fitbit charge 3™

BC

User Manual
Version 3.3

Table of Contents

Get 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 the box

Your Charge 3 box includes:

Tracker with small wristband (color and material vary)	Charging cable	Additional large wristband (color and material vary)

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

Set up Charge 3

For the best experience, use the Fitbit app for iPhones and iPads or Android phones. You can also set up Charge 3 on Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

To create a Fitbit account, you're prompted to enter your height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

Charge your tracker

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

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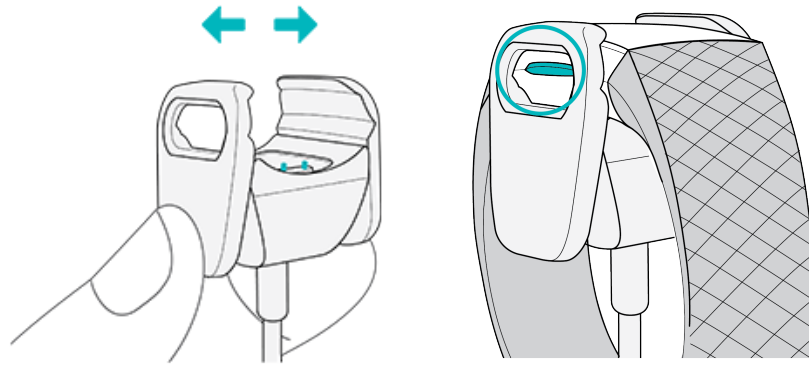
Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

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.

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 phones
   - Microsoft Store for Windows 10 devices

2. Install the app, and open it.
   - If you already have a Fitbit account, log in to your account, and tap the account icon ⊡ > **Set Up a Device**.
   - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Charge 3 to your 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 compatible phone, you can set up and sync Charge 3 with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

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. 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.
4. Open the app.
   - If you already have a Fitbit account, log in to your account, and tap the account icon ⊡ > **Set Up a Device**.
   - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
5. Continue to follow the on-screen instructions to connect Charge 3 to your account.

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

See your data in the Fitbit app

Sync Charge 3 to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Charge 3 syncs periodically with the app.

If you turn off all-day sync, we recommend syncing at least once a day. Each time you open the Fitbit app, Charge 3 syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

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, see the instructions in *"Change the wristband" on page 13*.

Placement for all-day wear vs exercise

When you're not exercising, wear Charge 3 a finger's width above your wrist bone.
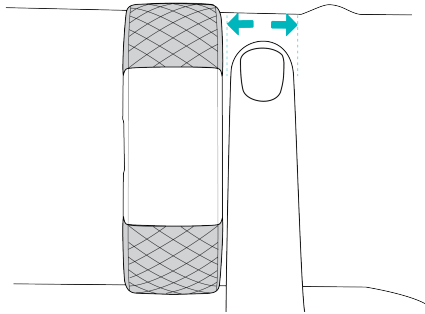
For optimized heart-rate tracking while exercising:

- 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.
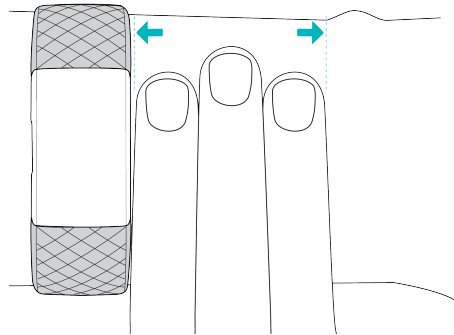
- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight; a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The tracker should be slightly tighter (snug but not constricting) during exercise.
- With high-intensity interval training or 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.

Handedness

For greater accuracy, you must specify whether you wear Charge 3 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Charge 3 on your dominant hand, change the Wrist setting in the Fitbit app.

Change the wristband

Charge 3 comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with accessory wristbands, sold separately. For wristband measurements, see "Wristband size" on page 52.

Remove a wristband

To remove the wristband:

1. Turn over Charge 3 and find the wristband latches.
2. To release the latch, press down on the flat button on the wristband.
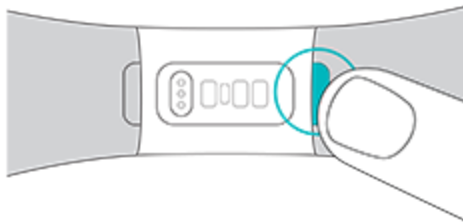
3. Gently pull the wristband away from the tracker to release it.
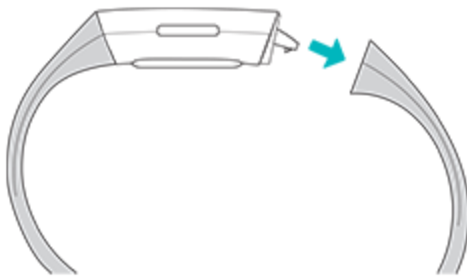
4. Repeat on the other side.

