

fitbit chargeHR™

Heart Rate + Activity Wristband



Product Manual
Version 1.0

Table of Contents

- Getting Started 1**
 - Welcome 1
 - What’s included 1
- Setting up Charge HR Using a Computer 2**
 - Mac & PC requirements..... 2
 - Installing Fitbit Connect on a computer..... 2
 - Mac installation..... 2
 - PC installation..... 2
 - Pairing to a computer 3
 - Wireless sync to a computer 3
- Setting up Charge HR Using a Mobile Device 4**
 - Mobile device requirements..... 4
 - Installing the Fitbit app 4
 - iOS pairing 4
 - iOS syncing..... 5
 - Manual sync 5
 - Real-time dashboard 5
 - All-day sync 5
 - Android pairing..... 6
 - Android syncing..... 6
 - Tap to open app using Near-Field Communication (NFC)..... 7
 - Manual sync 7
 - Background sync..... 7

Tracking with Fitbit Charge HR	8
Tracking sleep	8
Tracking goals	8
Tracking heart rate	9
Tracking activities	9
Wearing your Fitbit Charge HR.....	11
Wearing on your dominant vs. non-dominant wrist.....	11
Using your Charge HR in wet conditions	11
Silent Alarms	12
Setting silent alarms from a computer	12
Setting silent alarms from an iOS device.....	12
Setting silent alarms from an Android device.....	13
Dismissing silent alarms	13
Call Notifications.....	14
Battery Life and Power	15
Battery life	15
Charging your Charge HR	15
Memory.....	16
Your Fitbit.com Dashboard	17
Browser requirements	17
Using your dashboard	17
Logging food, activities, and sleep	17
Device info.....	17
Managing your Charge HR from Fitbit.com.....	18
Updating Fitbit Charge HR	19

Updating Charge HR on a computer	19
Updating Charge HR on an iOS device	19
Updating Charge HR on an Android device	20
Charge HR General Info & Specifications	21
Sensors and motors	21
Size & Weight.....	21
Environmental conditions	21
Help.....	22
Return policy and warranty.....	22
Regulatory & Safety Notices	23
USA: Federal Communications Commission (FCC) statement.....	23
Canada: Industry Canada (IC) statement	23
European Union (EU)	24
Other	25
Safety statement.....	25
Important safety instructions.....	26
Built-in battery precautions.....	26
Disposal and recycling information	26

Getting Started

Welcome

Welcome to Fitbit Charge HR, the high-performance wristband tracker that helps you meet your fitness goals.

What's included

Your Fitbit Charge HR Wireless Activity + Sleep Wristband box includes:

(Replace images)



Charge HR wristband



Charging cable



Wireless sync dongle

Setting up Charge HR Using a Computer

Mac & PC requirements



Software
Mac OS 10.5 or later
Internet Connection

Hardware
USB port



Software
Windows XP, Vista, 7, 8
Internet Connection

Hardware
USB port

Installing Fitbit Connect on a computer

Fitbit Connect is the software application that connects your Charge HR wristband to your Fitbit.com dashboard and services. It's free to download at Fitbit.com.

Mac installation

1. Go to <http://www.fitbit.com/setup>.
2. Verify that Mac is highlighted and click the **Download Here** button below Charge HR.
3. Double-click the .dmg file in your Downloads folder.

NOTE: If the file does not appear on your desktop, search for "Fitbit Connect" using the Spotlight search feature.

4. Run the Fitbit Connect installation package by double-clicking **Install Fitbit Connect.pkg**.
5. Follow the onscreen instructions to complete setup.

PC installation

1. Go to <http://www.fitbit.com/setup>.
2. Verify that PC is highlighted and click the **Download Here** button below Charge HR.
3. Go to your Downloads folder and double-click the **FitbitConnect_Win.exe** file.
4. Choose your language and follow the onscreen instructions.

Pairing to a computer

Once Fitbit Connect is installed on your computer, you can pair your Charge HR to your account. This will allow you to sync your data and manage device settings.

Onscreen setup instructions guide you through the pairing process. Use the following steps if the setup guide doesn't appear.

