



fitbit charge 3™



User Manual
Version 1.1

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Getting Started

Get a deeper understanding of your body, your health, and your progress with Fitbit Charge 3. Take a moment to review our complete safety information at fitbit.com/safety.

What's in this manual

We'll explain how to create a Fitbit® account and make sure your tracker can transfer the data it collects to your dashboard. The dashboard is where you'll set goals, analyze historical data, identify trends, log food and water, keep up with friends, and much more. As soon as you're done setting up Charge 3, you're ready to start moving.

Next, we'll explain how to find and use the features that interest you and how to adjust your preferences. For more information, tips, and troubleshooting, browse our comprehensive help content at help.fitbit.com.

What's in the box

Your Fitbit Charge 3 box includes:



Tracker with small wristband (color and material vary)



Charging cable



Additional large band (color and material vary)

The detachable wristbands on Charge 3 come in a variety of colors and materials, sold separately.

Set up Fitbit Charge 3

For the best experience, use the Fitbit app for iPhones and iPads, Android phones, or Windows 10 devices. If you don't have a smartphone or tablet, you can also use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, and calendar notifications.

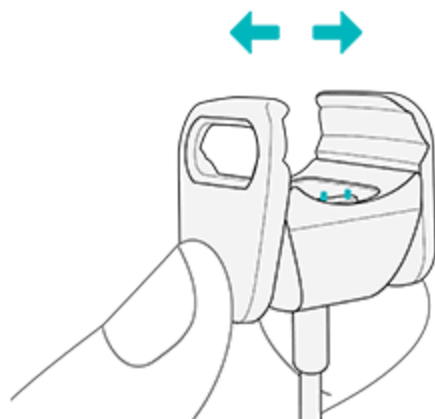
Your Fitbit account asks for information such as height, weight, and sex in order to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your name and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

Charge your tracker

A fully charged Charge 3 has a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge your Charge 3:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port.



3. Make sure the button on your tracker is aligned with the button opening on the charging cable. You'll know the connection is secure when you see a battery icon on the screen.



4. Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. A fully charged tracker shows a solid battery icon with a smile.



Set up with your phone or tablet

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app is compatible with your device, see [fitbit.com/devices](https://www.fitbit.com/devices).

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
 - Apple App Store for iPhones and iPads.
 - Google Play Store for Android devices.
 - Microsoft Store for Windows 10 devices.
2. Install the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create an account.
4. Continue to follow the on-screen instructions to connect, Charge 3 to your Fitbit account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

Set up with your Windows 10 PC

If you don't have a smartphone, you can set up and sync Charge 3 using a Windows 10 PC and the Fitbit app. You can set up and sync wirelessly if your computer has Bluetooth, otherwise you'll need to use the wireless sync dongle that came in the box with your Charge 3.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. If you've never downloaded an app to your computer, you'll be prompted to create an account with the Microsoft Store.


4. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
5. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
6. Continue following the on-screen instructions to connect, or "pair," Charge 3 to your computer. Pairing makes sure the tracker and computer can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new tracker and then explore the Fitbit dashboard.

Sync data to your Fitbit account

Sync Charge 3 to transfer data to the Fitbit app, where you can review your exercise history, see your sleep stages, log food and water, participate in challenges, and more. We recommend syncing at least once a day.

Each time you open the Fitbit app, Charge 3 syncs automatically when it's nearby. Charge 3 also syncs with the app periodically with the all-day sync option. To turn on this feature:

From the Fitbit app dashboard, tap the Account icon () > Charge 3 tile > **All-Day Sync**.

You can also use the **Sync Now** option in the app at any time.

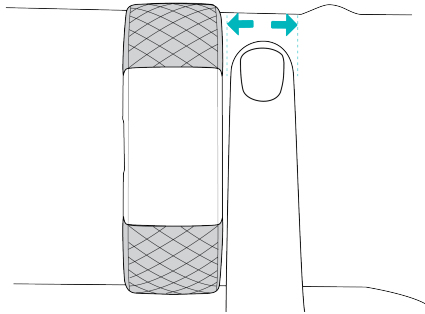
To learn more about syncing your device, see help.fitbit.com.

