

Getting started with Fitbit Charge 3



Getting started Fitbit Charge

Know your body and understand
with our most advanced f

Check out this guide for everything you need to get the most out of Charge 3.

SKIP TO:

- [1 | Set up Charge 3](#)
- [2 | Get to know Charge 3](#)
- [3 | Get moving with Charge 3](#)

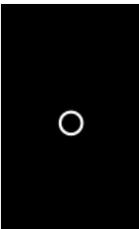
1 | Set up

Learn how to charge, turn on, and sync Charge 3.



Turn on and charge your device. To set up Charge 3, first connect it to the charging cable.

For more information, see [How do I charge my Fitbit device?](#)



Connect your device. Next, create or log in to your Fitbit account and connect your tracker.

For more information, see [How do I set up my Fitbit device?](#)



Automatically sync. Charge 3 syncs your data with the Fitbit app throughout the day. Open the app to see your exercise history, check your sleep stages, log food, and more.

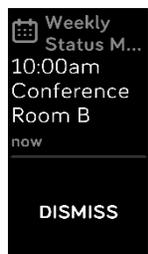
2 | Get to

Learn about Charge 3 features and apps.



See your stats. Swipe up on the clock face to see your all-day stats, including steps, heart rate, active minutes, and more.

For more information, see [How do I navigate my Fitbit device's screen?](#)



Never miss a notification. See your phone, text, calendar, and app notifications on your tracker.

For more information, see [How do I get notifications from my phone on my Fitbit device?](#)



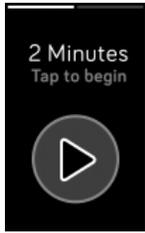
Change your clock face. Match your tracker to your style by picking from a variety of clock faces.

For more information, see [How do I change the clock face on my Fitbit device?](#)



Set a silent alarm. Set an alarm in the Fitbit app and dismiss it from your wrist.

For more information, see [How do I manage alarms on my Fitbit device?](#)



Take a breather. Choose a 2-minute or 5-minute guided breathing session to find moments of calm throughout the day with the Relax app.

For more information, see [What should I know about the Relax app on my Fitbit device?](#)

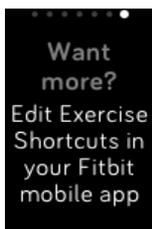
3 | Get n

Learn how to maximize your activity with Charge 3.



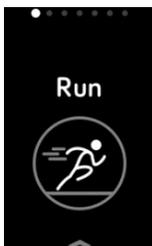
Get up and step. Charge 3 helps you reach an hourly goal of 250 steps by nudging you at 10 minutes before the hour is over.

For more information, see [What is a reminder to move?](#)



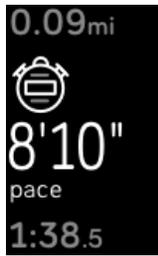
Customize your exercises. Choose from over 15 exercise types—like run, swim, bike, and yoga— to track your favorite workouts. You can also customize settings for various exercises, including connected GPS and interval durations.

For more information, see [How do I track my workouts with my Fitbit device?](#)



Track your workouts. Use the Exercise app on Charge 3 to start and stop a workout, see real-time stats, and get an exercise summary when you're done.

For more information, see [How do I track my workouts with my Fitbit device?](#)



Set exercise goals. Choose an exercise, enter your goal—such as time, distance, or calories—and get moving. Charge 3 will vibrate and the screen will flash when you reach your goal.

For more information, see [How do I track my workouts with my Fitbit device?](#)



Let SmartTrack have your back. Your tracker automatically detects and records activities at least 15 minutes long. Open the Fitbit app to see your stats and change how your activity is labeled.

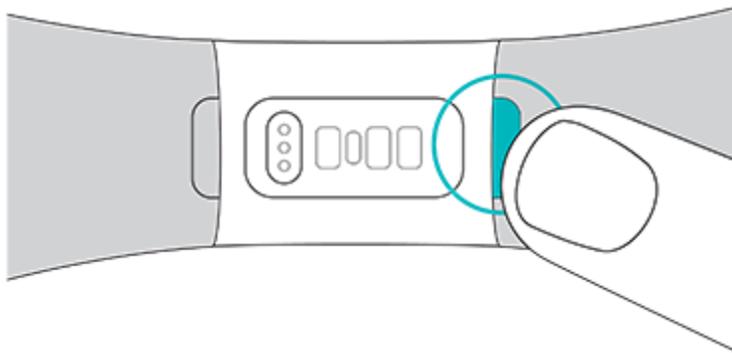
How do I change the wristband on my Fitbit device?

