



fitbit versa™

LITE EDITION



User Manual
Version 2.9

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Get started

Live boldly and get inspired to reach your goals with the colorful, easy-to-use Fitbit Versa Lite Edition.

Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Versa Lite Edition is not intended to provide medical or scientific data.

What's in the box

Your Versa Lite Edition box includes:



Watch with small band
(color and material
varies)



Charging cable



Additional large
band

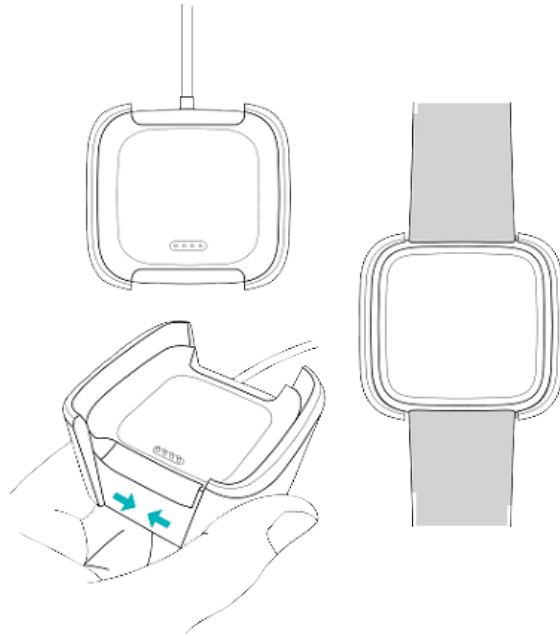
The detachable bands on Versa Lite Edition come in a variety of colors and materials, sold separately.

Charge your watch

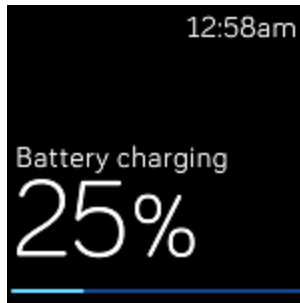
A fully-charged Versa Lite Edition has a battery life of 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Versa Lite Edition:

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. Pinch the clip and place Versa Lite Edition in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on screen.



While the watch charges, tap the screen twice to turn the screen on and check the battery level. Tap again to use Versa Lite Edition.



Set up with your phone

Set up Versa Lite Edition with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See [fitbit.com/devices](https://www.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 watch 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.

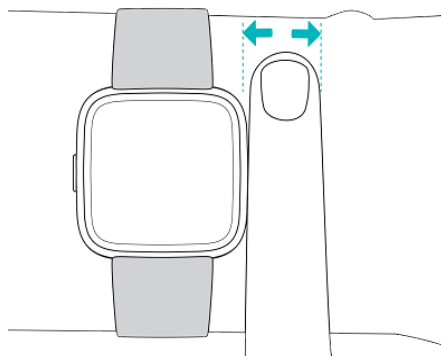
Wear Versa Lite Edition

Wear Versa Lite Edition 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 12](#).

Placement for all-day wear vs. exercise

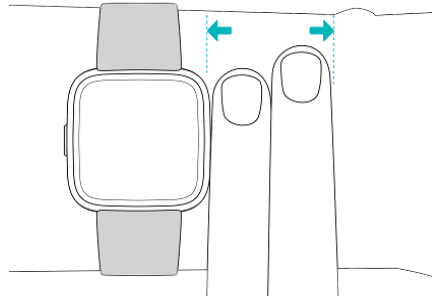
When you're not exercising, wear Versa Lite Edition a finger's width above your wrist bone.

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



For optimized heart-rate tracking while exercising:


- During a workout, experiment with wearing your watch 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 watch is lower on your wrist.



- Wear your watch 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 Versa Lite Edition 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 Versa Lite Edition 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 > Versa Lite Edition tile > **Wrist** > **Dominant**.

Wear and care tips

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

For more information, visit the [Fitbit Wear & Care page](#).

