



fitbit alta™



User Manual
Version 1.4

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Get started

Welcome to Fitbit Alta, a customizable fitness tracker that's as versatile as your personal style. Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety).

What's in the box

Your Alta box includes:



Tracker



Charging cable



Wireless sync dongle

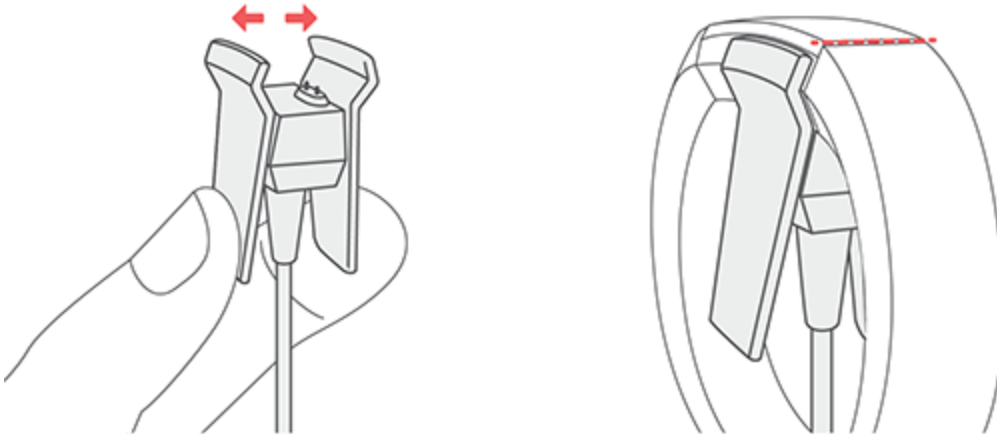
The detachable bands on Alta come in a variety of colors and materials, sold separately.

Charge your tracker

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

To charge Alta:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Clip the other end of the charger into the port on the back of Alta. The pins of the charging cable must be lined up with the charging port on Alta and securely locked into place. You'll know the connection is secure when the tracker vibrates and you see a battery icon on the screen.




Charging fully takes up to 2 hours. While the tracker charges, tap it to check the battery level. A fully charged tracker shows a solid battery icon.

Set up with your phone

Set up Alta with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://www.fitbit.com/devices).



To get started:

1. Download the Fitbit app:
 - [Apple App Store](#) for iPhones
 - [Google Play Store](#) for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.
 - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Alta to your account.

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

For more information, see help.fitbit.com.

See your data in the Fitbit app

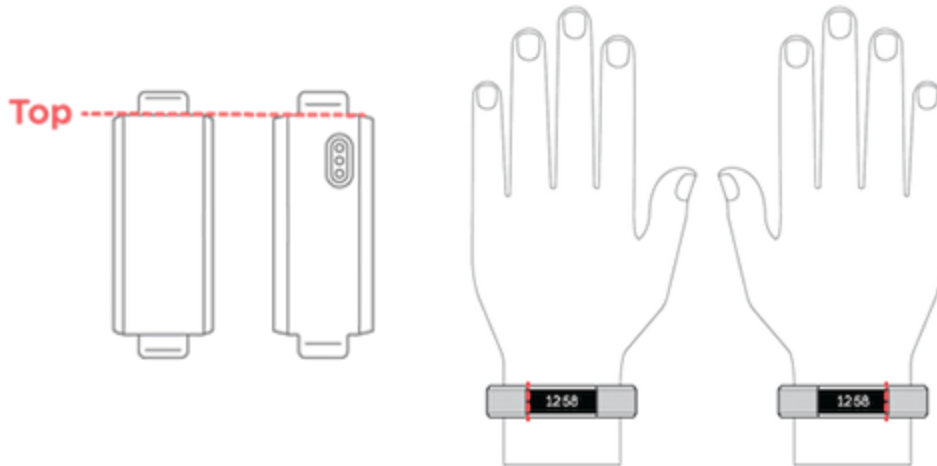
Open the Fitbit app on your phone to view your activity and sleep data, log food and water, participate in challenges, and more.