Select Fitbit devices can be customized with interchangeable wristbands.

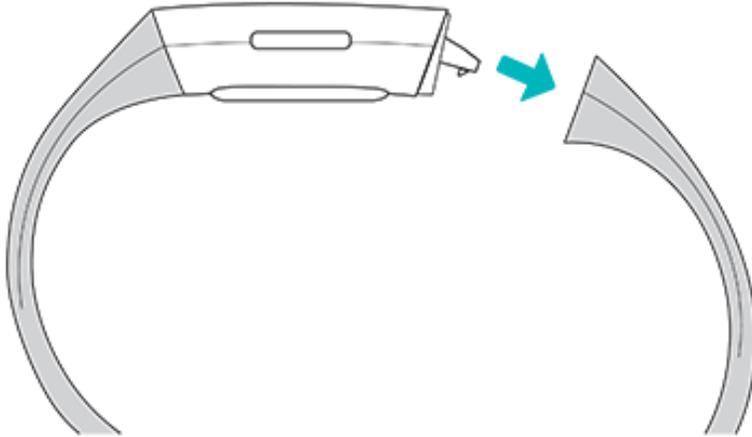
- ACE, ALTA & ALTA HR
 - BLAZE
- CHARGE 2 & CHARGE 3
 - FLEX
 - FLEX 2
 - IONIC
 - VERSA

Fitbit Charge 2 and Fitbit Charge 3 have two detachable bands (top and bottom) that you can replace with accessory bands sold separately. To remove and replace the bands on both sides:

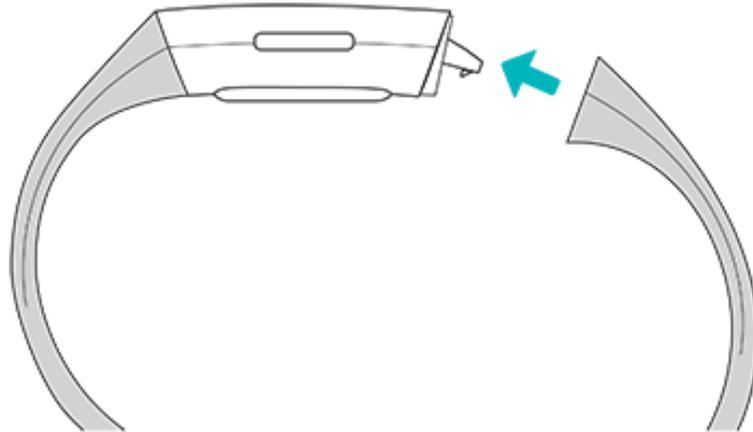
1. Turn over your tracker and locate the two band latches—there's one on each end where the band meets the frame.
2. To release a latch, press down on the flat button on the strap.



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



4. Remove the band on the other side. If you're having trouble or if it feels stuck, gently move the band back and forth to release it.
5. To attach a band, slide it on the end of the tracker until you feel it snap into place, then repeat on the other side. If you have trouble attaching the band or if it feels loose, gently move the band back and forth to make sure it is attached to the tracker.



What should I know about the Relax app on my Fitbit device?

The Relax feature provides personalized deep breathing sessions that can help you find moments of calm throughout your day. You can choose between 2-minute or 5-minute long sessions. This feature is available on select Fitbit devices.

Skip to:

- [How does Fitbit track my breathing?](#)
- [What are the benefits of deep breathing?](#)
- [How can guided breathing help me feel relaxed?](#)
- [When should I use guided breathing sessions?](#)
- [How do I start a guided breathing session?](#)
- [What's the difference between the 2-minute and 5-minute long sessions?](#)
- [What do the sparkles mean?](#)
- [Are there any health risks associated with doing a guided breathing session?](#)

- [Will I receive notifications during the guided breathing session?](#)
- [Can I see my guided breathing history on my Fitbit dashboard?](#)

HOW DOES FITBIT TRACK MY BREATHING?

While you're sitting still, your Fitbit device measures the beat-to-beat changes in your heart rate, known as heart rate variability (HRV). As you inhale, your heart rate increases, and as you exhale, your heart rate decreases. Your device uses these changes in heart rate to recommend a personalized breathing pattern during each guided breathing session. You can learn more about HRV, an important indicator of overall health and fitness, in several places including the journal [Frontiers in Psychology](#).

