



fitbit charge 3™



User Manual
Version 3.0

Table of Contents

Get Started	6
What's in the box	6
Set up Fitbit Charge 3	7
Charge Charge 3	7
Set up with your phone or tablet	8
Set up with your Windows 10 PC	9
See your data in the Fitbit app	9
Wear Charge 3	11
Placement for all-day wear vs exercise	11
Change the wristband	13
Remove a wristband	13
Attach a new wristband	14
Basics	15
Navigate Charge 3	15
Basic navigation	15
Quick settings	17
Adjust settings	18
Check battery level	18
Care for Charge 3	18
Change the clock face	19
Notifications	20
Set up notifications	20
See incoming notifications	20
Manage notifications	21
Turn off notifications	21
Answer or reject phone calls	22
Respond to messages	23

Timekeeping	25
Enable or disable an alarm	25
Time events with the stopwatch	26
Dismiss or snooze an alarm	27
Set a timer	28
Activity and Sleep	30
See your stats	30
Track a daily activity goal	30
Choose a goal	30
See goal progress	31
Track your hourly activity	31
Track your sleep	31
Set a sleep goal	32
Set a bedtime reminder	32
Learn about your sleep habits	32
See your heart rate	32
Adjust your heart-rate setting	33
Practice guided breathing	33
Fitness and Exercise	35
Track your exercise automatically	35
Track and analyze exercise with the Exercise app	35
GPS requirements	35
Track an exercise	36
Customize your exercise settings and shortcuts	37
Check your workout summary	37
Set an exercise goal	39
Check your heart rate	40
Default heart-rate zones	40
Custom heart-rate zones	41
Share your activity	42
Track your cardio fitness score	42
Fitbit Pay	43
Use credit and debit cards	43

Add credit and debit cards	43
Make purchases	44
Change your default card	46
Weather	47
Check the weather	47
Add or remove a city	47
Update, Restart, and Erase	49
Restart Charge 3	49
Erase Charge 3	49
Update Charge 3	50
Troubleshooting	51
Heart-rate signal missing	51
GPS signal missing	51
Other issues	52
General Info and Specifications	53
Sensors	53
Materials	53
Wireless technology	53
Haptic feedback	53
Battery	53
Memory	54
Display	54
Wristband size	54
Environmental conditions	54
Learn more	54
Return policy and warranty	55
Regulatory & Safety Notices	56
USA: Federal Communications Commission (FCC) statement	56
Canada: Industry Canada (IC) statement	57
European Union (EU)	58
Argentina	59
Australia/New Zealand	60

China	60
India	61
Indonesia	61
Israel	62
Japan	62
Mexico	62
Morocco	63
Nigeria	63
Oman	63
Philippines	64
Serbia	64
South Korea	64
Taiwan	65
United Arab Emirates	67
Vietnam	67
Zambia	68
Safety Statement	68

Get Started

Get a deeper understanding of your body, your health, and your progress with Fitbit Charge 3. Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety).

What's in the box

Your Fitbit Charge 3 box includes:



Tracker with small wristband (color and material vary)



Charging cable



Additional large band (color and material vary)

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

Set up Fitbit Charge 3

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

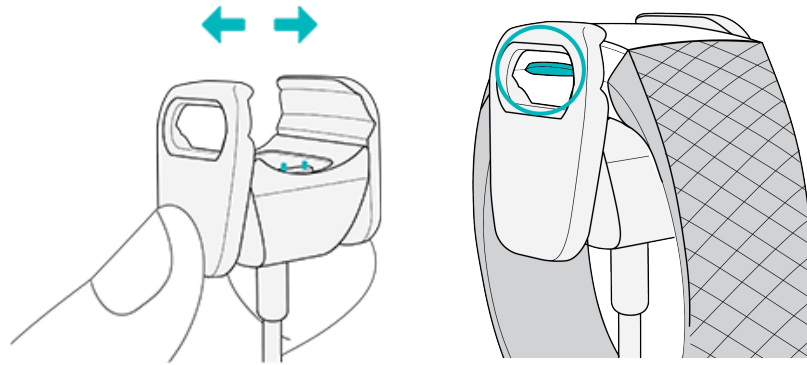
Your Fitbit account asks for information such as height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your first name, last initial, and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

Charge Charge 3

A fully-charged Charge 3 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 your Charge 3:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port. A battery icon appears on the screen.