Wear Charge 3

Place Charge 3 around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, you'll find instructions in "[Change the wristband](#)" on page 14.

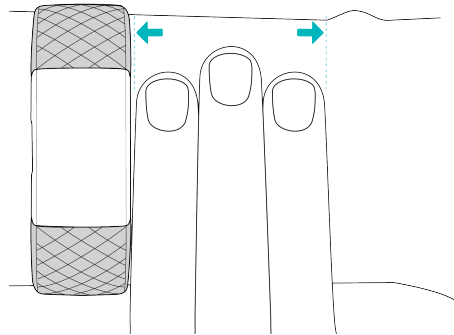
Placement for all-day wear vs exercise

When you're not exercising, wear Charge 3 a finger's width below your wrist bone.



For optimized heart-rate tracking while exercising, keep these tips in mind:

- Try wearing Charge 3 higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the tracker is lower on your wrist.



- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart-rate signal. However, the tracker should be slightly tighter (snug but not constricting) during exercise than during all-day wear.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your tracker doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly (about 10 seconds). You should see a heart-rate reading.

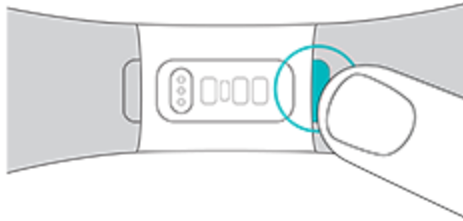
Change the wristband

Charge 3 comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see ["Wristband size" on page 51](#).

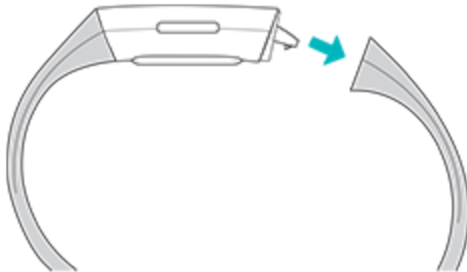
Remove a wristband

To remove the wristband:

1. Turn Charge 3 over and find the band latches —there's one on each end where the band meets the frame.
2. To release the latch, press down on the flat button on the strap.



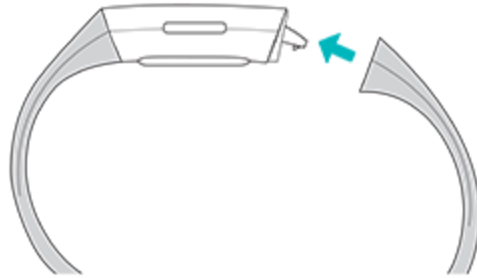
3. Gently pull the band away from the tracker to release it.



4. Repeat on the other side.

Attach a new wristband

To attach a new band, press it into the end of the tracker until you feel it snap into place.



If you have trouble attaching the band or if it feels loose, gently move the band back and forth to make sure it is attached to the tracker

Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Charge 3

Charge 3 has an OLED touchscreen display and one button.

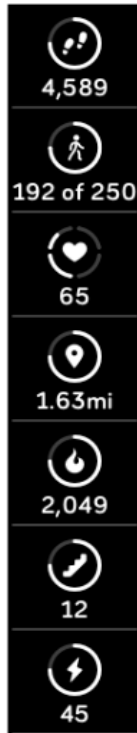
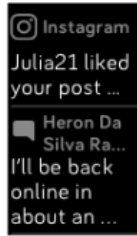
Navigate Charge 3 by tapping the screen, swiping side to side and up and down, or by pressing the button. To preserve battery, Charge 3's screen turns off when not in use.

Basic navigation

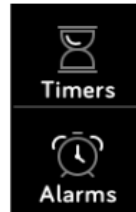
The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily tips and stats.
- Swipe left to scroll through the apps on your tracker.

