fitbit charge 4 ™

BC

User Manual
Version 2.0

Table of Contents

Get started

Push your goals further with built-in GPS, personalized heart-rate features, up to 7 days of battery life, and more on Fitbit Charge 4.

Take a moment to review our complete safety information at fitbit.com/safety. Charge 4 is not intended to provide medical or scientific data.

What's in the box

Your Charge 4 box includes:

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

The detachable bands on Charge 4 come in a variety of colors and materials, sold separately.

Set up Charge 4

Use the Fitbit app for iPhones and Android phones.

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

Charge your tracker

A fully-charged Charge 4 has a battery life of 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

Note: The Charge 4 charging cable has a gray connector on the base of the clip. The Charge 3 charger doesn't work with Charge 4.

To charge Charge 4:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Clip the other end of the charging cable to the port on the back of Charge 4. The pins on the charging clip must lock securely with the gold contacts on the back of the tracker. Charge 4 vibrates, and a battery icon appears on the screen.
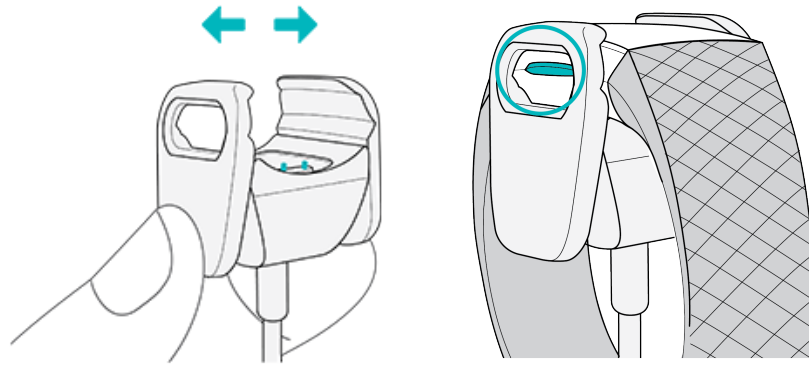
Charging fully takes about 1-2 hours. While the tracker charges, you can press the buttons to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

Set up with your phone

Set up Charge 4 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See fitbit.com/devices to check if your phone is compatible.

To get started:

1. Download the Fitbit app:
   - Apple App Store for iPhones
   - Google Play Store for Android phones
2. Install the app, and open it.
3. Tap **Sign in with Google**, and follow the on-screen instructions to set up your device.

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

For more information, see the related help article.

See your data in the Fitbit app

Open the Fitbit app on your phone to see your health metrics, activity and sleep data, choose a workout or mindfulness session, and more.

Unlock Fitbit Premium

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

For more information, see the related help article.

Wear Charge 4

Wear Charge 4 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in *"Change the band" on page 14*.

Placement for all-day wear vs. exercise

When you're not exercising, wear Charge 4 a finger's width above your wrist bone.

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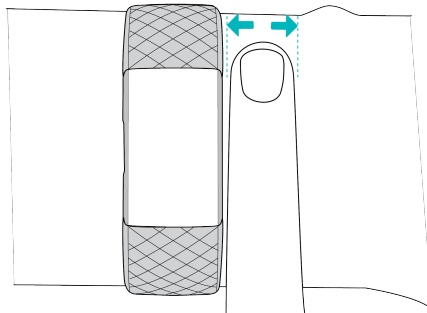
For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing your tracker a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the tracker is lower on your wrist.
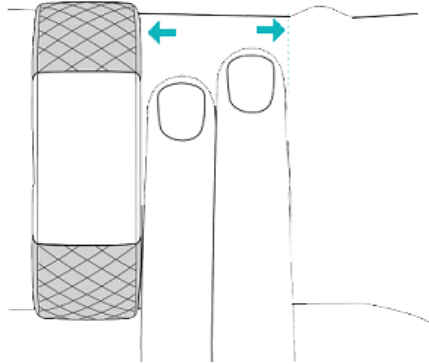
- Wear your tracker on top of your wrist, and make sure the back of the device is in contact with your skin.

- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

Handedness

For greater accuracy, you must specify whether you wear Charge 4 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Charge 4 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile ❯ **Wrist** ❯ **Dominant**.

Wear and care tips

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

For more information, visit the Fitbit Wear & Care page.

Change the band

Charge 4 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on fitbit.com. For band measurements, see "Band size" on page 53.

Fitbit Charge 3 bands are compatible with Fitbit Charge 4.

Remove a band

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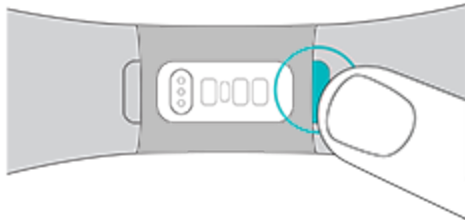
3. Gently pull the band away from the tracker to release it.
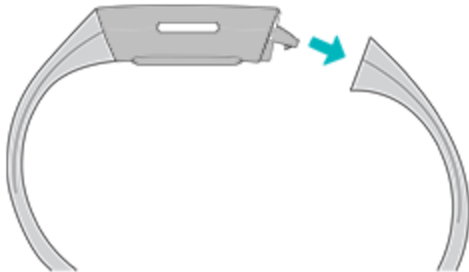
4. Repeat on the other side.

Attach a new band

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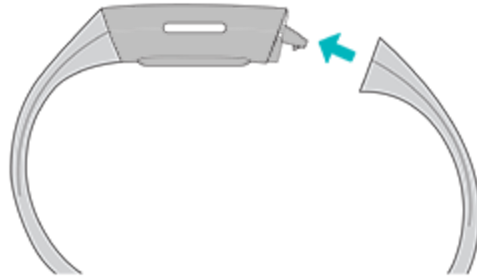
If you have trouble attaching the band or if it feels loose, gently move the band back and forth to make sure it's attached to the tracker.

Basics

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

Navigate Charge 4

Charge 4 has a PMOLED touchscreen display and 1 button.

Navigate Charge 4 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.

- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left to see the apps on your tracker.
- Press the buttons to go back to a previous screen or return to the clock face.

Instagram
Julia21 liked
your post ...

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

12
PM JUL 10
58
1.63mi

Exercise

Spotify

**SWIPE LEFT TO
SEE APPS**

99%

4,589

192 of 250

19 of 22

65

Resting
60 bpm

1.63mi

2,049

12

85
Good

8h 27m
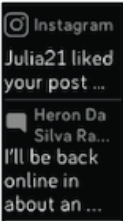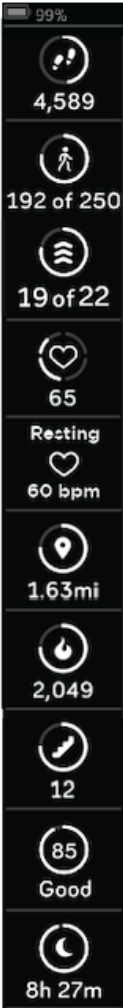
**SWIPE UP TO SEE
FITBIT TODAY**

17

Quick settings

Press and hold the buttons and swipe left on Charge 4 for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.

On the quick settings screen:

DND (Do not disturb)	When the do not disturb setting is on:
	• Notifications, goal celebrations, and reminders are muted.
	• The do not disturb icon illuminates in quick settings.
	You can't turn on the do not disturb setting and sleep mode at the same time.
Sleep Mode	
	When the sleep mode setting is on:
	• Notifications and reminders are muted. • The screen's brightness is set to dim.
	• The screen stays dark when you turn your wrist.
	Sleep mode turns off automatically when you set a schedule. For more information, see "Adjust settings" below.
	You can't turn on the do not disturb setting and sleep mode at the same time.
Screen Wake	When the screen wake setting is on, turn your wrist toward you to turn on the screen.

