

How do I turn off my Fitbit device?

You can turn off certain Fitbit devices to preserve battery life. If you don't see your device listed below, it doesn't turn off. For battery preservation tips, see [Can I improve my device's battery life?](#)

Note that shutting down your device doesn't delete any data.

Can I extend my Fitbit device's battery life?

Battery life is the amount of time your Fitbit device runs after it's charged to 100%. To maximize battery life, turn off or reduce your use of certain features.

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What is the estimated battery life for my Fitbit device?

Because battery life is affected by use and other settings, actual results may vary.

Device Name	Battery Life
Fitbit Versa 2	6+ days When Always-On Display is turned on, Versa 2 has a battery life of up to 2 days.
Fitbit Versa Fitbit Versa Lite Edition	4+ days
Fitbit Ace series Fitbit Alta Fitbit Blaze Fitbit Charge 2 Fitbit Flex 2 Fitbit Ionic* Fitbit Inspire series	Up to 5 days


Fitbit Alta HR Fitbit Charge 3	Up to 7 days
Fitbit One	Up to 2 weeks
Fitbit Zip	Up to 6 months
Fitbit Flyer	6-hour playtime

Note that after several hundred charge cycles, your device may need to be charged more often.

*The battery life on Fitbit Ionic is up to 10 hours when using on-board GPS continuously.

What are tips to extend my Fitbit device's battery life?

- Keep in mind that it can take up to 2 hours to charge your device to 100%. Avoid charging your device in extreme cold or heat—below 32°F and above 113° F (below 0° C and above 45° C). For more information, see [How do I charge my Fitbit device?](#)
- Prevent the screen from turning on each time you turn your wrist. If you move your hands a lot, your device's screen may turn on more often than you realize. For more information, see [How do I see the time on my Fitbit device?](#)
- Dim the screen or turn on auto brightness on Fitbit Charge 3, Fitbit Ionic, or Fitbit Versa series.

In the Settings app  on your device, find the brightness setting, and tap to change it.

- Turn off the always-on display setting on Fitbit Versa 2. For more information, see [How do I see the time on my Fitbit device?](#)
- Turn off notifications you don't need, including alerts from apps on your phone, alarms, and reminders to move. For more information, see [How do I get notifications from my phone on my Fitbit device?](#) [How do I manage alarms on my Fitbit device?](#) and [What is a Fitbit reminder to move?](#)
- Reduce your use of music control, music apps, Fitbit Pay, and connected or built-in GPS.
- Consider changing your clock face, as animated clock faces may require more frequent charging. For more information, see [How do I change the clock face on my Fitbit device?](#)
- Turn off certain Fitbit devices when you're not using them. For more information, see [How do I turn off my Fitbit device?](#)

How do I store my Fitbit device long term?

If you want to store your device for several weeks or months, charge it to 100%, then turn off the device to avoid additional battery use. Note that you can only turn off certain Fitbit devices. Don't leave your device plugged in on the charger during storage. For more information, see [How do I turn off my Fitbit](#)

[device?](#)

For trackers, charge the device to 100% at least once every 6 months; for watches, charge the device to 100% at least once per year.

Store your device in a cool, moisture-free place.

How do I charge my Fitbit device?

Plug the charging cable into a USB port on your computer, a UL-certified USB wall charger, or another low-energy device. Attach the other end of the cable to your Fitbit device. Charging your device to 100% may take 1-2 hours.

For troubleshooting steps, see [Why isn't my battery charging?](#)

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- [How do I attach the charging cable to my Fitbit device?](#)
- [How do I know when my device is charged to 100%?](#)
- [How do I check the battery level on my Fitbit device?](#)
- [What are some tips for charging my Fitbit device?](#)

