fitbit charge 5



FitbitKopen.nl

User Manual

Version 1.0

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Get started

Meet Fitbit Charge 5, our most advanced health and fitness tracker that helps you keep a pulse on your stress, physical readiness, heart health, and overall well-being.

Take a moment to review our complete safety information at fitbit.com/safety. Charge 5 is not intended to provide medical or scientific data.

What's in the box

Your Charge 5 box includes:



Tracker with small band (color and material varies)



Charging cable



Additional large band

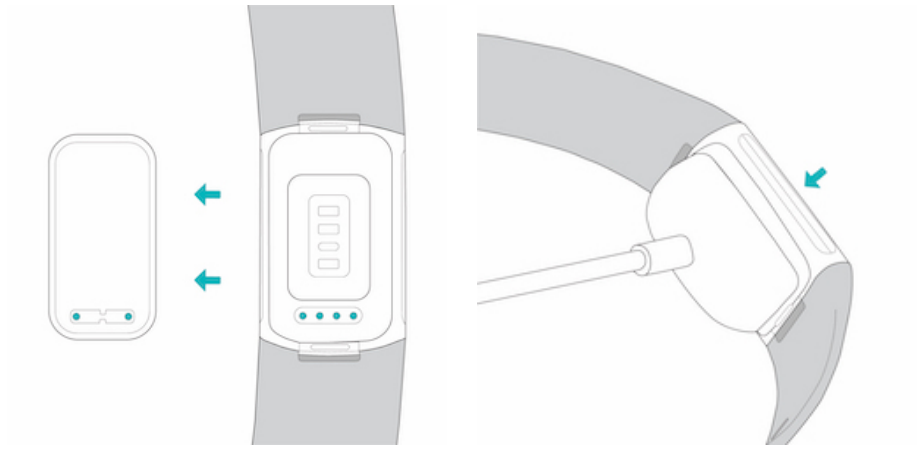
The detachable bands on Charge 5 come in a variety of colors and materials, sold separately.

Charge your tracker

A fully-charged Charge 5 has a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Charge 5:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Hold the other 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 on the back of your tracker.



Charging fully takes about 1-2 hours. While Charge 5 charges, double-tap the screen to turn it on and check the battery level. Swipe right on the battery screen to use Charge 5. A fully charged tracker shows a solid battery icon.



Set up Charge 5

Set up Charge 5 with the Fitbit app. The Fitbit app is compatible with most popular phones. See fitbit.com/devices to check if your phone is compatible.



To get started:

1. Download the Fitbit app:
   - Apple App Store for iPhones
   - Google Play Store for Android phones
2. Install the app, and open it.
   - If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > **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 5 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.

For more information, see the related help article.

See your data in the Fitbit app

Open the Fitbit app on your phone to view your activity, health metrics, and sleep data; log food and water; participate in challenges; and more.

Unlock Fitbit Premium

Fitbit Premium is your personalized resource in the Fitbit app that helps you stay active, sleep well, and manage stress. A Premium subscription includes programs tailored to your health and fitness goals, personalized insights, hundreds of workouts from fitness brands, guided meditations, and more.

Charge 5 includes a 6-month Fitbit Premium membership for eligible customers in certain countries.

For more information, see the related help article.

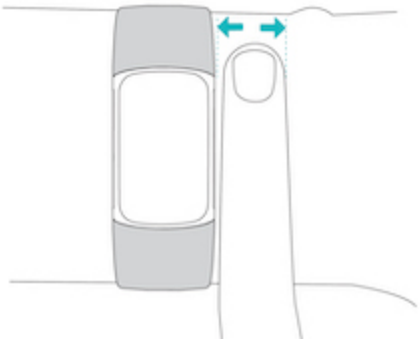
Wear Charge 5

Wear Charge 5 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in "Change the band" on page 13.

Placement for all-day wear vs. exercise

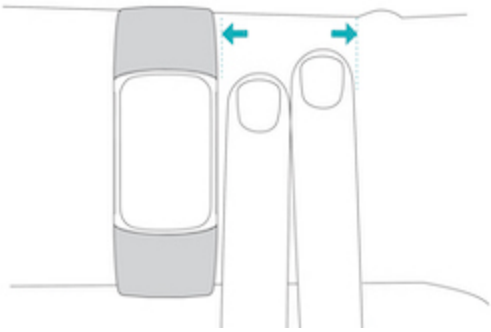
When you're not exercising, wear Charge 5 a finger's width above your wrist bone.

In general, it's always important to give your wrist a break on a regular basis by removing your tracker for around an hour after extended wear. We recommend removing your tracker while you shower. Although you can shower while wearing your tracker, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your tracker and may cause skin irritation.



For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing your tracker a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the tracker is lower on your wrist.