Attach a new wristband

To attach a new wristband, press it into the end of the tracker until you feel it snap into place.
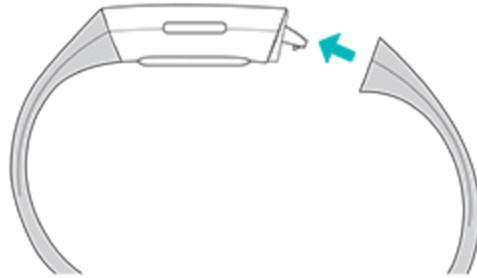
If you have trouble attaching the wristband or if it feels loose, gently move the wristband back and forth to make sure it's attached to the tracker.

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 1 button.

Navigate Charge 3 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the tracker'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 stats.
- Swipe left to see the apps on your tracker.

**SWIPE DOWN TO SEE
NOTIFICATIONS**

Instagram
Julia21 liked your post ...

Heron Da Silva Ra...
I'll be back online in about an ...

Timers

Alarms

**SWIPE LEFT TO
SEE APPS**

12 58

♥ 103

4,589

192 of 250

65

1.63mi

2,049

12

45
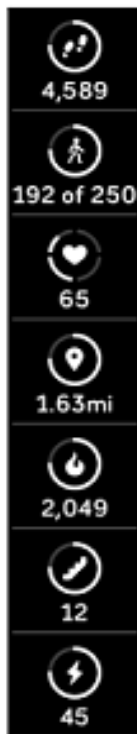
**SWIPE UP TO SEE
FITBIT TODAY**

16

Quick settings

Press and hold the button on Charge 3 for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.
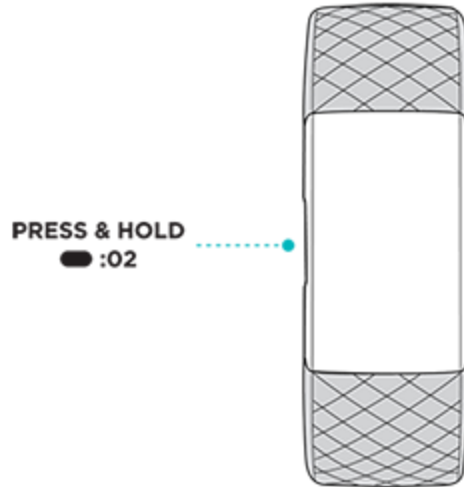
On the quick settings screen:

- ○ Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist toward you to turn on the screen.
- ○ Turn notifications on or off. When the Notifications setting is on, Charge 3 displays notifications from your phone when your phone is nearby. For more information, see "Notifications" on page 20.
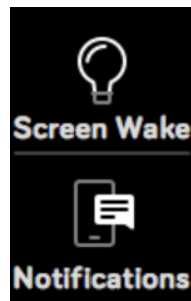
Adjust settings

Manage basic settings including brightness, heart-rate tracking, 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 of the screen.

Care for Charge 3

It's important to clean and dry Charge 3 regularly. For more information, see fitbit.com/productcare.

Change the clock face

A variety of clock faces are available in the Fitbit Clock Gallery.

To change your clock face:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon
    > Charge 3 tile.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to Charge 3.

Notifications

Charge 3 can display call, text, calendar, and app notifications from your phone to keep you informed. 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 set up notifications:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon ⬚ > Charge 3 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker. Charge 3 appears in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, iPad, or Windows 10 device, Charge 3 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Charge 3 shows calendar notifications from the calendar app you choose during setup.

For more information, 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.

Jake Smith
Dinner at 7?
now

DISMISS
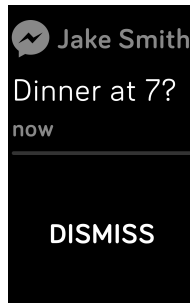
Manage notifications

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

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

Turn off all notifications in the quick settings on Charge 3, or turn off certain notifications in 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.
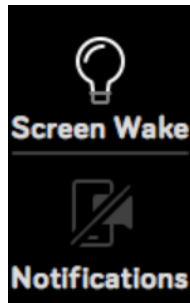
To turn off certain notifications:

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 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, you don't receive
notifications until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android (8.0+) phone, Charge 3 lets you accept or reject
incoming phone calls. If your phone is running an older version of the Android OS,
you can reject, but not accept, calls from your tracker.