Adjust settings

Manage basic settings in the Settings app :

Active Zone Minutes Notifications	Turn on or off the Active Zone Minutes notifications you receive during everyday activity. For more information, see the related help article.
Brightness	Change the screen's brightness.
Do Not Disturb	Turn off all notifications or choose to automatically turn on do not disturb while using the Exercise app 🏃.
GPS Settings	Choose the GPS type and manage other settings to enhance GPS performance. For more information, see the related help article.
Heart Rate	Turn heart-rate tracking on or off.
Screen Timeout	Choose how long the screen stays on after you stop interacting with your tracker.
Sleep Mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off. To set a schedule: 1. Open the Settings app 🎚️ and tap **Sleep Mode**. 2. Tap **Schedule** to turn it on. 3. Tap **Sleep Interval** and set your sleep mode schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.
Vibrations	Adjust your tracker's vibration strength.
Device Info	View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device. For more information, see the related help article.

Tap a setting to adjust it. Swipe up to see the full list of settings.

Check battery level

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

Set up device lock

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

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

From the Today tab in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile ❯ **Device Lock**.

For more information, see the related help article.

Turn off the screen

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

Clock Faces and Apps

The Fitbit Gallery offers apps and clock faces to personalize your tracker and meet a variety of health, fitness, timekeeping, and everyday needs.

Change the clock face

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

1. From the Today tab ⁝⁝⁝ in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile.
2. Tap **Gallery** ❯ **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Charge 4.

Open apps

From the clock face, swipe left to see the apps installed on your tracker. To open an app, tap it.

Download additional apps

1. From the Today tab ⁝⁝⁝ in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile.
2. Tap **Gallery** ❯ **Apps** tab.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to Charge 4.

For more information, see the related help article.

Remove apps

You can remove most apps installed on Charge 4:

1. From the Today tab ⣿ in the Fitbit app, tap the icon in the top left ›
   Charge 4 tile.
2. Tap **Gallery**.
3. Tap the app you want to remove. You might need to swipe up to find it.
4. Tap **Uninstall**.

Lifestyle

Use apps to stay connected to what you care about most. See *"Clock Faces and Apps" on page 22* for instructions on how to add and delete apps.

For more information, see the related help article.

Agenda

Connect your phone's calendar in the Fitbit app to see upcoming calendar events for today and tomorrow in the Agenda app ▦ on your tracker.

For more information, see the related help article.

Weather

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

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 or don't see updated data for your current location, sync your tracker to see your new location and latest data in the Weather app.

Choose your unit of temperature in the Fitbit app. For more information, see the related help article.
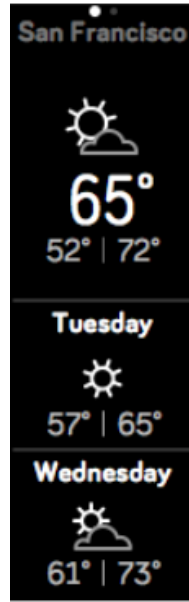
To add or remove a city:

1. From the Today tab in the Fitbit app, tap the icon in the top left Charge 4 tile.
2. Tap **Gallery**.
3. Tap the **Weather** app. You might need to swipe up to find it.
4. Tap **Settings** ❯ **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.

Notifications from your phone

Charge 4 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications.

Set up notifications

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

1. From the Today tab in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, Charge 4 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Charge 4 shows calendar notifications from the calendar app you chose during setup.

For more information, see the related help article.

See incoming notifications

A notification causes your tracker to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down from the top of the screen.
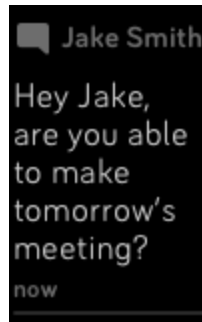
Manage notifications

Charge 4 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- Swipe down from the top of the screen 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 certain notifications in the Fitbit app, or turn off all notifications in quick settings on Charge 4. When you turn off all notifications, your tracker won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap the icon in the top left ﹥ Charge 4 tile ﹥ **Notifications.**
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. Press and hold the button on your tracker and swipe left to reach the quick settings screen.
2. Tap **DND** ⊖🗫 to turn on do not disturb. The DND icon ⊖🗫 illuminates to indicate that all notifications, goal celebrations, and reminders are turned off.

