



Heart Rate + Activity Wristband



Product Manual  
Version 1.0

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# Getting Started

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Make every beat count with Fitbit Charge HR™—an advanced tracking wristband that gives you automatic, continuous heart rate and activity tracking right on your wrist—all day, during workouts and beyond.

## What you'll find in the box

Your Fitbit Charge HR Wireless Heart Rate + Activity Wristband box includes:



Fitbit Charge HR  
wristband



Charging cable



Wireless sync  
dongle

## What's you'll find in this document

This manual gets you started quickly with setting up your tracker. Setup ensures that your tracker can synchronize its data with [fitbit.com](https://fitbit.com) or the Fitbit app, where you can get detailed information on your stats, view historical trends, log food, and more. As soon as setup is complete you're ready to start moving.

The remainder of the manual walks you through every function on your Fitbit Charge HR and also explains how to update your tracker when free firmware updates are available. Throughout the manual you'll notice that for tasks that can be done on the [fitbit.com](https://fitbit.com) dashboard or the Fitbit app, only the [fitbit.com](https://fitbit.com) instructions appear—if you have the Fitbit app for iOS, Android, or Windows, you can easily find the comparable task in the app without needing tap-by-tap instructions here. That said, all the details of our apps are described in our articles at <https://help.fitbit.com>. Just select Fitbit Charge HR and then browse the iOS, Android, or Windows categories.

The manual concludes by explaining how to restart your Fitbit Charge HR in the event you encounter difficulty with your tracker. All other troubleshooting suggestions, as well as detailed information about how Fitbit trackers and services work, can be found in the articles on our help site, <https://help.fitbit.com>. Just select

Fitbit Charge HR and then pick from a category to browse, or enter a search term to find something specific. Do us a favor and rate the articles you read—it's how we know we're getting you the right information at the right time!

# Setting up your Fitbit Charge HR

You can set up your Fitbit Charge HR using your computer or the Fitbit apps for iOS, Android, or Windows.

## Setting up your tracker with the Fitbit app

Over 120 mobile devices and Windows 10 PCs and tablets that support Bluetooth 4.0 technology allow you to set up and wirelessly synchronize your Fitbit Charge HR. To see if your mobile device is compatible with your Fitbit Charge HR, visit [www.fitbit.com/devices](http://www.fitbit.com/devices). If your device is listed, you can then download our app and follow the installation process in the app. If your device is not listed, check back frequently because we're continually adding new devices.

Even if your mobile device is not compatible for syncing via Bluetooth 4.0, you can still use a Fitbit app to view your data and track your progress—you'll just need to set up and sync your tracker using a Mac or PC.

## Setting up your tracker using a Mac or PC and Fitbit Connect

To set up your Fitbit Charge HR using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your Fitbit Charge HR to your fitbit.com dashboard, where you can view your data, log food, and more.

### Mac & PC requirements



**Software**  
Mac OS 10.6 or later  
Internet Connection

**Hardware**  
USB port



**Software**  
Windows Vista or later  
Internet Connection

**Hardware**  
USB port

### Downloading Fitbit Connect

1. Go to <http://www.fitbit.com/setup>.
2. Scroll down and click the pink **Download** button. If the button does not correctly show your type of computer (for example, if it says "Download for Mac" when you're on a PC), choose the correct type before clicking the button.

## Installing Fitbit Connect and pairing your tracker

1. Plug your wireless sync dongle into your computer's USB port and have your charged tracker nearby.
2. Go to the folder containing the file you downloaded and look for the installation program:
  - For Mac: [Install Fitbit Connect.pkg](#)
  - For Windows: [FitbitConnect\\_Win.exe](#)
3. Double-click the file name to install Fitbit Connect.
4. Follow the brief onscreen instructions to finish setting up. You're ready to get moving.

## Syncing wirelessly using your computer

Now that Fitbit Connect is installed, your Fitbit Charge HR will automatically and wirelessly sync with your computer every 20 minutes or so if the following requirements are met:

- Your Fitbit Charge HR is within 15-20 feet of your computer and has new data to upload (meaning if you haven't moved, an automatic sync won't occur).
- Your computer is powered on, awake, and connected to the Internet.
- The wireless sync dongle is inserted into a USB port and is recognized by the computer.

