

# Do I Need a Smart Watch?

- A Guide to Wearable Technology Options



# Introduction

- Overview of today's smartwatch market
- Key considerations when deciding if you need a smartwatch
- Different tiers of wearable technology



# Entry Level: Smart Bands

Example: Xiaomi Smart Bands

Price: 1,200-1,500฿

Key Features:

- Basic step counting
- Sleep tracking
- Heart rate monitoring
- Notification alerts

Battery Life: 14+ days

Best For: Budget-conscious users seeking basic health metrics



# Entry Level: Xiaomi Smart Band 7

**1.62"**

1.62" AMOLED high-resolution display with always-on mode



**100+**

custom band faces



All-day SpO<sub>2</sub> monitoring



Sleep monitoring

**VO<sub>2</sub> max**

VO<sub>2</sub> max professional workout analysis



Heart rate monitoring

**Colorful straps**



**Supports 110+ sports modes**



**5ATM water resistance\***



**14-day battery life\***



# Smart Bands: Benefits



Affordable entry to fitness tracking



Simple, unobtrusive design



Minimal learning curve

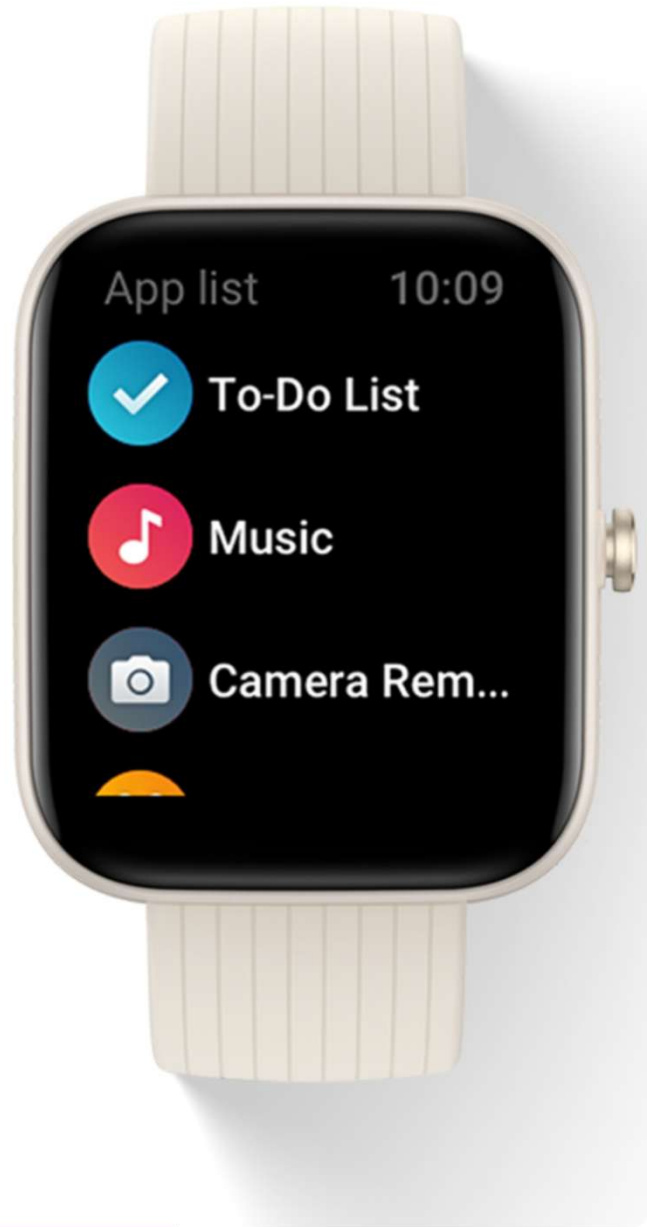


Essential health metrics



Long battery life (1-2 weeks)

# Mid-Range: Amazfit Bip 3 Pro



Price: 1,500-2,400₺

Features:

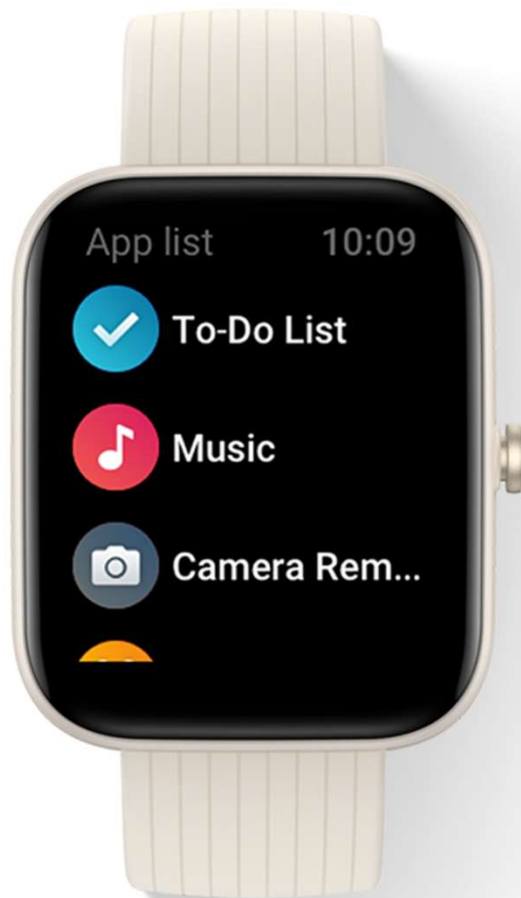
- Color display
- Blood oxygen monitoring
- 60+ sport modes
- Weather forecasts
- Stress monitoring

Battery Life: 7-14 days

Best For: Active users wanting more detailed insights

# Mid-Range: Amazfit Bip 3 Pro

 English



Weather Forecasts



Do Not Disturb



Sedentary Reminders



Alarm Clock



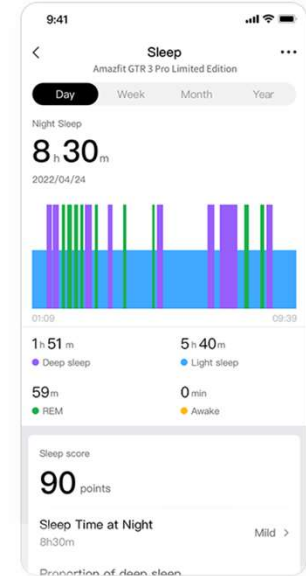
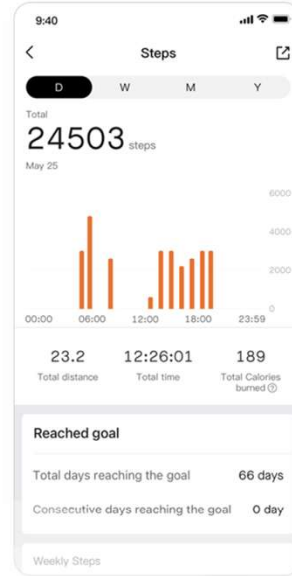
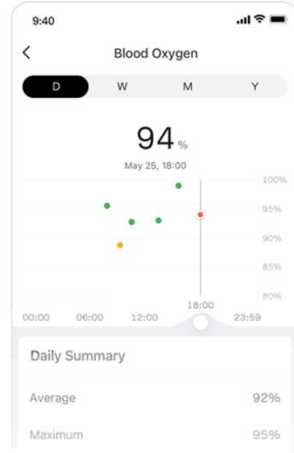
To Do Lists



Stopwatch



English



## Mid-Range Watch Benefits

- Comprehensive health monitoring
- Better display quality
- More app functionality
- Customizable faces
- Accurate tracking algorithms





# Advanced: Huawei Watch Fit 3



Price: 3,000-4,500฿

Features:

- Built-in GPS
- Workout analysis
- Music storage/playback
- Bluetooth calling
- Advanced sleep/stress analysis

Battery Life: 5-7 days

Best For: Fitness enthusiasts & tech-savvy users

# Advanced Watch Benefits



- Standalone GPS
- Comprehensive health ecosystem
- Phone independence
- Premium materials & design
- Third-party app compatibility

### Bluetooth Calling

Connect the watch to your phone over Bluetooth to answer calls with a tap on the watch screen.<sup>18</sup>



### Get Reminded in Real Time

This watch sits on your wrist, but it's got your back, sending out reminders for items like upcoming meetings, incoming calls, and alerts to stand when you've been seated for too long.



