·፨· fitbit surge™

Fitness Superwatch

Need to change above to Super Watch

Product Manual
Version 1.0

Table of Contents

Getting Started

Welcome

Welcome to Fitbit Surge, the high-performance Fitness Super Watch that helps you meet your fitness goals.

What's included

Your Fitbit Surge Fitness Super Watch box includes:

| Surge Fitness Super Watch | Charging cable | Wireless sync dongle |

<<Should you start out by charging it? What is OOB experience? –brs>>

Setting up your Fitbit Surge

To set up your Surge, install the Fitbit Connect app on your computer.

NOTE: If you prefer, you can set up and sync your Surge using select mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible with your Surge, visit http://www.fitbit.com/devices.

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

For instructions on setting up your compatible Surge using your mobile device, go to https://www.fitbit.com/product/mobile, choose your mobile platform, and view the FAQs for the Fitbit mobile app. <<As of this writing (8/5/14) Windows phone is not shown on the mobile app page –brs>>

Mac & PC requirements <<ANY CHANGES? BRS>>

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

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

<<NOTE: terminology used when telling user to open Fitbit Connect needs to be made consistent throughout. –brs>>

Mac installation

1. Plug in your dongle and have your tracker nearby, turned on, and charged.
2. Go to http://www.fitbit.com/setup.
3. Verify that Mac is highlighted and click the Download Here button below Surge.
4. Double-click the .dmg file in your Downloads folder.

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

PC installation

1. Plug in your dongle and have your tracker nearby, turned on, and charged.
2. Go to http://www.fitbit.com/setup.
3. Verify that PC is highlighted and click the Download Here button below Surge.
4. Go to your Downloads folder and double-click the FitbitConnect_Win.exe file.
5. Choose your language and follow the onscreen instructions.

Pairing your Surge to your account

Pairing lets you sync your data so you can see it in your Fitbit.com dashboard, and also lets you manage device settings. The Fitbit Connect installation process takes you through the steps of pairing your Surge to your Fitbit.com account. If you didn't complete the pairing process when you installed Fitbit Connect, use the following steps to pair your Surge to your account.

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 Surge. <<To do: revise to add info on adding tracker instead of replacing; maybe xref to detailed info. Remove after sending doc to localization, bring it back when multi-tracker support is implemented. –brs>>
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 Surge and follow the onscreen instructions to power on your Surge.
6. Insert the wireless sync dongle into your computer and click Next.
7. Fitbit Connect will search for your Surge. Once found, a four-digit number will appear on your Surge display. Enter this number where prompted and click Next. Wait a few moments your Surge to connect.

8. You're all set! Follow the onscreen instructions to put on the watch and view an introduction. ==<<confirm this – right now the last screen says Go to Dashboard –brs>>==

Wireless sync

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
- Your Surge is within 15-20 feet of your computer

When all those conditions are met, your Surge will sync every 15 minutes.

You can manually sync your Surge 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.