SWIPE DOWN TO SEE NOTIFICATIONS



SWIPE UP TO SEE FITBIT TODAY

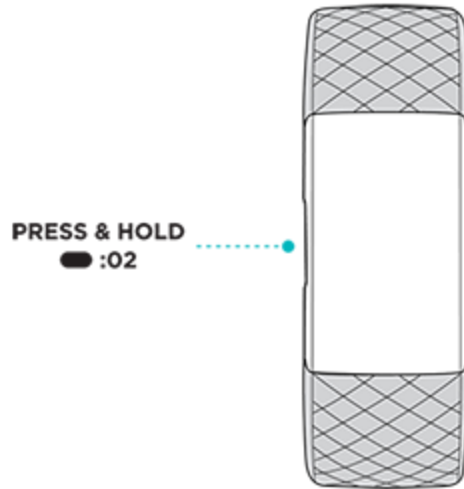


SWIPE LEFT TO SEE APPS

To open an app, swipe to find the app and then tap it.

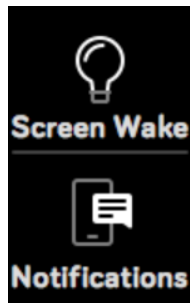
Quick settings

Press and hold the button on Charge 3 for a faster way to use Fitbit Pay (on Fitbit Pay-enabled devices) and access select settings.



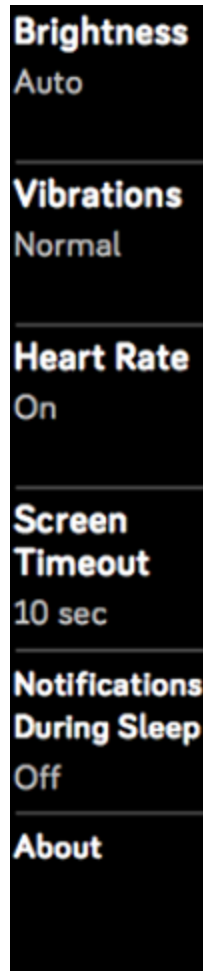
On the Quick Settings screen:

- When Screen Wake is on, turn your wrist towards you to turn on the screen.
- When the Notifications setting is turned on, Charge 3 displays notifications from your phone. For more information on how to manage notifications, see ["Notifications" on page 21](#).



Adjust settings

Manage basic settings including brightness, heart rate, and button sensitivity directly on your tracker. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.



Check battery level

Check your battery level at any time: from the clock face, swipe up. The battery level icon is in the top-left corner of the screen.

Your tracker continues to track your activity until your battery runs out.

Care for Charge 3


It's important to clean and dry your Charge 3 regularly. For instructions and more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

Notifications

Charge 3 can display call, text, calendar, and app notifications from your phone to keep you informed. Keep in mind the phone and tracker must be within 30 feet of each other to receive notifications.

Set up notifications

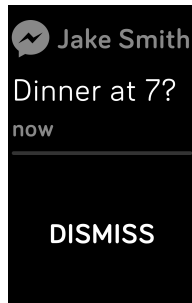
Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then follow the steps below to set up notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Charge 3 tile.
2. Tap **Notifications**. When you're prompted to pair Charge 3, follow the on-screen instructions. After you've connected your tracker, "Charge 3" will appear in the list of Bluetooth devices connected to your phone. Note that call, text, and calendar notifications are turned on automatically.
3. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the specific notifications you want to see.
4. Tap **Notifications > Charge 3** in the top left corner to return to device settings. Sync your tracker to save your changes.

For detailed instructions on how to set up notifications, see help.fitbit.com.

See incoming notifications

When your phone and Charge 3 are within range, a notification causes the tracker to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down on the clock screen.



Manage notifications

Charge 3 stores up to 10 notifications, after which the oldest are replaced as you receive new ones. Notifications delete automatically after 24 hours.

To manage notifications:

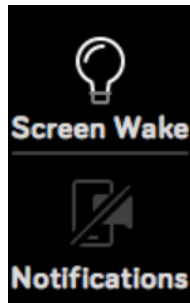
- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it. Then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.

Turn off notifications


You can turn off all notifications on Charge 3 or turn off certain notifications using the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off.



To turn off certain notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Charge 3 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.
3. Tap **Notifications** > **Charge 3** in the top left corner to return to device settings. Sync your tracker to save your changes.