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



Set up with your phone or tablet

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app is compatible with your device, see [fitbit.com/devices](https://www.fitbit.com/devices).

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
 - Apple App Store for iPhones and iPads
 - Google Play Store for Android phones
 - Microsoft Store for Windows 10 devices
2. Install the app.

3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create an account.
4. Continue to follow the on-screen instructions to connect Charge 3 to your Fitbit account.

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

Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Charge 3 with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:


1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app and log in to your account, or click **Join Fitbit** to be guided through a series of questions that help you create an account.
5. Continue to follow the on-screen instructions to connect Charge 3 to your Fitbit account.

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

See your data in the Fitbit app

Sync Charge 3 to transfer your data to the Fitbit app, where you can view your exercise and sleep data, log food and water, participate in challenges, and more. We recommend syncing at least once a day.

Each time you open the Fitbit app, Charge 3 syncs automatically when it's nearby. Charge 3 also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

From the Fitbit app dashboard, tap the Account icon () > Charge 3 tile > **All-Day Sync**.

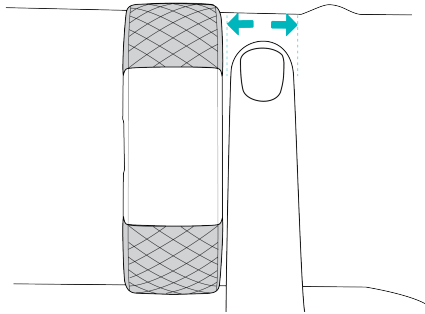
You can also use the **Sync Now** option in the app at any time.

Wear Charge 3

Place Charge 3 around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, you'll find instructions in "[Change the wristband](#)" on page 13.

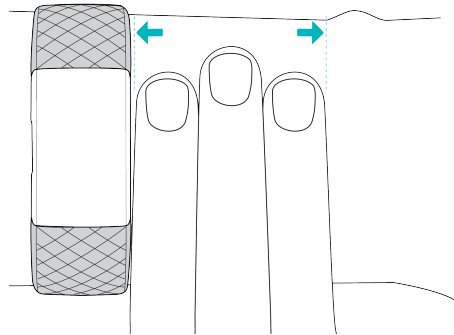
Placement for all-day wear vs exercise

When you're not exercising, wear Charge 3 a finger's width below your wrist bone.



For optimized heart-rate tracking while exercising:

- Try wearing Charge 3 higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the tracker is lower on your wrist.



- Make sure the tracker is in contact with your skin.
- Don't wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart-rate signal. However, the tracker should be slightly tighter (snug but not constricting) during exercise than during all-day wear.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your tracker doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

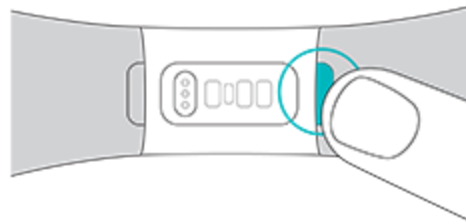
Change the wristband

Charge 3 comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see ["Wristband size" on page 54](#).

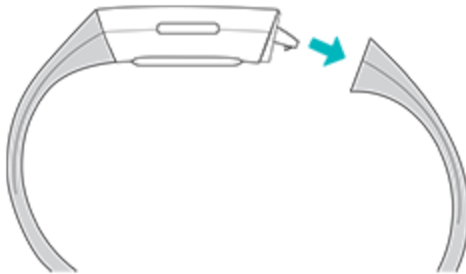
Remove a wristband

To remove the wristband:

1. Turn over Charge 3 and find the wristband latches.
2. To release the latch, press down on the flat button on the wristband.