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

Answer or reject phone calls

If paired to an iPhone or Android phone, Charge 4 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 on 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 ✕ icon on your tracker's screen.

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

Incoming
Call
Jake Smith

Respond to messages (Android phones)

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

To respond to a message:

1. Open the notification you want to respond to.
2. Tap **Reply**. If you don't see an option to reply to the message, 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, including how to customize quick replies, see the related help article.

Timekeeping

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

Set an alarm

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

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

For more information, see the related help article.

Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To snooze the alarm for 9 minutes, tap the Zzz icon. To dismiss the alarm, press the button.

Snooze the alarm as many times as you want. Charge 4 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.
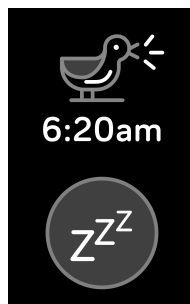
Use the timer or stopwatch

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

For more information, see the related help article.

Activity and Wellness

Charge 4 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

See your stats

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

Core stats	Steps taken today, distance covered, floors climbed, calories burned, and Active Zone Minutes
Exercise	Number of days you met your exercise goal this week
Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Sleep duration and sleep score
Water	Water intake logged today
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

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

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

Track a daily activity goal

Charge 4 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal.

For more information, see the related help article.

Track progress toward your goal on Charge 4. For more information, see "See your stats" on the previous page.

Track your hourly activity

Charge 4 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

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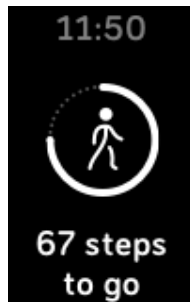
For more information, see the related help article.

Track your sleep

Wear Charge 4 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

Charge 4 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances, as well as your skin temperature to see how it varies from your personal baseline.

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

For more information, see the related help article.

Set a sleep goal

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

For more information, see the related help article.

Learn about your sleep habits

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

For more information, see the related help article.

See your heart rate

Charge 4 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate. For more information, see "See your stats" on page 32. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Charge 4 shows your heart-rate zone and vibrates each time you enter a different zone to help you target the training intensity of your choice.

For more information, see *"Check your heart rate" on page 40*.

Practice guided breathing

The Relax app on Charge 4 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

1. On Charge 4, open the Relax app .
2. The 2-minute session is the first option. Swipe to choose the 5-minute session.
3. Tap the play icon to start the session and follow the on-screen instructions.

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

For more information, see the related help article.

Check your stress management score

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

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

For more information, see [the related help article](#).

Advanced health metrics

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

Metrics include:

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

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

For more information, see [the related help article](#).

Exercise and Heart Health

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

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

Track your exercise automatically

Charge 4 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit app on your phone. From the Today tab , tap the Exercise tile .

For more information, see the related help article.

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on Charge 4 to see real-time stats, receive heart zone notifications, and review a post-workout summary on your wrist. For additional stats and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

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

Dynamic GPS on Charge 4 allows the tracker to set the GPS type at the start of the exercise. Charge 4 attempts to connect to the GPS sensors on your phone to preserve battery life. If your phone isn't nearby or moving, Charge 4 uses built-in GPS. Manage your GPS settings in the Settings app . For more information, see the related help article.

Phone GPS requirements

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

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

1. Turn on Bluetooth and GPS on your phone.
2. Make sure Charge 4 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Check that GPS is turned on for the exercise.

    1. Open the Exercise app 🏃 and swipe up to find an exercise.
    2. Swipe up and make sure **GPS** is set to **On**.
5. Keep your phone with you while you exercise.

To track an exercise:

1. On Charge 4, open the Exercise app 🏃 and swipe to find an exercise.
2. Tap the exercise to choose it.
3. Tap **Start** ▷ or **Set Goal** 🏁. If you set an exercise goal, press the button to go back and tap **Start**.
4. Tap the play icon ▶ to begin. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available. Note that GPS can take a few minutes to connect.
5. Tap the middle of the screen to scroll through your real-time stats.
6. When you're done with your workout or want to pause, press the buttons.
7. To end the workout, press the buttons again and tap **Finish**. Swipe up to see your workout summary. Tap the check mark to close the summary screen.
8. To see your GPS data, tap the Exercise tile in the Fitbit app.