1. Mac users: On the Menu Bar of your Mac, click the Fitbit Connect icon and choose **Open Main Menu**.
PC users: In the Windows System Tray, right-click the Fitbit Connect icon and choose **Open Main Menu**.
2. From the main menu, select **Set Up a New Fitbit Device**.
3. Account Setup:
 - a. Select **New to Fitbit** to set up your device if you don't already have a Fitbit.com account.
 - b. Select **Existing User** to log into your existing Fitbit.com account and replace an existing device with your Charge HR.

NOTE: Only one Fitbit tracker can be paired to an account.

4. Enter or confirm your personal information and click **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is visible only to your friends, but you can adjust your privacy settings from your Fitbit.com account to control what information is shared with others.
5. Choose **Charge HR** and follow the onscreen instructions to power on your Charge HR.
6. Insert the wireless sync dongle into your computer and click **Next**.
7. Fitbit Connect will search for your Charge HR. Once found, a four-digit number will appear on your Charge HR display. Enter this number where prompted and click **Next**.
8. You're all set. Follow the onscreen instructions to put on the wristband and view an introduction.

Wireless sync to a computer

Wireless syncing to Fitbit.com is automatic, as long as:

- Your computer is powered on, awake, and connected to the internet
- The wireless sync dongle is plugged in
- Fitbit Connect is installed and running

When your Charge HR is within 15-20 feet of your computer, it will sync every 15 minutes.

You can manually sync your Charge HR by clicking on the Fitbit Connect icon that is located near the time and date on your computer. Select **Sync Now** to start the manual sync.

Setting up Charge HR Using a Mobile Device

Mobile device requirements

You can set up and sync your Charge HR using select mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible with your Charge HR, visit <http://www.fitbit.com/devices>.

NOTE: If your mobile device is not compatible to sync via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress, you'll just need to set up and sync using a Mac or PC.

Installing the Fitbit app

You can find the Fitbit app on the iOS App store or Google Play store by searching for "Fitbit." If you already have the Fitbit app installed, check for available updates to make sure you have the latest version.

iOS pairing

Unlike most Bluetooth accessories, like headsets, your Charge HR must be paired directly through the Fitbit app, not through the Settings app on your iOS device.

1. Open the Fitbit app.
 2. Create an account:
 - a. Select **Join Fitbit** if you don't already have a Fitbit.com account.
-

NOTE: Click **Log In** if you're an existing Fitbit app user. Only one Fitbit tracker can be paired to an account.

If you're replacing an existing tracker, at the top of your dashboard tap **Charge HR** and then **Set Up a New Fitbit Device**.

- b. Tap Charge HR and then **Set up your Charge HR**.
- c. On the next few screens enter your personal information. This personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is visible only to your friends, but you can adjust your privacy settings on the Fitbit website to control what information is shared with others.
- d. Enter your name and the email address and password that you want to use for your Fitbit account.

3. Follow the onscreen prompts to power on your Charge HR. The app will begin searching for it.
4. Once the Charge HR is found, enter the four digits that appear on its display and click **Next**.
5. Once the Fitbit app shows the message “Your Charge HR is linked to Fitbit” you can tap **Next** to see an introduction to Charge HR.

NOTE: If you experience trouble pairing your Charge HR, you can get support at <http://help.fitbit.com>.

iOS syncing

Your Charge HR can sync directly to supported iOS devices via Bluetooth. To see if your iOS device is compatible with your Charge HR, go to <http://www.fitbit.com/devices>.

As long as Bluetooth is enabled in the iOS settings, syncing occurs automatically every time you open the app and when the app is running in the background on your device.

Manual sync

To initiate a manual sync while the app is already open, tap **Charge HR** at the top of your dashboard and tap the **Sync Now** icon.

Real-time dashboard

You can use the Fitbit app to see your stats update in real time. Open the Fitbit app. Once your Charge HR syncs, a message stating that the Charge HR is connected will appear at the top of the screen. Take a few steps to see your stats update instantly.

All-day sync

The Fitbit app also supports all-day sync. This setting allows your Charge HR to sync with your iOS device while the Fitbit app is running in the background. All-day sync is on by default.

To turn this setting on or off, tap Charge HR on your dashboard and adjust the All-Day Sync toggle as needed.

Android pairing

Unlike most Bluetooth accessories, your Charge HR must be paired directly through the Fitbit app, and not through your Android device's Bluetooth preferences.