To accept a call, tap the check mark on your tracker's screen. Note that you can't
speak into the tracker—accepting a phone call answers the call on your nearby
phone. To reject a call, tap the X icon on your tracker's screen.
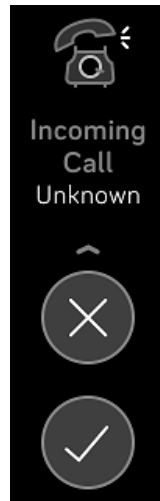
Respond to messages

If paired to an Android (7.0+) phone, Charge 3 lets you respond directly to text messages and notifications from certain apps on your tracker with preset quick replies.

To use quick replies:

1. Tap the notification on your tracker. To see recent messages, swipe down from the clock face.
2. Tap Reply. If you don't see an option to reply to the message, quick replies aren't available for the app that sent the notification.
3. Choose a text reply from the list of quick replies or tap the emoji icon to choose an emoji.
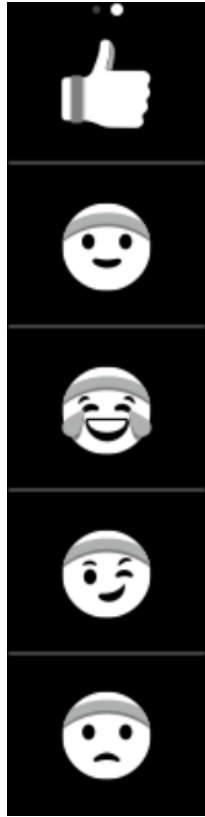
You can also customize quick replies. For more information, see help.fitbit.com.

Timekeeping

Alarms vibrate to awake or alert you at a time you set. 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.

Set an alarm

Set and delete alarms in the Fitbit app. Turn alarms on or off directly on Charge 3 in the Alarms app.

For more information, see help.fitbit.com.
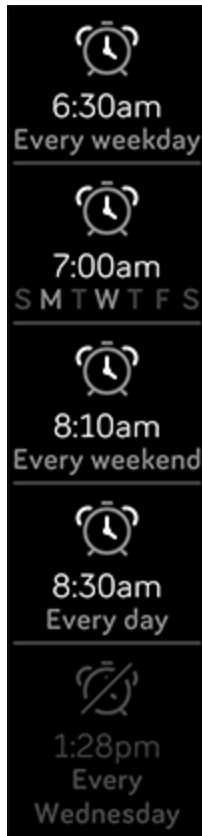
Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates.

To snooze the alarm for 9 minutes, tap the ZZZ icon or press the button. To dismiss the alarm, press the button twice.

Snooze the alarm as many times as you want. Charge 3 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.
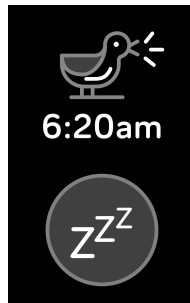
Time events with the stopwatch

To use the stopwatch:

1. On Charge 3, open the Timers app.
2. If you used the countdown timer previously, swipe right and tap the stopwatch icon.
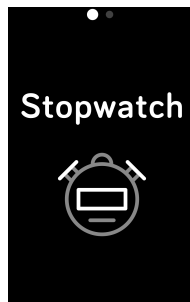
3. Tap the play icon to start the stopwatch.
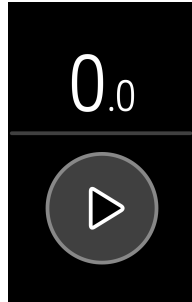
4. Tap the pause icon to stop the stopwatch.
5. Swipe up and tap the reset icon to reset the stopwatch, or press the button to exit.

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.
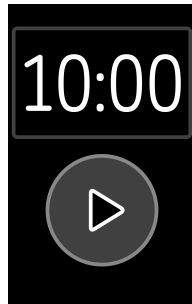
6. Tap the play icon to start the timer. Charge 3 flashes and vibrates when the time allotted is done.
7. Press the button to dismiss the alert.
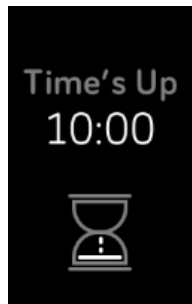
For more information, see help.fitbit.com.

