

## Fitness App vs Smartwatch Tracking (vsdiff.com)

Feature	Fitness App	Smartwatch Tracking
Accessibility	Requires a smartphone or tablet	Standalone device, may work independently
User Interface	Often more user-friendly, larger screen	Compact interface, may be less intuitive
Functionality	Extensive features like diet tracking, workout presets	Focuses on real-time heart rate, activity tracking
Battery Life	Dependent on the device	Generally lasts longer, but varies by model
Cost	Generally free or low-cost (with premium options)	Higher initial investment, ongoing costs for certain features
Data Accuracy	Can vary, depends on manual input	Often more accurate with built-in sensors

Source: <https://vsdiff.com/fitness-app-vs-smartwatch-tracking/>