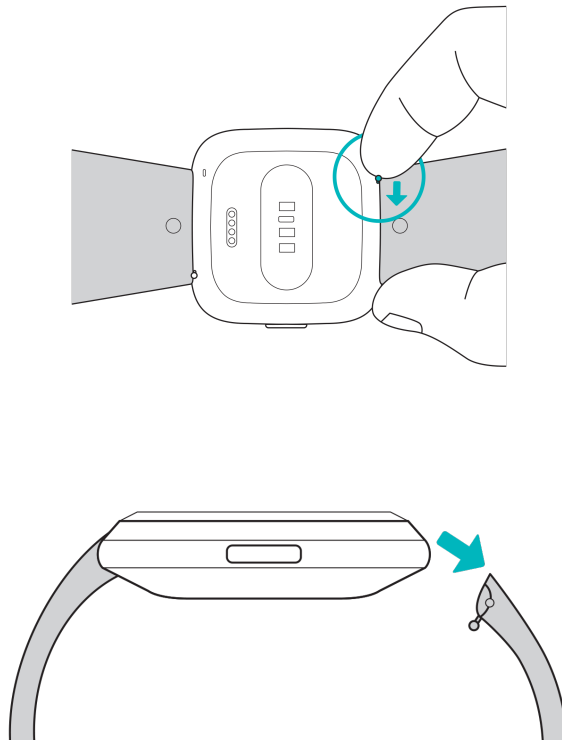
Change the band

Versa Lite Edition 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](https://www.fitbit.com). For band measurements, see "Band size" on page 50.

Fitbit Versa 2 and Fitbit Versa bands are compatible with Versa Lite Edition.

Remove a band

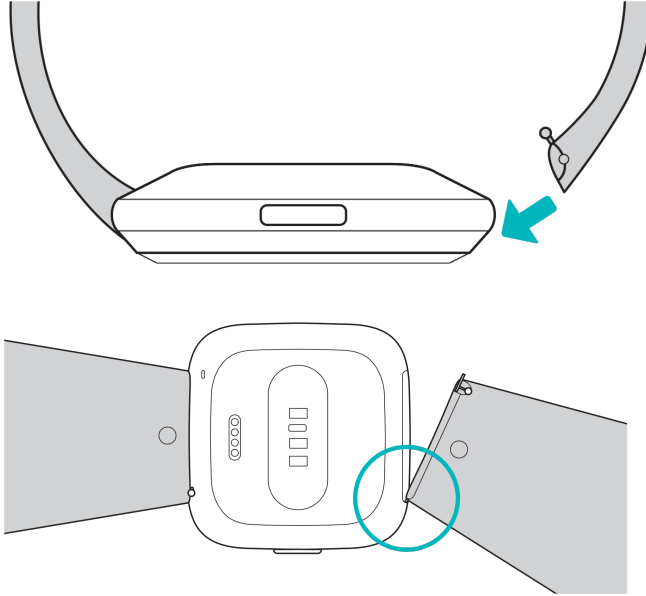
1. Turn over Versa Lite Edition and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the watch to release it.



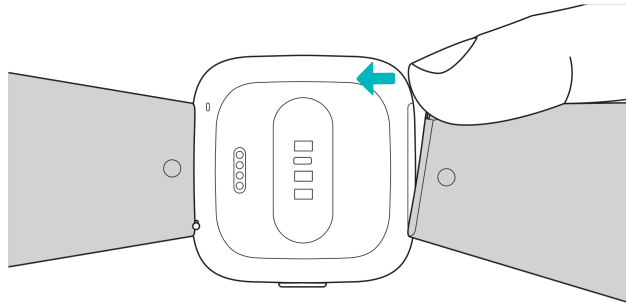
3. Repeat on the other side.

Attach a band

1. To attach a band, hold the band at a 45° angle and slide the pin (the side opposite the quick-release lever) into the notch on the watch.