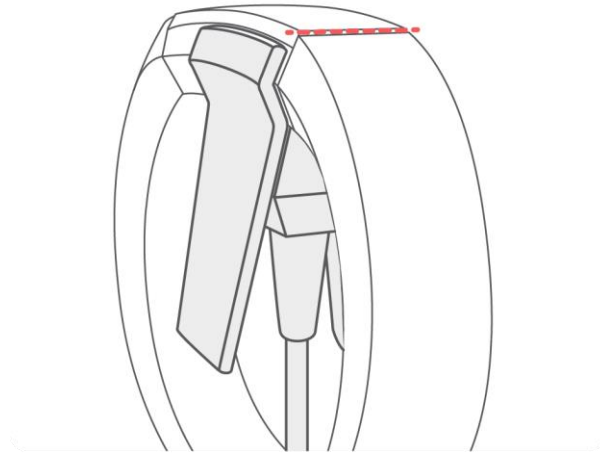
How do I attach the charging cable to my Fitbit device?

Fitbit devices come equipped with a rechargeable lithium-ion battery.

- Ace & Alta series

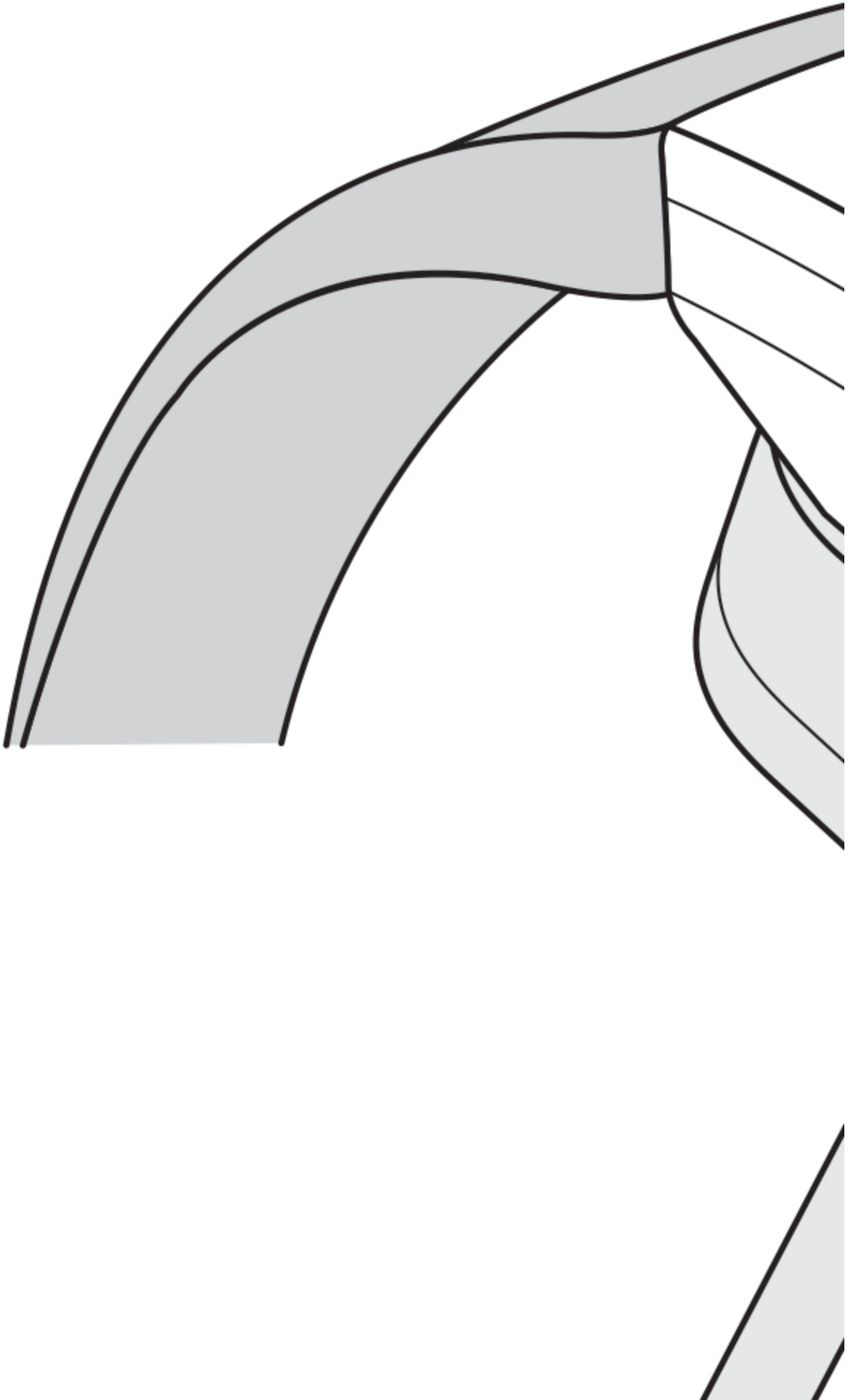
Clip the end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port. The connection is secure when the tracker