Note that if you use the Do Not Disturb setting on your phone, notifications are disabled until you turn off this setting.

Timekeeping

A silent alarm uses vibration to gently awake or alert you at the time specified. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

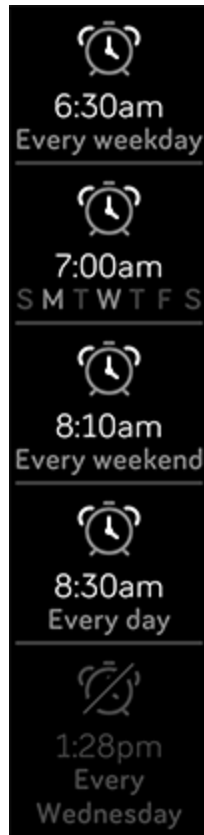
For more information about setting and managing alarms, see help.fitbit.com.

Enable or disable an alarm

After you set an alarm, you can disable or re-enable it directly on Charge 3 without opening the Fitbit app. You can only set an alarm in the Fitbit app.

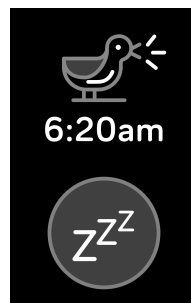
To enable or disable alarms:

1. From the clock screen, swipe until you find the Alarms app.
2. Scroll until you find the alarm you want to enable or disable.
3. Tap to enable or disable the alarm.



Dismiss or snooze an alarm

When your silent alarm goes off, the tracker flashes and vibrates. To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, tap the ZZZ icon. Tap snooze as many times as you like. Charge 3 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



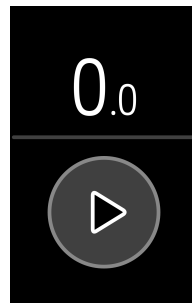
Time events with the stopwatch

To use the stopwatch:

1. On Charge 3, open the Timers app.
2. If you used the countdown timer previously, swipe right to choose the stopwatch feature.



3. Tap the play icon to start the stopwatch.



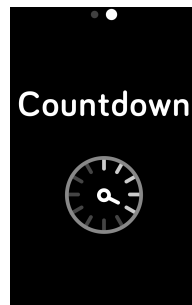
4. Tap the pause icon to stop the stopwatch.
5. Swipe up and tap the reset icon to reset the stopwatch, or press the button to exit.



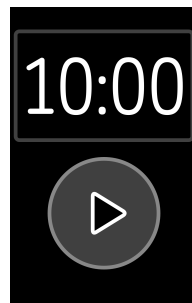
Set a timer

To use the countdown timer:

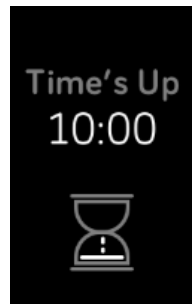
1. On Charge 3, open the Timers app.
2. If you used the stopwatch previously, swipe left to choose the countdown feature.



3. Tap the timer icon.
4. Tap the numbers and scroll to set the timer.
5. Press the button to return to the countdown screen.



6. Tap the play icon to start the timer. Charge 3 flashes and vibrates when the time allotted is done.
7. Press the button to stop the alert.



For more information on how to use the timer, see help.fitbit.com.

Activity and Sleep

Charge 3 continuously tracks a variety of stats whenever you wear it. The information is transferred to the Fitbit app every time you sync your tracker.

See your stats

From the clock face, swipe up to Fitbit Today to see your daily tips and stats, including:

- Core stats: steps taken today, calories burned, distance covered, floors climbed, and active minutes
- Hourly activity: steps taken this hour and the number of hours you met your hourly activity goal
- Heart rate: current heart rate and heart rate zone
- Female health tracking: information on the current stage of your menstrual cycle (if you don't use the female health feature in the Fitbit app, this tile won't appear)

Find your complete history and other information automatically detected by your tracker, such as sleep stages, in the Fitbit app.

All Charge 3 stats except sleep reset at midnight to begin a new day.

Track a daily activity goal

Charge 3 tracks your progress towards a daily activity goal of your choice. When you reach your goal, the tracker vibrates and shows a celebration.