To manually synchronize your Fitbit Charge HR with your dashboard, click the Fitbit Connect icon on your computer (located near the date and time) and click [Sync Now](#).

# Getting to know your Fitbit Charge HR

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## Wearing your tracker

Your Fitbit Charge HR should be worn on your wrist. While it may track stats such as steps and floors when placed in a pocket or backpack, it is most accurate on the wrist. For all-day wear, your Fitbit Charge HR should usually rest a finger's width below your wrist bone and lay flat (as you'd normally wear a watch).

As with all heart-rate tracking technology, whether a chest strap or a wrist-based sensor, accuracy is affected by personal physiology, location of wear, and type of movement. In other words, not every person will get a perfectly accurate reading with every type of exercise. For best heart rate accuracy keep these tips in mind:

1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as spinning cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.
2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.
3. With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may prevent the sensor from finding an accurate heart rate. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and loosens during exercise. Try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see an accurate heart rate reading.

## Specifying dominant or non-dominant hand

To improve the accuracy of your Fitbit Charge HR, we ask that you specify whether you're wearing it on the wrist of your dominant or non-dominant hand. Your dominant hand is the hand you use for most day-to-day activities, such as writing or throwing a ball. You can specify this setting in the Fitbit app or in the [fitbit.com](#) dashboard.

To make this choice using the [fitbit.com](#) dashboard:

1. Log in to [fitbit.com](#).
2. Click the gear icon in the top-right corner of the dashboard.
3. Click [Settings](#).
4. Using the navigation tabs on the left, find and specify the correct setting for [Dominant Hand](#).
5. Sync your Fitbit Charge HR to update your tracker with the new setting.

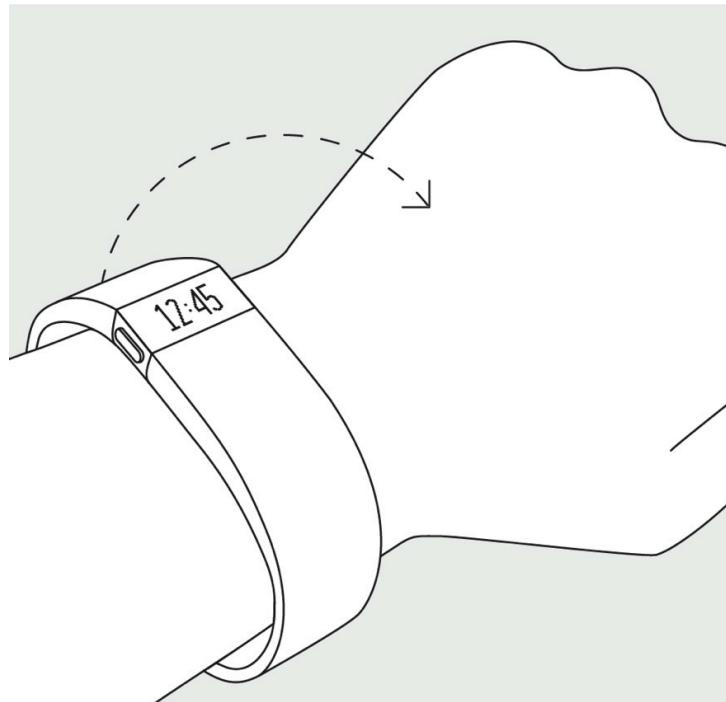
- a. Click the Fitbit Connect icon near the date and time on your computer.
- b. Make sure your Fitbit Charge HR is nearby and click **Sync Now**.

## Using your Fitbit Charge HR in wet conditions

Your Fitbit Charge HR is splash-proof, rain-proof, and can withstand even the sweatiest workout. Your Fitbit Charge HR is not designed to be worn swimming. We also recommend removing your tracker before showering. Though the device can withstand the water exposure, wearing your tracker 24/7 does not allow your skin to breathe. After getting your tracker wet, dry it thoroughly before putting it back on. For more details, see <https://www.fitbit.com/productcare>.

## Using Quick View

With Quick View you can check the time on your Fitbit Charge HR without pressing the button. Just turn your wrist towards you and the time will appear for a few seconds.