1. Open the Fitbit app.
2. Create an account:
 - a. Select **Set up** if you don't already have a Fitbit.com account.

NOTE: Are you an existing Fitbit app user? Only one Fitbit tracker can be paired to an account.

If you're replacing an existing tracker, log into your account and tap the **Menu button** > **Devices** > **Set up new device**.

- b. Tap Charge HR and then enter the email address and password for your Fitbit account.
 - c. Enter your personal details, then tap **Save**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. By default this personal information is only visible to your friends, but you can adjust your privacy settings on the Fitbit website to control what information is shared with others.
3. Follow the onscreen prompts to power on your Charge HR. The app will begin searching for it.
4. Once the Charge HR is found, enter the four digits that appear on its screen and click **Next**.
5. Once the Fitbit app shows the message "Your Charge HR is linked to Fitbit" you can tap **Next** to see an introduction.

Android syncing

Your Charge HR can sync directly to supported Android devices via Bluetooth. To check if your Android device is compatible with your Charge HR, see <http://www.fitbit.com/devices>.

Syncing will occur automatically when you open the Fitbit app if Bluetooth is enabled in both the Android device settings and the Fitbit app. To turn on Bluetooth in the Fitbit app, tap the **Menu button** > **Devices** > check **Use Bluetooth**.

Tap to open app using Near-Field Communication (NFC)

Your Charge HR is equipped with Near-Field Communication (NFC) technology, allowing it to interact with Android devices that support this feature.

With the screen on and unlocked, hold your Android device to your Charge HR's display. You may need to adjust the location based on where your Android device's NFC chip is located.

After a moment, the Fitbit app will automatically open. If you haven't opened the Fitbit app recently, launching will automatically initiate a sync via Bluetooth.

Manual sync

To initiate a manual sync with your Charge HR and Fitbit.com:

1. Open the Fitbit app.
2. Tap the **Menu** button.
3. Tap **Devices**.

NOTE: Make sure Use Bluetooth is checked.

4. Tap **Charge HR**.
5. Tap the **Sync Now** icon.

Background sync

The Fitbit app also supports background sync. This setting allows your Charge HR to sync with your Android device while the Fitbit app is in the background or minimized.

To turn on background sync, tap the **menu** button > **Devices** > **Charge HR** > **Background Sync**.

Tracking with Fitbit Charge HR

Your Charge HR tracks:

- Steps taken
- Current heart rate
- Distance traveled
- Floors climbed
- Calories burned
- Hours slept
- Quality of sleep

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



Steps



Heart rate



Distance



Floors



Calories

Tracking sleep

Your Charge HR automatically tracks the hours you sleep and your movement during the night to help you understand your sleep quality.

To view last night's sleep summary, log into [Fitbit.com](https://www.fitbit.com) and view the sleep tile on the dashboard or go to [Log > Sleep](#). You can also view your sleep summary on your mobile dashboard if you're using the Fitbit app for iOS, Android, or Windows phone.

Tracking goals

Your Charge HR is designed to track your progress towards a main goal that you define on your [Fitbit.com](https://www.fitbit.com) dashboard. The goal can be set for steps taken, distance traveled, calories burned, or floors climbed. A progress bar below your goal keeps you motivated throughout the day. When you reach your goal your Charge HR will vibrate and flash to celebrate.

To choose the specific goal you want to track:

1. Log in to your [Fitbit.com](https://www.fitbit.com) dashboard.

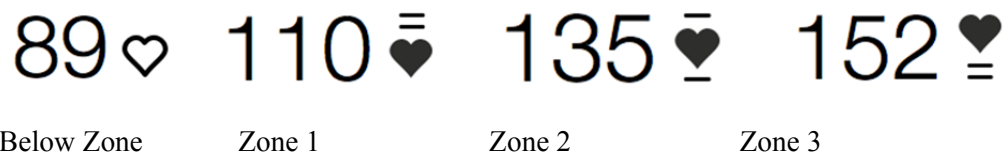
2. Click the gear icon in the top-right corner of the page.
3. Click **Settings**.
4. Click **Devices**.
5. Under Main Goal, choose the goal you would like to track on your Charge HR.
6. Sync your Charge HR to send the new goal to your tracker.