Choose a goal

By default your goal is 10,000 steps per day, but you may have changed this goal during setup. You can change the goal to distance traveled, calories burned, or

active minutes and select a corresponding value. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

For instructions on how to change your goal, see help.fitbit.com.

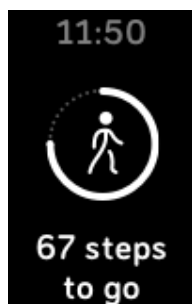
See goal progress

For information on how to see detailed progress toward your goal, see "[See your stats](#)" on the previous page.

Track your hourly activity

Charge 3 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You'll feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.



For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your sleep

Wear Charge 3 to bed to automatically track your time asleep and sleep stages. To see your sleep stats, sync your tracker when you wake up and check the app to see

your stats.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

By default, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information about your sleep goal, including how to change it, see help.fitbit.com.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

Charge 3 tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Charge 3 and check the Fitbit app to understand how your sleep patterns compare to others of the same sex and age range.

For more information about sleep stages, see help.fitbit.com.

See your heart rate

Charge 3 tracks your heart rate throughout the day with PurePulse technology. . Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information on the stats on your tracker, see "[See your stats](#)" on page 29.

During a workout, Charge 3 shows your heart-rate zone to help you target the training intensity of your choice.

For more information about heart-rate zones on Charge 3, see "[Check your heart rate](#)" on page 41.

Adjust your heart rate setting

The Heart Rate setting on Charge 3 has two options:

- Off—Heart rate tracking is off.
- On—Heart rate tracking is on when the tracker is on your wrist.

To adjust the Heart Rate setting on Charge 3, tap the Settings app > **Heart Rate**.

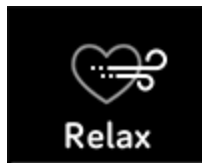
For more information about adjusting the heart-rate tracker, see help.fitbit.com.

Practice guided breathing

The Relax app on Charge 3 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between two-minute and five-minute long sessions.

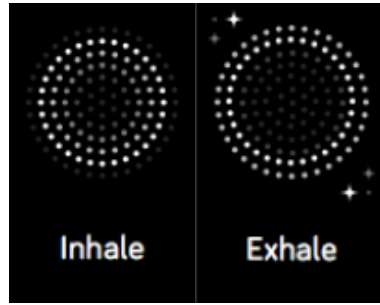
To begin a session:

1. On Charge 3, open the Relax app.

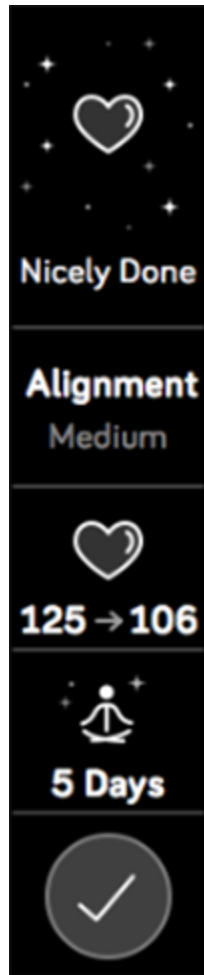


2. The two-minute session is the first option. Swipe left to choose the five-minute session.

3. Tap the play symbol to start the session and follow the on-screen instructions.



After the exercise, you'll see a summary that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.



All notifications are automatically disabled during the session. If you set an alarm, your Charge 3 will vibrate at the time specified.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see help.fitbit.com.

Fitness and Exercise

Track activity through the Exercise app and set exercise goals based on distance, time, or calories. Sync Charge 3 with the Fitbit app, and then share your activity with friends and family to help you stay on track, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Charge 3 automatically recognizes and records high-movement activities at least 15 minutes long—including run, interval workout, swim, and yoga—through the SmartTrack feature. Sync your device to see basic stats about your activity in your exercise history.

For more information about tracking activity, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, swim or weights—with the Exercise app on Charge 3 to see real-time stats, including heart-rate data, calories burned, and elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

Note: The connected GPS feature on Charge 3 works with the GPS sensors on your nearby phone.