GPS Notes:

- If the exercise uses GPS, an icon appears in the top left as your tracker connects to a GPS signal. When the screen says "connected" and Charge 4 vibrates, GPS is connected.

- Use connected GPS with your nearby phone for activities with a longer duration, such as golf or a hike, to ensure your full workout is recorded with GPS.
- For best results, make sure your tracker's battery is above 80% before you track an exercise longer than 2 hours with built-in GPS.

For more information, see the related help article.
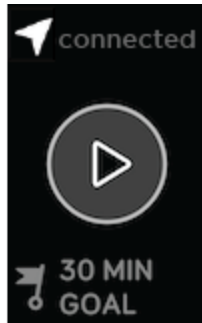
Using built-in GPS impacts your tracker's battery life. If you use GPS tracking regularly, Charge 4 has a battery life of about 4 days.

Customize your exercise settings and shortcuts

Customize settings for each exercise type on your tracker. Settings include:

Auto-Pause	Automatically pause a run when you stop moving
GPS	Track your route using GPS
Heart Rate Zone Alert	Receive notifications when you hit target heart-rate zones during your workout. For more information, see the related help article
Pool Length	Set the length of your pool
Run Detect	Automatically open the exercise app when your tracker detects a run.
Unit	Change the unit of measurement you use for pool length

Settings vary based on the exercise. To adjust the settings for each type of exercise:

1. On Charge 4, open the Exercise app ⛹.
2. Tap the exercise you want to adjust.
3. Swipe up, then swipe up through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise screen and start your workout.

To change or reorder the exercise shortcuts in the Exercise app ⛹:

1. From the Today tab ⣿ in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile.
2. Tap **Exercise Shortcuts**.
   - To add a new exercise shortcut, tap the **+** icon and select an exercise.
   - To remove an exercise shortcut, swipe left on a shortcut.
   - To reorder an exercise shortcut, tap **Edit** (iPhones only), and press and hold the menu icon ☰ , then drag it up or down.

Check your workout summary
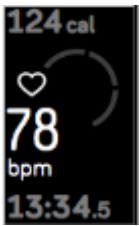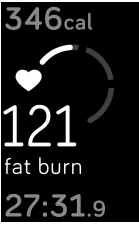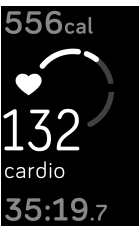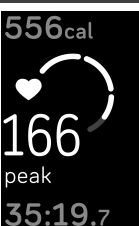
After you complete a workout, Charge 4 shows a summary of your stats.

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

Check your heart rate

Charge 4 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your tracker during exercise. Charge 4 notifies you when you enter a heart-rate zone.

For more information, see the related help article.

Icon	Zone	Calculation	Description
124 cal 78 bpm 13:34.5	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
346 cal 121 fat burn 27:31.9	Fat Burn Zone	Between 40% and 59% of your heart rate reserve	In the fat burn zone, you're likely in a moderate activity such as a brisk walk. Your heart rate and breathing might be elevated, but you can still carry on a conversation.
556 cal 132 cardio 35:19.7	Cardio Zone	Between 60% and 84% of your heart rate reserve	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
556 cal 166 peak 35:19.7	Peak Zone	Greater than 85% of your heart rate reserve	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

Custom heart-rate zones

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

For more information, see the related help article.

Earn Active Zone Minutes

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

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

There are 2 ways Charge 4 notifies you about Active Zone Minutes:

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

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

- 7 minutes after you enter a heart-rate zone throughout the day (for example, during a brisk walk).
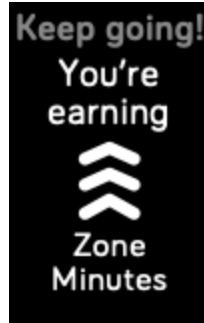
For more information, see the related help article.

Share your activity

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

For more information, see the related help article.