Once you've chosen which goal you want to track, you can set a specific value for that goal on the Fitbit.com dashboard page or using the Fitbit app for mobile. For example, instead of the default 10,000 steps per day, you may want your goal to be 15,000 per day. To change your goal value using your dashboard:

1. Log into your Fitbit.com dashboard.
2. Find the tile that corresponds to your goal.
3. Click the gear icon in the lower left corner of the tile.
4. Change your Daily Goal value.

Tracking heart rate

Press the button on your Charge HR to scroll to the heart rate screen. By default, the appearance of the heart changes depending on your heart rate zone:



Heart rate zones are calculated using the maximum recommended heart rate for your age. If you're below Zone 1, your resting heart rate is between 30 to 60 BPM, or 0 to 49% of your maximum. Zone 1 represents fat burn, when your heart rate is at 50 to 69% of maximum. Zone 2 is cardio, where your heart rate is at 70 to 84% of maximum. Lastly, Zone 3 is performance, meaning your heart rate is at 85 to 100% of maximum.

Instead of using these default zones, you have the option of configuring a custom heart rate zone. Simply log in to your dashboard and click the gear icon on the upper right. In the Body Info section on the Settings page you can select the minimum and maximum heart rate for your custom zone.

Tracking activities

This will change to "Tracking exercise" and be updated with the exercise-mode details.

Exercise: Ability to configure stats displayed during an exercise (what and sequence)

Exercise: Ability to set exercise type on mobile and then start/pause and see stats on graviton. Also auto labels the exercise type when written to the server.

Your Charge HR automatically tracks your steps taken, current heart rate, distance traveled, floors climbed, and calories burned throughout the day. Using the activity mode feature you can choose to track a specific activity in greater detail. Activity mode works similar to the trip mode on a car's odometer. For example, if you put your tracker in activity mode and go for a run, once you stop activity mode at the end of the run and sync your data, you'll see an entry on your activity log. The entry provides a summary of the activity's stats as well as a minute-by-minute graph.

To put your Charge HR in activity mode, press and hold the button until a stopwatch icon appears. When you finish the activity, press and hold the button again to turn off activity mode.

Wearing your Fitbit Charge HR

Your Charge HR is designed to be most accurate when worn on your wrist.

Wearing on your dominant vs. non-dominant wrist

To get the most accurate reading from your Charge HR, you can configure whether you are wearing the wristband on your dominant or non-dominant wrist.

NOTE: Your dominant wrist is that which you use for most day-to-day activities, e.g., writing, washing dishes, or throwing a ball.

To configure this setting:

1. Log in to Fitbit.com.
2. Click the gear icon in the top-right corner of the dashboard.
3. Click **Settings**.
4. Click **Devices** on the left sidebar.
5. Under Dominant Hand choose the correct setting.

NOTE: Changes to this setting will not appear until you sync your Charge HR.

Using your Charge HR in wet conditions

This is what we say for Flex; true for Charge HR?

Your Charge HR can be worn while you are in the shower or working out. It is sweat-proof, rain-proof, water resistant, and can be submerged in water up to **x** meters.

Silent Alarms

Your Charge HR gently vibrates to wake or alert you with its silent alarm feature. You can set alarms using your computer or a compatible mobile device.

Silent alarms can be configured to recur every day or on particular days of the week.

You can set up to eight alarms on your Charge HR.

Setting silent alarms from a computer

You can set silent alarms from your computer by using the Fitbit.com dashboard.

1. Log in to your Fitbit.com dashboard.
2. Click the gear icon in the top-right corner of the page.
3. Click **Settings**.
4. Click **Silent Alarms**.
5. Click the **Add Alarm** button.
6. Enter the time you want the alarm to alert you.
7. Choose how often you want the alarm to occur:
 - a. Once – Your alarm will alert you at the specified time and not repeat.
 - b. Repeats – Choose which days you want this alarm to repeat every week.
8. Click **Save**.

Your new alarm will be saved to your Charge HR the next time you sync your tracker. If you want to sync the alarm immediately, open Fitbit Connect and select **Sync Now**.

Setting silent alarms from an iOS device

To set silent alarms using the Fitbit app for iOS, Bluetooth must be enabled in your iOS Settings app.

Your iOS device also must support wireless sync. To see if your device is supported, go to <http://www.fitbit.com/devices>.