2. While pressing the quick-release lever inward, slide the other end of the band into place.



3. When both ends of the pin are inserted, release the quick-release lever.

Basics

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

Navigate Versa Lite Edition

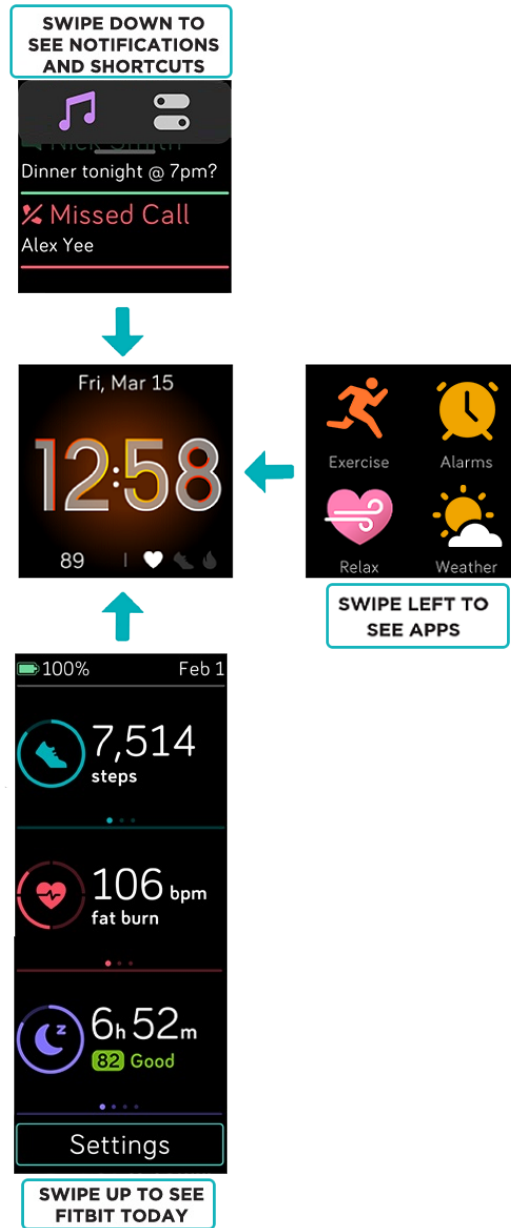
Versa Lite Edition has a touch screen with a color LCD and 1 back button.

Navigate Versa Lite Edition by tapping the screen, swiping side to side and up and down, or pressing the back button. To preserve battery, the watch's screen turns off when not in use.

Basic navigation

The home screen is the clock.

- Swipe down to see notifications.
- Swipe down from the top of the screen again to access the shortcuts to music controls, Fitbit Pay, and quick settings. The shortcuts disappear after 2 seconds. Swipe down to see them again.
- Swipe up to see your daily stats.
- Swipe left to see the apps on your watch.
- Press the button to go back to a previous screen or return to the clock face.

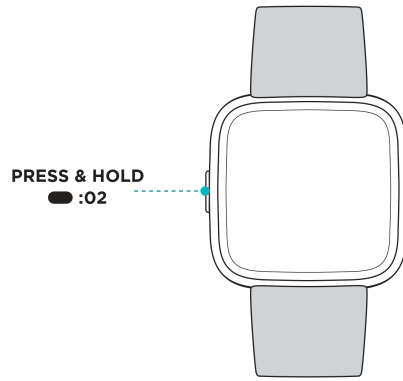



Button shortcuts

Press and hold the button on Versa Lite Edition for a faster way to access certain features.


Choose a shortcut








Hold the button for 2 seconds to activate music controls, notifications, or certain apps.




The first time you use the button shortcut, you select which feature it activates. To later change which feature activates when you hold the button, open the Settings app  on your watch and tap the **Left Button** option.



Quick settings

Swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the quick settings icon  to access certain settings.

Do Not Disturb 	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders are muted. • You see a do not disturb icon  at the top of the screen when you swipe up to see your stats. <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
Sleep Mode 	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders are muted. • The screen's brightness is set to dim. • The screen stays dark when you turn your wrist. • You see a Sleep Mode icon  at the top of the screen when you swipe up to see your stats. <p>Sleep mode turns off automatically when you set a sleep schedule. For more information, see "Adjust settings" on the next page.</p> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
Settings 	<p>For additional settings, tap the Settings icon to open the Settings app. For more information, see "Adjust settings" on the next page.</p>
Screen Wake 	<p>When you set screen wake to automatic, the screen turns on each time you turn your wrist.</p> <p>When you set screen wake to manual, press the button or tap the screen to turn on the display.</p>
Brightness 	Adjust the screen brightness.

Adjust settings

Manage basic settings in the Settings app  :

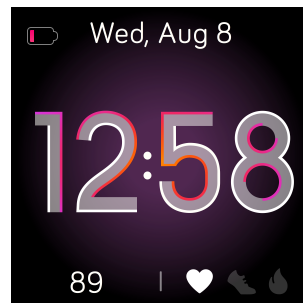
Active Zone Minutes	Turn Active Zone Minutes weekly goal notifications on or off.
Brightness	Change the screen's brightness.
Do Not Disturb	Turn off all notifications or choose to automatically turn on do not disturb while using the Exercise app  .
Heart Rate	Turn heart-rate tracking on or off.
Left Button	Choose the feature the button activates.
Screen Timeout	Choose how long the screen stays on after you stop interacting with your watch.
Screen Wake	Change whether the screen turns on when you turn your wrist.
Sleep Mode	<p>Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.</p> <p>To set a schedule, open the Settings app  and tap Sleep Mode > Schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.</p>
Vibrations	Adjust your watch's vibration strength.
About Versa Lite Edition	<p>View your watch's regulatory information and activation date, which is the day your watch's warranty begins. The activation date is the day you set up your device.</p> <p>Tap About Versa Lite Edition > System Info to see the activation date.</p> <p>For more information, see the related help article.</p>

