic features without advanced analytics
-  No waterproof rating for outdoor use
-  Touchscreen interface may be less intuitive
-  No app ecosystem for third-party integrations
-  No subscription, but limited feature set



Users Say

● POSITIVES

- ✓ Simple touchscreen interface works well
- ✓ No monthly fees for basic tracking
- ✓ Metal band feels premium and durable

● COMPLAINTS

- ⚠ Battery life needs improvement
- ⚠ GPS tracking is inconsistent
- ⚠ No waterproofing for workouts



How It Compares

- No subscription fees unlike most fitness trackers
- Sleek metal design over plastic alternatives
- GPS-enabled location tracking
- Touchscreen interface instead of physical buttons
- Basic metrics vs. advanced health analytics
- No app ecosystem for third-party integrations



Choose This If...

- ✓ Need heart rate and sleep tracking
- ✓ Use iOS or Android devices
- ✓ Avoid monthly subscription fees
- ✓ Want a lightweight metal band



Skip This If...

- × Require long battery life
- × Need advanced health analytics
- × Plan to use in water
- × Want a subscription-based service



Learn More



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[Fit Ring for Women Men: 2026 Health Tracking & Wearability Review](#)



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