GPS requirements

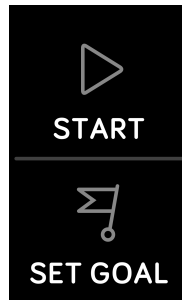
Connected GPS is available for all supported phones with GPS sensors. For more information about setting up connected GPS, see help.fitbit.com.

1. To use connected GPS, turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Check that connected GPS is turned on for the exercise.
 - a. Open the Exercise app and swipe left to find the exercise you want to track.
 - b. Swipe up and make sure **Use Phone GPS** is set to **On**.
4. Keep your phone with you while you exercise.

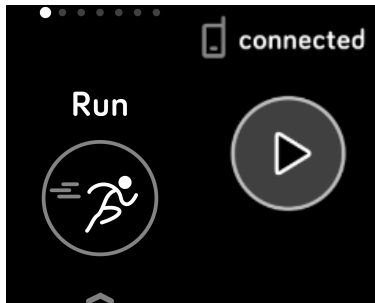
Track an exercise

To track an exercise:

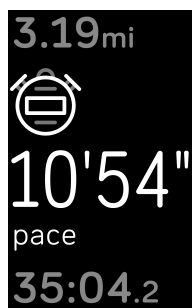
1. On your tracker, open the Exercise app.
2. Swipe left to find an exercise.
3. Tap the exercise to select it.
4. Tap **Start** to begin the exercise, or tap **Set Goal** to choose a time, distance, or calorie goal depending on the activity.



Note: If the Exercise uses GPS, you'll see a phone icon in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Charge 3 vibrates, GPS is connected.



5. Tap the play icon to begin tracking your exercise. Charge 3 shows several real-time stats including heart rate, calories burned, and elapsed time. Tap the middle stat to see additional stats.




6. When you're done with your workout or want to pause, press the button.
7. Press the button again and tap **Finish** to end the workout.
8. Swipe up to see your workout summary.
9. Tap the check mark to close the summary screen.

Customize your exercise settings

Customize settings for various exercises. For example, you can turn connected GPS on or off, track runs automatically without opening the Exercise app (known as run detect), and automatically pause an activity when you stop moving (known as auto-pause). To track runs with GPS, your phone must be nearby.

To customize an exercise setting:

1. From the Fitbit app dashboard, tap the Account icon () > **Charge 3** tile > **Exercise Shortcuts**.

2. Tap the exercise you want to customize.
3. Choose the settings you want to customize, such as connected GPS and Cues.
4. Sync to see your customized settings on Charge 3.

Check your workout summary

After you complete a workout, Charge 3 shows a summary of your stats.

Nice Work!



1h 24m



1,750m



2'36"/
100m



134 bpm



161 bpm
max



647 cals



2,371



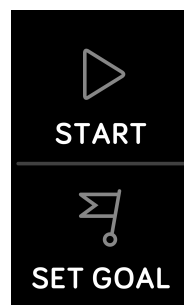
Sync your tracker with the Fitbit app to save the workout in your exercise history. There you can find additional stats and see your route and elevation climbed if you used connected GPS.

Set an exercise goal

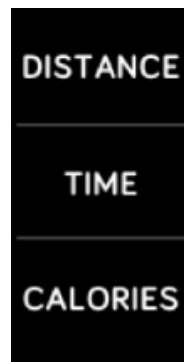
Set a time, distance, or calorie goal depending on the exercise type.

To set an exercise goal:

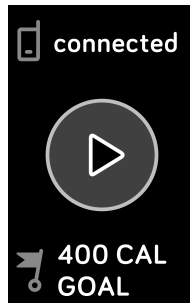
1. After you choose an exercise, tap **Set Goal**.



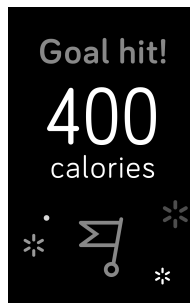
2. Swipe up to choose your exercise goal, such as distance, time, or calories.