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

Check battery level

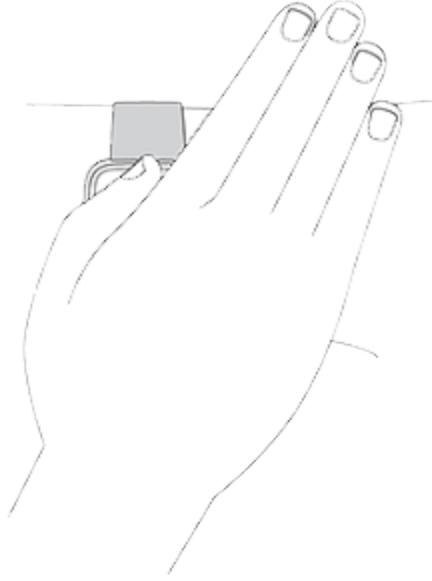
Swipe down from the top of the screen. The battery level icon is in the top left.

If your watch's battery is low (fewer than 24 hours remaining), a red battery indicator appears on the clock face. If your watch's battery is critically low (fewer than 4 hours remaining), the battery indicator flashes.



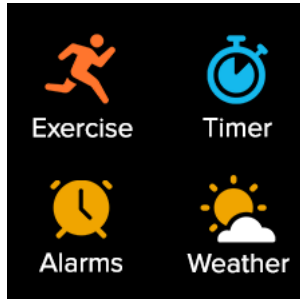
Turn off the screen

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






Clock Faces and Apps

The [Fitbit Gallery](#) offers apps and clock faces to personalize your watch 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 watch.

1. From the Today tab  in the Fitbit app, tap the icon in the top left  Versa Lite Edition 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 Versa Lite Edition.

Save up to 5 clock faces to switch between them:

- When you select a new clock face, it's automatically saved unless you already have 5 saved clock faces.
- To see your saved clock faces from your watch, open the Clocks app  and swipe to find the clock face you want to use. Tap to select it.
- To see your saved clock faces in the Fitbit app, tap the Today tab   icon in the top left  your device image  **Gallery**. See your saved clock faces in My Clock Faces.

- To remove a clock face, tap the clock face > **Remove clock face**.
- To switch to a saved clock face, tap the clock face > **Select**.


Open apps

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

Organize apps

To change the placement of an app on Versa Lite Edition, press and hold an app until it's selected, and drag it to a new location. The app is selected when the icon increases slightly in size and the watch vibrates.


Download additional apps

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Versa Lite Edition 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 Versa Lite Edition.

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

Remove apps


You can remove most apps installed on Versa Lite Edition:

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

Update apps

Occasionally, you need to update apps installed on Versa Lite Edition.

To update an app:

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Versa Lite Edition tile.
2. Tap **Gallery**. Find the app you want to update. You might need to swipe up to find it.
3. Tap the **Update** button next to the app.

Lifestyle

Use apps to stay connected to what you care about most. See "[Clock Faces and Apps](#)" on [page 21](#) for instructions on how to add and delete apps.

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


Starbucks

Add your Starbucks card or Starbucks Rewards program number in the Fitbit

Gallery in the Fitbit app, and then use the Starbucks app  to pay from your wrist.


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 watch.

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 watch.


To check the weather, open the Weather app to see conditions in your current location. Swipe left to view the weather in other 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 or don't see updated

data for your current location, sync your watch 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 > Versa Lite Edition 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

Versa Lite Edition can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch 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:

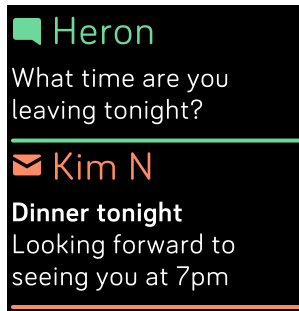
1. From the Today tab  in the Fitbit app, tap the icon in the top left > Versa Lite Edition tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from 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, Versa Lite Edition shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Versa Lite Edition 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 watch 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.