Wear Alta

Place Alta around your wrist. If you purchased another band, see the instructions in ["Change the band"](#) on page 10.

Put on your band

1. Put on the band so the top of the tracker is on the outside or top of your wrist.



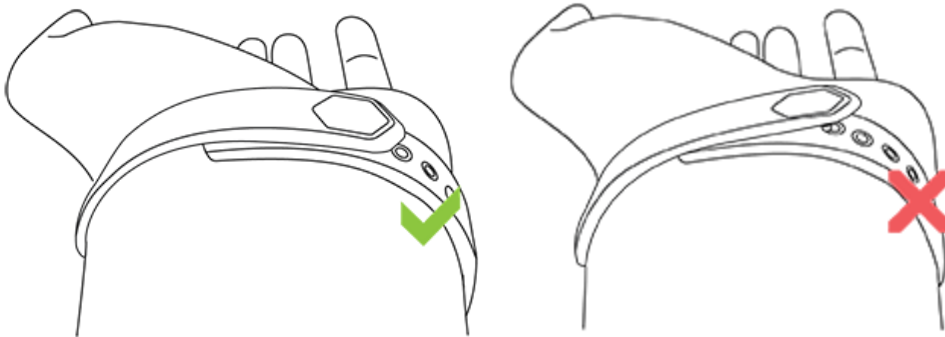
2. Align both ends of the band so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the band between your thumb and forefinger until you hear a click.




You'll know your Alta band is securely fastened if both ends of the band are fully inserted.



NOTE: If you're having trouble, try securing the band off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Wrist choice and handedness

For greater accuracy, you must specify which wrist you wear Alta on, and which hand you consider dominant. Your dominant hand is the one you use for writing and eating. To start, Wrist Placement is set to Left and Handedness is set to Right. Change either setting in the Fitbit app:

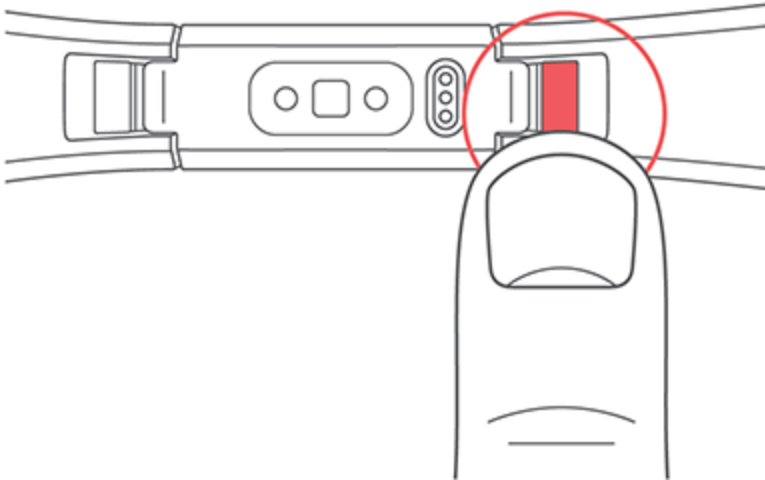
From the Today tab  in the Fitbit app, tap your profile picture > Alta tile > **Wrist Placement** or **Handedness**.

Change the band

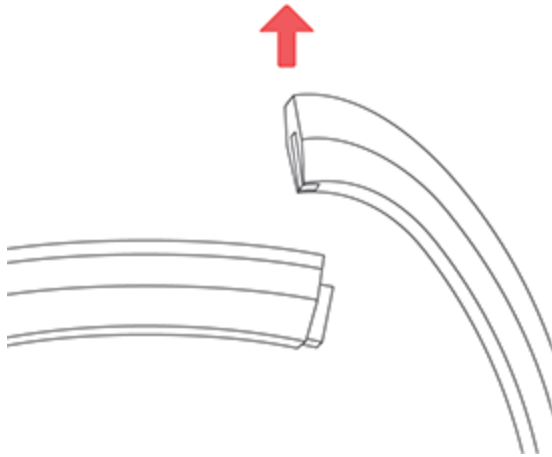
The wristband has two separate bands (top and bottom) that you can swap with accessory bands sold separately.