- Wear your tracker on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

Fasten the band

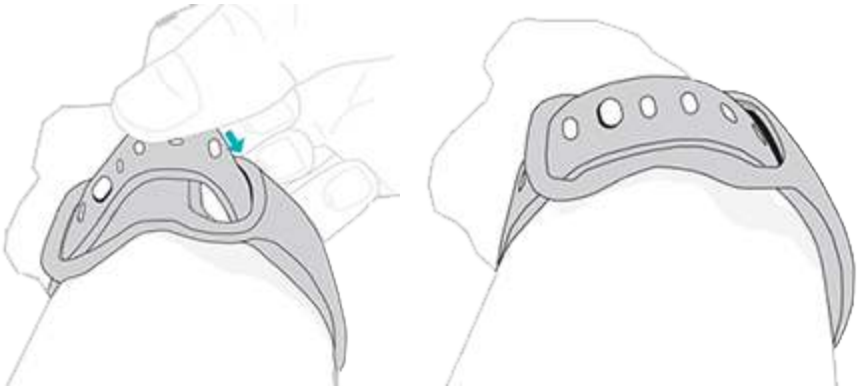
1. Place Charge 5 around your wrist.
2. Slide the bottom band through the first loop in the top band.



3. Tighten the band until it fits comfortably, and press the peg through one of the holes in the band.



4. Slide the loose end of the band through the second loop until it lies flat on your wrist. Make sure the band isn't too tight. Wear the band loosely enough that it can move back and forth on your wrist.



Handedness

For greater accuracy, you must specify whether you wear Charge 5 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 5 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Charge 5 tile > **Wrist** > **Dominant**.

Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.
- Take your tracker off from time to time.

Change the band

Charge 5 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on fitbit.com. For band measurements, see "Band size" on page 53.

Remove a band

1. Turn over Charge 5 and find the band latches.



2. To release the latch, use your fingernail to press the flat button toward the band.

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



4. Repeat on the other side.

Attach a band

To attach a band, press it into the end of the tracker until you hear a click and it snaps into place. The band with the loops and peg attaches to the top of the tracker.



Basics

Learn how to manage settings, set a personal PIN code, navigate the screen, and check the battery level.

Navigate Charge 5

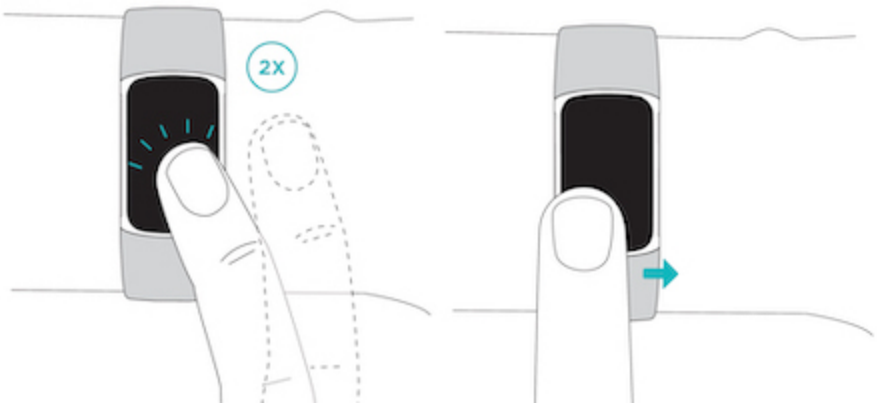
Charge 5 has a color AMOLED touchscreen display.

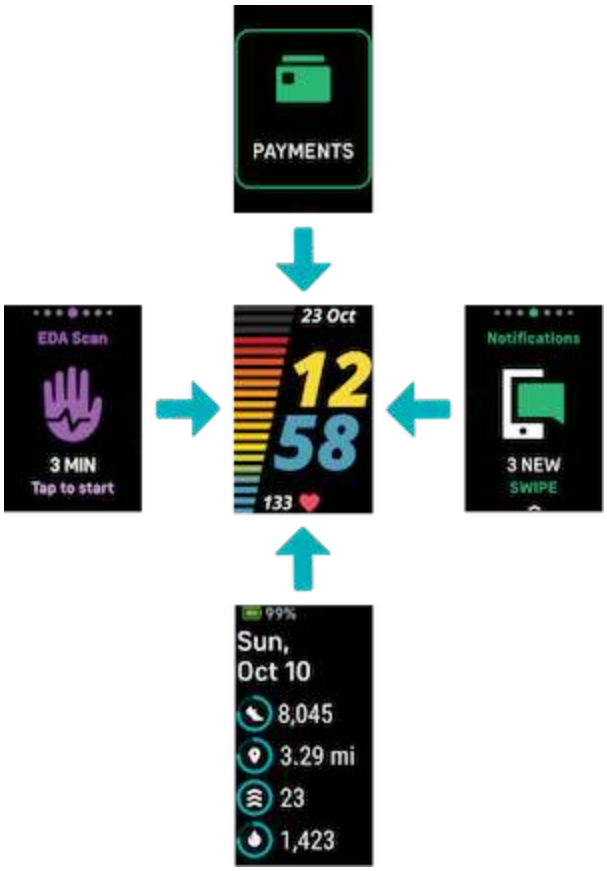
Navigate Charge 5 by tapping the screen and swiping side to side and up and down. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

The home screen is the clock.

