

Safety Precautions

- Always wear the Fitbit Charge 6 snug but not too tight to prevent skin irritation.
- Remove the device if redness, rash, or discomfort occurs.
- Clean the band regularly with mild soap and water to prevent skin reactions.
- Do not rely on the device for emergency medical decisions (Capulli et al., 2025).

Appropriate Usage

- Wear the device consistently during waking hours for accurate activity tracking.
- Sync the device daily with the Fitbit app to review health data.
- Use heart rate and activity data as a guide to support lifestyle changes.
- Follow healthcare provider recommendations in addition to wearable data.

Potential Limitations

- Heart rate and calorie readings may not always be 100% accurate.
- Data may vary during

Features, Functions, and Potential

Core Functions

- Tracks steps, heart rate, calories burned, and activity levels.
- Monitors sleep patterns and daily movement trends.
- Provides real-time feedback to support behavior change.

Additional Features

- Built-in GPS tracking.
- Stress management score and sleep insights.
- Smartphone notifications and activity reminders.

Potential Benefits

- Encourages increased physical activity.
- Promotes awareness of heart health.
- Supports weight management and long-term lifestyle improvement (Capulli et al., 2025).

Safety Precautions, Appropriate Use, and Potential Limitations



Benefits

NAME OF THE WEARABLE

TECHNOLOGY: Fitbit

Week 6

Charg 6

Temp late

NapmOEP:

UCLARTISIOANCLAMdou

Notes at

Date: 15, Feb

2026