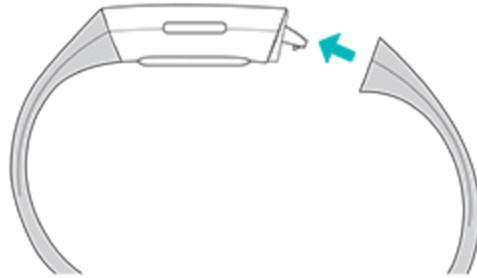
3. Gently pull the wristband away from the tracker to release it.



4. Repeat on the other side.

Attach a new wristband

To attach a new wristband, press it into the end of the tracker until you feel it snap into place.



If you have trouble attaching the wristband or if it feels loose, gently move the wristband back and forth to make sure it's attached to the tracker.

Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Charge 3

Charge 3 has an OLED touchscreen display and 1 button.

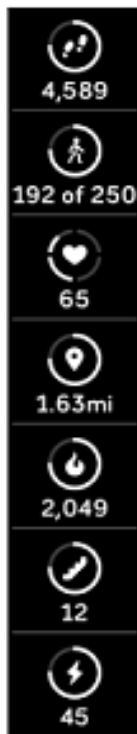
Navigate Charge 3 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left to scroll through the apps on your tracker.

SWIPE DOWN TO SEE NOTIFICATIONS



SWIPE UP TO SEE FITBIT TODAY

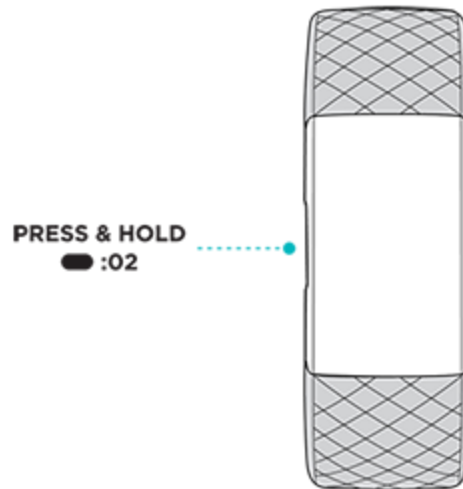


SWIPE LEFT TO SEE APPS

To open an app, swipe to find the app and then tap it.

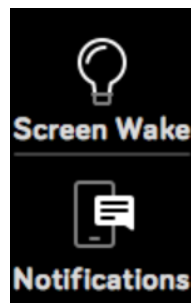
Quick settings

Press and hold the button on Charge 3 for a faster way to access certain settings. Tap a setting to turn it on or off. The icon dims when the setting is turned off.



On the quick settings screen:

- When Screen Wake is on, turn your wrist towards you to turn on the screen.
- When the Notifications setting is turned on, Charge 3 displays notifications from your phone when your phone is nearby. For more information on how to manage notifications, see ["Notifications" on page 20](#).



Adjust settings

Manage basic settings including brightness, heart rate, and button sensitivity directly on your tracker. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.

Check battery level

Check your battery level at any time: from the clock face, swipe up. The battery level icon is in the top-left corner of the screen.

Your tracker continues to track your activity until your battery runs out.


Care for Charge 3

It's important to clean and dry your Charge 3 regularly. For instructions and more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

Change the clock face

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

To change your clock face:


1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Charge 3 tile.
2. Tap **Clock Faces > Pick a New Clock**.
3. Browse the available clock faces. When you find one you want to install, tap it.
4. Tap **Select** to add the clock face to Charge 3.

Notifications

Charge 3 can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and tracker must be within 30 feet of each other to receive notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

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

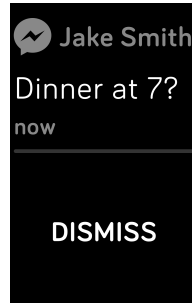
Note that if you have an iPhone, iPad, or Windows 10 device, Charge 3 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Charge 3 shows calendar notifications from the calendar app you choose during setup.

For detailed instructions on how to set up notifications, see help.fitbit.com.