WHAT ARE THE BENEFITS OF DEEP BREATHING?

Deep breathing is a common meditation technique that can help you let go of stress and maintain a quieter state of mind ([source](#)). Research shows that taking a few minutes to relax each day can reduce blood pressure and lower your risk of cardiovascular disease ([source](#)).

HOW CAN GUIDED BREATHING HELP ME FEEL RELAXED?

Stress releases a hormone called adrenaline that causes your breathing to quicken and your heart rate and blood pressure to rise. Known as the "fight or flight" response, this reaction can take a toll on your body if sustained over a long period of time ([source](#)). Deep breathing exercises can help shift your body and mind into more relaxed states ([source](#)).

WHEN SHOULD I USE GUIDED BREATHING SESSIONS?

You can practice deep breathing whenever you want to find a moment of calm. Guided breathing sessions can be effective in the morning as you prepare for the day, prior to an important mid-day meeting or function, or in the evening as you wind down before bed.

HOW DO I START A GUIDED BREATHING SESSION?

For instructions, choose your device.

- [BLAZE](#)
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.
- [CHARGE 2](#)

- 1.

- 2.
- 3.
- 4.
- 5.
- 6.

- CHARGE 3, IONIC & VERSA

- 1.



- 2.
- 3.
- 4.
- 5.
- 6.

WHAT'S THE DIFFERENCE BETWEEN THE 2-MINUTE AND 5-MINUTE LONG SESSIONS?

Both sessions guide you through a series of deep inhalations and exhalations and require you to maintain focus. If you're new to meditation or mindfulness, you may prefer to start with the 2-minute exercise and build up to the longer one. If you practice mindful or guided breathing regularly, you may want to skip ahead to the 5-minute exercise.

WHAT DO THE SPARKLES MEAN?

Based on your device's analysis of your heart rate, you'll see feedback after 20 seconds letting you know how closely you're following the guide. The more sparkles you see, the more in sync you are with the guide. If you don't see many sparkles during or after the exercise, try to follow the guide more closely next time—inhaling and exhaling slowly can be difficult if your breathing was rapid at the start.

ARE THERE ANY HEALTH RISKS ASSOCIATED WITH DOING A GUIDED BREATHING SESSION?

During the deep breathing session, you should feel comfortable and relaxed. If you feel like you're unable to complete the full session, you can quit at any time. If you start to feel dizzy, faint, weak, or any other discomfort, stop the session immediately and return to breathing normally. If the feeling persists, lie down until you feel better, and consider seeking medical attention if symptoms continue to persist. Use caution or consult your doctor before use if you have any pre-existing cardiac or respiratory condition.

WILL I RECEIVE NOTIFICATIONS DURING THE GUIDED BREATHING SESSION?

All notifications are automatically disabled during the session. If you've set a silent alarm, your device will vibrate at the time specified.

CAN I SEE MY GUIDED BREATHING HISTORY ON MY FITBIT DASHBOARD?

At this time, the Fitbit dashboard doesn't store a history of your sessions. Guided breathing sessions are only available on your device.

How do I track swims with my Fitbit device?

Track your swims with select Fitbit devices.

SKIP TO:

- [Which swim stats can I track with my Fitbit device?](#)
- [What are my options for swim tracking with my Fitbit device?](#)
- [How do I set the pool length for my Fitbit device?](#)
- [Which strokes can I use to swim?](#)
- [Do I have to be a good swimmer to track my swims with my Fitbit device?](#)
- [Why do I see a length count after an open water swim?](#)
- [Why is my swim data incorrect?](#)
- [Can I swim in deep water with my tracker?](#)
- [Does swimming count toward my step goal?](#)

WHICH SWIM STATS CAN I TRACK WITH MY FITBIT DEVICE?

Your Fitbit device automatically tracks your swim duration and pool lengths completed. Enter your pool length to track your distance and duration. Note that heart-rate tracking is disabled during your swim workout.

WHAT ARE MY OPTIONS FOR SWIM TRACKING WITH MY FITBIT DEVICE?

Depending on your device, choose to automatically track your swims, or use the Exercise app to start and stop your swim workout.

For automatic tracking, sync your device with the Fitbit app to review your results in your exercise history.