Remove a band

1. Turn over Alta and find the band latches.
2. To release the latch, press down on the flat button on the band.



3. Slide the band up from the tracker to release it.



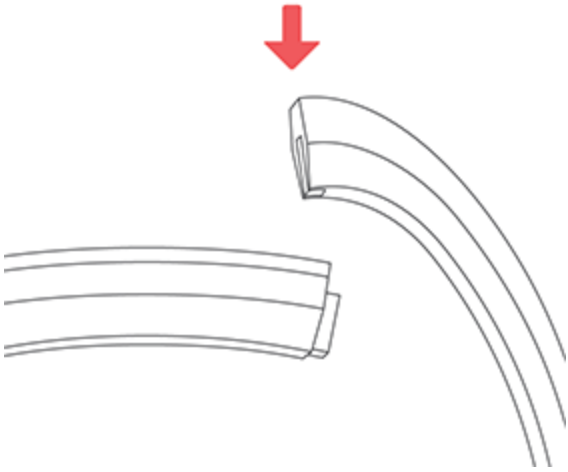
4. Repeat on the other side.

If you're having trouble removing the band or if it feels stuck, gently move the band back and forth to release it.

Attach a new band

Before you attach a new wristband, first identify the top and bottom bands. The top band has a clasp on it and should be attached on the side closest to the charging port. The bottom band has notches in it.

To attach a new band, slide it down on the end of the tracker until you feel it snap into place.

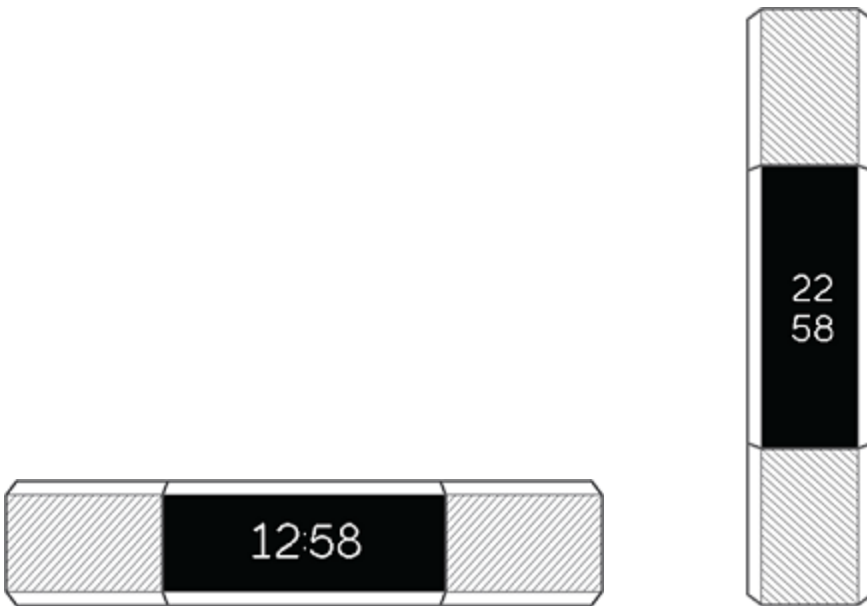


Basics

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

Navigate Alta

Alta has an OLED tap display that can be oriented horizontally or vertically. You can choose from several clock faces, each with a unique design. Single-tap the display to flip through your stats.

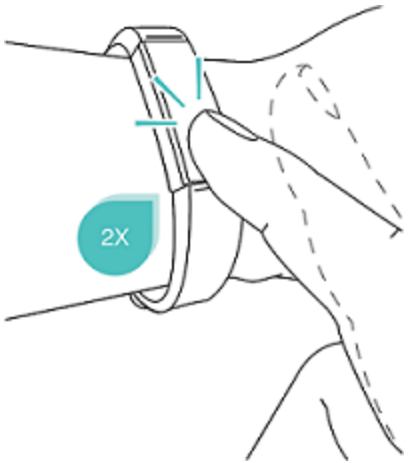


When you're not using Alta the display is dimmed. To wake it up:

- Double-tap your tracker.
- Turn your wrist towards you. This behavior, known as Quick View, can be turned off in your tracker settings.