3. After you set your goal, tap the play icon to begin your exercise.



4. Charge 3 gently vibrates and the screen flashes when you reach your goal.

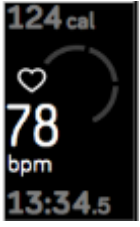
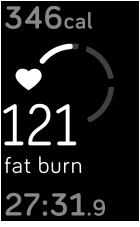
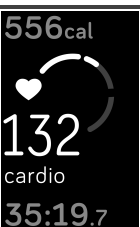



Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Charge 3 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Custom heart rate zones

Instead of using the default heart-rate zones, you can configure a custom zone or a custom max heart rate if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for the average person. When you're in your custom zone you'll see a solid heart on your tracker. When you're not in the zone you'll see an outline of a heart.

For more details about heart rate tracking, including links to relevant American Heart Rate Association information, see help.fitbit.com.

Share your activity

After you complete a workout, sync your tracker with the Fitbit app to share your stats with friends and family.

For more information on how to share your activity, see help.fitbit.com.

Track your cardio fitness score

Track your overall cardiovascular fitness with Charge 3. From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness score (also known as VO2 Max) and cardio fitness level, which shows how you compare to your peers.

For more information about cardio fitness, including tips for improving your score, see help.fitbit.com.

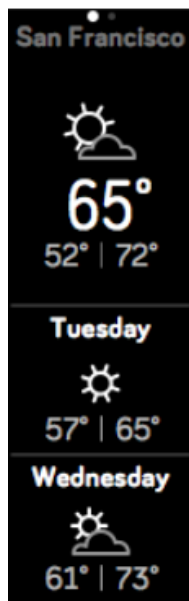
Weather

The Weather app on Charge 3 displays the weather in your current location, as well as 2 additional locations you choose.

Check the weather



To check the current weather, open the Weather app on your tracker. By default, the Weather app shows your current location. Swipe left to view the weather in any additional locations you've added.

If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations, sync your tracker to see your new location in the Weather app.



Add or remove a city

To add or remove a city:

1. Open the Fitbit app and tap the Account icon () > Charge 3 tile.
2. Tap **Apps**.
3. Tap the gear icon () next to **Weather**. You may need to scroll down to find the app.
4. Tap **Add City** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.
5. Sync your tracker with the Fitbit app to see the updated list of locations on your tracker.

For more information about setting up the Weather app, see help.fitbit.com.

Restart, Erase, and Update

Restart Charge 3 to reboot your device to help with basic issues. Erase your device if you want to give Charge 3 to another person.

Restart Charge 3

1. Plug the charging cable into the USB port on a computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port.
3. Press and hold the button on your tracker for 8 seconds. When you see the Fitbit logo and the tracker vibrates, the tracker restarted.

Restarting your tracker reboots the device but doesn't delete any data.

Erase Charge 3

A factory reset erases all apps and personal data from Charge 3. If you want to give Charge 3 to another person or wish to return it for a refund, first complete a factory reset:

On Charge 3, open the Settings app > **About** > **Clear User Data**.

Update Charge 3

We make free feature enhancements and product improvements available through firmware updates. We recommend keeping Charge 3 up to date.

When an update is available you'll see a notification in the Fitbit app prompting you to update. When the update starts, a progress bar appears on Charge 3 and in the Fitbit app until the update is complete. For best results, make sure your tracker is charged and can connect to your Wi-Fi network.

Keep your tracker and phone close to each other during the update process.

Note: Updating Charge 3 takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

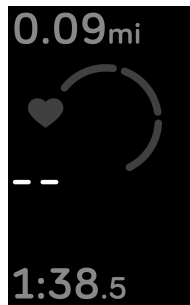
If you have trouble updating your tracker, see help.fitbit.com.

Troubleshooting

If your tracker isn't working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Heart-rate signal missing

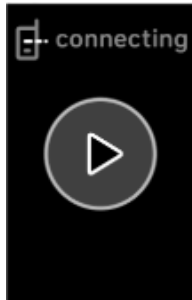
Charge 3 continuously tracks your heart rate while you're exercising and throughout the day. Occasionally, the heart-rate sensor on your tracker may have difficulty finding a good signal. When this happens, you'll see dashed lines where your current heart rate usually appears.



