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Morefit kids fitness tracker instructions

Every editorial product is independently selected, though we may be compensated or receive an affiliate commission if you buy something through our links. Ratings and prices are accurate and items are in stock as of time of publication.Fitness trackers are an extremely popular smart gadget, but their purpose can be a little confusing if you've never owned one. Here's what you need to know about these wearable smart fitness devices and how they can help you.What Are Fitness Trackers?Fitness or activity trackers are wearable smart gadgets that are typically fashioned as bracelets. (There are also ring, necklace and clip-on trackers.) Similar to pedometers, these devices count the steps you take every day. But they can also measure other data points such as your heart rate, weight loss, distance traveled and sleep patterns. Fitness trackers then sync up to your smartphone via Bluetooth, giving you access to all this information via their associated app.While they often share features with smart watches, activity trackers stand apart in the amount of fitness-focused data they collect. Smart watches often have a few activity-focused features, but fitness trackers typically collect more in-depth information.How Do Fitness Trackers Work?If you're wondering how a seemingly simple bracelet can collect so much data, the answer is through sensors — lots of them!Most activity trackers have a built-in three-axis accelerometer that tracks movement in every direction, as well as a gyroscope to measure rotation. There's typically an altimeter to keep track of altitude, and bioimpedance or optical sensors that measure your pulse. Some trackers even have temperature sensors, barometers and compasses, all packed into that tiny little device.What Do Fitness Trackers Track?Different fitness tracker brands and models offer various features, but almost all activity trackers measure the following data:Steps taken;Distance traveled;Calories burned;Minutes of activity.More advanced models may also collect additional data, including:Many fitness trackers also offer other useful features such as wake-up alarms, fitness coaching, stand reminders and calorie counting. Some can receive calls, texts and emails while connected to your phone.What Are the Different Types of Fitness Trackers?Fitness trackers are often grouped into a few categories based on their features.Entry-level fitness trackers — such as those offered by Fitbit, Garmin and Samsung — collect the basic information listed above and are typically available at affordable prices. The next level up are fitness trackers with heart-rate monitors. These devices usually offer more advanced features and are more expensive. There are even GPS fitness trackers with built-in location positioning, allowing you to track your location even when out of your phone's Bluetooth range.Finally, there are also specialized fitness electronics such as running watches from brands like Polar and Garmin. These often have additional features such as lap-counters, interval timers and training logs. Garmin also offers special wearables for swimming and golfing.Do your kids want to get in on the fun? Many popular fitness tracker brands offer pared-down devices for children, which typically have fewer features and include game-style incentives for kids to stay active.How Much Do Fitness Trackers Cost?You can find off-brand fitness trackers for as low as \$30 on sites such as Amazon, but an entry-level Fitbit model starts at around \$70. Prices go up from there, with the brand's high-end Charge 4, which includes heart-rate monitoring and built-in GPS, retailing for \$170.Specialized sport watches typically boast high price tags as well. Polar running watches cost around \$200, and Garmin golf watches retail for around \$300. In general, the more features a fitness tracker has, the more you can expect to pay. Did you know you can get fitness trackers for kids, too? Fitness trackers encourage children to stay active in a way that's fun and can help to forge positive habits that last a lifetime. This is a rare gift that's a real win-win: the kids are happy, and the parents are happy too. But how do you choose the right one for your child? Read on, and we'll take a look at the best fitness trackers for kids. See also: The best fitness trackers you can buy In today's modern, connected lifestyle, it is easy to get caught up in television, video games, and other less active forms of entertainment. This is no different for kids. Indeed, many modern parents lament that their kids spend so much time on their Xboxes and so little time playing with the neighbors' kids. (Unless your neighbors' kids are weird.) It's important for kids to keep moving in order to stay healthy and fit. Not only can this help to fend off health issues like obesity and diabetes, but it's also important for development. Physical play teaches children a myriad of critical skills, from social interactions to coordinated movement. This can even increase neuroplasticity and aid with learning in other areas. Staying active helps kids to sleep better at night and focus more in classrooms. Physical exercise even helps to improve mood and strengthen the immune system! Fitness trackers for kids not only help you to keep tabs on just how much your child is moving but also make fitness more fun and interesting. This is especially important for children with known health issues, but it's also a great way for any parent to instill good habits and help their children feel their best. What makes