Tap your tracker

For best results, tap your tracker where the screen meets the band.



Check battery level


If your battery is low, when you wake up your Alta you'll see a low battery icon after a few seconds. If you see a critical battery icon you'll be unable to navigate to any of the tracker screens until you charge your tracker. Your tracker continues to track your activity until your battery runs out.



You can check your battery level at any time on the battery screen. To see the battery screen you must turn on the battery menu item in the Fitbit app.

Change the clock face

Alta comes with several clock faces. To change your clock face:

1. From the Today tab  in the Fitbit app, tap your profile picture > Alta tile.
2. Tap **Clock Display**.
3. Swipe left and right to browse the available clock faces. Tap **Choose** to switch to the selected clock face.

Care for Alta


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

Notifications

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

Set up notifications

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

1. From the Today tab  in the Fitbit app, tap your profile picture > Alta 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.

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

For more information, see help.fitbit.com.

See incoming notifications

When your phone and Alta are within range, a notification causes the tracker to vibrate and the notification to appear on the display. If the display is off, turn your wrist towards you or double-tap to wake it up. The notification is only visible for one minute.

- Phone calls—the name or number of the caller scrolls 3 times.



- Text messages—the sender's name and message scroll once.



- Calendar alerts—the time and name of the event scroll once.



Note: Your device shows the first 40 characters of the notification. Check your phone for the full message.

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.

Set an alarm

Alta vibrates to wake or alert you with an alarm. Set and delete alarms in the Fitbit app. When the alarm goes off, double-tap the tracker to dismiss it.

For more information, see help.fitbit.com.

Activity Tracking

Alta continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

From the clock face, tap the screen to see your daily stats:

- Steps taken
- Distance covered
- Calories burned
- Active minutes

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

Track a daily activity goal

Alta 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 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to distance or calories burned.

For more information, see help.fitbit.com.

Track your hourly activity

Alta 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 celebration.

Turn on reminders to move in the Fitbit app.

For more information, see help.fitbit.com.

Track your sleep

Wear Alta to bed to automatically track your time asleep and movement during the night to help you understand your sleep patterns. To see your sleep stats, sync your tracker when you wake up and check the app.

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 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. Turn on bedtime reminders to be reminded nightly when it's time to start getting ready for bed.

For more information, see help.fitbit.com.

Learn about your sleep habits

Alta tracks several sleep metrics including when you go to bed, how long you're asleep, and how long you spend awake or restless. Track your sleep with Alta and check the Fitbit app to see your sleep patterns.

For more information, see help.fitbit.com.

Track your exercise automatically

Alta automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.

For more information, including how to change the minimum duration before an activity is tracked, 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, see help.fitbit.com.

Update Alta

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, a progress bar appears on Alta and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

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

For more information, see help.fitbit.com.

Troubleshooting

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

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

To restart your tracker:

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. You'll know the connection is secure when the tracker vibrates and you see a battery icon on your tracker's display. The battery icon disappears after three seconds.
3. Press the button on your charging cable 3 times within 8 seconds, briefly pausing between presses. The button is on the end of the charging cable that is plugged into the computer. When you see the Fitbit logo and the tracker vibrates, this means the tracker has restarted.

After your tracker restarts you can unplug it from the charging cable and put it back on.

For more information or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Alta contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- A vibration motor

Materials

The band that comes with Alta is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory bands are available in genuine leather and stainless steel.

The clasp and housing on Alta are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

Wireless technology

Alta contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

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

Battery

Alta contains a rechargeable lithium-polymer battery.

Memory

Refer to the following table for information on how long Alta stores stats and data in between the times when it syncs. Stored data consists of steps, distance, calories burned, active minutes, sleep, and stationary vs. active hours.

Type of data	Days stored
Minute-by-minute stats	5
Sleep data	7
SmartTrack data	2
Summary totals	30

Display

Alta has an OLED tap display.

