

fitbit charge 6
User guide



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How to set up your Charge 6

Download and install the Fitbit app from one of the following locations:

1

- Apple devices—[Apple App Store](#)
- Android devices—[Google Play Store](#)

Fitbit Charge 6 works with most phones running Android 9.0 or newer or iOS 15 or newer and requires a Google Account, Fitbit mobile app and internet access. Some features require a Fitbit mobile app and/or a paid subscription. See fitbit.com/devices for more information.

2

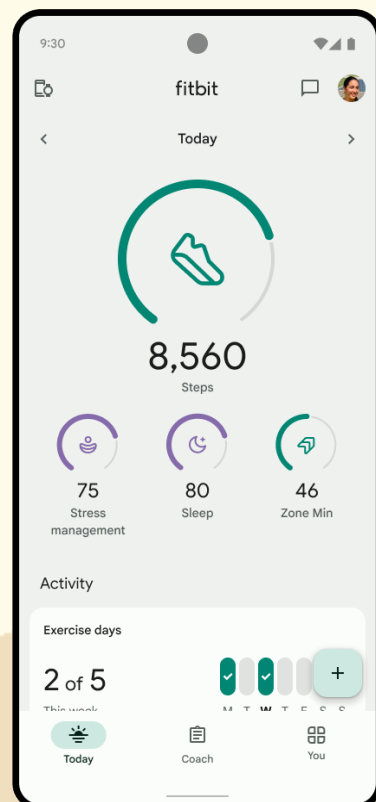
Open the Fitbit app and tap **Join Fitbit**.

3

Follow the on-screen instructions to create a Fitbit account and connect ("pair") your Fitbit device to your phone. Pairing makes sure your Fitbit device and phone can communicate with one another (sync their data).

GET SUPPORT

Visit help.fitbit.com to get in touch.



Get more with Premium

Your Charge 6 comes with a 6-month Fitbit Premium membership¹

Take your workout routine to the next level.

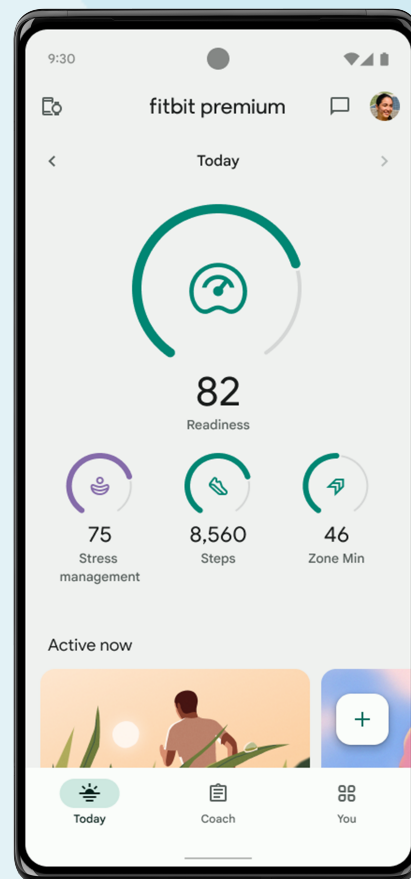
Take your fitness to the next level with a full library of workouts led by Fitbit's expert trainers. Use your Daily Readiness Score to optimize your routine.² Choose a plan to start your membership.³

¹ New and returning Fitbit Premium users only. Must activate membership within 60 days of device activation (requires valid payment method). Automatically renews at \$9.99/mo* after trial ends. Cancel before to avoid recurring fees. Content and features may change, and are not available in all regions. This membership cannot be gifted. See [here](#) for more details. T&C apply.

* UK regional renewal rate is £7.99/mo.

² Daily Readiness Score requires a Fitbit Premium membership and a wearable device.

³ Fitbit Premium content and features may change. Content recommendations are not available in all locales and may be in English only.



Fitbit Basics

Wear your Charge 6 every day to track a variety of stats.



Steps taken



Active Zone Minutes with moderate or vigorous activity



Distance covered



Calories burned



All-day heart rate and heart-rate zones



SEE YOUR STATS ON CHARGE 6



From the clock face, swipe up to see today's health and fitness stats.

- **Battery percentage**
- **Core stats:** steps taken today, calories burned, distance covered and Active Zone Minutes
- **Hourly activity:** steps taken this hour and the number of hours you took 250 steps or more
- **Heart rate:** current heart rate and average resting heart rate
- **Sleep:** time asleep from last night and Sleep Score
- **Readiness score:** your daily readiness score (Premium only)
- **SpO2:** your most recent resting SpO2 average
- **Menstrual health:** days on or until period or fertile window
- **Exercise:** number of days you exercised

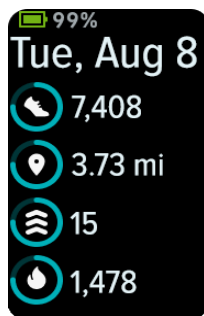
View a history of your stats in the Fitbit app.