- Firmly tap the screen twice or turn your wrist to wake Charge 5.
- Swipe down from the top of the screen to access quick settings, the Payments app, and the Settings app. While in quick settings, swipe right to return to the clock screen.
- Swipe up to see your daily stats. To return to the clock screen, swipe right.
- Swipe left and right to see the apps on your tracker.
- Swipe right to go back to a previous screen. Firmly double-tap the screen to return to the clock screen.





Quick settings

For a faster way to access certain settings, swipe down from the clock screen. Tap a setting to adjust it. When you turn off a setting, the icon appears dim with a line through it.

Payments	Make contactless payments from your wrist with Fitbit Pay.
DND mode	When the do not disturb setting is on: • Notifications, goal celebrations, and reminders are muted. • The do not disturb icon illuminates in quick settings. You can't turn on the do not disturb setting and sleep mode at the same time.
Sleep mode	When the sleep mode setting is on: • Notifications, goal celebrations, and reminders are muted. • The screen's brightness is set to dim. • The screen stays dark when you turn your wrist. To wake Charge 5, firmly tap the screen twice. • The sleep mode icon illuminates in quick settings. Sleep mode turns off automatically when you set a sleep schedule. For more information, see "Adjust settings" on the next page You can't turn on the do not disturb setting and sleep mode at the same time.
Screen wake	When you set screen wake to Auto , the screen turns on each time you turn your wrist. When you set screen wake to Manual , firmly tap the screen twice to turn it on.
Water lock	Turn on the water lock setting when you're in water, for

	example showering or swimming, to prevent your screen from activating. When water lock is on, your screen locks, and the water lock icon appears at the bottom. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them. To turn on water lock, tap swipe down from the clock screen > tap **Water Lock** > firmly tap your screen twice. To turn off water lock, double-tap your screen again. Note that water lock turns on automatically when you start a swim in the Exercise app .
Settings app	Tap the Settings app to open it. For more information, see "Adjust settings" below.

Adjust settings

Manage basic settings in the Settings app. Swipe down from the clock screen and tap the Settings app to open it. Tap a setting to adjust it. Swipe to see the full list of settings.

Display

Brightness	Change the screen's brightness.
Screen wake	Change whether the screen turns on when you turn your wrist.
Screen timeout	Adjust the amount of time before the screen turns off or switches to the always-on display clock face.
Always-on display	Turn always-on display on or off. For more information, see "Adjust always-on display" on page 21.

Quiet modes

Exercise focus	Turn off notifications while using the Exercise app .
Do not disturb	Turn off all notifications.
Sleep mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off. To set a schedule: 1. Open the Settings app and tap **Quiet modes** > **Sleep Mode** > **Schedule** > **Interval.** 2. Tap the start or end time to adjust when the mode turns on and off. Swipe up or down to change the time, and tap the time to select it. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.

Other settings

Heart rate	Turn heart-rate tracking on or off.
Heart zone notifications	Turn the heart-zone notifications that you receive during everyday activity on or off. For more information, see the related help article.
Vibrations	Adjust your tracker's vibration strength.
GPS	Choose the GPS mode. For more information, see the related help article.
Device Info	View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device. Tap **Device Info** > **System Info** to see the activation date. For more information, see the related help article.
Restart device	Tap **Restart device** > **Restart** to restart your tracker.

Check battery level

From the clock face, swipe up. The battery level is at the top of the screen.

If your tracker's battery is low (fewer than 24 hours remaining), the battery indicator turns red. If your tracker's battery is critically low (fewer than 4 hours remaining), a warning appears on the clock face and the battery indicator flashes.



When the battery is low:

- If you’re tracking an exercise with GPS, GPS tracking turns off
- Always-on display is turned off
- You can't use quick replies
- You won't receive notifications from your phone

Charge Charge 5 to use or adjust these features.

Set up device lock

To help keep your tracker secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your tracker. If you set up Fitbit Pay to make contactless payments from your tracker, device lock is turned on automatically and you're required to set a code. If you don't use Fitbit Pay, device lock is optional.



Turn on device lock or reset your PIN code in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Charge 5 tile > **Device Lock**.