1. Open the Fitbit app.
2. Tap **Account**.
3. Tap **Silent Alarms**.
4. Tap **Add a new alarm**.
5. Set the time by adjusting the click-wheel.
6. If you prefer, tap the days of the week you want this alarm to repeat.
7. Tap **Save**.

Your iOS device will now sync the alarm to your Charge HR.

Make sure your Charge HR is nearby in order to sync your alarm. To manually sync the alarm, tap **Charge HR** at the top of your dashboard and then tap the **Sync Now** icon.

Setting silent alarms from an Android device

To set silent alarms using the Fitbit app for Android, Bluetooth must be enabled in your Android device settings, as well as the Fitbit app Devices screen.

Your mobile device also must support wireless sync. To check if your device is supported, see <http://www.fitbit.com/devices>.

1. Open the Fitbit app.
2. Tap the **menu** button.
3. Tap **Devices**.
4. Choose **Charge HR**.
5. Tap **Silent Alarm**.
6. Tap **Add a new alarm**.
7. Tap **Next**.
8. Tap **Add a new alarm**.
9. Tap the **time** to enter a time.
10. If you prefer, tap the **Repeats** checkbox and tap the days of the week you want this alarm to repeat.
11. Tap **Done**.
12. Tap the **Sync tracker to save alarms** button.

NOTE: Make sure your Charge HR is nearby in order to sync your alarm. To manually sync the alarm, tap the **Menu button** > **Device Settings** > choose **Charge HR** > tap the **Sync Now** icon.

Dismissing silent alarms

Your Charge HR will vibrate when your silent alarm goes off and the screen will flash. This notification will repeat several times until dismissed. You can dismiss the alarm by pressing the button on the side of the Charge HR. If you do not dismiss the alarm, it will repeat after nine minutes.

Call Notifications

This is the text for Force. Do they still work this way?

With iPhone 4S and higher iOS devices using iOS 7 [and Android?], you can choose to receive incoming smart call notifications right on your Charge HR when your phone is within about 15 to 30 feet (5 to 10 meters).

When you receive a phone call, your Charge HR vibrates once and the incoming number or name (if the contact is in your address book) scrolls across the display. The notification scrolls for 10 seconds or until the call is answered. You can dismiss the notification at any time by pressing the button on your Charge HR.

To turn notifications on or off:

1. Open the Fitbit app on your iOS device.
2. Click **Charge HR** at the top of your dashboard.
3. Toggle **Call Notifications** on or off.
4. The first time you turn on Call Notifications, you'll receive a Bluetooth pairing request. Tap **Set Up**.

Battery Life and Power

Battery life

Your Charge HR contains a rechargeable lithium-polymer battery.

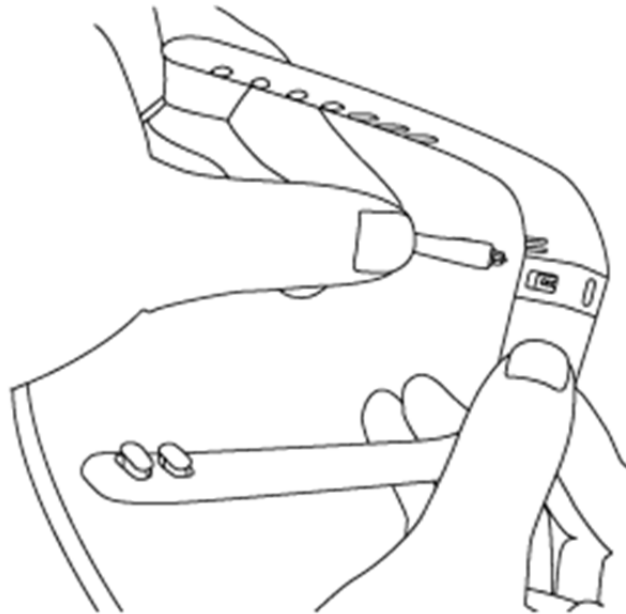
With normal use, your fully charged Charge HR should last about **5 to 10** days before needing a charge. You can check the level of your battery by logging into Fitbit.com and clicking the gear icon on the top-right corner of the page.

When you press the button on your Charge HR to cycle through your stats, the first screen will show a battery if there is approximately one day or less of battery life remaining. **Will the Charge HR show battery as an extra screen?**

Charging your Charge HR

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

Replace image with a Charge HR (different clasp)



Charging completely takes an average of **one and a half to two hours** (still true?).