To turn Quick View on or off:

1. Log into your [fitbit.com](https://www.fitbit.com) dashboard and click the gear icon in the top right corner of the page.
2. Select **Settings > Devices**. If your account has multiple trackers, make sure the Fitbit Charge HR is selected.
3. Turn Quick View on or off.

# Measuring your heart rate

When your heart beats, your capillaries expand and contract based on blood volume changes. PurePulse™ LED lights on your Fitbit Charge HR reflect onto the skin to detect blood volume changes, and finely-tuned algorithms are applied to measure heart rate automatically and continuously.

## Default heart rate zones

Heart rate zones can help you optimize your workout by targeting different training intensities. Your zones are calculated based on a percentage of your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

To quickly determine what zone you're in, take a look at the heart icon:



- When you're out of zone, which means you're below 50% of your maximum heart rate, your heart rate may be elevated but not enough to be considered exercise.
- Fat Burn zone, which means your heart rate is between 50% and 69% of your maximum, is the low-to-medium intensity exercise zone and 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 zone, which means your heart rate is between 70% and 84% of your maximum, is the 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 zone, which means your heart rate is 85% of your maximum or higher, is the high-intensity exercise zone. Peak zone is for short intense sessions that improve performance and speed.

At any time you can check your dashboard to see the amount of time you've spent in each zone.

## Custom heart rate zones

Instead of using the default heart rate zones you can configure a custom zone. When your heart rate is above or below your custom zone you'll see an outline of a heart, and when your heart rate is in your custom zone you'll see a solid heart.

To set a custom heart rate zone using the [fitbit.com](https://www.fitbit.com) dashboard:

1. Log in to [fitbit.com](https://www.fitbit.com).
2. Click the gear icon in the top-right corner of the dashboard and select [Settings](#).

3. Using the navigation tabs on the left, find Personal Info.
4. Find an option to create a custom heart rate zone and then specify the minimum and maximum heart rate for your custom zone.
5. Sync your Fitbit Charge HR to update your tracker with the new setting:
  - a. Click the Fitbit Connect icon located near the date and time on your computer.
  - b. With your Fitbit Charge HR nearby, click **Sync Now**.

At any time you can check your dashboard to see the amount of time you've spent in your custom zone.

For more details about heart rate tracking, including links to relevant American Heart Association information, see our "Heart rate FAQs" article on <https://help.fitbit.com>.

## Battery life and charging

Your Fitbit Charge HR contains a rechargeable lithium-polymer battery.

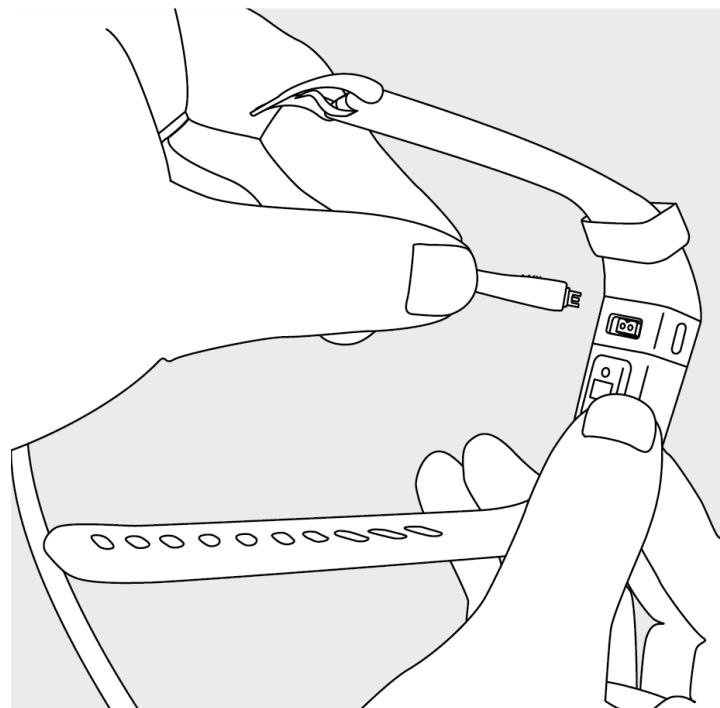
With normal use, your fully charged Fitbit Charge HR should last up to five days before needing a charge. You can check the level of your battery by logging into [fitbit.com](https://fitbit.com) and clicking the gear icon on the top-right corner of the page.