a quality kids fitness tracker? Good fitness trackers for kids essentially gamify fitness; they create goals children can accomplish to “level up,” reach an achievement, and so forth. Parents can also create challenges between all the kids and adults to see who can get the most steps or find other creative ways to inspire younger children to get up and move. Many kids fitness trackers have extras like the ability to set chore goals, again in a game-like way. Look for trackers with fun, colorful designs. Think about the interface and whether it is easy to navigate for your child's age range. Of course, I don't need to tell any parents reading that these things also need to be highly durable! And of course, you still need to look for all the same features that make any fitness tracker great. That means it should have an accurate heart rate sensor, decent battery life, and optional extra features like sleep tracking. The latter can be a very useful insight for parents, in particular. The Fitbit Ace 2 is the best fitness tracker for kids. This is a durable, smart-looking watch with lots of tracking and all the features you might need, including sleep tracking. The Garmin Vivofit Jr. 3 has a wide range of features and boasts a number of branded straps. The Fitbit Ace is good for older kids. The design is less colorful but this is sure to appeal to kids that like to look “cool.” The Unicef Kid Power Band donates to charity as the wearer racks up steps. This is a great way to teach your kids about charity as well as fitness. The Nabi Compete is a competition-centric band that lets kids compare their scores. It's ideal for larger households. Fitbit Ace 2: The best fitness tracker for kidsFitbit is one of the most well-known and reliable wearables brands on the market. The Fitbit Ace 2 is its second fitness tracker for kids and this time it has a much more child-friendly design. Recommended for kids six and up, it has a silicone band and a rugged body that can take a beating. Unlike its predecessor, it's also fully swimproof (5ATM rating). In terms of features, however, the two are almost identical. The second generation offers step, activity, and sleep tracking to help your kids stay active. They can earn virtual badges when completing goals or you can give them a gentle nudge to move more via a reminder sent through the parental app. Kids can also team up with friends and invite them to step competitions. Even if their friends don't have a Fitbit, they can still use the built-in timer and stopwatch to challenge them to races. The Fitbit Ace 2 also has a solid battery life of up to five days, so children won't have to reach for the charger too often. The fitness tracker comes in a number of bright, fun colors and even offers animated clock faces, which kids are sure to love. All of these features combined make the Fitbit Ace 2 one of the best kids' fitness trackers you can buy. Read more about the Fitbit Ace 2 in our list of the best Fitbit trackers and smartwatches. Garmin Vivofit Jr. 3: The best customizable fitness tracker for kidsThe successor to Garmin's older Vivofit Jr. 2 fitness tracker, this new device has a lot going for it. Kids get a full-color screen, year-long battery life (replaceable), water resistance for swimming, and more. Perhaps most exciting though, are the bands with branded artwork, including several from the Disney family of characters like Marvel and Star Wars. And with customizable wallpapers, the entire setup can be easily customized. Each of these licensed bands for the Vivofit Jr. 3 also comes with its own mobile app. Kids will be able to take part in missions with both the fitness tracker and app in order to achieve the goal of getting 60 minutes of activity every day. Parents can use the app to keep track of their kids' activities and set up chores for their children to complete. Younger kids can pick up the tracker with a stretchy band for smaller wrists, while older kids can get one with an adjustable band. Read more: The best Garmin running watches you can buy Fitbit Ace: The best fitness tracker for older kidsThe Fitbit Ace is the company's very first fitness tracker for kids. It offers a feature set designed specifically for kids ages eight and up. This device can keep track of steps taken, active minutes, and sleep stats. You can even customize daily step and active minute goals. The Ace features move reminders to help them remember to move if they've been sitting too long. The Fitbit Ace also introduces new competitions in the Fitbit app that allow family members to compete against each other to achieve certain step goals. Alongside the Fitbit Ace, the company introduced a new Fitbit family account. This will allow parents to keep a closer eye on their children's activity, progress, and friend requests in the Fitbit app. There's also a new child view setting, which limits what data your child sees in the app. If you don't want them to see their friend requests, you can turn that feature off. Unicef Kid Power Band: The best fitness tracker for charityGetting your kids to exercise is a great task in and of itself, but what about helping the less fortunate? With the Unicef Kid Power Band, you get to kill two birds with one stone. As kids collect more steps, a therapeutic food packet will be sent to a child in need. The more steps they collect, the more food they will send. The band also has a set of missions that, when completed, unlock videos your child can watch to learn more about the cultures they are helping. It doesn't offer quite enough incentive for the kids themselves but helping others through their