fitbit

findyourfit

	FITNESS WRISTBANDS AND CLIPS				HEART RATE + FITNESS WRISTBANDS		SMART FITNESS WATCHES	
	Zip	One	Flex 2	Alta	AltaHR	Charge 2	Blaze	Surge
Steps, distance & calories burned	✓	✓	✓	✓	✓	✓	✓	✓
PurePulse® heart rate	—	—	—	—	✓	✓	✓	✓
Sleep tracking & alarms	—	✓	✓	✓	✓	✓	✓	✓
Sleep stages (Light, Deep, REM)	—	—	—	—	✓	✓	✓	—
SmartTrack™ auto exercise recognition	—	—	✓	✓	✓	✓	✓	✓
Multi-sport modes	—	—	—	—	—	✓	✓	✓
Built-in GPS	—	—	—	—	—	—	—	✓
Connected GPS	—	—	—	—	—	✓	✓	—
On-screen workouts	—	—	—	—	—	—	✓	—
Cardio Fitness Level	—	—	—	—	—	✓	✓	—
Guided breathing sessions	—	—	—	—	—	✓	✓	—
Run cues	—	—	—	—	—	—	—	✓
Swim-proof + counts laps	—	—	✓	—	—	—	—	—
Call & text alerts	—	—	✓	✓	✓	✓	✓	✓
Reminders to Move	—	—	✓	✓	✓	✓	✓	—
LED progress display	—	—	✓	—	—	—	—	—
OLED tap display	—	—	—	✓	✓	✓	—	—
Clock	✓	✓	—	✓	✓	✓	✓	✓
Horizontal or vertical view	—	—	—	✓	✓	—	—	—
Music control	—	—	—	—	—	—	✓	✓
Touchscreen display + multiple clock faces	—	—	—	—	—	—	✓	✓
Accessory bands	—	—	—	✓	✓	✓	✓	—
Accessory bands, bangles & pendants	—	—	✓	—	—	—	—	—
Battery up to 5 days	✓	✓	✓	✓	✓	✓	✓	✓