See incoming notifications

When your phone and Charge 3 are within range, a notification causes the tracker to vibrate. If you don't read the notification when it arrives, you can check it later by

swiping down on the clock screen.



Manage notifications

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

To manage notifications:

- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it. Then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.

Turn off notifications


Turn off all notifications in the quick settings on Charge 3 or turn off certain notifications with the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off.



To turn off certain notifications:

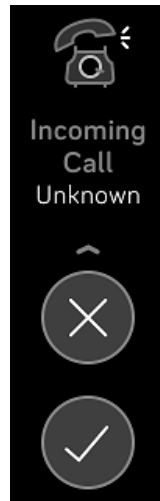
1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Charge 3 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.
3. Tap **Notifications** > **Charge 3** in the top left corner to return to device settings. Sync your tracker to save your changes.

Note that if you use the Do Not Disturb setting on your phone, notifications are disabled until you turn off this setting.

Answer or reject phone calls

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

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

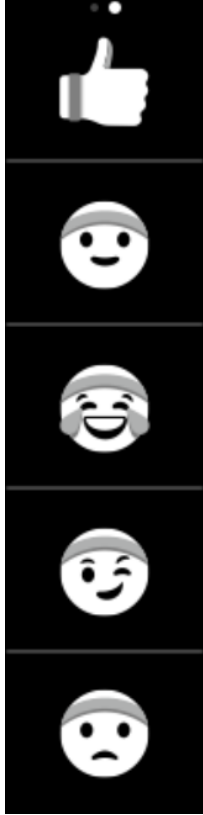


Respond to messages

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

To use quick replies:

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



For more information on responding to messages from your tracker, including how to customize the quick replies, see help.fitbit.com.

Timekeeping

Alarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

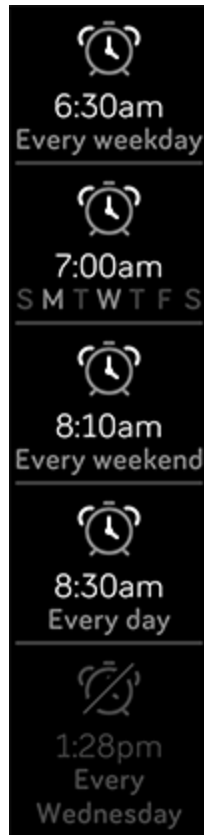
For more information about setting and managing alarms, see help.fitbit.com.

Enable or disable an alarm

After you create an alarm, you can disable or re-enable it directly on Charge 3 without opening the Fitbit app. You can only create an alarm in the Fitbit app.

To enable or disable alarms:

1. On Charge 3, open the Alarms app.
2. Swipe until you find the alarm you want to enable or disable.
3. Tap to enable or disable the alarm.



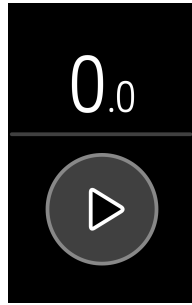
Time events with the stopwatch

To use the stopwatch:

1. On Charge 3, open the Timers app.
2. If you used the countdown timer previously, swipe right and tap the stopwatch icon.



3. Tap the play icon to start the stopwatch.



4. Tap the pause icon to stop the stopwatch.
5. Swipe up and tap the reset icon to reset the stopwatch, or press the button to exit.

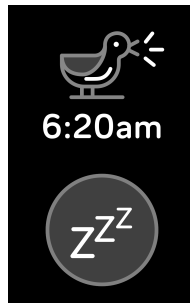


Dismiss or snooze an alarm

When your silent alarm goes off, the tracker vibrates.

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

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



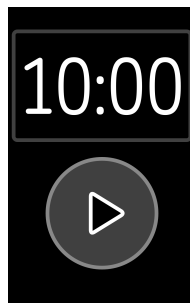
Set a timer

To use the countdown timer:

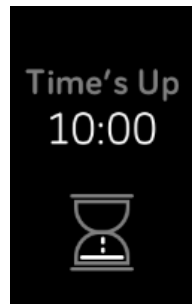
1. On Charge 3, open the Timers app.
2. If you used the stopwatch previously, swipe left to choose the countdown feature.