Getting to know your Fitbit Surge
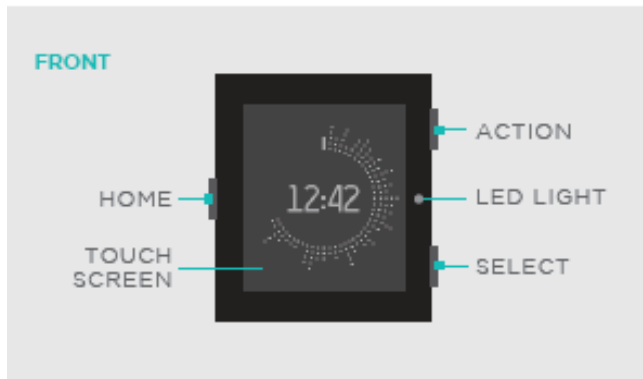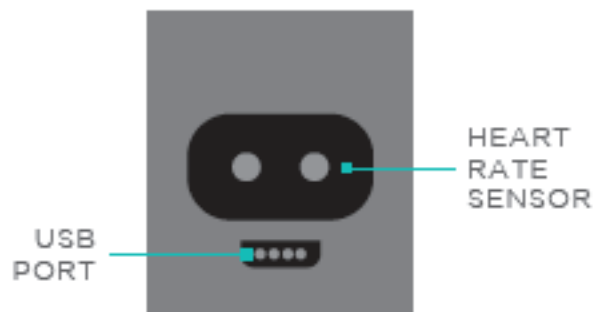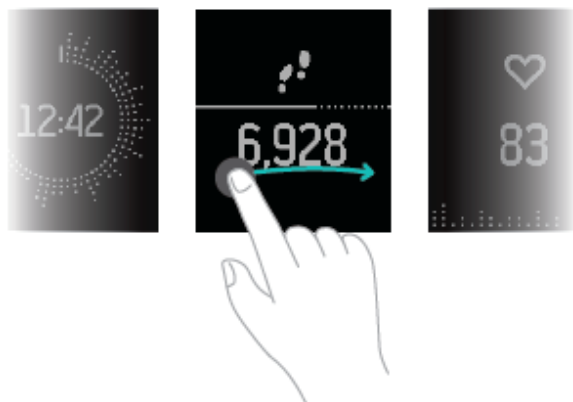
About Heart rate on the Fitbit Surge

aka BPM (beats per minute)

HR settings auto, on, off

Guidelines as to accuracy of HR

You can see your current heart rate (BPM) at any time, from either the clock screen or while running or exercising.

Copied from "Tracking heart rate with Charge HR" 8/6, edited See https://wiki.fitbit.com/display/prdct/1.1.1.6+Device+Heart+Rate+Display and https://wiki.fitbit.com/display/prdct/2.1.1.2+In-Run <<test this after next FWUP –brs>>

From the clock screen on your Surge, scroll to the heart rate screen. By default, the appearance of the heart changes depending on your heart rate zone:

89 ♡	110 ♥	135 ♥	152 ♥
Below Zone	Zone 1	Zone 2	Zone 3
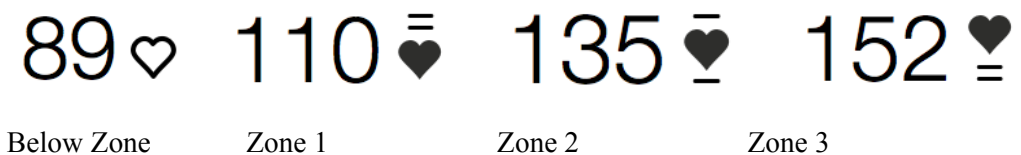
Heart rate zones are calculated using the maximum recommended heart rate for your age. If you're below Zone 1, your resting heart rate is between 30 to 60 BPM, or 0 to 49% of your maximum. Zone 1 represents fat burn, when your heart rate is at 50 to 69% of maximum. Zone 2 is cardio, where your heart 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.

Below Custom Zone	In Custom Zone	Above Custom Zone
89 ♡	162 ♥	172 ♡
Outline heart icon	Filled heart icon	Outlined heart icon
Icon positioned at bottom (optional, depending on layout)	Icon positioned in middle (optional, depending on layout)	Icon positioned at top (optional, depending on layout)
No zone indicators	No zone indicators	No zone indicators

About GPS on the Fitbit Surge

Used by some types of Run and Exercise. List a few examples: free run, lap run, hiking, cycling.

Some runs and exercise types search for GPS when you start.

From Sierra: Choosing quick start lets you start your run, the device will continue looking for a GPS fix. However, if you start running before there is a fix (regardless of whether you are in the run-start screen or the searching for GPS screen) it will take longer to get a fix and the probability of finding a fix will go down.   If users want to use GPS during their run they should wait to get a fix before starting to run.

If you're on the searching for GPS screen you'll see a "Found GPS" message. If you're on the run-app screen the "(P)" after your pace will go away (not final UI).