Activity and Sleep

Charge 3 continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

From the clock face, swipe up to see your daily 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 detected by your tracker, such as sleep data, in the Fitbit app.

Track a daily activity goal

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

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

For more information, see help.fitbit.com.

Track progress toward your goal on Charge 3. For more information, 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.
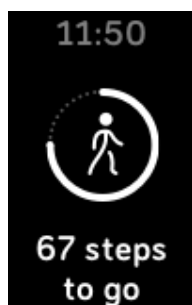
For more information, see help.fitbit.com.

Track your sleep

Wear Charge 3 to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the app. You may need to wait a few minutes to see your sleep stats while the Fitbit app analyzes your sleep data.

For more information, see help.fitbit.com.

Set a sleep goal

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

For more information, 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, 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 your peers.

For more information, see help.fitbit.com.

See your heart rate

Charge 3 tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information, 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, see "Check your heart rate" on page 38.

Adjust your heart-rate setting

Track your heart rate day and night with Charge 3. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

Note that the green LED on the back of Charge 3 continues to flash even if you turn off heart-rate tracking.

For more information, 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 2-minute and 5-minute sessions.

To begin a session:

1. On Charge 3, open the Relax app.

2. The 2-minute session is the first option. Swipe left to choose the 5-minute session.

3. Tap the play icon to start the session and follow the on-screen instructions.
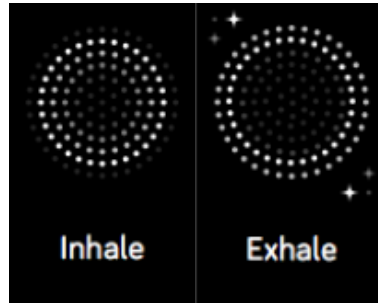
After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

All notifications are automatically disabled during the session.

For more information, see help.fitbit.com.

Fitness and Exercise

Choose to automatically track exercise, or to track activity with the Exercise app and set goals based on distance, time, or calories.

Sync Charge 3 with the Fitbit app and share your activity with friends and family, 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, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

For more information, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, or weights—with the Exercise app on Charge 3 to see real-time stats, including heart-rate data, calories burned, 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 uses the GPS sensors on your nearby phone.

GPS requirements

To use connected GPS:

1. 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 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 to find an exercise, and tap to choose it.
3. Tap **Start** to begin the exercise, or tap **Set Goal** to choose a time, distance, or calorie goal depending on the activity.
4. 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.

```
3.19 mi

10'54"
pace
35:04 .2
```
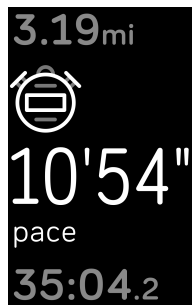
5. When you're done with your workout or want to pause, press the button. (Press the button again and tap **Finish** to end the workout.)
6. Swipe up to see your workout summary.
7. Press the button to close the summary screen.

Note:

- Charge 3 shows 3 real-time stats of your choice. Swipe the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your tracker vibrates when you're halfway to your goal and when you reach the goal.

- If the exercise uses GPS, an icon appears 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.

Customize your exercise settings and shortcuts

Customize settings for various exercise types and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Charge 3.

To customize an exercise setting:

1. From the Fitbit app dashboard, tap the account icon [icon] > Charge 3 tile > **Exercise Shortcuts**.
2. Tap the exercise you want to customize.
3. Choose the settings you want to customize, and then sync your device.

For more information, see help.fitbit.com.

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

✓
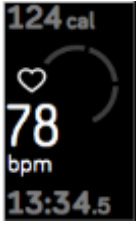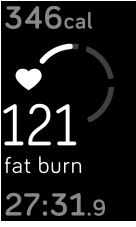
Sync your tracker to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

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, 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
124 cal ♡ 78 bpm 13:34.5	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
346 cal ♥ 121 fat burn 27:31.9	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.
556 cal ♥ 132 cardio 35:19.7	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.
556 cal ♥ 166 peak 35:19.7	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

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app 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 most people.

For more 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, see help.fitbit.com.

Fitbit Pay

Some editions of Charge 3 include a built-in NFC chip, which lets you use your credit and debit cards on your tracker. To check if your Charge 3 supports Fitbit Pay, remove the bottom wristband and look for "Fitbit Pay" printed on the end of the tracker.

Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app and then use your tracker to make purchases in stores that accept contactless payments.