3. Tap the timer icon.
4. Tap the numbers and scroll to set the timer.
5. Press the button to return to the countdown screen.



6. Tap the play icon to start the timer. Charge 3 flashes and vibrates when the time allotted is done.
7. Press the button to dismiss the alert.



For more information on how to use the stopwatch or timer, see help.fitbit.com.

Activity and Sleep

Charge 3 continuously tracks a variety of stats whenever you wear it. The information is transferred to the Fitbit app every time you sync your tracker.

See your stats

From the clock face, swipe up to see your daily stats, including:

- Core stats: steps taken today, calories burned, distance covered, floors climbed, and active minutes
- Hourly activity: steps taken this hour and the number of hours you met your hourly activity goal
- Heart rate: current heart rate and heart-rate zone
- Female health tracking: information on the current stage of your menstrual cycle (if you don't use the female health feature in the Fitbit app, this tile won't appear)

Find your complete history and other information automatically detected by your tracker, such as sleep data, in the Fitbit app.

Track a daily activity goal

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

Choose a goal

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

For instructions on how to change your goal, see help.fitbit.com.

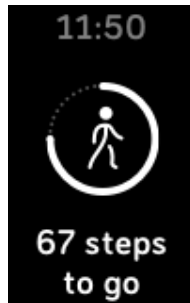
See goal progress

For information on how to see detailed progress toward your goal, see "[See your stats](#)" on the [previous page](#).

Track your hourly activity

Charge 3 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You'll feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.



For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your sleep

Wear Charge 3 to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the app.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

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

For more information about your sleep goal, including how to change it, see help.fitbit.com.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

Charge 3 tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Charge 3 and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information about sleep stages, see help.fitbit.com.

See your heart rate

Charge 3 tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information on the stats on your tracker, see ["See your stats" on page 30](#).

During a workout, Charge 3 shows your heart-rate zone to help you target the training intensity of your choice.

For more information about heart-rate zones on Charge 3, see "[Check your heart rate](#)" on page 40.

Adjust your heart-rate setting

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

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

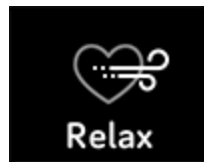
For more information about adjusting the heart-rate tracker, see help.fitbit.com.

Practice guided breathing

The Relax app on Charge 3 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

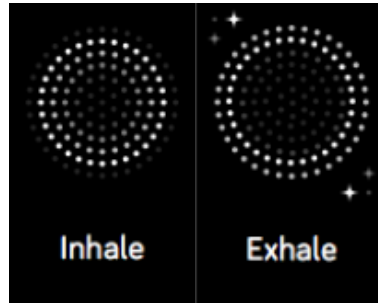
To begin a session:

1. On Charge 3, open the Relax app.



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

3. Tap the play icon to start the session and follow the on-screen instructions.



After the exercise, you'll see a summary that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

All notifications are automatically disabled during the session.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see help.fitbit.com.

Fitness and Exercise

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

Sync Charge 3 with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Charge 3 automatically recognizes and records high-movement activities at least 15 minutes long—including run, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

For greater precision or to see real-time stats and a workout summary on your tracker, manually start and stop an exercise with the Exercise app. For more information, see "[Track and analyze exercise with the Exercise app](#)" below.

For more information about tracking activity, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, swim, or weights—with the Exercise app on Charge 3 to see real-time stats, including heart-rate data, calories burned, and elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

Note: The connected GPS feature on Charge 3 works with the GPS sensors on your nearby phone.

GPS requirements

To use connected GPS:

1. Turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Check that connected GPS is turned on for the exercise.
 - a. Open the Exercise app and swipe to find the exercise you want to track.
 - b. Swipe up and make sure **Use Phone GPS** is set to **On**.
4. Keep your phone with you while you exercise.