Memory

When you sync your Charge HR, your activity data is uploaded to your Fitbit.com dashboard. Your Charge HR holds detailed minute-by-minute information for the most recent 7 days, and up to 30 days of daily activity summaries.

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





Sync your Charge HR regularly to have the most detailed data available to view on your Fitbit.com dashboard.

NOTE: Your Charge HR starts tracking your goal for the next day at 12:00AM for the time zone selected in your personal settings on your Fitbit.com account. You can adjust your time zone at <http://www.fitbit.com/user/profile/edit>.

Though your stats reset to zero at midnight this does not delete the previous day's data; that data will be uploaded to your Fitbit.com dashboard the next time you sync your Charge HR.

Your Fitbit.com Dashboard

Browser requirements

Browser	Mac Version	Windows Version
 Apple Safari	5.0.5 and higher	Not supported
 Google Chrome	12 and higher	12 and higher
 Microsoft Internet Explorer	Not supported	8 and higher
 Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Using your dashboard

Fitbit provides you with a free online tool to help track, manage, and evaluate your fitness progress.

When you log into Fitbit.com, you will automatically be taken to your dashboard. Your dashboard shows an overview of your progress towards your goals, as well as graphs with historical data.

Logging food, activities, and sleep

From your dashboard, you can launch individual log pages to keep track of your food, activities, sleep, and other custom trackers. Custom trackers are available to log anything we have not already provided a tracker for; for example, you may want to track how many sit-ups you do per day or how many caffeinated beverages you consume. [Update with changed dashboard; remove custom trackers.](#)

Device info

You can see a quick preview of your tracker's last sync, battery level, and upcoming alarms if you click on the gear icon in the top-right corner of the page.

Managing your Charge HR from Fitbit.com

Manage your tracker from Fitbit.com by clicking the gear icon in the top-right corner of the page, clicking [Settings](#), and choosing [Devices](#) from the left sidebar.

The Devices screen allows you to change:

- **Display Settings:** Hide and show items to customize what you see on your Charge HR's OLED display. You can also drag items up and down to change the order in which they appear.
- **Main Goal:** Choose which goal you want your Charge HR to track for you throughout the day. You can edit the value of this goal from the Fitbit.com dashboard or your mobile device using the Fitbit app.
- **Tap Gesture:** If you want your Charge HR to respond to taps, choose whether you want the clock or your main goal displayed when you double tap your Charge HR.
- **Clock Display:** Choose from **four(?)** different clock styles.
- **Dominant Hand:** Choose which wrist you wear your Charge HR on to get the most accurate data readings.
- **Sleep Tracking:** Set the sensitivity of your sleep tracking by changing this setting. The Normal setting is sufficient for most people. If you are a sound sleeper, you can choose Sensitive to capture the smallest movements of your body.

You can manage silent alarms by clicking [Silent Alarms](#) from the left sidebar.

NOTE: You must sync your Charge HR in order to apply any changed settings to your tracker.

Updating Fitbit Charge HR

Fitbit may release free updates for your Charge HR. You can update your Charge HR using Fitbit Connect on your computer or the Fitbit app on your mobile device.

We recommend that you keep your Charge HR up to date. The latest feature enhancements and product improvements are made through updates.

NOTE: Updating your Charge HR takes about 5 to 7 minutes and is demanding on the battery. It is recommended that you charge your Charge HR prior to updating or while the update is in progress.

Updating Charge HR on a computer

To update your Charge HR on a Mac or PC:

1. Click the **Fitbit Connect icon** near the time and date.
2. From the **Main Menu**, choose **Check for device update**.
3. **Log in** to your account using your Fitbit.com credentials. Fitbit Connect will now look for your Charge HR.

NOTE: Make sure your wireless sync dongle is plugged in.

4. If an update has been found for your Charge HR, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your Charge HR close to your computer while you perform the update.

You'll see a notification when the update completes.

If you have trouble updating your Charge HR on a computer, see <http://help.fitbit.com>.

Updating Charge HR on an iOS device

Your Charge HR can be updated using the Fitbit app for iOS if your iOS device is compatible with the wireless sync feature. To see if it is compatible, go to <http://www.fitbit.com/devices>.