vibrates and a battery icon appears on the screen.



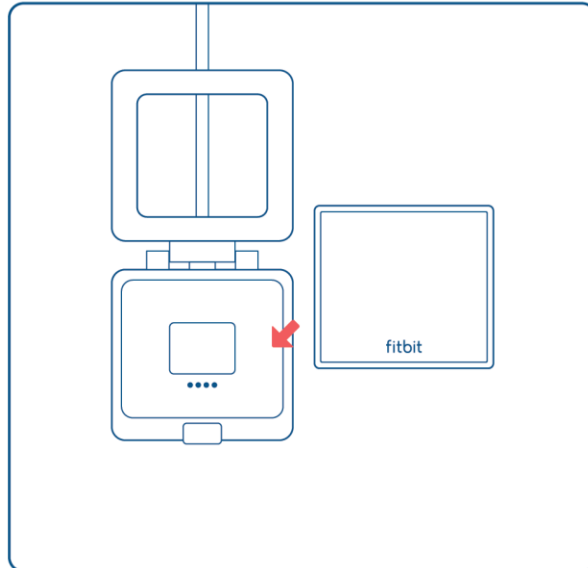
- Ace 2 & Inspire series

Hold the end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port. The connection is secure when the tracker vibrates and a battery icon appears on the screen.

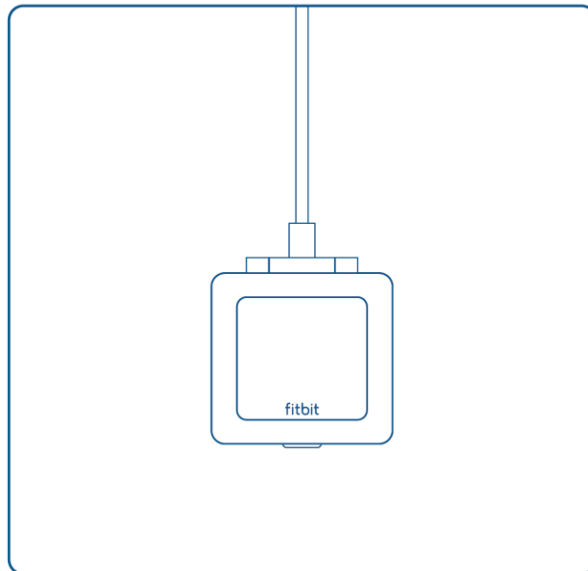


- **Blaze**

1. Remove the device from the wristband by gently pushing the screen until it detaches from the frame.
2. Put the device inside the charging cradle with the screen facing you and the 4 gold prongs aligned.



3. Close the cradle cover. A battery icon appears for a few seconds.

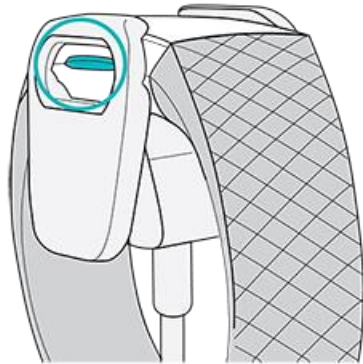


While your device charges, a battery icon in the top left of the screen shows the progress.