We're always adding new locations and card issuers to our list of partners. To see if your payment card works with Fitbit Pay, see fitbit.com/fitbit-pay/banks.

Add credit and debit cards

To use Fitbit Pay, add at least 1 credit or debit card from a participating bank to the Wallet section of the Fitbit app. The Wallet is where you add and remove payment cards, set a default card for your tracker, edit a payment method, and review recent purchases.

To set up Fitbit Pay:

1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon
   [icon] > Charge 3 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank may require additional verification. If you're adding a card for the first time, you may be prompted to set a 4-digit PIN code for your tracker. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.

You can add up to 5 payment cards to the Wallet and choose which card to set as the default payment option on your tracker.

Make purchases

Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:

To pay with Charge 3:

All customers except those in Australia:

1. When you're ready to pay, press and hold the button on your tracker for 2 seconds. Swipe to the Payments screen if it's not shown.
2. If prompted, enter your 4-digit tracker PIN code. Your default card appears on the screen.
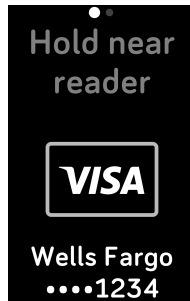
3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, tap to find the card you want to use and then hold your wrist near the payment terminal.
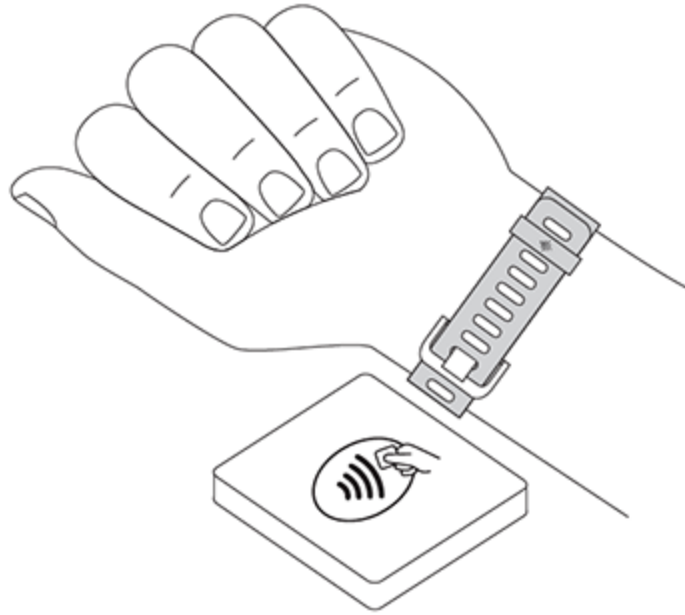
When the payment succeeds, your tracker vibrates and you'll see a confirmation on the screen.

If the payment terminal doesn't recognize Fitbit Pay, make sure the tracker face is near the reader and that the cashier knows you're using a contactless payment.

Customers in Australia:

1. If you have a credit or debit card from an Australian bank, hold your tracker near the payment terminal to pay. If your card is from a bank outside of Australia, or if you wish to pay with a card that is not your default card, complete steps 1-3 in the section above.
2. If prompted, enter your 4-digit tracker PIN code.
3. If the purchase amount exceeds $100 AU, follow the instructions on the payment terminal. If prompted for a PIN code, enter the PIN code for your card (not your tracker).

If the payment terminal doesn't recognize Fitbit Pay, make sure the tracker face is near the reader and that the cashier knows you're using a contactless payment.

For added security, you must wear Charge 3 on your wrist to use Fitbit Pay.

For more information , see help.fitbit.com.

Change your default card

When you're ready to pay, your default card appears first on your tracker's screen.
To change your default card:

1. From the Fitbit app dashboard, tap the account icon > Charge 3 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default**.

Weather

See the weather in your current location, as well as 2 additional locations you choose in the Weather app on your tracker.

Check the weather

To check the current weather, open the Weather app on your tracker. By default, the Weather app ![sun and cloud icon] shows your current location. Swipe left to view the weather in other locations you 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.

Choose your unit of temperature in the Fitbit app. For more information, see help.fitbit.com.
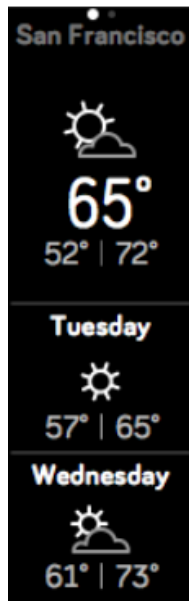
Add or remove a city

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 swipe up 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.