For more information, see the related help article.

Adjust always-on display

Turn on always-on display to show the time on your tracker, even when you're not interacting with the screen.



To turn always-on display on or off:

1. Swipe down from the clock face to access quick settings.
2. Tap the **Settings app** > **Display settings** > **Always-on display**.
3. Tap **Always-on display** to turn the setting on or off. To set the display to automatically turn off during certain hours, tap **Off-hours**.

Note that turning on this feature impacts your tracker's battery life. When always-on display is turned on, Charge 5 requires more frequent charging.

Clock faces without an always-on display mode use a default always-on display clock face.

Always-on display automatically turns off when your tracker's battery is critically low.

For more information, see the related help article.

Turn off the screen

To turn off your tracker's screen when not in use, briefly cover the tracker face with your opposite hand or turn your wrist away from your body.

Note that if you turn on the always-on display setting, the screen won't turn off.

Apps and Clock Faces

Learn how to change your clock face and access apps on Charge 5.

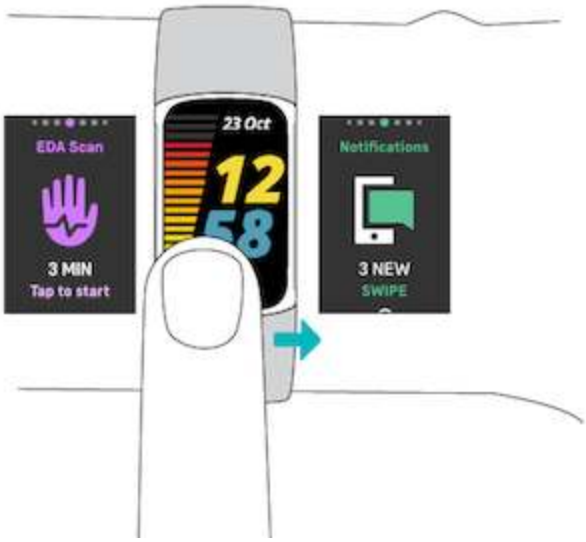
Change the clock face

The Fitbit Clock Gallery offers a variety of clock faces to personalize your tracker.

1. From the Today tab  in the Fitbit app, tap your profile picture > Charge 5 tile.
2. Tap **Clock Faces**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Charge 5.

Open apps

From the clock face, swipe left and right to see the apps installed on your tracker. Swipe up or tap an app to open it. Swipe right to return to a previous screen, or double tap to return to the clock screen.


EDA Scan
3 MIN
Tap to start
23 Oct
12
58
Notifications
3 NEW
SWIPE

Notifications from your phone

Charge 5 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone 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. From the Today tab  in the Fitbit app, tap your profile picture › Charge 5 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. 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, Charge 5 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Charge 5 shows calendar notifications from the calendar app you chose during setup.

For more information, see the related help article.

See incoming notifications

A notification causes your tracker to vibrate. Tap the notification to expand the message.

If you don't read the notification when it arrives, you can check it later in the Notifications app. Swipe right or left to the Notifications app, then swipe up to open it. Your tracker shows the first 250 characters of the notification. Check your phone for the full message.



Manage notifications

Charge 5 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.

Manage notifications in the Notifications app:

- Swipe up to scroll through 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 up until you reach the end of your notifications and tap **Clear All**.
- To exit the notifications screen, swipe right.

Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Charge 5. When you turn off all notifications, your tracker won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > Charge 5 tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. From the clock face, swipe down to access quick settings.
2. Turn on **DND Mode**. All notifications and reminders are turned off.



Note that if you use the do not disturb setting on your phone, you don't receive notifications on your tracker until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, Charge 5 lets you accept or reject incoming phone calls.

To accept a call, tap the green phone icon 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 red phone icon to send the caller to voicemail.

The caller's name appears if that person is in your contacts list; otherwise you see a phone number.



Respond to messages (Android phones)

Respond directly to text messages and notifications from certain apps on your tracker with preset quick replies. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your tracker.

To respond to a message:

1. Open the notification you want to respond to.
2. Choose how to reply to the message:
    - Tap the text icon to respond to a message from a list of quick replies.
    - Tap the emoji icon to respond to the message with an emoji.

For more information, including how to customize quick replies, see the related help article.

Timekeeping

Alarms vibrate to wake 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.

Use the Alarms app

Set one-time or recurring alarms with the Alarms app . When an alarm goes off, your tracker vibrates.

When setting an alarm, turn on Smart Wake to allow your tracker to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can’t find the best time to wake you, your alarm alerts you at the set time.

For more information, see the related help article.

Dismiss or snooze an alarm

When an alarm goes off, your tracker vibrates. To dismiss the alarm, swipe up from the bottom of the screen and tap the dismiss icon . To snooze the alarm for 9 minutes, swipe down from the top of the screen.