Device	Options
Fitbit Flex 2	<ul style="list-style-type: none">• Use automatic tracking to capture all stats.• Turn on swim tracking and set your pool length in the Fitbit app. For instructions, see How do I set the pool length for my Fitbit device?
Fitbit Charge 3	<ul style="list-style-type: none">• Use automatic tracking to capture all stats.• Use the Exercise app to see the real-time duration of your swim on your device. Note that the Exercise app doesn't capture other swim stats.

- Set your pool length on your device. For instructions, see [How do I set the pool length for my Fitbit device?](#)
- Use automatic tracking or the Exercise app to capture all stats.
- Set your pool length on your device. For instructions, see [How do I set the pool length for my Fitbit device?](#)

Fitbit Ionic & Fitbit Versa

HOW DO I SET THE POOL LENGTH FOR MY FITBIT DEVICE?

Enter the pool length in meters or yards before you start your swim. Keep in mind the pool length you enter remains the default length until you change it. If you swim in the same pool often, you don't need to input the length each time.

- **FITBIT APP**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



- **ON-DEVICE**

-
-



WHICH STROKES CAN I USE TO SWIM?

While you can choose to swim using any of the 4 most common strokes (freestyle, backstroke, breaststroke, and butterfly), we recommend swimming freestyle for the best results.

DO I HAVE TO BE A GOOD SWIMMER TO TRACK MY SWIMS WITH MY FITBIT DEVICE?

Your device records your swims even if you're a novice swimmer, meaning you can swim about 6 to 12 lengths of the pool without stopping to rest. If you're unable to swim this distance, you may notice inconsistencies in your swim data including some lengths not counted. As your swimming ability improves, you'll likely notice fewer inconsistencies in your data.

WHY DO I SEE A LENGTH COUNT AFTER AN OPEN WATER SWIM?

Your device tries to identify lengths each time you swim, so you may still see an estimated number of lengths after your open water swim.

WHY IS MY SWIM DATA INCORRECT?

In addition to completing only a handful of laps or stopping to rest often, inconsistencies in your swim data may be caused by any of the following:

- Stopping to rest midway across the pool
- Resting for longer than 60 seconds after completing a pool length
- Changing stroke type midway across the pool
- Swimming with a kickboard or not using your hands
- Swimming less than the minimum duration set to be auto-recognized
- The units for the pool length setting don't match the units you use for your Fitbit settings. For example if you measure length in feet and inches, and specify a pool length in meters. For more information, see [How do I update my Fitbit settings?](#)

CAN I SWIM IN DEEP WATER WITH MY TRACKER?

Your tracker is water-resistant up to 50 meters.

DOES SWIMMING COUNT TOWARD MY STEP GOAL?

While you don't earn steps for swimming, the exercise counts toward your active minutes and calories burned goals. By default, your device's primary goal will be steps taken, but you can choose a different goal. For more information, see [How do I track my fitness goals with Fitbit?](#)

What is my cardio fitness score?

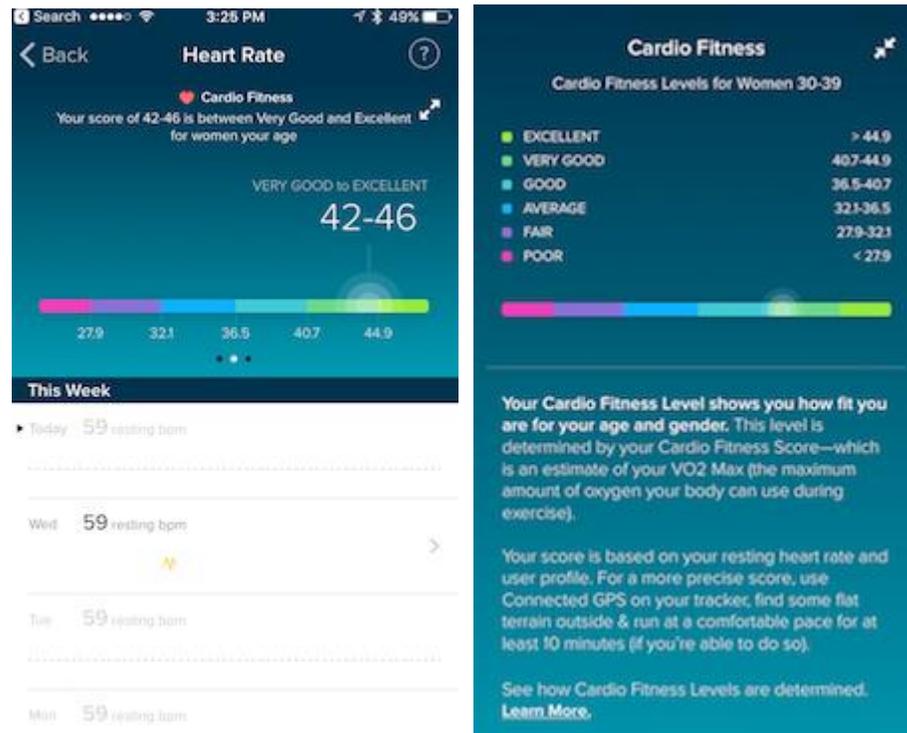
If you have a Fitbit device with heart-rate tracking (except Fitbit Charge HR and Fitbit Surge), you can track your overall cardiovascular fitness in the Fitbit app.

