

fitbit chargeHR™

Heart Rate + Activity Wristband



Product Manual
Version 1.0

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Getting Started

Make every beat count with Charge HR—an advanced tracking wristband that gives you automatic, continuous heart rate and activity tracking right on your wrist—all day, during workouts and beyond.

What you'll find in the box

Your Fitbit Charge HR Wireless Heart Rate + Activity Wristband box includes:



Charge HR wristband



Charging cable



Wireless sync
dongle

What's you'll find in this document

This manual gets you started quickly with setting up your tracker. Setup ensures that your tracker can synchronize its data with Fitbit.com or the Fitbit mobile app, where you can get detailed information on your stats, view historical trends, log food, and more. As soon as setup is complete you're ready to start moving.

The remainder of the manual walks you through every function on your Charge HR and also explains how to update your tracker when free firmware updates are available. Throughout the manual you'll notice that for tasks that can be done on the Fitbit.com dashboard or the Fitbit mobile app, only the Fitbit.com instructions appear—if you have the Fitbit app for iOS, Android, or Windows Phone, you can easily find the comparable task in the app without needing tap-by-tap instructions here. That said, all the details of our mobile apps are described in our articles at <https://help.fitbit.com>. Just select Charge HR and then browse the iOS, Android, or Windows Phone categories.

The manual concludes by explaining how to restart your Charge HR in the event you encounter difficulty with your tracker. All other troubleshooting suggestions, as well as detailed information about how Fitbit trackers and services work, can be found in

the articles on our help site, <https://help.fitbit.com>. Just select Charge HR and then pick from a category to browse, or enter a search term to find something specific. Do us a favor and rate the articles you read—it's how we know we're getting you the right information at the right time!

Setting up your Charge HR

You can set up your Charge HR using the Fitbit app for iOS, the Fitbit app for Android, the Fitbit app for Windows Phone, or your computer.

Setting up your tracker using a mobile device

Over 120 mobile devices that support Bluetooth 4.0 technology allow you to set up and wirelessly synchronize your Charge HR. To see if your mobile device is compatible with your Charge HR, visit www.fitbit.com/devices. If your device is listed, you can then download our free iOS, Android, or Windows Phone app and follow the installation process in the app. If your device is not listed, check back frequently because we're continually adding new devices.

Even if your mobile device is not compatible for syncing via Bluetooth 4.0, you can still use a Fitbit app to view your data and track your progress—you'll just need to set up and sync your tracker using a Mac or PC.

Setting up your tracker using a Mac or PC

To set up your Charge HR using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your Surge to your Fitbit.com dashboard, where you can view your data, log food, and more.

Mac & PC requirements



Software
Mac OS 10.6 or later
Internet Connection

Hardware
USB port



Software
Windows Vista, 7, 8
Internet Connection

Hardware
USB port

Downloading Fitbit Connect

1. Go to <http://www.fitbit.com/setup>.
2. Verify that your computer type (Mac or PC) is highlighted, then click the **Download Here** button.

Installing Fitbit Connect and pairing your tracker

1. Plug your wireless sync dongle into your computer's USB port and have your charged tracker nearby.

2. Go to the folder containing the file you downloaded and look for the installation program:
 - For Mac: [Install Fitbit Connect.pkg](#)
 - For Windows: [FitbitConnect_Win.exe](#)
3. Double-click the file name to install Fitbit Connect.
4. Follow the brief onscreen instructions to finish setting up. You're ready to get moving.

Syncing wirelessly using your computer

Now that Fitbit Connect is installed, your Charge HR will automatically and wirelessly sync with your computer every 20 minutes or so if the following requirements are met:

- Your Charge HR is within 15-20 feet of your computer and has new data to upload (meaning if you haven't moved, an automatic sync won't occur).
- Your computer is powered on, awake, and connected to the Internet.
- The wireless sync dongle is inserted into a USB port and is recognized by the computer.

To manually synchronize your Charge HR with your dashboard, click the Fitbit Connect icon on your computer (located near the date and time) and click [Sync Now](#).

Getting to know your Fitbit Charge HR

Wearing your tracker

Your Charge HR is designed to be most accurate when worn on your wrist. While it may track stats such as steps and floors when placed in a pocket or backpack, it is most accurate on the wrist. For all-day wear, your Charge HR should usually rest a finger's width below your wrist bone and lay flat, just as you'd wear a watch.

For best heart rate accuracy you may want to experiment with wearing the Charge HR higher on your wrist, particularly when exercising. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can be helpful. Also, many exercises such as spinning cause you to bend your wrist frequently, which can interfere with the heart rate signal. Lastly, do not wear your Charge HR too tight; a tight band restricts blood flow, potentially affecting the heart rate signal.

Specifying dominant or non-dominant hand

To improve the accuracy of your Charge HR, we ask that you specify whether you're wearing it on the wrist of your dominant or non-dominant hand. Your dominant hand is the hand you use for most day-to-day activities, such as writing or throwing a ball. You can specify this setting in the Fitbit app or in the Fitbit.com dashboard.

To make this choice using the Fitbit.com dashboard:

1. Log in to Fitbit.com.
2. Click the gear icon in the top-right corner of the dashboard.
3. Click **Settings**.
4. Using the navigation tabs on the left, find and specify the correct setting for **Dominant Hand**.
5. Sync your Charge HR to update your tracker with the new setting.
 - a. Click the Fitbit Connect icon near the date and time on your computer.
 - b. Make sure your Surge is nearby and click **Sync Now**.

Using your Charge HR in wet conditions

Your Charge HR is splash-proof, rain-proof, and can withstand even the sweatiest workout. Your Charge HR is not designed to be worn swimming. We also recommend removing your tracker before showering. Though the device can withstand the water exposure, wearing your tracker 24/7 does not allow your skin to breathe. After getting your tracker wet, dry it thoroughly before putting it back on. For more details, see <https://www.fitbit.com/productcare>.

Measuring heart rate

When your heart beats, your capillaries expand and contract based on blood volume changes. PurePulse™ LED lights on the back of your Charge HR reflect onto the skin to detect blood volume changes, and finely tuned algorithms are applied to measure heart rate automatically and continuously. By default, the heart rate sensor is active whenever the Charge HR is on your wrist.

Default heart rate zones

Heart rate zones let you target different training intensities to help you optimize your workout. Your zones are calculated based on your estimated maximum heart rate, which is 220 minus your age.

To quickly determine what zone you're in, take a look at the heart icon on your tracker as shown in the examples below.

89  110  135  152 

Out of zone

Fat burn

Cardio

Peak

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

At any time you can check your dashboard to see the amount of time you've spent in each zone.

Custom heart rate zones

Instead of using the default heart rate zones you can configure a custom zone. When your heart rate is above or below your custom zone you'll see an outline of a heart, and when your heart rate is in your custom zone you'll see a solid heart.

To set a custom heart rate zone using the Fitbit.com dashboard:

1. Log in to Fitbit.com.