Snooze the alarm as many times as you want. Charge 5 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



Use the Timers app

Time events with the stopwatch or set a countdown timer with the Timer app on your tracker. You can run the stopwatch and countdown timer at the same time.

If always-on display is on, the screen continues to display the stopwatch or countdown timer until it ends or you exit the app.

For more information, see the related help article.

Activity and Wellness

Charge 5 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

See your stats

Swipe up from the clock face to see your daily stats, including:

Core stats	Steps taken today, distance covered, calories burned, and Active Zone Minutes
Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Exercise	Number of days you met your exercise goal this week
Sleep	Sleep duration
Hourly activity	The number of hours today you met your hourly activity goal
Menstrual health	Information on the current stage of your menstrual cycle, if applicable
Oxygen Saturation (Today app only)	Your most recent resting SpO2 average and range

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.

Find your complete history and other information detected by your tracker in the Fitbit app.

Track a daily activity goal

Charge 5 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your 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 to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal depending on your device.

For more information, see the related help article.

Track progress toward your goal on Charge 5. For more information, see "See your stats" on the previous page.

Track your hourly activity

Charge 5 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 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 feel a second vibration and see a congratulatory message.



For more information, see the related help article.

Track your sleep

Wear Charge 5 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

Charge 5 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances and SpO2 levels, which estimate the amount of oxygen in your blood.

To see your sleep stats, sync your tracker when you wake up and check the Fitbit app, or swipe up from the clock face on your tracker.

For more information, see the related help article.

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 the related help article.

Learn about your sleep habits

With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.

For more information, see the related help article.

Manage stress

Track and manage your stress with mindfulness features.

Use the EDA Scan app

The EDA Scan app on Charge 5 detects electrodermal activity which may indicate your body's response to stress. Because your sweat level is controlled by the sympathetic nervous system, these changes can show meaningful trends about how your body responds to stress.

1. On Charge 5, swipe left or right to the EDA Scan app and tap to open it.
2. To begin a scan the same length as your previous scan, tap the play icon. To change the length of time for the scan, swipe up and tap **Edit length** > tap your desired number of minutes.
3. Gently hold the sides of your tracker with your thumb and index finger.
4. Remain still and keep your fingers on your tracker until the scan is complete.
5. If you remove your fingers, the scan pauses. To resume, place your fingers back on the sides of your tracker. To end the session, tap **End session**.
6. When the scan is complete, tap a mood to reflect on how you feel, or tap **Skip**.
7. Swipe up to see the summary of your scan, including your number of EDA responses, heart rate at the start and end of the session, and reflection if you logged a reflection.
8. Tap **Done** to close the summary screen.
9. To see more details about your session, open the Fitbit app on your phone.

   From the Today tab , tap the **Mindfulness tile** > **Your Journey**.

For more information, see the related help article.

Check your stress management score

Based on your heart rate, exercise, and sleep data, your stress management score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing fewer signs of physical stress. To see your daily stress management score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab , tap the Stress Management tile.

Log how you feel throughout the day to get a clearer picture of how your mind and body respond to stress. With a Fitbit Premium subscription, see details about your score breakdown.

For more information, see the related help article.

Advanced health metrics

Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what's changed.

Metrics include:

- Oxygen saturation (SpO2)
- Skin temperature variation
- Heart-rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.

For more information, see the related help article.

Exercise and Heart Health

Automatically track exercise or track activity with the Exercise app to see real-time stats and a post-workout summary.

Check the Fitbit app to share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Charge 5 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit app on your phone. From the Today tab , tap the Exercise tile .

For more information, see the related help article.

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on Charge 5 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 a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

For more information about tracking an exercise with GPS, see the related help article.

Dynamic GPS on Charge 5 allows the tracker to set the GPS type at the start of the exercise. Charge 5 attempts to connect to the GPS sensors on your phone to preserve battery life. If your phone isn't nearby or moving, Charge 5 uses built-in

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GPS. Manage your GPS settings in the Settings app. For more information, see the related help article.

Phone GPS requirements

Phone GPS is available for all supported phones with GPS sensors. For more information, see the related help article.

1. Turn on Bluetooth and GPS on your phone.
2. Make sure Charge 5 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Check that GPS is turned on for the exercise.
    a. Open the Exercise app and swipe up to find an exercise.
    b. Tap the exercise, then swipe up and make sure **GPS** is turned on.
5. Make sure the GPS mode on Charge 5 is set to **Dynamic** or **Phone GPS** (open the Settings app > **GPS** > **GPS Mode**).
6. Keep your phone with you while you exercise.