View your cardio fitness score

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

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

For more information, see the related help article.

Control music with the Spotify - Connect & Control app

Use the Spotify-Connect & Control app ![icon] on Charge 4 to control Spotify on your phone, computer, or other Spotify Connect device. Navigate between playlists, like songs, and switch between devices from your tracker. Note that at this time, the Spotify-Connect & Control app only controls music playing on your paired device, so your device must remain nearby and connected to the internet. You need a Spotify Premium subscription to use this app. For more information about Spotify Premium, see spotify.com.

For instructions, see the related help article.

Contactless Payments

Charge 4 includes a built-in NFC chip, which lets you use your credit and debit cards on your tracker.

Use credit and debit cards

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

We're always adding new locations and card issuers to our list of partners. To see if your payment card works on your Fitbit device, see:

- Fitbit Pay: fitbit.com/fitbit-pay/banks

Set up contactless payments

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

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

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

Make purchases

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

All customers except those in Australia:

1. When you're ready to pay, press and hold the button on your tracker for 2 seconds.
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 hold your wrist near the payment terminal.

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).

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

If the payment terminal doesn't recognize your Fitbit device, 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 4 on your wrist to use contactless payments.

For more information, see the related help article.

Change your default card

1. From the Today tab ⣿ in the Fitbit app, tap the icon in the top left ❯ Charge 4 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Charge 4**.

Pay for transit

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

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

Update, Restart, and Erase

Learn how to update, restart, and erase Charge 4.

Update Charge 4

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

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Charge 4 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

Regularly sync Charge 4 with the Fitbit app and let the Fitbit app run in the background on your phone, which allows a small portion of the firmware update to download to your tracker each time you sync. You may need to adjust your phone's settings to allow the Fitbit app to run in the background.

To update Charge 4, your tracker's battery must be at least 50% charged. Updating Charge 4 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

For more information, see the related help article.

Restart Charge 4

If you can't sync Charge 4 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

Open the Settings app ⚙ and tap **About** ❯ **Reboot Device**.

If Charge 4 is unresponsive:

1. Connect Charge 4 to the charging cable. For instructions, see *"Charge your tracker " on page 7*.
2. Press and hold the buttons on your tracker for 8 seconds. Release the buttons. When you see a smiley face and Charge 4 vibrates, the tracker restarted.

Restarting your tracker doesn't delete any data.

Charge 4 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 tracker.

Erase Charge 4

If you want to give Charge 4 to another person or wish to return it, first clear your personal data:

1. On Charge 4, open the Settings app ⚙ > **About** > **Clear User Data.**
2. Swipe up, and tap the check mark icon to erase your data.

Troubleshooting

If Charge 4 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Charge 4 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.
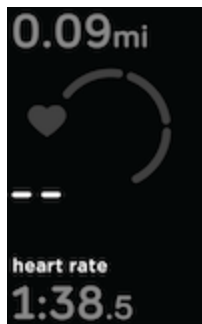
If your tracker doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your tracker. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Charge 4 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see the related help article.

GPS signal missing

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

" appear at the top of the screen. If Charge 4 can't connect to a GPS satellite, the tracker stops trying to connect until the next time you start a GPS exercise.
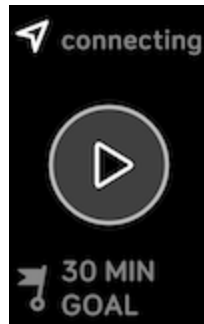
For best results, wait for Charge 4 to find the signal before you start your workout.

For more information, see the related help article.

Other issues

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

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

For instructions, see "Restart Charge 4" on page 48.

General Info and Specifications

Sensors and Components

Fitbit Charge 4 contains the following sensors and motors:

- Optical heart-rate tracker
- Altimeter, which tracks altitude changes
- 3-axis accelerometer, which tracks motion patterns
- Built-in GPS receiver, which tracks your location during a workout
- Vibration motor

Materials

The housing on Charge 4 is plastic. The Charge 4 classic band is made of a flexible, durable elastomer material similar to that used in many sport watches and includes a surgical-grade stainless steel buckle.