Band size

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

Small band	Fits a wrist between 5.5 - 6.7 inches (140 mm - 170 mm) in circumference
Large band	Fits a wrist between 6.7 - 8.1 inches (170 mm - 206 mm) in circumference
Extra large band	Fits a wrist between 8.1 - 9.3 inches (206 mm - 236 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 140° F (-20° to 60° C)
Water Resistance	Splash proof. Do not shower or swim with the device.
Maximum Operating Altitude	30,000 feet (9,144 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 at fitbit.com/legal/returns-and-warranty.

Regulatory & Safety Notices

Model Name: FB406

USA: Federal Communications Commission (FCC) statement

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, 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.

FCC ID: XRAFB406

Canada: Industry Canada (IC) statement

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

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

IC ID: 8542A-FB406

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB406 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 FB406 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 FB406 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 FB406 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 FB406 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



Australia and New Zealand



R-NZ

China



Wireless sync dongle

部件名称	有毒和危险品 Don					
Dongle Model	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯醚 (PBDE)
FB406						
表带和表扣	○	○	○	○	○	○
电子	X	○	○	○	○	○

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

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

Alta

部件名称	有毒和危险品					
	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
Alta Model FB406						
表带和表扣	○	○	○	○	○	○
电子	X	○	○	○	○	○

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

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

Japan



201-152821

Mexico



IFETEL: RCPFIFB15-2258

Morocco

AGREE PAR L'ANRT MAROC

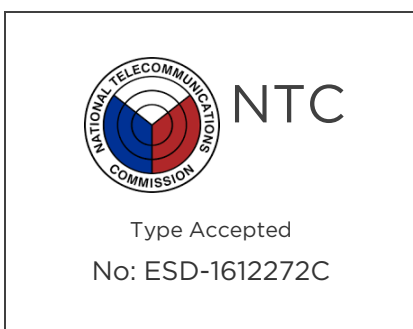
Numéro d'agrément: MR 16117 ANRT 2018

Date d'agrément: 26/3/2018

Oman

OMAN-TRA/TA-R/3029/16

Philippines



Serbia



И005 016

Singapore

Complies
with IDA
Standards
DA00006A

South Africa



TA-2015/2353

APPROVED

South Korea

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.***



- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz
- 채널수 (The number of channels): 40
- 공중선전계강도 (Antenna power): -7.4 dBi
- 변조방식 (Type of the modulation): GFSK
- 출력 (Output power): 3.6dBm
- 안테나 종류 (Type of Antenna) Monopole Antenna (Stamped metal)
- 작동 온도 범위(Operating Temperature Range): -10C ~ 50C
- 동작 전압 (Operating voltage): DC 3.7V

KCC approval information

- | | |
|--------------------------------|---|
| 1) 장비 이름 Equipment name: | 저전력 무선 장치 (무선 데이터 통신의 무선 장 치)
Low power radio equipment (wireless devices of wireless data communications) |
| 2) 모델 이름 Model name: | FB406 |
| 3) 인증서 번호 Certificate number : | MSIP-CMM-XRA-FB406 |
| 4) 회사 이름 Company Name : | Fitbit, Inc. |
| 5) 제조업 자 Manufacturer: | Fitbit, Inc. / 중국(China) |
| 6) 제조 일자 Manufactured Date: | 201_ |

Taiwan

Wireless sync dongle



CCAJ15LP1150T4

Alta



CCAJ15LP6230T1

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:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

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.

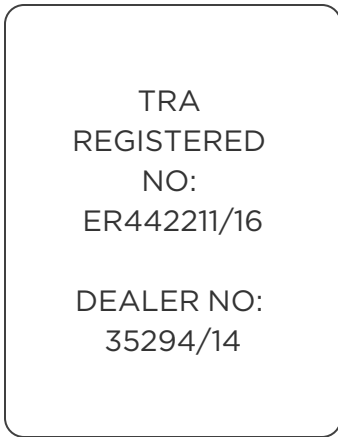
Article 14

The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.

Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

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.

United Arab Emirates



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.

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