activity is an ingenious alternative. The band also comes with a companion app that you can use to keep track of missions and monitor your taken steps. Nabi Compete: The best fitness tracker for big familiesIf you have multiple kids around the house, the Nabi Compete is the band to get. The device encourages you to compete or work with a friend/sibling to reach certain goals and is easily the most affordable fitness tracker for kids on the list. What kind of goals exactly? The first is a distance goal. Kids will be challenged to travel the distance of a landmark, such as the Brooklyn Bridge, to earn coins. The second is a caloric goal. Kids will be tasked to burn off the average amount of calories of whatever food they choose, such as a cheeseburger. As kids earn coins, they can be spent to acquire a virtual pet that they can raise and take care of. These pets are not just for show, though. They actually give a small boost for kids when they're in the middle of a challenge, like adding steps to your total count to give yourself that slight advantage when going head-to-head. Keep in mind that the companion app is necessary in order to access all of these features. Related: The best fitness apps for Android That's it for our list of the best fitness trackers for kids. Looking for even more coverage? See below: The Bestfitness trackers, Wearables Source: Christine Persaud / Android Central Best kids fitness tracker Android Central 2021 Fitness trackers (also known as activity trackers) are popular with adults who exercise regularly and those who simply want to get an idea of how many steps they take each day. While most fitness trackers are designed for grown-ups, there are a few that made specifically for kids. The idea isn't necessarily fitness, per se, but more so to help motivate kids to get more active and have fun doing it. Many activity trackers for kids include even more fun features. But the best kids fitness tracker is definitely the Fitbit Ace 3, which also happens to be the newest on the market. It strips things down to the basics with a simple design, reliable tracking of data, and intuitive app experience, making it the best option you can get for young ones.Source: Christine Persaud / Android Central Ideal for kids aged 6-12, the Fitbit Ace 3 boasts two main upgrades over the previous-generation Ace 2: longer battery life at a rated eight days per charge and a greater selection of animated clock faces that change and do different things as the child takes more steps and achieves goals. There are 28 in all, from the monster Fred who grows its body from a single blinking eyeball to a full torso with arms and legs as kids take more steps, to the Martian who dances each time the child gets three lightning bolts, achieved through steps. With a secure and adjustable silicone band, it comes in black/red or blue/green but some kids will gravitate right to the upcoming Minions-themed bands. Set it up and pair it with the Fitbit app, which shows both a parent and kid view. If you already have a Fitbit device, it's easy to add the Ace 3 using the My Family set-up then flip between your view and theirs. But you don't have to have a Fitbit to use it – the account just has to be managed by a parent. In addition to tracking daily steps and active minutes, the Ace 3 can also display reminders to move, bedtime reminders, and alarms (if you choose to set them up). On the device itself, kids can set timers, use a stopwatch, and activate modes like do not disturb (great for during school hours), sleep (which stops notifications and dims the screen at night), and water lock to deactivate buttons in the shower or pool – yes, the device is completely swim-proof. It logs detailed sleep data so you can see how many hours of sleep your little one got at night as well as how restless they were. I love that the tracker has Fitbit's reputation for reliable tracking behind it and accomplishes what a kids' tracker should without loading it up with too many bells and whistles. Really fun animated clock faces Kid-friendly design Accurately tracks just the basics Totally swim-proof Not the best option for older kids Can't download more apps Greyscale screen Best for little ones The Fitbit Ace 3 reports how much activity and sleep kids get, and kids will love the motivational animations and easy operation. Source: Fitbit While the Ace 3 is worth the extra bucks thanks to the fun clock animations and longer battery life, if you're really pinching pennies, the Ace 2 is still a solid option. My nine-year-old has been wearing that one for over two years now and absolutely loves it. Like the Ace 3, it comes with an adjustable silicone band sized to fit little wrists, but in three other finish options: blue/yellow, watermelon/teal, or grape. Also swim-proof, it's best suited to kids aged 6-12 – for older kids, consider other models from Fitbit. There are fewer customization options and features with the Ace 2 versus the Ace 3, including only a couple of clock faces and no extra modes. But it does still have the timer, reminders to move, bedtime reminders, active goal minutes, and alarms. And it works seamlessly with the Fitbit app, set up with a Kid View, and as part of the My Family if the parent owns a Fitbit device as well. The battery lasts for a respectable up to five days and, like the Ace 3, the Ace 2 also provides detailed sleep information, including the time the child fell asleep and woke up as well as restless periods throughout the night. Kids receive virtual badges after accomplishing goals, racking them up where they become viewable in the app. If you can