When you press the button on your Fitbit Charge HR to cycle through your stats, the first screen will show a low battery icon if there is approximately one day or less of battery life remaining.

If you want to receive a mobile notification or email when your battery is low:

1. Log in to your [fitbit.com](https://fitbit.com) dashboard.
2. Click the gear icon in the top-right corner of the page and select **Settings**.
3. Using the navigation tabs on the left, find **Notifications** and choose which ones you would like to receive.
4. Click **Save**.

To charge your Fitbit Charge HR, plug the charging cable into the USB port on your computer or an AC charging adapter and plug the other end into the port on the back of the Fitbit Charge HR.



Charging completely takes 1 to 2 hours.

## Care instructions

Clean and dry your Fitbit Charge HR regularly, particularly under the band. Use skin care products sparingly on the areas of the skin covered by your Fitbit product. For more information about cleaning and caring for the band, see <https://www.fitbit.com/productcare>.

We also recommend occasionally cleaning the charging contacts on the back of your tracker since they may become obstructed by microscopic dirt or debris that prevents them from making a good connection to the charger. Use a toothpick or toothbrush to clean the charging contacts; do not scrape them with anything metal because this may damage the plating and result in corrosion.

# Automatic tracking with Fitbit Charge HR

Your Fitbit Charge HR has you covered day and night.

## Tracking all-day stats

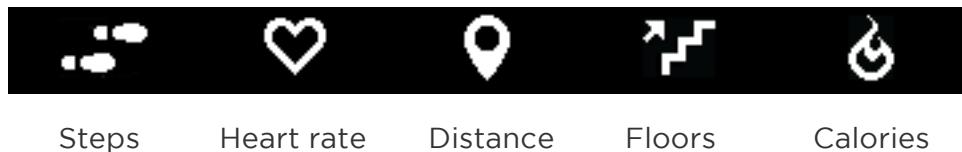
Your Fitbit Charge HR automatically tracks the following all-day stats:

- Steps taken
- Current heart rate
- Distance covered
- Calories burned
- Floors climbed

In addition to the stats displayed on your Fitbit Charge HR, the following stats are also tracked but shown only on your fitbit.com dashboard or in the Fitbit app:

- Detailed heart rate history, including time spent in heart rate zones
- Active minutes
- Hours slept and quality of sleep

To scroll through your stats simply press the button on the side of your Fitbit Charge HR. You'll see the time followed by an icon and stat in turn. If you have an alarm set, your display will also show the next alarm time.



When you sync your Fitbit Charge HR, your all-day stats are uploaded to your fitbit.com dashboard.

Your Fitbit Charge HR starts tracking your stats for the next day at midnight based on your time zone. Though your stats reset to zero at midnight, this does not delete the previous day's data; that data will be uploaded to fitbit.com the next time you sync your tracker.

You can adjust your time zone at [www.fitbit.com/user/profile/edit](http://www.fitbit.com/user/profile/edit).

## Tracking sleep

Your Fitbit Charge HR automatically tracks the hours you sleep and your movement during the night to help you understand your sleep quality. You don't need to press any buttons or otherwise enter a "sleep mode" to begin tracking sleep. Simply wear your Fitbit Charge HR to bed.

To see your sleep data, sync your tracker and then view the fitbit.com dashboard or Fitbit app. On the dashboard you can look at the sleep tiles or go to [Log > Sleep](#). In the Fitbit app, tap your sleep tile. If you choose, you can also set a goal for number of hours slept.

## Tracking a daily goal

Your Fitbit Charge HR is designed to track your progress towards a goal that you define on your fitbit.com dashboard. A progress bar below your goal keeps you motivated throughout the day. When you reach your goal your Fitbit Charge HR will vibrate and flash to celebrate.

By default, the daily goal is set to 10,000 steps per day. You can set a daily goal for steps taken, distance traveled, calories burned, or floors climbed.

## Changing your goal

If you want to track a different daily goal, you can choose a goal from the Fitbit app or in the fitbit.com dashboard.

To choose your goal from the dashboard:

5. Log in to your fitbit.com dashboard.
6. Click the gear icon in the top-right corner of the page.
7. Click [Settings](#).
8. Select your tracker and then find and edit the Daily Goal Progress setting.
9. Sync your Fitbit Charge HR to update your tracker with the new goal:
  - a. Click the Fitbit Connect icon located near the date and time on your computer.
  - b. With your Fitbit Charge HR nearby, click [Sync Now](#).