If your watch's battery is critically low, notifications won't cause Versa Lite Edition to vibrate or the screen to turn on.

Manage notifications

Versa Lite Edition stores up to 30 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 Versa Lite Edition. When you turn off all notifications, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

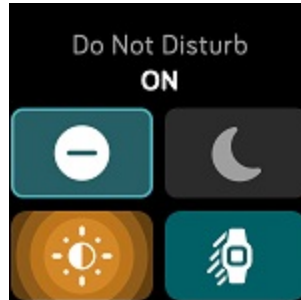
To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap the icon in the top left > Versa Lite Edition tile > **Notifications**.

2. Turn off the notifications you no longer want to receive on your watch.

To turn off all notifications:

1. Swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the quick settings icon .
2. Tap the do not disturb icon . All notifications, including 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 watch until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, Versa Lite Edition 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 watch.

To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

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



Respond to messages (Android phones)

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

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 watch vibrates.

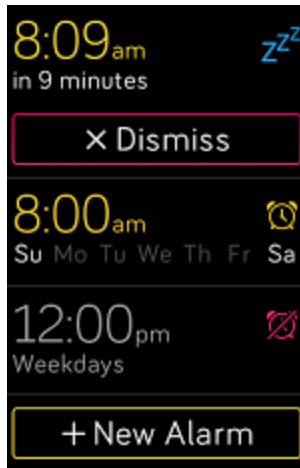
When setting an alarm, turn on Smart Wake to allow your watch to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can't find the best time to wake you, your alarm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

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


Dismiss or snooze an alarm

To dismiss the alarm, tap the check mark. To snooze the alarm for 9 minutes, tap the Zzz icon.

Snooze the alarm as many times as you want. Versa Lite Edition 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 Timer app  on your watch. You can run the stopwatch and countdown timer at the same time.

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

Activity and Wellness

Versa Lite Edition continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs with the Fitbit app throughout the day.

See your stats

Swipe up from the clock face on your watch to access Fitbit Today, which shows up to 7 of these stats:

Badges	The next daily and lifetime badges you'll unlock
Core stats	Steps taken today, distance covered, calories burned, Active Zone Minutes, and goal history over the past 7 days
Exercise	Number of days you met your exercise goal this week and up to 5 of your most recently tracked exercises
Food	Calories eaten, calories remaining, and your macronutrient breakdown by percentage
Heart rate	Current heart rate and either your heart-rate zone or resting heart rate (if not in a zone), time spent in each heart-rate zone, and your cardio fitness score
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, and your sleep history over the past 7 days
Water	Water intake logged today and history over the past 7 days
Weight	Remaining weight left to lose or gain to reach your goal, your current weight, and your progress since you last set your goal

Swipe left or right on each tile to view the complete set of stats. Tap the + icon on the water tile or weight tile to log an entry.

To reorder the tiles, press and hold a row, then drag it up or down to change its position. Tap **Settings** at the bottom of the screen to choose which stats you see.

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

Track a daily activity goal

Versa Lite Edition tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch 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.

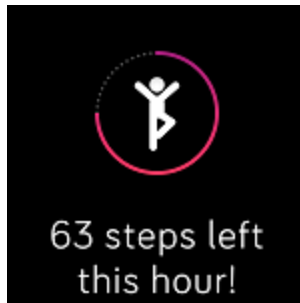
For more information, see [the related help article](#).

Track progress toward your goal on Versa Lite Edition. For more information, see "[See your stats](#)" on the previous page.

Track your hourly activity

Versa Lite Edition 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 Versa Lite Edition 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).

Versa Lite Edition 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 watch when you wake up and check the Fitbit app, or swipe up from the clock face on your watch.

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



Versa Lite Edition 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.

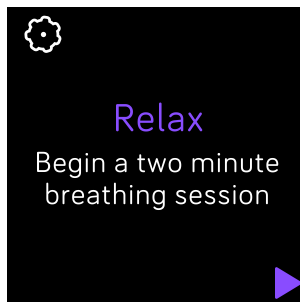
During a workout, Versa Lite Edition shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "[Check your heart rate](#)" on page 40.