find the Ace 2 for a super-cheap price that's significantly cheaper than the Ace 3, it's a good option. Simple, kid-friendly design Totally swim-proof Tracks only the basics Battery doesn't last as long Ace 3 Not a lot of personalization options Only suitable for younger kids Save some dough The Ace 2 is almost – almost – as good as the Ace 3. But at half the price, it's totally worth grabbing. Source: Garmin While the Fitbit Ace 3 and Ace 2 focus primarily on activity and sleep, the Garmin vivofit jr. 2 adds some other elements to the mix, including the ability for parents to set reminders and deliver awards for things like completing chores, finishing homework, brushing teeth, or going to practice if they play sports. Ideal for younger kids, the tracker comes in a variety of themed bands and faces for popular characters like Spiderman, Frozen 2's Anna or Elsa, Minnie Mouse, Disney Princess, and Star Wars so kids can sport their favorite characters on their wrist, or just choose from basic designs like blue stars. The band is adjustable and the tracker swim-friendly, with a user-replaceable battery that lasts for up to a year via the replaceable CR2 battery, which means you don't have to worry about recharging it every week. Kids are motivated to get active minutes and reach goals, which unlocks adventures, games, and icons. For the Spiderman tracker, for example, kids explore the Spideiverse and as they achieve goals, they unlock more of the story. They can also pass the time playing tap challenge games and collect gems through movement to restore missing parts of a city on an adventure map, adding even more gamification to the experience. Family members and friends can be invited to compete in daily step challenges using the Garmin Connect app, which parents can also use to assign tasks, like taking out the garbage, washing the dishes, cleaning up their rooms, or doing homework, either on the fly or a recurring schedule. A reminder icon shows the child exactly what they need to do and when. With a fun toe-to-toe challenge, kids can sync with someone nearby for a timed step competition, like to see who gets the most steps while raking leaves or going for a short walk around the block. The tracker also logs sleep data. Bands and games for popular characters Never have to recharge You can swim with it Use to track chores, homework, and more Elements of gamification Really tiny 0.61-inch screen Not ideal for older kids Games could be distracting Pick your favorite character Kids can grab the tracker designed with their favorite movie character theme and log activity, sleep, chores, and more. Source: VTech Technically, the Kidizoom DX2 is more of a fully-featured smartwatch than it is an activity tracker with features beyond the basics. And by smartwatch, I mean smartwatch tailored to kids with games, camera, and more versus notifications and calendar invites. That said, it does also keep track of steps via a built-in pedometer and includes some motion-controlled games that encourage kids to keep moving. However, fitness isn't the primary focus here. This watch, suitable for kids aged 4-12, can be used to take videos and photos, including selfies with funny filters the kids can later turn into watch faces. Kids can also play games like Monster Detector, using augmented reality (AR) experiences to capture monsters in the real world. Parents can add other free games, watch faces, and camera effects in the online Learning Lodge. There are educational elements as well, though, like the Time Master tool that kids can use to learn how to tell him. The watch, which has a 1.44-inch color touchscreen, comes equipped with 256MB of internal memory, expandable via an optional microSD card. It is splashproof, not fully waterproof, and comes in five color options: black, blue, camouflage, pink, and purple. The battery lasts for 2-3 days, depending on usage, and it has to be plugged into a computer using the included Micro-USB cable. Large, color touchscreen Plenty of downloadable games Lots of customization options You can take selfies No sleep tracking Not much focus on fitness Has to plug into computer to recharge Not fully waterproof Only suitable for younger kids More fun on your wrist The Kidizoom DX2 is a fun watch for kids first and a fitness tracker second, but it still provides basic step counts. Source: Amazon If you're on an extremely tight budget, this fitness tracker is the cheapest of the bunch and while it doesn't have big brand name clout behind it, the watch is highly rated on sites like Amazon with previous buyers noting that they love its simplicity and say it works well. Interestingly, the BIGGERFIVE even tracks more stats than the others, though it's unclear how accurate the data is, including activity and sleep as well as heart rate, distance traveled, and calories burned. It has 10+ activity and sport modes as well, which is great for kids who are involved in training or sports, including walking, running, bicycle, dance, basketball, football, tennis, climbing, and workout. Monitor stats on the device itself or using the VeryFitPro, which is available for both Android and iOS devices. There, you can also set silent wake-up alarms (though which kid needs an alarm to wake up before their parents?) as well as call and message notifications from a connected smartphone and social media sites like Facebook, LinkedIn, WhatsApp, Instagram, and Twitter. You can set up to 10 alarm clocks, which is great for reminding kids not just to get active but to also do things like drink water, take medications, and more. The company says the watch is