## Rhythm on Your Wrist

HUAWEI WATCH FIT 3 supports standalone music playback, so that your favourite tunes always travel with you.<sup>19</sup>



## Snap Pics with Remote Shutter

Take selfies directly from your wrist, by controlling your phone's camera from the watch, to capture inspiration before it's lost.<sup>20</sup>



# Key Decision Factors

Budget: 1,200-5,000฿



Health priorities: Basic vs. comprehensive

Activity level: Casual vs. serious

Tech preferences: Simple vs. feature-rich

Battery: Weekly vs. daily charging

# Do YOU Need a Smart Watch?

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Ask Yourself:

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- Need motivation to be active?

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- Health data for medical reasons?

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- Benefit from notifications?

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- Track specific activities?

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- Battery life vs. features?

## Recommendations

Beginners: Xiaomi Smart Band

Regular Exercisers: Amazfit Bip 3 Pro

Fitness Enthusiasts: Huawei Watch Fit 3

Tech Minimalists: Consider smartphone apps

# Conclusion



Smartwatches vary in features & price



Choose based on your needs



Start simple & upgrade as needed



Best device = one you'll use consistently





# **Analysis of Flagship Smartwatches**

# Overview of Premium Smartwatches

- 01** Advanced health monitoring monitoring
- 02** Premium build materials
- 03** Longer warranty coverage
- 04** Enhanced AI features
- 05** Comprehensive ecosystem integration





## Apple Watch Series 10

### Key Features

- Advanced Retina display
- Blood Oxygen monitoring
- 3-day battery life
- Seamless Apple ecosystem integration
- Comprehensive health sensors

### Price Range

15,000-20,000฿

### Best For

iPhone users seeking premium health tracking and connectivity





## Samsung Galaxy Watch 6

### Key Features

- AMOLED display
- Body Composition Analysis (BIA)
- 4-day battery life
- Bioelectrical impedance analysis
- Advanced fitness tracking

### Price Range

12,000-15,000₹

### Best For

Android users wanting comprehensive health metrics





## Garmin Fenix 9

### Key Features

- Military-grade durability
- Solar charging capability
- Advanced GPS navigation
- Comprehensive training metrics
- High-resolution display

### Price Range

25,000-30,000฿

### Best For

Serious athletes and outdoor enthusiasts





**Evaluation of Additional Premium Smartwatch  
Smartwatch Contenders**





## Google Pixel Watch 3

### Key Features

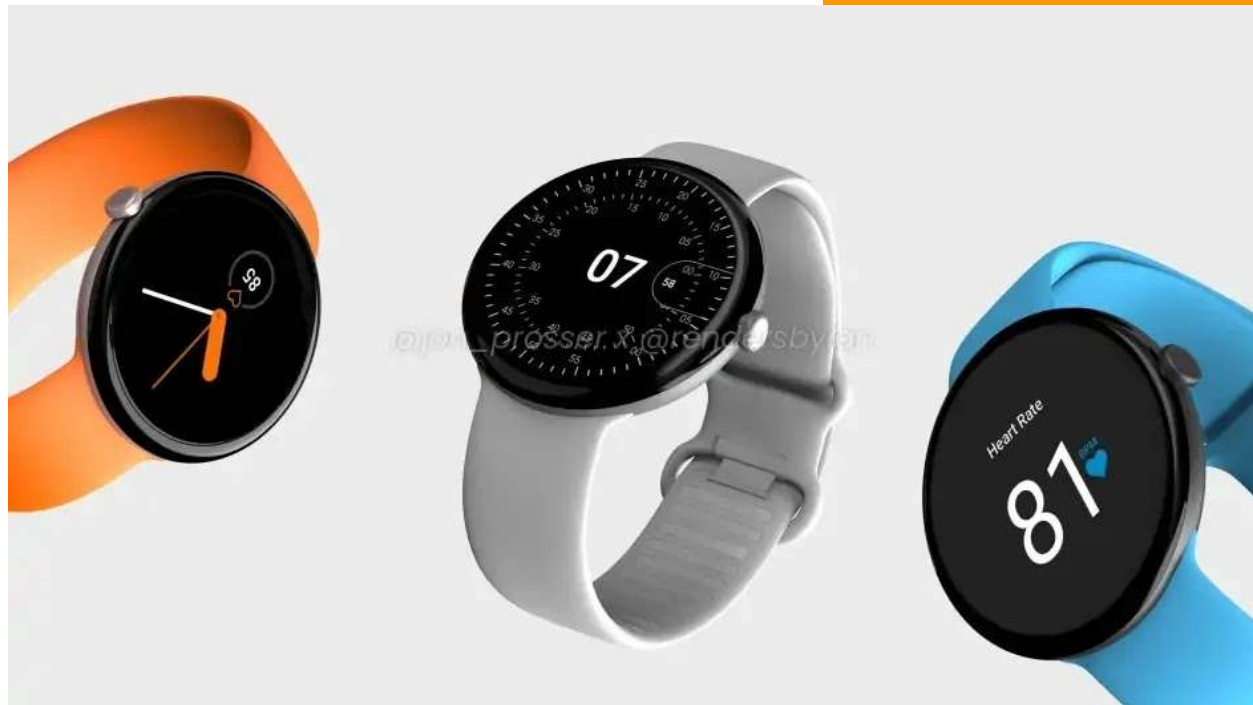
- Pure Android Wear experience
- Fitbit integration
- Advanced AI-powered health tracking
- Voice command optimization
- Emergency SOS features