To track an exercise:

1. On Charge 5, swipe left or right to the Exercise app , then swipe up to find an exercise.
2. Tap the exercise to choose it. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available. Note that GPS can take a few minutes to connect.
3. Tap the play icon to begin the exercise, or swipe up to choose an exercise goal or adjust the settings. For more information on the settings, see "Customize your exercise settings" on the next page.
4. Tap the middle of the screen to scroll through your real-time stats. To pause your workout, swipe up and tap **Pause**.
5. When you're done with your workout, swipe up and tap **Pause** > **Finish**. Your workout summary appears.
6. Swipe up and tap **Done** to close the summary screen.

Notes:

- If you set an exercise goal, your tracker alerts you when you’re halfway to your goal and when you reach the goal.
- If the exercise uses GPS, "GPS connecting ..." appears at the top of the screen. Charge 5 is connected when the screen says "GPS connected ."
- Use connected GPS with your nearby phone for activities with a longer duration, such as golf or a hike, to ensure your full workout is recorded with GPS.
- For best results, make sure your tracker's battery is above 80% before you track an exercise longer than 2 hours with built-in GPS.

For more information, see the related help article.



Using built-in GPS impacts your tracker's battery life. If you use GPS tracking regularly, Charge 5 has a battery life of about 4 days.

Customize your exercise settings

Customize settings for each exercise type on your device or in the Fitbit app. Change or reorder exercise shortcuts in the Fitbit app.

Settings include:

Heart Zone Notifications	Receive notifications when you hit target heart-rate zones during your workout. For more information, see the related help article
Laps	Receive notifications when you reach certain milestones during your workout
GPS	Track your route using GPS
Auto-Pause	Automatically pause a run when you stop moving
Run Detect	Track runs automatically without opening the Exercise app
Always-on Display	Keep the screen on during exercise
Pool Length	Set the length of your pool
Unit	Change the unit of measurement you use for pool length
Interval	Adjust the move and rest intervals used during interval training

To customize the settings for each exercise type on your tracker:

1. Swipe to the Exercise app , then swipe up to find an exercise.
2. Tap the exercise to choose it.
3. Swipe up through the exercise settings. Tap a setting to adjust it.
4. When you're done, swipe down until you see the play icon .

To customize certain exercise settings and change or reorder Exercise app shortcuts in the Fitbit app:

1. From the Today tab in the Fitbit app, tap your profile picture > Charge 5 tile.
2. Tap **Exercise Shortcuts**.
   - To add a new exercise shortcut, tap the **+** icon and select an exercise.
   - To remove an exercise shortcut, swipe left on a shortcut.
   - To reorder an exercise shortcut, tap **Edit** (iPhones only), and press and hold the menu icon , then drag it up or down.

- To customize an exercise setting, tap an exercise and adjust your settings.

You can have up to 6 exercise shortcuts on Charge 5.

For more information, see the related help article.

Check your workout summary

After you complete a workout, Charge 5 shows a summary of your stats.

Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

Check your heart rate

Charge 5 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your tracker during exercise. Charge 5 notifies you when you enter a heart-rate zone.

Icon	Zone	Calculation	Description
	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
	Fat Burn Zone	Between 40% and 59% of your heart rate reserve	In the fat burn zone, you're likely in a moderate activity such as a brisk walk. Your heart rate and breathing might be elevated, but you can still carry on a conversation.
	Cardio Zone	Between 60% and 84% of your heart rate reserve	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
	Peak Zone	Greater than 85% of your heart rate reserve	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

Custom heart-rate zones

Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.

For more information, see the related help article.

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you're in the cardio or peak zones.

1 minute in the fat burn zone = 1 Active Zone Minute
1 minute in the cardio or peak zones = 2 Active Zone Minutes

There are 2 ways Charge 5 notifies you about Active Zone Minutes:

- A few moments after you enter a different heart-rate zone during your exercise using the Exercise app , so that you know how hard you're working. The number of times your tracker vibrates indicates which zone you're in:

  1 buzz = fat burn zone
  2 buzzes = cardio zone
  3 buzzes = peak zone



- 7 minutes after you enter a heart-rate zone throughout the day (for example, during a brisk walk).

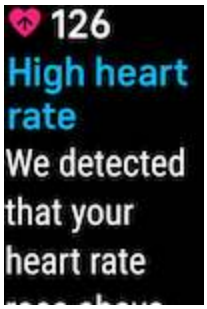


To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.

For more information, see the related help article.

Receive heart-rate notifications

Stay informed when Charge 5 detects that your heart rate is outside of your high or low thresholds when you appear to be inactive for at least 10 minutes.



To turn this feature off or adjust the thresholds:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > Charge 5 tile.
2. In the Activity & Wellness section, tap **Heart Settings** > **High & low heart rate**.
3. Turn **High heart rate notification** or **Low heart rate notification** on or off, or tap **Custom** to adjust the threshold.