Track an exercise

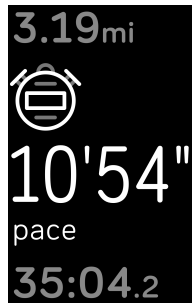
To track an exercise:

1. On your tracker, open the Exercise app.
2. Swipe to find an exercise.
3. Tap the exercise to select it.
4. Tap **Start** to begin the exercise, or tap **Set Goal** to choose a time, distance, or calorie goal depending on the activity.

Note: If the exercise uses GPS, you'll see an icon in the top left as your tracker connects to your phone's GPS sensors. When the screen says "connected" and Charge 3 vibrates, GPS is connected.



5. Tap the play icon to begin tracking your exercise. Charge 3 shows several real-time stats including heart rate, calories burned, and elapsed time. Tap the middle stat to see additional stats.




6. When you're done with your workout or want to pause, press the button. Note that if you set an exercise goal, your tracker vibrates when you reach the goal.
7. Press the button again and tap **Finish** to end the workout.
8. Swipe up to see your workout summary.
9. Press the button to close the summary screen.

Customize your exercise settings and shortcuts

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

To customize an exercise setting:

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

For more information about changing or reordering exercise shortcuts, see help.fitbit.com.

Check your workout summary

After you complete a workout, Charge 3 shows a summary of your stats.

Nice Work!



1h 24m



1,750m



2'36"/
100m



134 bpm



161 bpm
max



647 cals



2,371



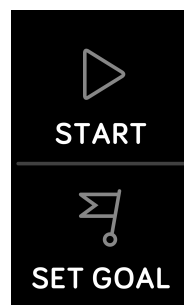
Sync your tracker to save the workout in your exercise history, where you can find additional stats and see your route and elevation climbed if you used connected GPS.

Set an exercise goal

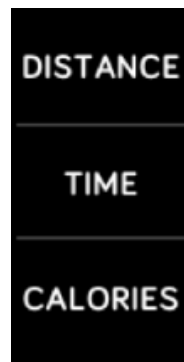
Set a time, distance, or calorie goal depending on the exercise type.

To set an exercise goal:

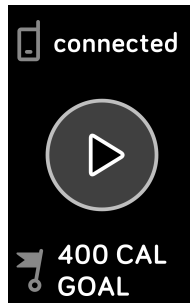
1. After you choose an exercise, tap **Set Goal**.



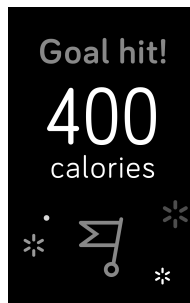
2. Swipe up to choose your exercise goal, such as distance, time, or calories.



3. After you set your goal, tap the play icon to begin your exercise.



4. Charge 3 vibrates when you reach your goal.

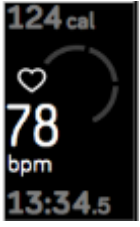
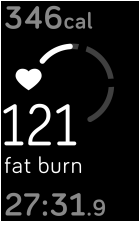
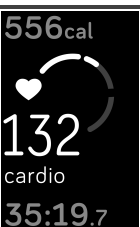



Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Charge 3 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Custom heart-rate zones

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, including links to relevant American Heart Rate Association information, see help.fitbit.com.

Share your activity

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

For more information on how to share your activity, see help.fitbit.com.

Track your cardio fitness score

Track your overall cardiovascular fitness with Charge 3. From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness score (also known as VO2 Max) and cardio fitness level, which shows how you compare to your peers.

For more information about cardio fitness, including tips for improving your score, see help.fitbit.com.

