**Features of the MI Fitness Band**

Modern fitness bands are smart electronic devices which are usually worn on the wrist. These are used to track the fitness and health of the wearer by counting the number of steps taken, heart rate, overall physical activity, and sleep cycles. Fitness bands can be connected with a smartphone or even a website. It helps you to track your progress and make changes in your lifestyle for the better.

While brands, such as Xiaomi, offer dependable products, for instance, the **Mi fitness band** like MI3 and MI4 at low and affordable costs, we also have some interesting choices from the likes of Samsung, Fitbit, Garmin, among others.

**Buying Guide: List of Features to Look for in MI fitness band**

**MI fitness band** is one of the best fitness bands to buy. That said, before purchasing any affordable fitness bands, it is always a good idea to do your research first. A buying guide helps you with just that. It is essential to select a fitness band according to your needs. If you have advanced fitness goals, for example, running a marathon, you will have to invest in sports-oriented wearables. For basic activity tracking, affordable fitness bands are good enough. Let us look at some of the features of the **MI fitness band**.

1. **Affordable**

One of the first features of Xiaomi’s fitness bands is the fact that they are so affordable. It delivers lots of features at a great value.

1. **Display and Design**

MI3 and MI4 have similar strap fittings. The fitness tracker has a silicone strap, which makes it comfortable to wear and lightweight. MI3 band has an OLED display while MI4 has a more prominent, 0.95-inch color AMOLED touchscreen display. These features of the device make it easier to look at it even under direct sunlight. It also helps improve efficiency through reducing the power consumption.

1. **Fitness Tracking**

The MI fitness band is a proper fitness tracker. It consists of an accelerometer as well as gyroscope motion sensors. These efficiently track your activities and count the number of steps you have taken, the distance you have covered, and monitor the calories burned. The statistics are adequately displayed on the device as well as in the app. It is an hassle-free approach to track your basics.

1. **Sleep Tracking**

The **MI fitness band** also tracks its wearer’s sleep activity. It is done automatically. It provides detailed sleep analysis by recording the sleep duration. It also offers a sleep score. It also gives insights into sleep regularity and compares average sleep data over days to formulate its analysis. The **MI fitness band** also logs in the time one was asleep for as well as their waking up times.

1. **Sports Tracking**

Along with the fitness, as mentioned above, tracking features, the fitness tracker provides sports tracking, as well. There are a total of six workout modes: treadmill running, pool swimming, outdoor running, walking, cycling, along with a general exercise tracking mode which covers everything else. There is not in-built GPS. However, one has the functionality of using the GPS on their phone.

1. **Smartwatch Features**

The band lets the user view weather forecasts, control music playback, and also read notifications from your phone. The MI4 band has a color touchscreen that shows the features in a presentable format. The notifications are also easier to read, despite the lack of a screen. Within the 'More' menu of MI4 band, there are several additional features including a do not disturb mode, alarms, stopwatch, making the notifications silent, and also the 'find your device' mode, in case you cannot locate the tracker.

In conclusion, the **MI fitness band** comes with a Mi Fit app where all the data is stored. It is compatible with iOS as well as Android phones. The fitness tracker has a good battery life as well. The battery life of a fitness band is one of the most critical features to factor in a while choosing one.

It is also waterproof up to 50m of depth and, thus, can be used during swimming. It is quickly becoming an important feature to have for all fitness bands. Remember that you are going to be wearing a fitness band for prolonged periods. It is, therefore, necessary to opt for a comfortable fitness band, such as the **MI fitness band**.