## Setting a value for your daily goal

You can set a specific value for your daily goal in the Fitbit app or on the fitbit.com dashboard. For example, instead of the default daily goal value of 10,000 steps per day, you may want your Fitbit Charge HR to vibrate and flash when you reach 15,000 steps per day. To change your goal value:

1. Log into your fitbit.com dashboard.
2. Find the tile that corresponds to your goal.
3. Click the gear icon in the lower left corner of the tile.
4. Change your Daily Goal value and click [Save](#).
5. Sync your Fitbit Charge HR to update your tracker with the new value you have chosen:
  - a. Click the Fitbit Connect icon located near the date and time on your computer.
  - b. With your Fitbit Charge HR nearby, click [Sync Now](#).

## Tracking exercise

Your Fitbit Charge HR automatically recognizes and records certain exercises for you. This automatic tracking, known as SmartTrack™, automatically recognizes an exercise that lasts at least 15 minutes, identifies the type of exercise you're doing, and records the exercise. You can lower the SmartTrack detection setting to 10 minutes, or increase it as high as 90 minutes.

## Automatically Tracking Exercise

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The SmartTrack feature automatically recognizes and records your runs and other exercise for you, even when you forget. Whenever you wear your Fitbit Charge HR and participate in any continuous, high-movement activity of 15 minutes or more, including walking, running, outdoor biking, and elliptical, Fitbit Charge HR detects your activity and automatically records it for you. When you sync your Fitbit Charge HR, you'll see your exercise summary on [fitbit.com](http://fitbit.com) or in the Fitbit app. You can adjust your SmartTrack settings to detect exercises and activities anywhere from 10-90 minutes.

SmartTrack does not record more precise exercise stats. If you want to track a specific exercise with precise stats, you should use exercise mode on your Fitbit Charge HR.

# Manually Tracking Exercise

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As mentioned above, your Fitbit Charge HR automatically tracks several stats and exercises throughout the day. Using the exercise mode feature, you can choose to track precise stats for a specific activity as well.

Exercise mode works similar to the trip mode on a car's odometer. For example, if you put your tracker in exercise mode and use an elliptical machine, you can view stats measured for that exercise, such as heart rate and calories burned. When you end exercise mode and sync your data, you'll see an entry for a "Workout" exercise on your dashboard. The entry provides a summary of the activity's stats as well as a minute-by-minute graph.

You should manually track exercises using the exercise tracking features on your Fitbit Charge HR when if you want more detailed exercise data, including real-time stats and workout summaries, on your Fitbit Charge HR.

To use exercise mode:

1. Press and hold the button until a stopwatch icon appears. Your tracker vibrates, the timer starts counting immediately, and elapsed time is shown.
2. To view stats being tracked during the exercise, press the button to advance through the stats, which appear in the following order:
  - Elapsed time
  - Current heart rate and heart rate zone
  - Calories burned
  - Steps taken
  - Distance covered
  - Floors climbed
  - Time of day
3. When you finish the activity, press and hold the button to end exercise mode.
4. Sync your tracker to see your exercise in your activity history:
  - a. Click the Fitbit Connect icon located near the date and time on your computer.
  - b. With your Fitbit Charge HR nearby, click [Sync Now](#).

# Using Silent Alarms

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Your Fitbit Charge HR can gently vibrate to wake or alert you with its silent alarm feature. Silent alarms can be configured to recur every day or on particular days of the week. You can create up to 8 silent alarms.

## Setting silent alarms

You can add, edit, and delete silent alarms from the Fitbit app or in the [fitbit.com](http://fitbit.com) dashboard.

To set silent alarms using your [fitbit.com](http://fitbit.com) dashboard:

1. Log in to your [fitbit.com](http://fitbit.com) dashboard.
2. Click the gear icon in the top right corner of the page.
3. Click **Settings** and find **Silent Alarms**.
4. Click the **Add Alarm** button.
5. Enter the time you want the alarm to alert you.
6. Choose how often you want the alarm to occur:
  - a. Once – Your alarm will alert you at the specified time and not repeat.
  - b. Repeats – Choose which days you want this alarm to repeat every week.
7. Click **Save**.
8. Sync your Fitbit Charge HR to update your tracker with the new alarms:
  - a. Click the Fitbit Connect icon located near the date and time on your computer.
  - b. With your Fitbit Charge HR nearby, click **Sync Now**.