1. Open the Fitbit app.
2. Tap your tracker name at the top of the app dashboard. If an update is available, the option Update Available will appear in pink toward the top of this screen.

3. Make sure your tracker remains near your iOS device while it updates. You can make your tracker easier to find by pressing its button to wake it up.

You'll see a notification when the update completes.

If you have trouble updating your Charge HR with the Fitbit app for iOS, see <http://help.fitbit.com> for more information.

Updating Charge HR on an Android device

Your Charge HR can be updated using the Fitbit app for Android if your Android device is compatible with the wireless sync feature. To see if it is compatible, go to <http://www.fitbit.com/devices>.

1. Open the Fitbit App.
2. Tap the **Menu** button.
3. Tap **Devices**.

NOTE: Make sure Use Bluetooth is checked.

4. Tap **Charge HR**.
5. If there is an update available, tap the **Update Available** button at the top of this screen.

NOTE: Make sure your Charge HR remains near your Android device while finding and updating it.

6. When the update completes, the Fitbit app will say "You're all set!"

If you have trouble updating your Charge HR with the Fitbit app for Android, see <http://help.fitbit.com> for more information.

Charge HR General Info & Specifications

Sensors and motors

Your Charge HR uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your steps taken, distance traveled, calories burned, and sleep quality. **What measures heart rate?** Its altimeter also measures floors climbed. Charge HR also contains a vibration motor, which allows it to vibrate when alarms go off.

Size & Weight

	Length	Width	Weight
Small wristband	5.5 – 6.9 in 140 – 176 mm	0.76 in 19.2 mm	1.1 oz (Force)
Large wristband	6.3 – 8.2 in 161 – 209 mm	0.76 in 19.2 mm	1.1 oz (Force)

Environmental conditions

Operating Temperature	-4° to 113° F (-20° to 45° C)
Non-operating Temperature	-22° to 140° F (-30° to 60° C)
Water Resistant	What is the spec here?
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

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

Return policy and warranty

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

Regulatory & Safety Notices

Model Name: FB405

USA: Federal Communications Commission (FCC) statement

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 received, including interference that may cause undesired operation.

FCC Warning

Changes or modifications not expressly approved by Fitbit, Inc. could void the user's authority to operate the equipment.

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

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

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

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

Canada: Industry Canada (IC) statement

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s).
Operation is subject to the following two conditions:

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

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

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

FCC ID XRAFB405

IC ID 8542A-FB405

European Union (EU)

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

Fitbit Inc. is authorized to apply the CE Mark on Surge, Model FB402, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.



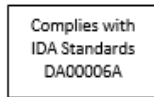
Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

Other



J00074



TA-2013/1263
Approved

אישור התאמה 63-63079
אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

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

- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz
- 채널수 (The number of channels): TBD
- 공중선전계강도 (Antenna power): TBD
- 변조방식 (Type of the modulation): Digital
- 안테나타입 (Antenna type): Vertical
- 출력 (Output power): TBD
- 안테나 종류 (Type of Antenna): TBD



KCC approval information

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

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.

The complete Declaration of Conformity can be found at www.fitbit.com/surge/specs

Important safety instructions

- Read these instructions.
- Keep these instructions.
- Heed all warnings
- Follow all instructions
- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your Surge.
- Do not use abrasive cleaners to clean your Surge.
- Do not place your Surge in a Dishwasher, Washing Machine or Dryer.
- Do not expose your Surge to extremely high or low temperatures.
- Do not use your Surge in a sauna or steam room.
- Do not leave your Surge in direct sunlight for an extended period of time.
- Do not leave your Surge near open flames.
- Do not dispose of your Surge in a fire. The battery could explode.
- Do not attempt to disassemble your Surge, it does not contain serviceable components.
- Never allow children or pets to play with the Surge; the small components may be a choking hazard!

Built-in battery precautions

- Do not attempt to replace your Surge's battery. It is built-in and not changeable.
- Charge your Surge using a certified computer, powered hub or power supply.
- Charge the battery in accordance with the instructions supplied with this guide.
- Use only the charger cable that shipped with your product to charge the battery.

For the most up-to-date Safety and Regulatory Information, please visit the product specific section at <http://help.fitbit.com>

Disposal and recycling information



The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling.

For information about your recycling drop off point, please contact your local electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

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







Wireless Activity + Sleep Wristband