ideal for kids aged 5 all the way up to 18: younger kids might not need the notifications but they can be turned on for older kids. Available in rose, pink, purple, blue, or black with a flexible strap, the battery lasts for up to seven days per charge and the watch is completely swim-proof. You can swim with it Set up multiple alarm clocks Older kids can get notifications Long battery life Affordable Parents might not like heart rate, calorie tracking for kids Might not be as accurate as others Bank for the buck Get tons of features in this affordable fitness tracker that might not be from a well-known brand but comes highly rated by buyers. Source: Chris Wedel/Android Central A follow-up to the vivofit jr. 2, the Garmin vivofit jr. 3 features a larger square screen in a design that more resembles a mini smartwatch. Available in a variety of character themes, from Black Panther to The Little Mermaid, parents can choose the one they know their kid will absolutely love wearing around their wrist, which is a bonus. The integrated and interactive games are connected to the watch's theme and managed through the Garmin app, which the parents can load on their phones if they don't already use it for their own smartwatch. Durable and swim-proof, it's also a huge bonus that the battery is replaceable and lasts for up to a year, so you don't have to worry about charging it up every week. Kids are motivated through the various games to achieve active minute goals, unlocking new adventures as they do, getting new icons, and gaining access to new games. They can also enter toe-to-toe step challenges with others who own a vivofit jr. 3 (or vivofit jr. 2) and are nearby, like siblings, neighbors, and friends. But the tracker is designed for parents to help teach their kids responsibility and keep track of things like chores and homework as well. Parents can assign tasks from the app, which will show up on the watch screen. Unfortunately, however, there's no way for the child to check off the task as complete unless they have their own phone, making this device more suitable to older kids with phones, though kids could use a tablet as well. It also tracks sleep and a nice added feature is quick access to emergency contact information using the ice widget. You can swim with it Replaceable battery lasts for a year Can manage chores, homework, and more Gamification of movement Popular movie character themes Screen backlight isn't great Can't mark chores as done from watch screen Expensive Games could be distracting Chores, homework, and fitness Kids can keep track of activity and sleep, and parents can use the watch to remind kids to do homework, chores, and more. Some parents are totally against the idea of fitness trackers for kids, but I'm all for it. First, the name is misleading. They really are activity and sleep trackers (for those that can track sleep as well), not designed for fitness like wearables for adults. Second, as long as they are introduced the right way, and used as a casual, fun, and motivational tool, there's nothing wrong with activity trackers for kids. My nine-year-old has been wearing an activity tracker on his wrist for more than two years and he loves it. He mostly loves to learn how much and how well he slept and will keep an eye on activity and, depending on the watch, enjoy seeing clock animations or unlocking new features in games as he gets active. Some days he won't wear it at all, some days he will. Sometimes, we'll have fun family challenges to see who can get the most steps. But it's all about fun. There's no pressure or punishment. If he doesn't get to his 10,000 steps, who cares. Did he go outside and get some active time? That's all that matters. Source: Garmin Especially at a time when many kids are doing virtual learning and spending less time outdoors and more time in front of screens, encouraging and motivating physical activity is a positive thing. As a parent, I feel much better when my son goes out in the backyard for 15 minutes on his lunch break than when he sits in front of the television or tablet. And knowing that mommy is beating him in the step challenge might be that extra push to convince him to go run around and save TV time for the evening. This is precisely why I really love the Fitbit Ace 3 and consider it to be the best kids fitness tracker. It's pretty simple and doesn't push too much in terms of rewards for getting active: you aren't going to get to stare at the screen playing a game if you make it to 5,000 steps by noon, but you will see your little clock animate in an adorable way. My son simply loves having it on his wrist so he knows what time it is, and so he can help out by setting timers. He loves being able to swipe through menus and feel like he has his own cool gadget. But nothing is distracting about it. And the Ace 3 features useful reminders to move and bedtime reminders, alarms, and more that you can choose to activate, or not. Fitness trackers — er, activity trackers — aren't really designed to tell kids that they need to get fit. They are designed to encourage them to move and get physical activity that will benefit them in the long run and promote healthy habits they can bring with them going forward as they get older. Credits — The team that worked on this guide Christine Persaud resides in Toronto, Ontario Canada with her husband and a talkative and smart 9-year-old son who needs no encouragement to get moving but loves his kids fitness tracker all the same. We may earn a commission for purchases using our links. Learn more.

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