View past heart-rate notifications, log possible symptoms and causes, or delete notifications in the Fitbit app. For more information, see the related help article.

View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the Heart-rate tile and swipe left on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see the related help article.

Share your activity

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

For more information, see the related help article.

Fitbit Pay

Charge 5 includes a built-in NFC chip, which lets you use your credit and debit cards on your tracker.

Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app, and 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.

Set up Fitbit Pay

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.

1. From the Today tab  in the Fitbit app, tap your profile picture > Charge 5 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might 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.

Make purchases

Note: To make contactless payments with Charge 5 in Australia, follow the instructions below for all card types. If prompted to enter a PIN code, enter your 4-digit tracker PIN code (not the PIN code for your card). For more information about setting a PIN code, see the related help article.

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:



All customers, including those in Australia:

1. Swipe down from the clock face and tap **Payments** .
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, swipe to find the card you want to use, and hold your wrist near the payment terminal.

When the payment succeeds, your tracker vibrates and you 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.

For added security, you must wear Charge 5 on your wrist to use Fitbit Pay.

For more information, see the related help article.

Change your default card

1. From the Today tab  in the Fitbit app, tap your profile picture > Charge 5 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Charge 5**.

Pay for transit

Use Fitbit Pay to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your tracker, follow the steps listed in "Use credit and debit cards" on page 45.

Pay with the same card on your Fitbit tracker when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your tracker, while erasing it is useful if you want to give Charge 5 to another person. Update your tracker to receive the latest firmware.

Update Charge 5

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, follow the progress bars on Charge 5 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

To update Charge 5, your tracker's battery must be at least 20% charged. Updating Charge 5 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

For more information, see the related help article.

Restart Charge 5

If you can't sync Charge 5 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

1. Swipe down from the clock screen to find the Settings app.
2. Open the Settings app > **Restart Device** > **Restart**.

If Charge 5 is unresponsive:

1. Connect Charge 5 to the charging cable. For instructions, see "Charge your tracker " on page 7.

2. Press the button located on the flat end of the charger 3 times, pausing for 1 second between presses. Then wait 10 seconds or until the Fitbit logo appears.



Restarting your tracker doesn't delete any data.

Erase Charge 5

If you want to give Charge 5 to another person or wish to return it, first clear your personal data:

1. Swipe down from the clock screen to find the Settings app.
2. Open the Settings app > **Device Info** > **Clear User Data**.
3. Swipe up, then press **Hold 3 Sec** for 3 seconds and release.
4. When you see the Fitbit logo and Charge 5 vibrates, your data is erased.

Troubleshooting

If Charge 5 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Charge 5 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 tracker doesn't detect a heart-rate signal, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Charge 5 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.

For more information, see the related help article.

GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and thick cloud cover can interfere with your tracker's ability to connect to GPS satellites. If your tracker is searching for a GPS signal during an exercise, you'll see "

GPS connecting " appear at the top of the screen. If Charge 5 can't connect to a GPS satellite, the tracker stops trying to connect until the next time you start a GPS exercise.



For best results, wait for Charge 5 to find the signal before you start your workout.

For more information, see the related help article.

Other issues

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

- Won't sync
- Won't respond to taps or swipes
- Won't track steps or other data
- Won't show notifications

For instructions, see "Restart Charge 5" on page 48.

General Info and Specifications

Sensors and Components

Fitbit Charge 5 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Built-in GPS receiver + GLONASS, which tracks your location during a workout
- Optical heart-rate tracker
- Multipurpose electrical sensors compatible with the EDA Scan app
- Ambient light sensor
- Vibration motor

Materials

The housing on Charge 5 is made of anodized aluminum and surgical-grade stainless steel. The band that comes with Charge 5 is made of a flexible, durable silicone similar to that used in many sports watches. While all stainless steel and 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.

Wireless technology

Charge 5 contains a Bluetooth 5.0 radio transceiver and NFC chip.

Haptic feedback

Charge 5 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Charge 5 contains a rechargeable lithium-polymer battery.

Memory

Charge 5 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Charge 5 has a color AMOLED display.

Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

Small band	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large band	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)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy on our website.