No way to disable it. <<correct? –brs>>

Significant effect on battery life.

Link to new help article on troubleshooting GPS problems.

Tracking with the Fitbit Surge

NOTE: Surge also tracks stats for four types of Runs and up to seven types of Exercise. See Tracking Runs with the Fitbit Surge on page 10 and Tracking Exercise with the Fitbit Surge on page 12.

Tracking default stats

Your Surge automatically tracks the following stats: <<confirm order –brs>>

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

To scroll through your stats, display the Clock screen and swipe left or right.

Tracking sleep

Your Surge 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 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 a goal

Your Surge is designed to track your progress towards a main goal that you define on your Fitbit.com dashboard. The goal can be set for steps taken, distance traveled, calories burned, or floors climbed. <<Removed active minutes; they won't be displayed on the Surge, but apparently you can still set it online as of 7/29. Researching how to explain this or if they will be removed from web site – brs>> A progress bar below your goal keeps you motivated throughout the day. When you reach your goal your Surge will vibrate and flash to celebrate.

To choose the specific goal you want to track:

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 Devices.
5. Select the Surge icon to the right of the Devices heading.
6. Under Daily Goal Progress, **choose** the goal you would like to track on your Surge.
7. **Sync** your Surge 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 by 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 and click Save.

Tracking Runs with the Fitbit Surge

Intro. Modal; clicking Home button when in run just "shakes" the display, even if paused. But you can double-click Home button to manage music player; see Music Playback on page 15.

1. If you are on the clock screen, press the Home button to display the action screen.
2. Scroll to the Run action. <<terminology of "action" tbd –brs>>
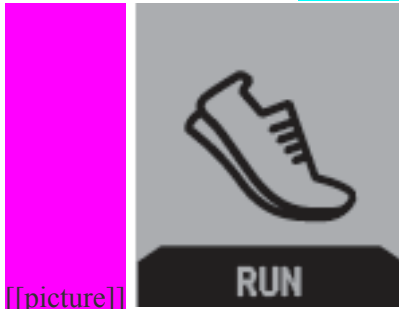
[[picture]]

3. Swipe to cycle through the available types of runs: Free Run, Treadmill Run, Lap Run.
4. Press the Select button to choose the type of run you want to track.

Free Run

Intro. Default screen shows stopwatch, with pace at bottom and miles at top

[[picture]]

1. Press the Select button to start/pause/resume
2. GPS/Quick Start
3. While running or paused, swipe to display current heart rate, average (?) pace, distance, clock (current time).
4. When through, press the Select button to pause, then press the Action button to display summary. <<tbd if Confirm action is added –brs>> Scroll down to view all stats.
   [[picture]]
5. Press the Action button to exit

Treadmill Run

Intro, doesn't use GPS.

[[picture]]

1. Press the Select button to start/pause/resume
2. While running or paused, swipe to display current heart rate, average (?) pace, calories, clock (current time).

3. When through, press the Select button to pause, then press the Action button to display summary. Scroll down to view all stats.
   [[picture]]
4. Press the Action button to exit

<<Are distance/pace just there for consistency? They have to be 0, right? –brs>>

<<Summary screen shows elevation gain – bug? 7/29 brs>>

Lap Run

Intro.

[[picture]]
1. Press the Select button to start/pause/resume lap
2. GPS/Quick Start
3. While running or paused, swipe to display current heart rate, average pace for current lap, lap distance, total distance, clock (current time).
4. While running (not in pause mode) press the Action button to start new lap. Summary of previous lap is displayed for a few seconds.
   [[picture]]
5. When through, press the Select button to pause, then press the Action button to display distance for each lap. Scroll if necessary to see all laps.
   [[picture]]
6. Press the Action button to display run summary. Scroll down to view all stats.
   [[picture: can use free run summary]]
7. Press the Action button to exit.