- **Charge 2 & Charge 3**

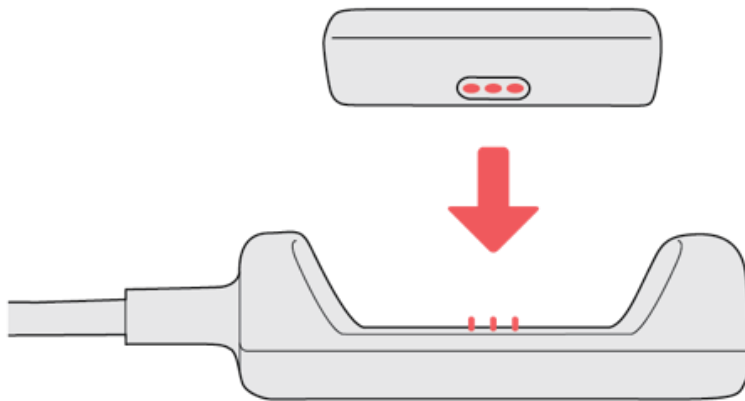
1. Clip the end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port.
2. Make sure the button on your tracker is aligned with the button opening on the charging cable. The connection is secure when the tracker vibrates and a battery icon

appears on the screen.



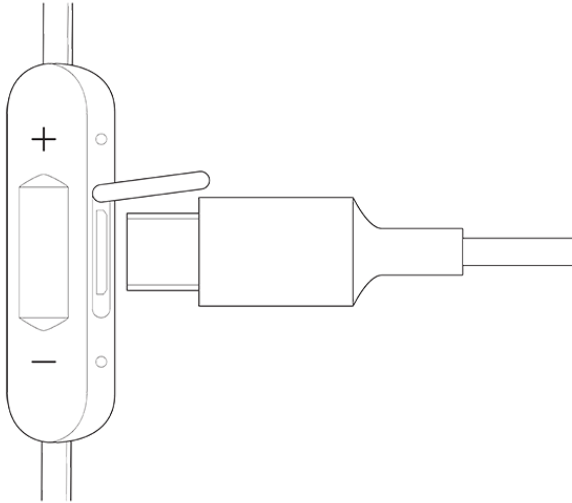
- Flex 2

Press the tracker into the compartment on the charging cable. The pins on the charging cable must lock securely with the corresponding pins on the back of the device. The connection is secure when the tracker vibrates and the indicator lights blink.



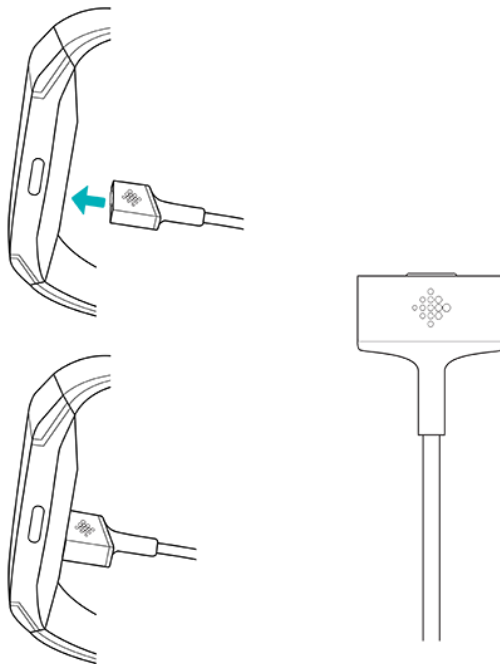
- Flyer

Plug the micro-USB 2.0 charging cable into Flyer's charging port, located underneath the cover.
Note: Flyer can't be used while charging.



- Ionic

1. Hold the end of the charging cable near the port on the back of the watch until it attaches magnetically.
2. Make sure the pins on the charging cable lock securely with the port. The percent charged appears on the screen.



- Versa series

Pinch the clip and place your watch in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on the screen.



How do I know when my device is charged to 100%?

While your watch or tracker charges, press the button or tap to see the battery level.

- Ace & Alta series

A solid battery icon appears when your device is charged to 100%.

- Ace 2 & Inspire series

A solid battery icon with a smile appears when your device is charged to 100%.



- Blaze

A green battery icon appears when your device is charged to 100%.

- Charge 2

A solid battery icon appears when your device is charged to 100%

- Charge 3

A solid battery icon with a smile appears when your device is charged to 100%.