## Dismissing silent alarms

When your silent alarm goes off, your Fitbit Charge HR will vibrate and the screen will flash. This notification will repeat several times until dismissed. You can dismiss the alarm by pressing the button on the side of the Fitbit Charge HR.

# Receiving Call Notifications

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Over 120 compatible mobile devices let you receive incoming phone call notifications on your Fitbit Charge HR. To determine whether your device supports this feature, go to <http://www.fitbit.com/devices>.

## Enabling call notifications

To enable call notifications on your Fitbit Charge HR:

1. Verify that Bluetooth is enabled on your mobile device.
2. Open the Fitbit app on your mobile device and tap the tracker tile at the top of the mobile dashboard.
3. Enable Call Notifications and follow the onscreen instructions.

## Managing call notifications

When you receive a phone call, your Fitbit Charge HR vibrates once and the incoming number or name (if the contact is in your address book) scrolls across the display.

The notification scrolls for 10 seconds or, for a phone call, until the call is answered. You can dismiss the notification at any time by pressing the button on your Fitbit Charge HR.

Note that if you receive a call while your tracker is syncing, a notification will not appear.

# Using your fitbit.com Dashboard

Fitbit provides you with a free online tool — the fitbit.com dashboard — to help track, manage, and evaluate your fitness progress. Use the dashboard to see your progress towards goals, view graphs with historical data, and log food.

## Browser requirements

Browser	Mac Version	Windows Version
 Apple Safari	5.1.1 and higher	Not supported
 Google Chrome	12 and higher	12 and higher
 Microsoft Internet Explorer	Not supported	8 and higher
 Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

## Adding and removing tiles

Information on the dashboard appears in tiles with each tile providing information about a different stat. Add or remove tiles to customize the dashboard. If you remove a tile, you can add it back at any time.

To add a tile:

1. Click the grid icon on the upper left side of the dashboard.
2. Check the tile(s) you want to add, then click **Done**.

To delete a tile:

1. Hover over a tile until you see the gear icon at the lower left.
2. Click the gear icon, then click **Remove Tile**.
3. When prompted, confirm that you want to remove the tile.

## Device info

To see the time your tracker last synced, its battery level, and any upcoming alarms, click the gear icon in the top-right corner of the page.

## Managing your tracker from fitbit.com

To manage your tracker from fitbit.com, click the gear icon in the top-right corner of the page and choose **Settings** from the left sidebar.

Using the navigation tabs you can find and change a variety of settings:

- **Display Settings:** Hide and show items to customize what you see on your tracker's OLED display. You can also drag items up and down to change the order in which they appear.
- **Daily Goal Progress:** Choose which goal you want your Fitbit Charge HR to track for you throughout the day. You can edit the value of this goal from the Fitbit app or on the fitbit.com dashboard.
- **Tap Gesture:** If you want your Fitbit Charge HR to respond to taps, choose which stat you want to appear when you double tap your device.
- **Clock Display:** Choose from four different clock styles.
- **Dominant Hand:** To get the most accurate data readings, choose which wrist you wear your tracker on.
- **Heart Rate Tracking:** Specify Auto, On, or Off. The default setting of Auto is appropriate for most people; it indicates that the heart rate tracker is active when you're wearing your tracker and inactive when you're not. If there are times when your heart rate isn't being tracked even though you're wearing your Fitbit Charge HR, you can choose On. If you aren't interested in heart rate tracking or want to maximize battery life, you can choose Off.
- **Sleep Tracking:** Set the sensitivity of your sleep tracking by changing this setting. The Normal setting, which is the default, is appropriate for most people. If you are a sound sleeper, you can choose Sensitive to capture the smallest movements of your body.
- **Silent Alarms:** Add, edit and delete silent alarms on your tracker.
- **Heart Rate Zones:** Accept the default zones or specify a custom zone.

You must sync your tracker to apply any changed settings.