Fitbit Pay

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

Use credit and debit cards


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

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

Add credit and debit cards

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

To set up Fitbit Pay:

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

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

Make purchases

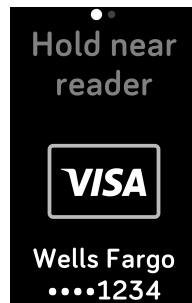
Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:



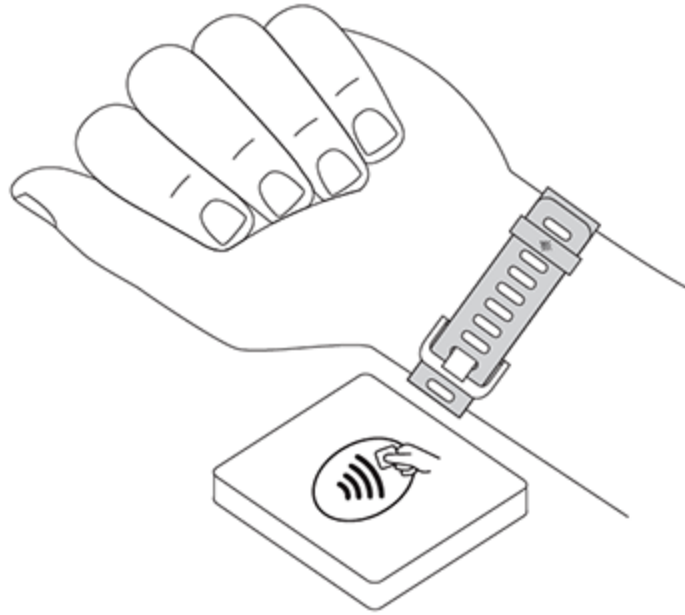
To pay with Charge 3:

All customers except those in Australia:

1. When you're ready to pay, press and hold the button on your tracker for 2 seconds. Swipe to the Payments screen if it's not shown.
2. If prompted, enter your 4-digit tracker PIN code. Your default card appears on the screen.



3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, tap to find the card you want to use and then hold your wrist near the payment terminal.



When the payment succeeds, your tracker vibrates and you'll see a confirmation on the screen.

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

Customers in Australia:

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


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

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

For more information about Fitbit Pay, including how to see transactions made with your tracker, see help.fitbit.com.

Change your default card

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

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

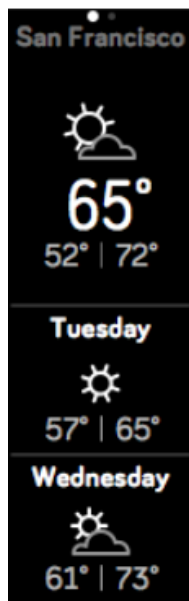
Weather

The Weather app on Charge 3 displays the weather in your current location, as well as 2 additional locations you choose.

Check the weather



To check the current weather, open the Weather app on your tracker. By default, the Weather app shows your current location. Swipe left to view the weather in any additional locations you added.

If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations, sync your tracker to see your new location in the Weather app.



Add or remove a city

To add or remove a city:

1. Open the Fitbit app and tap the Account icon () > Charge 3 tile.
2. Tap **Apps**.
3. Tap the gear icon () next to **Weather**. You may need to scroll down to find the app.
4. Tap **Add City** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.
5. Sync your tracker with the Fitbit app to see the updated list of locations on your tracker.

For more information about setting up the Weather app, see help.fitbit.com.

Update, Restart, and Erase

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

Restart Charge 3

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

If your tracker is unresponsive:

1. Plug the charging cable into the USB port on a computer or a UL-certified USB wall charger.
2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port.
3. Press and hold the button on your tracker for 8 seconds. Release the button. When you see a smiley face and the tracker vibrates, the tracker restarted.

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

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

Erase Charge 3

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

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

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

Update Charge 3

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

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

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

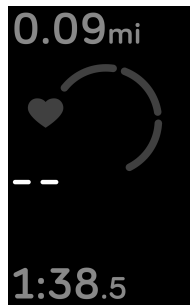
If you have trouble updating your tracker, see help.fitbit.com.

Troubleshooting

If your tracker isn't working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Heart-rate signal missing

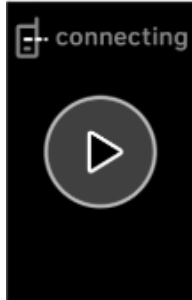
Charge 3 continuously tracks your heart rate while you're exercising and throughout the day. Occasionally, the heart-rate sensor on your tracker may have difficulty finding a good signal. When this happens, you see dashed lines where your current heart rate usually appears.