NAVIGATE CHARGE 6

The home screen is the clock.

- Firmly tap the screen, turn your wrist, or press the button to wake Charge 6.
- Swipe down to see quick settings. Swipe up to see your daily stats.
- Swipe left or right to see the apps on your tracker.
- Press the button to return to the clock face. For best results, place your thumb and index finger on either side of the tracker and squeeze to press the button.

Daily 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](#).

Reminders 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](#).

Exercise and GPS



Track specific exercises with the Exercise app  on Charge 6 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

For more information about tracking an exercise with GPS, see [the related help article](#).

Google Maps Navigation



Find your way seamlessly with turn-by-turn directions from Google Maps.¹

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

¹ Google apps and services are not available in all countries or languages. Data rates may apply. Your compatible phone must be in Bluetooth range of your Fitbit device to use this feature. Works with most phones running Android 9 or iOS 15 or newer. Requires Google Account and internet access.

YouTube Music Controls



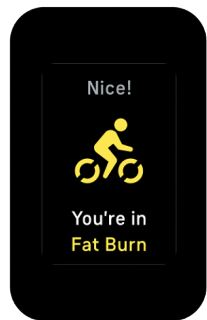
DJ your workouts right from your wrist with YouTube Music controls.¹ Start, stop and skip over 100 million songs from the world's largest music catalog. Get recommendations for workout mixes based on your exercise.²

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

¹ YouTube Music controls requires a paid YouTube Music Premium subscription. Try a 1-month free trial to unlock more of the YouTube love. Terms apply.

² Your compatible phone must be within Bluetooth range of your Fitbit device to use this feature. Works with most phones running Android 9 or iOS 15 or newer. Requires Google Account and internet access.

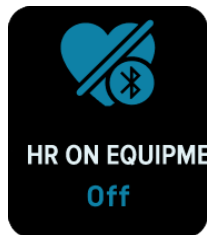
Heart-Rate Zones



Charge 6 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your tracker during exercise. Charge 6 notifies you when you enter a heart-rate zone.

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

Heart Rate on Display



Connect Charge 6 to compatible exercise machines and apps¹ and see your real-time heart rate directly on the display.

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

¹ Compatible with workout machines that support the Bluetooth Heart Rate Profile, such as the latest models of iFit, Nordictrack, Peloton, Concept2, and Strava. However, not all Bluetooth-compatible devices and apps behave similarly.

Sleep



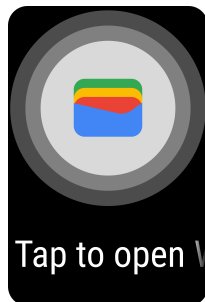
Wear Charge 6 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

Charge 6 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 and SpO2 levels, which estimate the amount of oxygen in your blood.

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

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

Payments

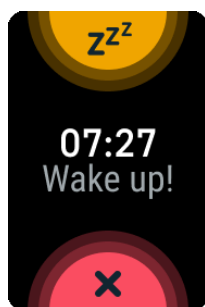



Add your credit and debit cards to certain Fitbit devices to make contactless payments right from your device—even when you're traveling internationally.¹ Google Pay protects your payment info with multiple layers of security, using one of the world's most advanced security infrastructures to help keep your account safe. When you pay in stores, Google Pay doesn't share your actual card number, so your information stays secure. Using contactless payments on your Fitbit device also requires you to use a personal 4-digit PIN code for an added layer of protection. To authorize a payment, enter your PIN code the first time you make a contactless payment since last taking off your device, or if it's been 24 hours since you made a payment.

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

¹ Google apps and services are not available in all countries or languages. Data rates may apply.

Alarms and Timers



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

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

Quick Settings

For a faster way to access certain settings, swipe down from the clock face.

Settings

Manage additional settings and options.

Water lock

Prevent your screen from activating when you're in the water. To turn off water lock, firmly double-tap the middle of the screen with your finger.

Find Phone

When you can't find your phone, use the Find Phone app to locate it.

Screen wake

Choose whether the screen turns on when you turn your wrist.

Heart rate on equipment

Share your real-time heart rate data with compatible fitness equipment and apps via Bluetooth.

Sleep mode

Turn on or schedule sleep mode to dim the display and mute incoming notifications. Turning your wrist won't turn on the screen when sleep mode is on.

DND mode

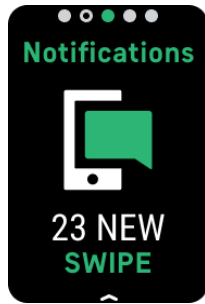
Silence calls and notifications.

Google Wallet

Make contactless payments from your wrist.




Notifications



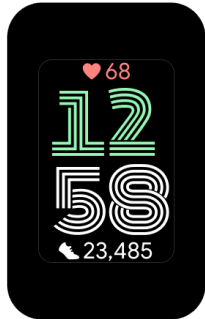
A notification causes your tracker to vibrate. Tap the notification to expand the message.

If you don't read the notification when it arrives, you can check it later in the

Notifications app . Swipe right or left to the Notifications app, then swipe up to open it.