Tracking Exercise with the Fitbit Surge

Your Fitbit Surge lets you track stats for a wide variety of exercise types, including Stairclimbing, Hiking, Yoga, Cycling, and many others. You can also track an exercise type named "Workout" if the particular exercise you want to track is not available. Workout always on the watch, and you can add 6 others <<Confirm adding 6 or 7 with Christine Brumback –brs>>

The stats that are tracked vary depending on the type of exercise. For example, the Cycling tracks several stats including some related to distance, max speed and average speed, while Spinning tracks only your average BPM and total calories expended.

In addition, GPS is enabled for certain exercise types, such as Hiking and Cycling.

You can have one to seven exercise types available on your Surge at any time. Your exercise stats are displayed on the Activities tab in your Fitbit.com log. <<Confirm wording/terminology with other docs – brs>>

Tracking an exercise

Intro.

1. If you are on the clock screen, press the Home button to display the action screen.
2. Scroll to the Exercise action. <<terminology of "action" tbd –brs>>

[[picture]]
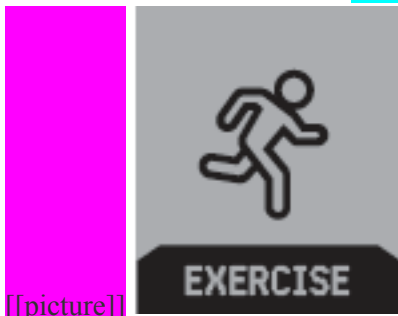
3. Press the Select button to choose Exercise, then swipe left or right to display the exercise you want to track. (If you want to track an exercise that isn't on your Surge, see Choosing exercise types to track on page 14.)
4. Press the Select button to choose the exercise type.

NOTE: If the exercise uses GPS, the Surge immediately starts searching for a GPS signal. You can wait until it finds the signal, or press Quick Start to move directly to the tracking screen. For more information on GPS, see About GPS on the Fitbit Surge on page 7.

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5. Press the Select button to start/pause/resume.

6. While exercising or paused, swipe to display various stats being tracked.
7. When through, press the Select button to pause, then press the Action button to display summary. You may have to scroll down to view all stats.

<<Consider turning all this into a table format. Include all exercise types, not just the default ones I started with belwo. –brs>>

Stairclimbing

Default screen shows stopwatch, with avg BPM at bottom

Swipe to see average BPM, clock, calories at bottom instead

Top shows n.nn MI(P)<<is this mileage calculated based on number of paces??>>

Spinning

Default screen shows stopwatch, with avg BPM at bottom

Swipe to see clock at bottom instead

Top shows calories

Hiking (GPS)

Click Select button to search for GPS signal

Press Select button for Quick Start

Press Select button to start

Default screen shows stopwatch, steps at bottom, miles at top <<if no GPS, calculates via pace? –brs>>

Swipe to see average BPM, clock, elevation, average pace, calories at bottom instead

Cycling (GPS)

Press Select button to search for GPS signal

Press Select button for Quick Start

Press Select button to start

Default screen shows stopwatch, average BPM at bottom, calories at top

Swipe to see clock, distance, elevation, max speed, average speed at bottom instead

Yoga

Press Select button to start

Default screen shows stopwatch, clock at bottom, current heart rate at top

<<Swiping is broken – come back to this –brs>>

Weight Lifting

Press Select button to start

Default screen shows stopwatch, clock at bottom, current heart rate at top

Swipe to see calories, average BPM at bottom instead

Custom

Default screen shows stopwatch, steps at bottom, current heart rate at top

Swipe to see average BPM, clock (current time), max speed (n/a without GPS), average speed (n/a without GPS), distance (n/a without GPS), calories.at bottom instead

Choosing exercise types to track

Your Surge has several exercise types available by default. You can use the Fitbit.com dashboard to change or re-order the exercise types available.

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 Devices.
5. Select your Surge device.
6. Scroll down to Exercises and select and order the exercises you want available on your device.

Your exercise list will be saved to your Surge the next time you sync your tracker. If you want to sync the list immediately, open Fitbit Connect and select Sync Now.