- Flex 2

While Flex 2 charges, each white light represents 25% of the maximum charge. When the tracker is charged to 100%, a green light appears, and then all 5 lights shine for a few seconds before turning off.

- Flyer

While Flyer charges, the LED changes color depending on the current charge level. Use the following table to determine the current battery level when Flyer is plugged into the charger:


LED color	Battery status
White light	Fully charged
Yellow light	Medium

Red light	Low
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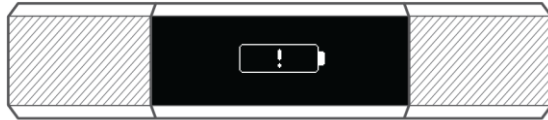
- Ionic & Versa series

While the watch charges, tap the screen twice to check the battery level. Tap again to use it while it charges.

How do I check the battery level on my Fitbit device?

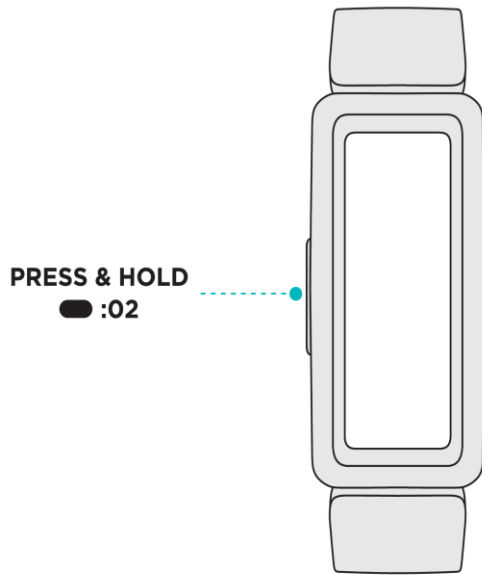
Swipe down on the Today tab  of the Fitbit app to see your battery level in the top left corner, or see your battery level on most devices.

- Ace & Alta series
 - When 1 day or less of battery life remains, a battery icon appears on your device as you tap through your stats.
 - When a critically-low battery warning appears, charge your device as soon as possible.



- Ace 2 & Inspire series

Press and hold the button on your device to see the battery level on the quick settings screen.

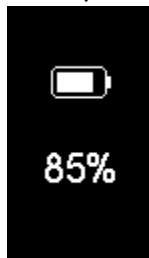


- Blaze

The battery icon in the top left of your device's screen shows the remaining battery life as of the last sync.

- Charge 2

See your battery level on the battery screen on your tracker. To see this screen, turn on the battery menu item in the Fitbit app.



- Charge 3

Swipe up on your clock face. The battery icon is in the top left of the screen.

- Flex 2

- If your device's battery is low, a flashing red light appears after you check your goal progress.

- When your device's battery is critically low, a flashing red light appears instead of your goal progress.
- Flyer
 - When turning Flyer on or off, check the battery-level indicator light to view the current battery level.
 - When turning Flyer on or off, listen for the audio notification telling you the current battery level.
 - While Flyer is on, briefly press the Power button to see the battery indicator LED and hear an audio notification.
 - Check Flyer's battery level on any device it's connected to, if your device supports this feature.
 - When Flyer's battery level falls to Low or Very Low, the LED changes to red and an audio notification plays.

Use the following table to determine the current battery level when Flyer is unplugged:

LED color	Battery status
White light	Medium to fully charged
Red light	Low
Flashing red light	Very low

- Ionic & Versa series

Swipe down from the top of the screen. Wait 2 seconds for the shortcuts tray to disappear. The battery level icon is in the top left.

What are some tips for charging my Fitbit device?

- Get a notification or email when your device's battery is low. For more information, see [How do I choose which alerts Fitbit sends me?](#)
- Extend your device's battery life by reducing your use of certain features. For more information, see [Can I extend my Fitbit device's battery life?](#)
- Keep the charging contacts on the back your device and the pins on the charging cable clean and free of debris. For more information, see [How do I clean my Fitbit device?](#)
- For best results, don't leave your device plugged in on the charger longer than overnight.