SKIP TO:

- [How do I track my cardio fitness?](#)
- [What is VO2 Max?](#)
- [How does Fitbit measure my cardio fitness score?](#)
- [How do I get a more precise estimate of my score?](#)
- [How does Fitbit calculate my cardio fitness level?](#)
- [What do the cardio fitness levels represent?](#)
- [How do I improve my cardio fitness score?](#)
- [How do I get the best cardio fitness score during runs?](#)
- [Can I see my cardio fitness score or level on my Fitbit device?](#)
- [Why don't I have a cardio fitness score or level?](#)
- [Can I see my cardio fitness history in the Fitbit dashboard?](#)

HOW DO I TRACK MY CARDIO FITNESS?

On your Fitbit dashboard, tap the heart rate tile. The top of the screen has a heart-rate graph. Swipe the graph to see a cardio fitness graph instead. It shows your cardio fitness score (also known as VO2 Max) and cardio fitness level. Tap the arrow in the top right for more information.



WHAT IS VO2 MAX?

VO2 Max is a measurement of how well your body uses oxygen when you're working out at your hardest. It is widely accepted as the gold standard for grading cardiovascular fitness: the higher your VO2 Max, the more fit you are ([source](#)). This metric can also indicate performance potential for endurance-based activities including running, biking, and swimming ([source](#)).

VO2 Max is traditionally measured in a lab where you run on a treadmill or ride a stationary bike until exhaustion with a mask strapped to your nose and mouth to gauge the amount of air you inhale and exhale. While this method provides the most accurate measure of VO2 Max, your Fitbit device can estimate this value for you with less effort and discomfort.

Fitbit estimates your VO2 Max and refers to it as your cardio fitness score.

HOW DOES FITBIT MEASURE MY CARDIO FITNESS SCORE?

Your *cardio fitness score* is determined by your resting heart rate, age, sex, weight, and other personal information. For best results, make sure your weight is correct in your Fitbit profile. Also, wear your tracker or watch to sleep for a better resting heart rate estimate. Your cardio fitness score will be shown as a range unless you use GPS for runs.

HOW DO I GET A MORE PRECISE ESTIMATE OF MY SCORE?

If your Fitbit device connects to GPS, we can provide a more precise estimate of your score using the relationship between pace and heart rate during your runs. This is because individuals with higher VO2 Max have a lower heart rate while running at the same pace compared to individuals with lower VO2 Max. If you're able to run at a comfortable pace for at least 10 minutes, track a run with GPS. We recommend running on flat terrain as much as possible since only the flat sections of your run count towards your score estimate. You may need to go on several runs that are at least 10 minutes in length to affect your score.

For instructions on how to start in the Exercise app, see [How do I track my workouts with my Fitbit device?](#)

HOW DOES FITBIT CALCULATE MY CARDIO FITNESS LEVEL?

We use your cardio fitness score in combination with your sex and age to calculate your *cardio fitness level*. By helping you understand how you compare to other people who share your sex and age range, cardio fitness level is a holistic way to track your cardiovascular fitness over time.

WHAT DO THE CARDIO FITNESS LEVELS REPRESENT?

Your cardio fitness score will fall into 1 of 6 cardio fitness levels that range from poor to excellent. These levels are based on published data that help show how your cardio fitness score compares to others who are the same age range and sex ([source](#)).

HOW DO I IMPROVE MY CARDIO FITNESS SCORE?