# Updating your Fitbit Charge HR

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Free feature enhancements and product improvements are occasionally made available with firmware updates provided through Fitbit Connect or the Fitbit app. We recommend keeping your Fitbit Charge HR up to date.

Updating your Fitbit Charge HR takes several minutes and is demanding on the battery. We recommend that you charge your Fitbit Charge HR before updating or while the update is in progress.

To update your Fitbit Charge HR using Fitbit Connect:

1. Make sure the wireless sync dongle is plugged in and your tracker is nearby.
2. Click the Fitbit Connect icon located near the date and time on your computer.
3. Click **Open Main Menu** and choose **Check for device update**.
4. Log in to your account and give Fitbit Connect a moment to look for your Fitbit Charge HR.

If an update is found, Fitbit Connect will begin downloading and installing the update. A progress bar appears on your computer screen and on the tracker while the update is in progress.

Fitbit Connect displays a confirmation screen when the update is complete.

# Restarting your Fitbit Charge HR

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If you experience one of the following problems with your Fitbit Charge HR, it may be fixed by restarting your tracker. Note that restarting your tracker does not delete any data.

- It is not syncing
- It is not responding to movement
- It does not respond even when in a charger
- It has a battery charge but is not lighting up
- It isn't tracking your steps
- It is not responding to button presses

To restart your Fitbit Charge HR:

1. Plug your charging cable into your computer and attach the Fitbit Charge HR to the cable.
2. When your tracker starts charging, press and hold the button for 10 or more seconds until the Fitbit logo followed by a version number appears (for example, "V88").
3. Let go of the button.

Your Fitbit Charge HR should now work normally.

For additional troubleshooting or to contact Customer Support, see <https://help.fitbit.com>.

# Fitbit Charge HR General Info & Specifications

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## Sensors and motors

Your Fitbit Charge HR uses a MEMS 3-axis accelerometer to measure your motion patterns and determine your steps taken, distance traveled, calories burned, and sleep quality. Fitbit Charge HR also contains:

- An altimeter, which measures floors climbed
- A vibration motor, which allows it to vibrate when alarms go off, when you reach a goal, and when you receive call notifications
- An optical heart rate tracker, which measures your beats per minute (BPM) at rest and when you are exercising

## Battery

Fitbit Charge HR contains a rechargeable lithium-polymer battery.

## Memory

Fitbit Charge HR holds detailed minute-by-minute information for the most recent 7 days and 30 days of daily summaries. Heart rate data is stored at one-second intervals when in exercise mode and at five-second intervals at all other times.

Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, active minutes, heart rate, and sleep tracked.

Sync your Fitbit Charge HR regularly to have the most detailed data available to view on your [fitbit.com](http://fitbit.com) dashboard.

## Size

Small wristband	Fits a wrist between 5.5 and 6.7 inches in circumference
Large wristband	Fits a wrist between 6.3 and 7.6 inches in circumference
Extra large wristband	Fits a wrist between 7.6 and 9.1 inches in circumference

## Environmental conditions

Operating Temperature	-4° to 113° F (-20° to 45° C)
Non-operating Temperature	-22° to 140° F (-30° to 60° C)
Water Resistant	Splash proof. Do not shower or swim with the device.
Maximum Operating Altitude	30,000 feet (9,144 m)

## Help

Troubleshooting and assistance for your Fitbit Charge HR can be found at <http://help.fitbit.com>.

## Return policy and warranty

Warranty information and the fitbit.com Store Return Policy can be found online at <http://www.fitbit.com/returns>.

# Regulatory & Safety Notices

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Model Name: FB405

## USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 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 received, including interference that may cause undesired operation

### FCC Warning

Changes or modifications not approved by Fitbit, Inc. 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 requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB405

## Canada: Industry Canada (IC) statement

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 in accordance with RSS GEN Issue 3:

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

IC ID: 8542A-FB405

## European Union (EU)

### Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on FITBIT CHARGE HR, Model FB405, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.



Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

## Australia and New Zealand



**R-NZ**

Mexico



IFETEL: RCPFIFB14-1756

Israel

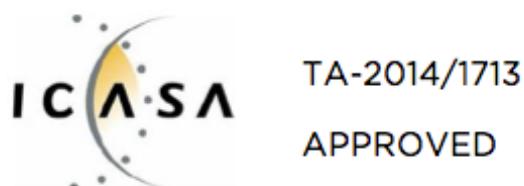
אישור התאמה 51-44495  
אי לבצע כל שינוי טכני בחלק המודולרי של המוצר.