Practice guided breathing

The Relax app  on Versa Lite Edition 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 Versa Lite Edition, open the Relax app .
2. The 2-minute session is the first option. Tap the gear icon  to choose the 5-minute session or turn off the optional vibration. Press the button on your watch to return to the Relax screen.




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](#).

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

Versa Lite Edition 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

Versa Lite Edition uses the GPS sensors on your nearby phone to capture GPS data.






GPS requirements

Connected 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 Versa Lite Edition is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.

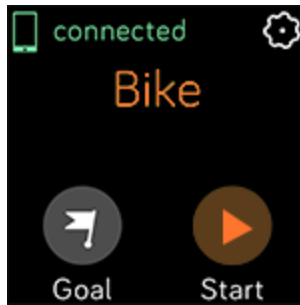
4. Check that GPS is turned on for the exercise.
 1. Open the Exercise app  and swipe up to find an exercise.
 2. Tap the gear icon  and make sure connected GPS is set to **On**. You may have to swipe up to find this option.
5. Keep your phone with you while you exercise.

To track an exercise:

1. On Versa Lite Edition, open the Exercise app  and swipe to find an exercise.
2. Tap the exercise to choose it. To see additional exercise types, tap **More** at the bottom.
3. Tap the play icon  to begin the exercise, or tap the flag icon  to choose a time, distance, or calorie goal depending on the activity.
4. When you're done with your workout or want to pause, tap the pause icon .
5. Tap the play icon to resume your workout, or tap the flag icon  to finish.
6. When prompted, confirm you want to end the workout. Your workout summary appears.
7. Tap **Done** to close the summary screen.

Notes:

- Versa Lite Edition shows 3 real-time stats. Swipe the middle stat to see all of your real-time stats.
- If you set an exercise goal, your watch alerts you when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, an icon appears in the top left as your watch connects to your phone's GPS sensors. When the screen says "connected" and Versa Lite Edition vibrates, GPS is connected.






Customize your exercise settings and shortcuts




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

Always-on Screen	Keep the screen on during exercise
Auto-Pause	Automatically pause a run or bike ride when you stop moving
Automatic Lap Settings	When Show Laps is set to Automatic , customize how laps are counted
Connected GPS	Track your route using GPS
Run Detect	Automatically open the exercise app when your watch detects a run.
Show Laps	Receive notifications when you reach certain milestones during your workout
Customize Stats	Choose what stats you want to see when tracking an exercise

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

1. On Versa Lite Edition, open the Exercise app .
2. Tap the exercise you want to adjust.
3. Tap the gear icon  and swipe 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  Versa Lite Edition 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, Versa Lite Edition shows a summary of your stats.

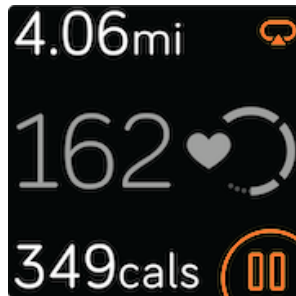
Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

Check your heart rate

Versa Lite Edition 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 watch during exercise. Versa Lite Edition notifies you when you enter a heart-rate zone.

Icon	Zone	Calculation	Description
<p>273 cal 68 below zone 30:01.4</p>	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
<p>303 cal 110 fat burn 27:31.9</p>	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.
<p>346 cal 135 cardio 32:18.4</p>	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.
<p>556 cal 162 peak 35:19.7</p>	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.

Note that the heart-rate value appears gray if your watch is searching for a stronger reading.



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

To receive a notification when you enter a heart-rate zone when using the Exercise

app  :

1. On your watch, open the Exercise app .
2. Tap the exercise you want to track.
3. Tap the gear icon  in the top right.
4. Turn **Zone Notifications** on.

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

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

To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.

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 on your wrist or in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

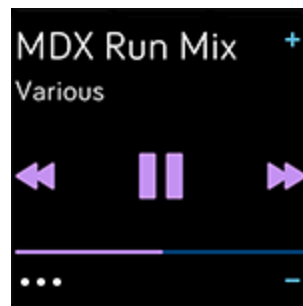
On your watch, swipe up to Fitbit Today and find the heart-rate tile. Swipe left to see your time spent in each heart-rate zone for the day. Swipe left again to see your cardio fitness score and cardio fitness level.

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

Control Music

Use Versa Lite Edition to control music and podcasts playing on your phone.

1. While music is playing, swipe down from the top of your screen. After your notifications appear, swipe down again to open the control center. Tap the music controls icon  .
2. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the + and - icons to control the volume.