You can update the exercise types on your Surge as often as you like. Even if you remove an exercise type, existing stats for that exercise are retained and displayed on the Activities tab.

SmartWatch features

Music Playback

get info from https://wiki.fitbit.com/display/prdct/4.2+Music+Control and https://wiki.fitbit.com/display/prdct/4.2.1+Proton+Music+Experience.

[[picture]]

Call and Text Notifications

Get info from https://wiki.fitbit.com/display/prdct/4.1.1+Proton+Notifications and https://wiki.fitbit.com/display/prdct/Toasts.

<<test this when I can pair/connect –-brs >>

If your mobile device is compatible with the wireless sync feature, you can choose to receive incoming smart call and text notifications on your Surge when your phone is within about 15 to 30 feet (5 to 10 meters) from your device. To see if your mobile device is compatible, go to http://www.fitbit.com/devices.

- When you receive a phone call, your Surge 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.
- When you receive a text, your Surge vibrates once and the text message scrolls across the display. The notification scrolls for 10 seconds.

You can dismiss a notification at any time by pressing the Action button on your Surge.

Managing notifications on an iOS mobile device

To turn notifications on or off:

1. Open the Fitbit app on your iOS device.
2. Click Surge 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. <mark><<Even if you've already paired for syncing? –brs>></mark>
5. Tap Connect. Make sure your Surge is in Pair mode; see BT Classic on page 21. <mark><<What about Text notifications? Does Call Notifications actually set both? Can't connect or Pair, so need to test this later –brs>></mark>

Managing notifications on a Windows mobile device

To turn notifications on or off:

1. To do

Managing notifications on an Android mobile device

To turn notifications on or off:

1. To do

Silent Alarms

Your Surge gently vibrates to wake or alert you with its silent alarm feature. You can set alarms using your computer or by using the Fitbit app on a mobile device.

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

NOTE: Setting multiple alarms may diminish the battery life of your Surge.

Setting silent alarms

You can add, edit, and delete silent alarms by using the Fitbit.com dashboard.

Note: can also set via mobile app. See <<ADD LINK HERE>>

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. <<add info on editing/deleting –brs>>
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 changes will be saved to your Surge the next time you sync your tracker. If you want to sync the alarm immediately, open Fitbit Connect and select Sync Now.

Dismissing or snoozing silent alarms

When your silent alarm goes off, your Surge will vibrate (if you have enabled Vibration Alerts) and the screen will flash. Press the appropriate button on the right side of the Surge to either dismiss the alarm or snooze it for nine minutes.

If you do not dismiss the alarm, it will repeat after approximately nine minutes.

Enabling or disabling silent alarms on your Fitbit Surge

1. If on clock screen, press the Home button to display action screen
2. Swipe to Alarms.
   [[picture]]
3. Press the Select button.
4. Swipe among alarms
5. Press select to enable/disable alarm
   [[picture]]

Managing settings on your Fitbit Surge

1. If on clock screen, press the Home button to display action screen.
2. Swipe to Settings.
   [[picture]]
3. Press the Select button and scroll up or down among settings. Press the Select button to cycle among options for each setting. <<Will heart rate/zones be added? –brs>>

Backlight

- Auto – explain what this does
- On
- Off

Notifications

- On
- Off

Vibration Alerts

- On
- Off

BT Classic

- Pair
- On
- Off

Restart

Version

<<tbd if staying –brs>>

Shutdown

Wearing your Fitbit Surge

Your Surge is designed to be most accurate when worn on your wrist. To get the most accurate reading from your Surge, specify whether you are wearing it on the wrist of your dominant or non-dominant hand.

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

Specifying dominant or non-dominant hand

You can specify this setting from your computer.

Note: can also set via mobile app. See <<ADD LINK HERE>>

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 take effect until you sync your Surge.

Using your Surge in wet conditions

This is what we say for Flex; true for Surge?