Serbia



H005 15

South Africa



## South Korea

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

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



- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz
- 채널수 (The number of channels): 40
- 공중선전계강도 (Antenna power): 1.7dBi
- 변조방식 (Type of the modulation): Digital
- 안테나타입 (Antenna type): Vertical
- 출력 (Output power): 2.1dBm
- 안테나 종류 (Type of Antenna): Stamped Metal

### KCC approval information

- 1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB405
- 2) Certificate number : MSIP-CRM-XRA-FB405
- 3) Applicant : Fitbit, Inc.
- 4) Manufacture: Fitbit, Inc.
- 5) Manufacture / Country of origin: P.R.C.

## Singapore

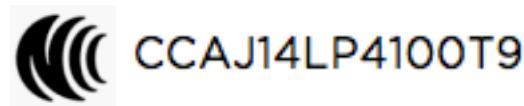
Complies with IDA  
Standards DA00006A

Taiwan

Wireless sync dongle



Fitbit Charge HR



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。

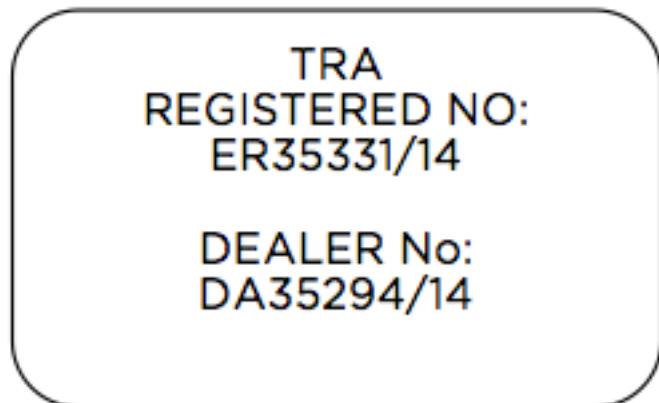
低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Russia

CUSTOMS UNION CERTIFICATION



# United Arab Emirates



## 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.

## Important safety instructions

### Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue use or wear the product clipped over a piece of clothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.
- The device contains electrical equipment that could cause injury if not handled properly.
- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.
- Maps, directions, and other GPS or navigation data, including data relating to your current location, may be unavailable, inaccurate, or incomplete.
- Consult your doctor before beginning or modifying any exercise program.
- Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this Fitbit product.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- This product is not a toy. Do not allow children or pets to play with your Fitbit product. The product contains small components that can be a choking hazard.
- Your Fitbit product is splash and rain proof. It should not be worn while showering or swimming.

- PurePulse™ products have a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:
  - Have a medical or heart condition.
  - Are taking any photosensitive medicine.
  - Have epilepsy or are sensitive to flashing lights.
  - Have reduced circulation or bruise easily.

## Care and wearing tips

- Clean and dry your Fitbit product regularly, particularly in areas in contact with the skin. Use a clean, damp cloth. Do not wash the product under a faucet.
- Wear your Fitbit product loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the skin covered by your Fitbit product.
- Take the product off from time to time to clean it and allow for your skin to be uncovered
- Do not open the enclosure or disassemble your Fitbit product.
- Do not use your Fitbit product if the display is cracked.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- Do not place your Fitbit product in a dishwasher, washing machine, or dryer.
- Do not expose your Fitbit product to extremely high or low temperatures.
- Do not use your Fitbit product in a sauna or steam room.
- Do not leave your Fitbit product in direct sunlight for an extended period of time.
- Do not dispose of your Fitbit product in a fire. The battery could explode.
- Do not use abrasive cleaners to clean your Fitbit product.
- Do not wear your Fitbit product while charging it.
- Do not charge your Fitbit product while it is wet.
- Remove your Fitbit product if it feels warm or hot.

## Built-in battery precautions

- Your Fitbit product features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied with this guide.
- Your product uses a California Energy Commission battery charger.

## Disposal and recycling information



The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your Fitbit product with household waste
- Disposal of the packaging and your Fitbit product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.