If you're not getting a heart-rate signal, first make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Charge 3 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and even thick cloud cover can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, you'll see "connecting" appear at the top of the screen.



For best results, wait for your phone to find the signal before you start your workout.

Unexpected behavior

If you experience one of the following problems, it may be fixed by restarting your tracker:

- Not syncing despite successful setup
- Not responding to taps despite being charged
- Not tracking your steps or other data

For instructions on how to restart your tracker, see "[Restart Charge 3](#)" on page 46.

For additional troubleshooting or to contact Customer Support, see help.fitbit.com.

When you see the Fitbit logo and the tracker vibrates, this means the tracker has restarted.

After your tracker restarts you can unplug it from the charging cable and put it back on. For additional troubleshooting or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Charge 3 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- An optical heart-rate tracker

Materials

The housing and buckle on Charge 3 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

The Fitbit Charge 3 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless technology

Charge 3 contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

Charge 3 contains a vibration motor for alarms, goals, notifications, apps, and reminders.

Battery

Charge 3 contains a rechargeable lithium-polymer battery.

Memory

Charge 3 stores your stats and data for 7 days in between the times you sync your tracker. Stored data consists of All-Day stats (including steps, distance, calories burned, active minutes, heart rate, and stationary vs. active hours) as well as sleep stages, SmartTrack activity, and exercise data.

We recommend syncing your tracker at least once a day.

Display

Charge 3 has an OLED touchscreen display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small wristband	Fits a wrist between 5.5 - 7.1 inches (140 - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 - 220 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Maximum Operating Altitude	30,000 feet (9,144 m)

Learn more

To learn more about your tracker and dashboard, visit help.fitbit.com.

Return policy and warranty

You can find warranty information and the fitbit.com return policy at fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

Model Name: FB409 and FB410

Regulatory content for select regions can also be viewed on your device. To view the content:

Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB410:

FCC ID: XRA

Model FB409

FCC ID: XRAFB409

Notice to the User: The FCC ID can also be viewed on your device. Instructions to view content from your menu:

Settings > About > Regulatory Info

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement

Model FB410:

IC: 8542A-FB410

Model FB409:

IC: 8542A-FB409

Notice to the User: The IC ID can also be viewed on your device. Instructions to view content from your menu:

Settings > About > Regulatory Info

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB409 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB409 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB409 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de

conformidad de la UE está disponible en la siguiente dirección de Internet:

www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB409 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB409 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety



Argentina

Model FB409:



C-21863

Model FB410:



C-21864

China

CMIIT ID: 2018DJ3954

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB409	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



India

Model Name FB409

Regulatory content for select regions can also be viewed on your device. To view the content:

Settings > About > Regulatory Info

Indonesia

Model Name FB409

56621/SDPPI/2018 3788

Israel

Model FB409

התאמה אישור 51-64667

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Model FB410

התאמה אישור 51-64668

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan

Model FB410

Notice to the User: Regulatory content for this region can also be viewed on your device. To view content:

Settings > About > Regulatory Info

Mexico



Models FB409 and FB410

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Morocco

AGREE PAR L'ANRT MAROC Numéro d'agrément: MR 16935 ANRT 2018 Date d'agrément: 28/06/2018
--

Model Name FB409

AGREE PAR L'ANRT MAROC Numéro d'agrément: MR 16934 ANRT 2018 Date d'agrément: 28/06/2018
--

Nigeria

Models FB409 and FB410

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

Model Name FB409

OMAN-TRA/TA-R/5771/18

D100428

Model Name FB410

OMAN-TRA/TA-R/5773/18

D100428

Philippines

Model FB410



Serbia

Models FB409 and FB410



И 005 18

South Korea

Model FB410

클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

“ 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. ”

Taiwan

Model FB410

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

使用過度恐傷害視力」

使用30分鐘請休息10分鐘。 2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour. see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及／或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user can not replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

United Arab Emirates

Model FB410

TRA Registered No.: ER63686/18

Dealer No.: DA35294/14

Model FB409

TRA Registered No.: ER63685/18

Dealer No.: DA35294/14

Vietnam

Model FB410



Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

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