



智能手錶/手環測試結果

樣本編號	牌子	型號 [1]	大約售價 [2]	樣本資料[3]			運動數據[4]					智能功能[5]					電池表現[6]			使用方便程度[7]				應用程式 [8]	製造質量	功能多元性	網絡安全及私隱	總評[9]		
				重量(克)	屏幕大小(毫米)	防水能力	量度心率	估算距離	估算步數	量測高度及變動	總評	電話通話	即時通訊	社交媒體	語音助理	操控手機	總評	充電所需時間(小時)	充滿電後可使用天數(天)	總評	設定	運動時使用	一般使用						總評	
智能手錶																														
1	Garmin	Forerunner 55 *	\$1,699	37	26	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.4	●●●●●	21	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
2	Garmin	Forerunner 745 *	\$4,099	47	30.4	5ATM	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●●●●	9	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
3	榮耀Honor	GS Pro	\$1,798	76	35	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●●●●	21	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
4	Garmin	Instinct Solar *	\$3,299	54	27	10ATM	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	3.9	●●●●●	21	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
5	Fitbit	Sense	\$2,348	49	40	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.3	●●●●●	7	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
6	Fitbit	Versa 3	\$1,980	44	40	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.3	●●●●●	6.3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
7	Garmin	Venu 2 *	\$3,299	48	33	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●●●●	10.3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
8	Apple	Watch SE ◇	\$2,399	66	43	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●	2.2	●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
9	華為Huawei	GT 2 Pro 運動款	\$2,488	84	35	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.1	●●●●●	13.1	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
10	小米	Mi Watch 運動版	\$899	49	39	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.1	●●●●●	17	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
11	三星Samsung	Galaxy Watch4 Classic ▽	\$3,098	76	34.6	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.5	●●●●●	2.3	●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
12	Apple	Watch Series 6 ◆	\$3,498	66	43	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●	1.6	●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
13	OnePlus	Watch ▼	\$1,499	76	35	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.1	●●●●●	8.8	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
14	Amazfit	GTS 2 mini	\$799	31	39	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.7	●●●●●	8.6	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
15	華為Huawei	Watch Fit	\$888	35	41	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.2	●●●●●	8.3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
16	Garmin	Lily 運動款*	\$1,699	24	25.4	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.2	●●●●●	5.6	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
17	華為Huawei	Watch 3 活力款	\$2,999	83	36	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	3	●●●●●	4.2	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
18	Polar	Grit X	\$3,880	65	30.3	100m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.3	●●●●●	6.3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
19	Polar	Vantage M2	\$2,580	44	30	30m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.4	●●●●●	9.4	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
20	Polar	Ignite 2	\$2,130	36	31	30m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.5	●●●●●	5.2	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
21	Mobvoi	Ticwatch Pro 3 GPS	\$2,569	61	35	IP68	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.1	●●●●●	4.1	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
22	Realme	Watch S Pro ▼	\$798	64	35	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	3.3	●●●●●	15.6	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
23	Polar	Unite	\$1,480	34	32	30m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.6	●●●●●	4	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
24	Fossil	Gen 5 The Carlyle HR	\$2,600	64	32	3ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.6	●●	1.7	●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
25	榮耀Honor	Watch ES	\$599	34	41	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.2	●●●●●	8.6	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
26	Mobvoi	Ticwatch E3	\$1,780	48	33	IP68	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2	●●●●●	3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
27	小米	Mi Watch 超值版	\$429	34	35	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.1	●●●●●	7.3	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
智能手環																														
28	Fitbit	Charge 4	\$1,328	26	22	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	2.4	●●●●●	7.6	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
29	Fitbit	Luxe	\$1,198	26	19	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.8	●●●●●	8.2	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
30	Fitbit	Inspire 2	\$880	21	18	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.7	●●●●●	13.7	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
31	Amazfit	Band 5	\$368	24	28	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.6	●●●●●	5.7	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
32	華為Huawei	Band 6	\$369	29	37	5ATM	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.1	●●●●●	12.5	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
33	小米	Mi Smart Band 6	\$299	24	39	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.5	●●●●●	8.5	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
34	榮耀Honor	Band 5	\$239	22	24	50m	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.7	●●●●●	5	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★
35	華為Huawei	TalkBand B6 ▼	\$1,180	47	39	IP57	●●●●●	●●●●●	●●●●●	—	●●●●●	●●●●●	—	●●	●●●●●	●●●●●	1.2	●●●●●	3.7	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	●●●●●	★★★★★

註 測試項目眾多，表中只列出部分較重要項目的試驗結果，各項分類整體分數的計算，亦包括了一些並未列出的細項。所有項目的計算及評分原包含小數點，經湊整(rounding)後再轉用●或★符號顯示，●或★愈多，表示樣本在該項目表現愈佳，最多為5個●或★。評分時若任何一個項目/分項不適用，比重將由其他項目/分項按比例攤分。
— 表示不適用或沒有該功能。
[1] * 樣本#1、#2、#4、#7及#16的歐洲測試樣本為英文版，列出售價亦為英文版的，各型號均設中文版，售價一般較英文版高\$200至\$500。
◇ 樣本#8的歐洲測試樣本為44毫米版本，型號另設40毫米版本，列出為44毫米版本的售價，亦另設可連結流動網絡版本。

▽ 樣本#11的歐洲測試樣本為46毫米版本，型號另設42毫米版本，列出為46毫米版本的售價，亦另設可連結流動網絡版本。
◆ 樣本#12的歐洲測試樣本為44毫米版本，型號另設40毫米版本，列出為44毫米版本的售價，亦另設可連結流動網絡版本。此外，這型號最近已被較推出的新系列取代。
▼ 樣本#13、#22及#35都沒有在本地正式發售，市面上售賣的都是平行進口貨品(俗稱水貨)，通常不獲原廠採用。
[2] 價格資料由代理商提供或根據本會於2021年10月在市場調查所得，實際零售價按地區及店舖而異，由於價格經常調整，購買前應向不同的零售商查詢及比較，部分型號有不同版本，例如不同顏色花款、不同材料錶帶，價格也不相同。

[3] 資料主要根據實驗室檢定或量度結果獲得，與製造商聲稱的或有出入。同型號產品的不同版本，在不同地方或不同時期購買，功能及規格都可能有差異，資料只宜作參考，重視功能的用戶，購買前應向代理商或製造商查詢清楚。屏幕大小為斜角量度可顯示內容的部分。
[4] 運動數據評分比重：
量度心率 37%
估算步行及跑步距離 32%
估算步數 26%
量測海拔高度/高度變動 5%

[5] 智能功能評分比重：
即時通訊 40%
社交媒體 20%
電話通話 20%
操控手機 10%
語音助理 10%