If your cardio fitness level is lower than you'd like, it may be due to several factors including a stationary lifestyle, which could have negative effects on long term health like an increased risk for developing high blood pressure and coronary heart disease ([source](#)).

The two ways to improve your score are exercise and healthy weight loss. Increased exercise may help you improve your score by up to 20 percent over a period of two to three months (see Kennedy, *Phys. of Sport and Exer.*, 2012). Specifically, the American Heart Association recommends “at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise (or a combination of moderate and vigorous activity)” to improve overall cardiovascular health ([source](#)).

While an increase in moderate exercise can be helpful, including high-intensity intervals in your workouts if you're able can be an effective way to see noticeable improvement. Interval training includes any workout that alternates between intense bursts of activity followed by periods of lower intensity activity or rest. Both endurance training and interval training studies showed increases in participants' VO2 Max, but interval training yielded more significant improvements ([source](#)). For more information on how to use intervals in your workout, see [How do I track my workouts with my Fitbit device?](#)

Additionally, healthy weight loss (primarily by lowering your body fat percentage) can contribute to an increase in your cardio fitness score. On the other hand, unhealthy weight loss (lowering your muscle mass) can have a negative effect on your score ([source](#)). If you've entered a healthy weight loss goal into your Fitbit profile, the graph shows the potential improvement to your score. If your weight loss goal would lower your Body Mass Index (BMI) into the underweight range, potential improvement to your score won't be displayed. For more information about BMI ranges, see the [American Heart Association](#).

HOW DO I GET THE BEST CARDIO FITNESS SCORE DURING RUNS?

If you're running with GPS, try the following tips for the best estimate:

- Go for long runs (at least 10 minutes long) on flat terrain.
- Complete multiple runs to help improve accuracy.
- Run at a faster pace if you're able to do so. You don't have to run at maximum speed but higher-intensity runs provide a more accurate estimate.

CAN I SEE MY CARDIO FITNESS SCORE OR LEVEL ON MY FITBIT DEVICE?

At this time, your cardio fitness score and level are only visible in the Fitbit app.

WHY DON'T I HAVE A CARDIO FITNESS SCORE OR LEVEL?

If you don't see your level in the Fitbit app, try these tips:

- Make sure you've worn your device for at least 1 to 2 days. For best results, wear your device to sleep for a better resting heart rate estimate.
- For a run-based measurement of your score, you may need to complete multiple GPS runs.
- If you're running with GPS, make sure your device is in the optimal position to read your heart rate by reviewing troubleshooting tips in [Why don't I see my heart rate on my tracker?](#)

CAN I SEE MY CARDIO FITNESS HISTORY IN THE FITBIT DASHBOARD?

At this time, the Fitbit dashboard doesn't store a history of your cardio fitness score.

How do I charge my Fitbit device?

We recommend plugging your charging cable into a USB port on your computer or other low-energy device. If necessary, you can use a UL-certified USB wall charger. Don't use a USB hub or battery pack to charge, and only use the charging cable that came with your device.

If you're looking for troubleshooting information, see [Why isn't my battery charging?](#)

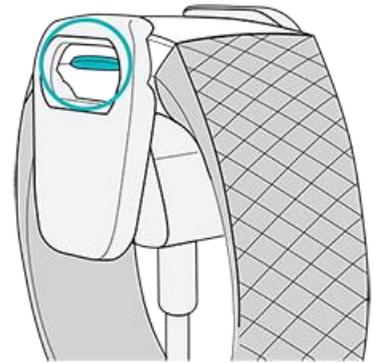
- - ACE, ALTA, & ALTA HR
 - BLAZE
 - CHARGE
 - CHARGE 2 & CHARGE 3
 - CHARGE HR
 - FLEX
 - FLEX 2
 - FLYER
 - IONIC
 - ONE
 - SURGE
 - VERSA

Fitbit Charge 2 and Fitbit Charge 3 contain a rechargeable lithium-polymer battery. Charging fully takes about 1 to 2 hours. Fitbit Charge 2 chargers don't work with Fitbit Charge 3 devices.

CHARGING INSTRUCTIONS

To charge 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.

3. Make sure the button on your tracker is aligned with the button opening on the charging cable. You'll know the connection is secure when the tracker vibrates and you see a battery icon on your tracker's display.

While the tracker charges, you can tap it to check the battery level.