Wireless technology

Charge 4 contains a Bluetooth 4.0 radio transceiver and NFC chip.

Haptic feedback

Charge 4 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Charge 4 contains a rechargeable lithium-polymer battery.

Memory

Charge 4 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Charge 4 has a PMOLED display.

Band size

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

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

Environmental conditions

Operating temperature	14° to 104° F (-10° to 40° C)
Non-operating temperature	-4° to 14° F (-20° to -10° C) 104° to 140° F (40° to 60° C)
Storage temperature for 6 months	-4° to 95° F (-20° to 35° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

Learn more

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

Return policy and warranty

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

Regulatory and Safety Notices

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

Settings ❯ About ❯ Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB417

FCC ID: XRAFB417

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

Settings ❯ About ❯ Regulatory Info

Supplier's Declaration of Conformity

Unique Identifier: FB417

Responsible Party – U.S. Contact Information

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

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

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

FCC Warning

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

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

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

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

Canada: Industry Canada (IC) statement

Model/Modèle FB417

IC: 8542A-FB417

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)

Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB417 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit LLC erklärt hiermit, dass die Funkgerättypen Modell FB417 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit LLC declara que el tipo de dispositivo de radio Modelo FB417 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit LLC déclare par la présente que les modèles d'appareils radio FB417 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit LLC dichiara che il tipo di apparecchiatura radio Modello FB417 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

$C\epsilon$

IP Rating

Model FB417 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB417 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

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

Argentina

RAMATEL
C-24492

Australia and New Zealand

Belarus

Customs Union

China

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

Settings ❯ About ❯ Regulatory Info

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB417	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

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

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

CMIIT ID 2020DJ2069

Frequency band: 2400-2483.5 MHz
Transmitted power: Max EIRP, -1.77dBm
Occupied bandwidth: BLE: 2MHz
Modulation system: BLE: GFSK, NFC: ASK
CMIIT ID displayed: On packaging and Device Electronic Labeling

India

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

Settings ❯ **About** ❯ **Regulatory Info**

Indonesia

66247/SDPPI/2020 3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא . 51-71973
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

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

Settings ❯ About ❯ Regulatory Info

Mexico

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

Nigeria

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

Oman

TRA/TA-R/8940/20

D090258

Pakistan

PTA Approved
Model No.: FB417
TAC No.: 9.208/2020
Device Type: Bluetooth

Philippines

Taiwan

用戶注意：您可以透過下面步驟取得臺灣NCC審驗合格標籤號碼及警

　　設置　>　關於　>　法規信息

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:

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

Settings › About › Regulatory Info

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.

電池警語：

此裝置使用鋰電池。

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

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。

- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium-ion battery.

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

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

Vision Warning

警語

- 使用過度恐傷害視力

注意事項

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

Translation:

Warning:

- Excessive use may damage vision

Attention:

- Rest for 10 minutes after every 30 minutes.
- Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

Taiwan RoHS

設備名稱：無線活動追蹤器 Part Name: Wireless Activity Tracker	限用物質及其化學符號 Restricted Substances and its chemical symbols					
Model FB417	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr^{+6})	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	O	O	O	O	O	O
電子 (Electronics)	--	O	O	O	O	O
外殼 (Housing)	O	O	O	O	O	O
充電線 (Charging Cable)	O	O	O	O	O	O
備考1. "超出0.1 wt %" 及 "超出0.01 wt %" 係指限用物質之百分比含量超出百分比含量基準值。 備考2. "○" 係指該項限用物質之百分比含量未超出百分比含量基準值。 備考3. "—" 係指該項限用物質為排除項目。						

United Arab Emirates

TRA Registered No.: ER78316/20
Dealer No.: DA35294/14

United Kingdom

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB417 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: www.fitbit.com/legal/safety-instructions

UKCA

Vietnam

FITBIT
A030613O320AF04A2
ICT

Zambia

ZMB / ZICTA / TA / 2020 / 2 / 44

ZICTA

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 & EN62368-1:2014 + A11:2017.