If you're not getting a heart-rate signal, first make sure heart-rate tracking is turned on in the settings app on your device. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Charge 3 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and even thick cloud cover can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, you'll see "connecting" appear at the top of the screen.



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

Other issues

If your tracker experiences any of the following problems, restart it:

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

For instructions on how to restart your tracker, see "[Restart Charge 3](#)" on page 49.

For additional troubleshooting or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Charge 3 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- An optical heart-rate tracker

Materials

The housing and buckle on Charge 3 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

The Fitbit Charge 3 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless technology

Charge 3 contains a Bluetooth 4.0 radio transceiver and Fitbit-Pay enabled trackers contain an NFC chip.

Haptic feedback

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

Battery

Charge 3 contains a rechargeable lithium-polymer battery.

Memory

Charge 3 stores your data, including daily stats, sleep information, and exercise history, for 7 days. For best results, sync your tracker daily.

Display

Charge 3 has an OLED display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small wristband	Fits a wrist between 5.5 - 7.1 inches (140 - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 - 220 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Maximum Operating Altitude	30,000 feet (9,144 m)

Learn more

To learn more about your tracker and dashboard, visit help.fitbit.com.

Return policy and warranty

You can find warranty information and the fitbit.com return policy at [fitbit.com/legal/returns-and-warranty](https://www.fitbit.com/legal/returns-and-warranty).

Regulatory & Safety Notices

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

Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB409

FCC ID: XRAFB409

Model FB410:

FCC ID: XRAFB410

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

Settings > About > Regulatory Info

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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

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

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

Canada: Industry Canada (IC) statement

Model/Modèle FB409:

IC: 8542A-FB409

Model/Modèle FB410:

IC: 8542A-FB410

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

Settings > About > Regulatory Info

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

Paramètres > À propos > Informations réglementaires

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

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

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

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

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

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

European Union (EU)

Models FB409 and FB410

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB409 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB409 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB409 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet:

www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB409 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB409 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

Model FB409:

 COMISIÓN NACIONAL DE COMUNICACIONES C-21863

 COMISIÓN NACIONAL DE COMUNICACIONES C-22260

Model FB410:

 COMISIÓN NACIONAL DE COMUNICACIONES C-21864

 COMISIÓN NACIONAL DE COMUNICACIONES C-22264

Australia/New Zealand

Model Name FB409 and FB410



China

FB410

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

Settings > About > Regulatory Info

CMIIT ID: 2018DJ3954

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB409	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB409	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



India

Model Name FB410

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

Settings > About > Regulatory Info

Indonesia

Model Name FB410

56621/SDPPI/2018
3788

Israel

Model FB409

התאמה אישור 51-64667

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Model FB410

התאמה אישור 51-64668

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan

Model FB410

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

Settings > About > Regulatory Info

Mexico



Models FB409 and FB410

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

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

Morocco

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

Model Name FB409

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

Nigeria

Models FB409 and FB410

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

Oman

Model Name FB409

OMAN-TRA/TA-R/5771/18

D100428

Model Name FB410

OMAN-TRA/TA-R/5773/18

D100428

Philippines

Model FB410



Serbia

Models FB409 and FB410



И 005 016



И 005 18

South Korea

Model FB410

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

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



Taiwan

Model FB410

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no

longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

使用過度恐傷害視力」

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

Translation:

“Excessive use may cause damage to vision”

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour. see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及／或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user can not replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

United Arab Emirates

Model FB409

TRA Registered No.: ER63685/18

Dealer No.: DA35294/14

Model FB410

TRA Registered No.: ER63686/18

Dealer No.: DA35294/14

Vietnam

Model FB410



Zambia

Model FB409



Model FB410



Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

©2019 Fitbit, Inc. All rights reserved. Fitbit and the Fitbit logo are trademarks or registered trademarks of Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at <http://www.fitbit.com/legal/trademark-list>. Third-party trademarks mentioned are the property of their respective owners.