Your Surge 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 50 meters. <<Waiting for info about swim-proof-ness. –-brs>>

Battery Life and Power

Battery life

Your Surge contains a rechargeable lithium-polymer battery.

With normal use, your fully charged Surge should last about 7 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 Surge to cycle through your stats, the first screen will show a battery if there is approximately one day or less of battery life remaining.

Charging your Surge

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

[[picture]]

Charging completely takes an average of one and a half to two hours.

Memory

When you sync your Surge, your daily stats, run and exercise data is uploaded to your Fitbit.com dashboard. Your Surge holds detailed minute-by-minute information for the most recent 7 days, and up to 30 days of daily summaries. <<tbd: which data is saved for how long? Runs, exercise, etc. –brs>>

Your daily stats include steps taken, distance traveled, calories burned, floors climbed, heart rate, and sleep tracked.

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

NOTE: Your Surge 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 Surge.

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.

Viewing data – mention tiles that are available

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.

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 Surge 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.

NOTE: You can also manage certain settings by using the Fitbit app on a mobile device.

The Devices screen allows you to change:

- Daily Goal Progress: Choose which goal you want your Surge 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.
- Clock Display: Choose from four different clock styles.
- Dominant Hand: Choose which wrist you wear your Surge on to get the most accurate data readings. More information on this topic is located here.
- 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.
- Heart Rate Tracking: <<What do the auto/on/off options mean? –brs>>
- Exercises: Select and order the exercise types you want to display on your Surge.

You can manage silent alarms by clicking Silent Alarms from the left sidebar. For more information, see Silent Alarms on page 17.

You can manage heart rate zones by clicking Personal Info from the left sidebar. For more information, see About Heart rate on the Fitbit Surge on page 6.

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

Updating Fitbit Surge

Fitbit may release free updates for your Surge. We recommend that you keep your Surge up to date. The latest feature enhancements and product improvements are made through updates.

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

Updating Surge

You can update your Surge by using Fitbit Connect.

NOTE: If your mobile device is compatible with the wireless sync feature, your Surge can be updated using the Fitbit app. To see if your mobile device is compatible, go to http://www.fitbit.com/devices.

To update your Surge:

1. Plug in your dongle and have your tracker nearby, turned on, and charged.
2. Click the Fitbit Connect icon near the time and date.
3. From the Main Menu, choose Check for device update.
4. Log in to your account using your Fitbit.com credentials. Fitbit Connect will now look for your Surge.
5. If an update has been found for your Surge, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your Surge close to your computer while you perform the update.

    You'll see a notification when the update completes.

If you have trouble updating your Surge, see http://help.fitbit.com.

Fitbit Surge General Info & Specifications

Sensors and motors

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

Size & Weight

CHANGE THESE per Daniel	Length	Width	Weight
Small wristband	5.5 – 6.9 in 140 – 176 mm	0.76 in 19.2 mm	1.1 oz
Large wristband	6.3 – 8.2 in 161 – 209 mm	0.76 in 19.2 mm	1.1 oz

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	Device is splash proof and can be submerged up to 25 feet. However, it is not swim-proof. <<to confirm/validate – brs>>
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Surge 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: FB501

USA: Federal Communications Commission (FCC) statement

DECLARATION OF CONFORMITY

We, Fitbit, Inc., 405 Howard Street, San Francisco, CA 94105, 877-623-4997, declare under our sole responsibility that the product Fitbit Model FB501 complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

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

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 dispositive

CAN ICES-3 (B)/NMB-3(B)

FCC ID	XRAFB501

IC ID   8542A-FB501

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.
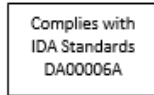
$C\epsilon$

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

Conforme à la norme R&TTE 99/CE/05

Other

 J00074 Complies with IDA Standards DA00006A

 N30032

ICASA TA-2013/1263 Approved

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אישור התאמה 63-63079

אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

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" 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 FB501

2) Certificate number :   MSIP-CRM-XRA-FB501

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.

fitbit force™

Wireless Activity + Sleep Wristband