Regulatory and Safety Notices

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

Settings > **Device Info** > **Regulatory Info**

USA: Federal Communications Commission (FCC) statement

Model FB421

FCC ID: XRAFB421

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

Settings > **Device Info** > **Regulatory Info**

Supplier's Declaration of Conformity

Unique Identifier: FB421

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105
United States
877-623-4997

FCC Compliance Statement (for products subject to Part 15)

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 FB421

IC: 8542A-FB421

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

Settings > Device Info > Regulatory Info

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

Paramètres › Informations sur l'appareil › 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)

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

Settings › Device Info › Regulatory Info

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB421 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 LLC erklärt hiermit, dass die Funkgerättypen Modell FB421 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 LLC declara que el tipo de dispositivo de radio Modelo FB421 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 LLC déclare par la présente que les modèles d'appareils radio FB421 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 LLC dichiara che il tipo di apparecchiatura radio Modello FB421 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety



Argentina



C-26160

Australia and New Zealand

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

Settings > Device Info > Regulatory Info



Belarus

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

Settings > Device Info > Regulatory Info



Customs Union

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

Settings > Device Info > Regulatory Info

EAC

Indonesia

73244/SDPPI/2021
3788

76114/SDPPI/2021
3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא . 55-09000
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

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

Settings > Device Info > Regulatory Info

R 201-210387

Kingdom of Saudi Arabia

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

Settings > **Device Info** > **Regulatory Info**

Mexico

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

Settings > **Device Info** > **Regulatory Info**

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

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

Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR00029210ANRT2021
Date d'agrément: 23/06/2021

Nigeria

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

Oman

TRA/TA-R/11836/21
D090258

Philippines

NTC

Type Accepted
No: ESD-RCE-2126831

Serbia

И005 21

Singapore

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

Settings > **Device Info** > **Regulatory Info**

South Korea

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

Settings > **Device Info** > **Regulatory Info**

Taiwan

用戶注意:某些地區的法規內容也可以在您的設備上查看。要查看內容:

設置 > 設備信息 > 法規信息

Translation:

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

Settings > **Device Info** > **Regulatory Info**

低功率警語:

- 取得審驗證明之低功率射頻器材,非經核准,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。
- 低功率射頻器材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。前述合法通信,指依電信管理法規定作業之無線電通信。低功率射頻器材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:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.
- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

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-ion 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 cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

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

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- 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 a day.

Taiwan RoHS

設備名稱：無線活動追踪器 Part Name: Wireless Activity Tracker	限用物質及其化學符號 Restricted Substances and its chemical symbols					
Model FB421	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr^{+6})	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	O	O	O	O	O	O
電子 (Electronics)	--	O	O	O	O	O
外殼 (Housing)	O	O	O	O	O	O
充電線 (Charging Cable)	O	O	O	O	O	O
備考1. 〝超出0.1 wt %〞及〝超出0.01 wt %〞係指限用物質之百分比含量超出百分比含量基準值 備考2. 〝O〞係指該項限用物質之百分比含量未超出百分比含量基準值。 備考3. 〝—〞係指該項限用物質為排除項目。						

United Arab Emirates

TRA – United Arab Emirates

Dealer ID: DA35294/14
TA RTTE: ER98025/21
Model: FB421
Type: Wireless Activity Tracker

United Kingdom

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

Settings > Device Info > Regulatory Info

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB421 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: www.fitbit.com/legal/safety-instructions

Vietnam



About the Battery

This unit contains a non-replaceable internal lithium-ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture or dispose of in fire or water.

CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly
- Use the battery only in the specified equipment
- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

IP Rating

Model FB421 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB421 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Please refer to the beginning of this section for instructions on how to access your product's IP rating.

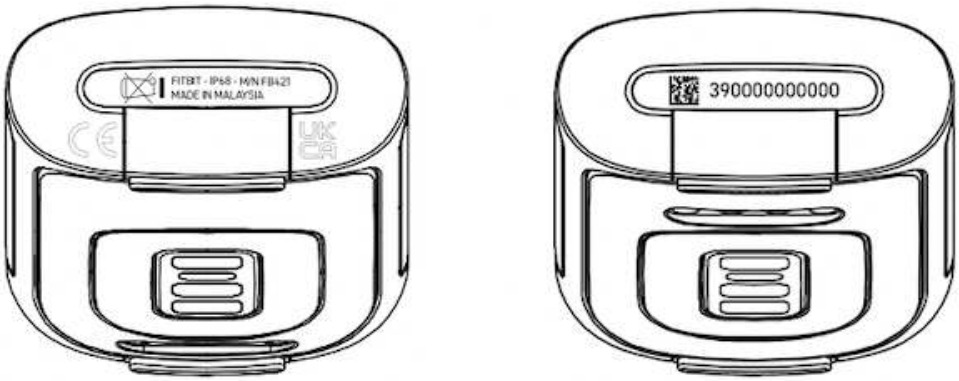
Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of: IEC 60950-1:2005 + AMD1:2009 + AMD2:2013, EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011 + A2:2013, IEC 62368-1: 2014, EN62368-1:2014 + A11:2017, BS EN62368-1:2014 +A11:2017.

Regulatory Markings

Device regulatory markings can be viewed on your device by removing the band. Markings are located in the band attach area.

Band Pocket View



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