Update, Restart, and Erase

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Versa Lite Edition to another person. Update your watch to receive new Fitbit OS updates.

Update Versa Lite Edition

Update your watch 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 Versa Lite Edition and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update.

Regularly sync Versa Lite Edition 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 watch each time you sync. You may need to adjust your phone's settings to allow the Fitbit app to run in the background.

Updating Versa Lite Edition may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

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

Restart Versa Lite Edition

To restart your watch, press and hold the button for 10 seconds until you see the Fitbit logo on the screen, and then release the button.

Restarting your watch doesn't delete any data.

Shutdown Versa Lite Edition


To turn off your watch, open the Settings app  > **About** > **Shutdown**.

To turn on your watch, press the button.

For information about how to store Versa Lite Edition long term, see [the related help article](#).

Erase Versa Lite Edition

If you want to give Versa Lite Edition to another person or wish to return it, first clear your personal data:

On Versa Lite Edition, open the Settings app  > **About** > **Factory Reset**.


Troubleshooting

If Versa Lite Edition isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Versa Lite Edition continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

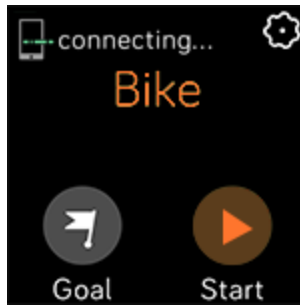


If your watch doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app  on your watch. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Versa Lite Edition should 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 phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, **connecting** appears 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 you experience any of the following issues, restart your watch:

- 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 Versa Lite Edition"](#) on page 45.

General Info and Specifications

Sensors and Components

Fitbit Versa Lite Edition contains the following sensors and motors:

- Optical heart-rate tracker
- 3-axis accelerometer, which tracks motion patterns
- Ambient light sensor
- Vibration motor

Materials

The housing and buckle on Versa Lite Edition 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 Versa Lite Edition classic band is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless technology

Versa Lite Edition contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

Versa Lite Edition contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Versa Lite Edition contains a rechargeable lithium-polymer battery.

Charging cable

Versa Lite Edition comes with a charging cradle to recharge the watch battery. In certain situations, you may use the charger to restore watch functionality with the specific direction of Customer Support.

Memory

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

Display

Versa Lite Edition has a color LCD 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 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)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

Learn more

To learn more about your watch, 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 FB415

FCC ID: XRAFB415

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: FB415

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 FB415

IC: 8542A-FB415

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)

Model FB415

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB415 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 FB415 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 FB415 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 FB415 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 FB415 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

Customs Union



Argentina

Model FB415:



RAMATEL

C-22585

Australia and New Zealand



Belarus



China

Model FB415

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

Settings > About > Regulatory Info

Frequency band: 2400-2483.5

Transmitted power: Max EIRP, 3.63dBm

Occupied bandwidth: BLE: 2MHz, BT: 1MHz

Modulation system: BLE: GFSK, BT: GFSK, □/4-DQPSK, 8PSK

CMIIT ID displayed: On packaging

CMIIT ID: 2019DJ0335

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB415	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)	○	○	○	○	○	○
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 FB415

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

[Settings](#) > [About](#) > [Regulatory Info](#)

Israel

Model FB415

01280-55 התאמה אישור

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan

Model FB415

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

[Settings](#) > [About](#) > [Regulatory Info](#)



208-190026

Mexico

Model FB415



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

Model FB415



Nigeria

Model Name FB415

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

Oman

D100428

Model FB415

TRA/TA-R/6711/18

Pakistan

Model No.: FB415

TAC No.: 9.6090/2018



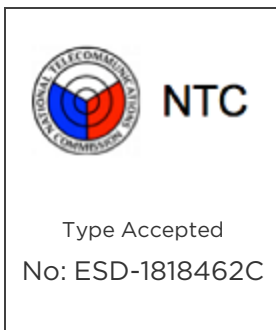
Model: FB415

Serial No: Refer to retail box

Year of Manufacture: 2018

Philippines

Model FB415



Serbia

Model FB415



W 005 18

South Korea

Model FB415



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 FB415



CCAI19LP0170T1

低功率警語:

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.

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.

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.

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.

United Arab Emirates

Model FB415

TRA Registered No.: ER68014/18
Dealer No.: DA35294/14

Zambia

Model FB415



ZMB/ZICTA/TA/2019/1/10

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