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

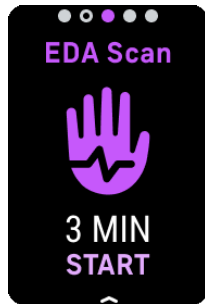
Clock Faces




Charge 6 comes with different clock faces to match your mood, lifestyle, or look. Change your clock face in the Fitbit app.

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

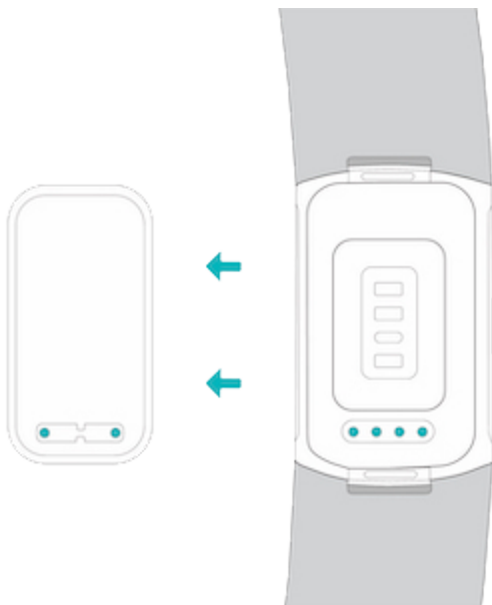
EDA Scan App



The EDA Scan app  on Charge 6 detects electrodermal activity which may indicate your body's response to stress. Because your sweat level is controlled by the sympathetic nervous system, these changes can show meaningful trends about how your body responds to stress.

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

Charging Your Device



Hold the end of the charging cable near the port on the back of the watch until it attaches magnetically. If your device is charging, you'll see the Fitbit logo or battery percentage on the screen.

If you see a blank screen, remove the device from the charger and try again.

Charging may take up to 2 hours, depending on the current battery level.

Your fully charged Charge 6 has a battery life of up to up to 7 days. Note that battery life and charge cycles vary with use, settings and many other factors; actual results will vary.

Wear and Care



Care for Charge 6 by following these guidelines:

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

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

FAQ

HOW DO I SYNC MY FITBIT DEVICE?

Syncing is the process that transfers the data your device collects to your Fitbit account. Track your progress, see how you slept, set goals, log food and water, and more in the Fitbit app.

Requirements

- To see if your device is compatible, see fitbit.com/devices.
- Check if your phone, Fitbit device, and Fitbit app are up-to-date.
- Your phone must be connected to cellular data or Wi-Fi, and the Bluetooth setting must be turned on.
- If you use more than one phone or tablet to sync, make sure the other device isn't nearby.

Troubleshooting Steps

1. Force quit the Fitbit app on your phone. For instructions, see the [Apple help article](#) or [Android \(Google\) help article](#).
2. On your phone, go to **Settings** > **Bluetooth** and turn Bluetooth off and back on.
3. Open the Fitbit app and try to sync your device.
4. If your device doesn't sync, restart it.

HOW DO I RESTART MY FITBIT DEVICE?

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

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

Restarting your tracker doesn't delete any data.

1. Connect your device to the charging cable.
2. Press the button located on the flat end of the charger 3 times within 8 seconds, holding each press for about 1 second.
3. Wait 10 seconds or until the Fitbit logo appears.

Note: If the device doesn't restart, wait 15 seconds and try again.

RESOURCES

For more information on a variety of frequently asked questions, please see the below links:

Charge 6

- [How do I get started with Fitbit Charge 6?](#)
- [How do I share my real-time heart rate data with fitness equipment and apps?](#)
- [How do I use Google Maps on my Fitbit device?](#)
- [How do I control music with my Fitbit device?](#)
- [What should I know about using my Fitbit device to make contactless payments?](#)
- [How do I wear my Fitbit device?](#)
- [How do I charge my Fitbit device?](#)
- [Can I extend my Fitbit device's battery life?](#)
- [How do I navigate my Fitbit device?](#)
- [What are Active Zone Minutes on my Fitbit device?](#)
- [How does my Fitbit device calculate my daily activity?](#)
- [How do I track heart rate with my Fitbit device?](#)
- [How do I track my sleep with my Fitbit device?](#)
- [Can I swim or shower with my Fitbit device?](#)
- [How do I track and manage stress with my Fitbit device?](#)

Fitbit App

- [Compatibility Requirements](#)
- [What should I know about Fitbit Premium?](#)
- [What should I know about using the Fitbit app on my Android phone?](#)
- [How do I change my language on Fitbit?](#)

General

- [How do I get notifications from my phone on my Fitbit device?](#)
- [How do I restart my Fitbit device?](#)

Safety & Regulatory Information

Visit support.google.com for our full safety and regulatory information.

Limited Product Warranty

The limited warranty is available in the [Google Hardware Warranty Center](#).

More Information

For more information, see the [Charge 6 user manual](#).