

Smartwatch vs Fitness Band (vsdiff.com)

Feature	Smartwatch	Fitness Band
Display	<i>Color touchscreen, customizable watch faces</i>	<i>Basic display, often monochrome</i>
Fitness Tracking	<i>Comprehensive tracking (steps, heart rate, sleep, more)</i>	<i>Basic tracking (steps and heart rate)</i>
Notifications	<i>Calls, texts, and app notifications</i>	<i>Limited to calls and text notifications</i>
Battery Life	<i>1-2 days depending on usage</i>	<i>Up to 7-14 days</i>
Water Resistance	<i>Usually water-resistant, some are waterproof</i>	<i>Generally water-resistant</i>
Price	<i>Higher price range (\$200 and above)</i>	<i>Lower price range (\$50 to \$150)</i>

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