Update, Restart, and Erase

Learn how to update, restart, and erase Charge 3.

Restart Charge 3

If you can't sync Charge 3, or if you have trouble with connected GPS or tracking your stats, you can restart your tracker from your wrist. From the clock face, swipe to **Settings** and tap **About** > **Reboot Device**.

If your tracker is unresponsive:

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. Release the button. When you see a smiley face and the tracker vibrates, the tracker restarted.

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

Charge 3 has a small hole (altimeter sensor) on the back of the device. Don't attempt to restart your device by inserting any items, such as paper clips, into this hole as you can damage your Charge 3.

Erase Charge 3

If you want to give Charge 3 to another person or wish to return it, first clear your personal data:

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

Update Charge 3

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Charge 3 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

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

For more information, see help.fitbit.com.

Troubleshooting

If Charge 3 isn't working properly, see our troubleshooting steps 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. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.
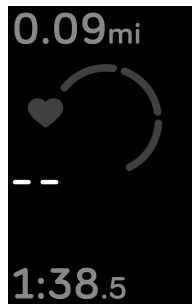
If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Charge 3 should 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, "connecting" appears at the top of the screen.
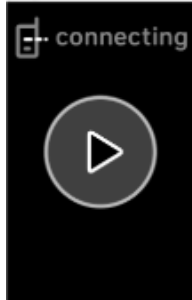
For best results, wait for your phone to find the signal before you start your workout.

Other issues

If you experience any of the following issues, restart your device:

- Won't sync
- Won't respond to taps, swipes, or button press
- Won't track steps or other data

See "Restart Charge 3" on page 47 for instructions on how to restart your tracker.

For more information 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 Charge 3 classic wristband 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 and Fitbit-Pay enabled devices contain an NFC chip.

Haptic feedback

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

Battery

Charge 3 contains a rechargeable lithium-polymer battery.

Memory

Charge 3 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your tracker with the Fitbit app to access your historical data. For best results, make sure the all-day sync option is turned on.

Display

Charge 3 has an OLED 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 mm - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 mm - 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

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

Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB409:

FCC ID: XRAFB409

Model FB410

FCC ID: XRAFB410

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

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/Modèle FB409:

IC: 8542A-FB409

Model/Modèle FB410:

IC: 8542A-FB410

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

Settings > About > Regulatory Info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:

Paramètres> À propos> Informations réglementaires

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)

Models FB409 and FB410

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB410 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 FB410 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 FB410 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 FB410 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 FB410 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

CE

Argentina

Model FB409:

CNC COMISIÓN NACIONAL DE COMUNICACIONES   C-21863

CNC COMISIÓN NACIONAL DE COMUNICACIONES   C-22260

Model FB410:

CNC **COMISIÓN NACIONAL** **DE COMUNICACIONES** **C-21864**

CNC **COMISIÓN NACIONAL** **DE COMUNICACIONES** **C-22264**

Australia and New Zealand

Model FB409 and FB410

China

Model FB410

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

Settings > About > Regulatory Info

CMIIT ID: 2018DJ3954

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB410	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)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 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 FB410

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

Settings > **About** > **Regulatory Info**

Indonesia

Model FB410

56621/SDPPI/2018 3788

Israel

Model FB409

<div dir="rtl">

התאמה אישור 64667-51

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

</div>

Model FB410

<div dir="rtl">

התאמה אישור 64668-51

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

</div>

Japan

Model FB410

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

Settings > **About** > **Regulatory Info**

Mexico

NOM

Model 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

Model FB409

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

Model FB410

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

Nigeria

Model 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 FB410

OMAN-TRA/TA-R/5773/18

D100428

Pakistan

Model FB410

TAC No.: 9.6090/2018

Model: FB410
Serial No: Refer to retail box
Year of Manufacture: 2018

Philippines

Model FB410

Serbia

Model FB409 and FB410

И 005 16

И 005 18

South Korea

Model FB410

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모
든 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:

Low power warning:

According to the management method of low power radio wave radiating motor.

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.

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

Model FB409

TRA Registered No.: ER63685/18
Dealer No.: DA35294/14

TRA Registered No.: ER63686/18
Dealer No.: DA35294/14

Vietnam

Model FB410

Zambia

Model Name FB409

ZMB/ZICTA/TA/2018/9/27

Model FB410

ZICTA

ZMB/ZICTA/TA/2018/9/28

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.