### Price Range

12,000-14,000฿

### Best For

Android purists and Google ecosystem users





## OnePlus Watch 2 Pro

### Key Features

- AMOLED display
- OxygenOS integration
- Fast charging (0-100% in 45min)
- Dual-chip architecture
- Premium build quality

### Price Range

10,000-12,000₹

### Best For

OnePlus users seeking ecosystem integration







## OPPO Watch 4 Pro

### Key Features

- Dual-curved AMOLED display
- ColorOS Watch integration
- VOOC fast charging
- eSIM support
- Advanced sleep respiratory monitoring

### Price Range

11,000-13,000฿

### Best For

OPPO ecosystem users and style-conscious consumers





# Unique Selling Points



## Google Pixel Watch 3

- Seamless Google Assistant integration
  - Advanced machine learning algorithms
  - Native Fitbit Premium features
    - Regular security updates
    - Stock WearOS experience
- 

## OnePlus Watch 2 Pro

- Proprietary dual-processor
  - Premium titanium construction
  - Advanced battery optimization
  - Seamless phone connectivity
    - Competitive pricing
- 

## OPPO Watch 4 4 Pro

- Innovative curved display
  - Advanced health monitoring suite
    - Premium build quality
    - Fast charging capability
  - Comprehensive fitness tracking
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**1**

Battery Life: Pixel Watch 3 (2-3 days),  
days), OnePlus Watch 2 (4-5 days),  
days), OPPO Watch 4 (3-4 days)



**2**

Charging Speed: Pixel Watch 3  
(Standard), OnePlus Watch 2 (Ultra-  
(Ultra-fast), OPPO Watch 4 (VOOC  
(VOOC fast)



**3**

Ecosystem: Pixel Watch 3  
(Google/Android), OnePlus Watch 2  
(OxygenOS), OPPO Watch 4 (ColorOS)



**4**

Health Features: Pixel Watch 3  
(Advanced), OnePlus Watch 2  
(Intermediate), OPPO Watch 4  
(Advanced)



**5**

Price Point: Pixel Watch 3 (Premium),  
OnePlus Watch 2 (Mid-Premium),  
OPPO Watch 4 (Premium)



# That's All BS... I Don't Need One!



So, what to do?



Use a tracking app on your phone:



SPORTRACTIVE (yes sport-r-active)



Can track your steps



Can plot your course with GPS so you don't get lost



With certain devices can plot your heartbeat etc

# Sportractive®

The GPS tracking app for all your fitness activities. It helps you to stay motivated and reach your training goals faster by tracking, monitoring and analyzing your personal fitness performance.



## Your Benefits

- Select from more than 30 indoor and outdoor activities
- Customizable screen to show time, speed, pace, elevation changes, heart rate, burned calories and many more
- Review your workout speed by the colored track on the map
- Customizable diagram for displaying speed, pace, heart rate or elevation by time or distance
- Training plans (Premium)
- Set personal goals for duration, distance, calories or interval training
- Monitor your heart rate via Bluetooth. Sportractive supports most Bluetooth LE sensors like the [H10 heart rate sensor](#) for Android 6.0 and higher
- Customizable voice output guides you through your workout
- Insert workout results manually
- History of all recorded workouts
- Statistical analysis of all workouts
- Track your body measurement(neck, waist and hips)
- Calculation of BMI, and body fat WHtR with individual analysis over a period of time