fitbit charge 6



BC

User Manual
Version 1.0

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Get started

Boost your routine with Fitbit Charge 6*, the only premium fitness tracker with Google built in. With the fitness tools you need to stay motivated and crush your goals, running your day and your routine has never been easier.

Take a moment to review our complete safety information at support.google.com. Charge 6 is not intended to provide medical or scientific data.

*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.

What's in the box

Your Charge 6 box includes:



Tracker with small band (color and material varies)



Charging cable



Additional large band

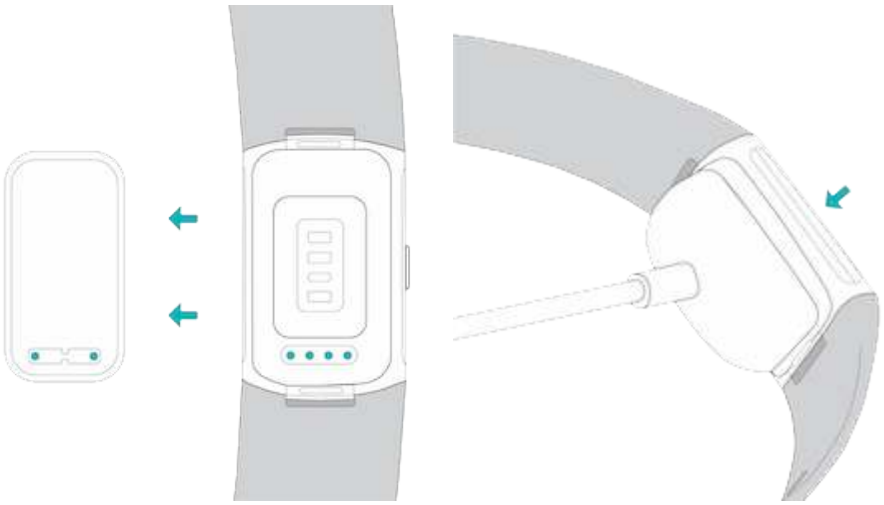
The detachable bands on Charge 6 come in a variety of colors and materials, sold separately.

Charge your tracker

A fully-charged Charge 6 has a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Charge 6:

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. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.



Charging fully takes about 1-2 hours. While Charge 6 charges, double-tap the screen or press the button to turn it on and check the battery level. Swipe right on the battery screen to use Charge 6. A fully charged tracker shows a solid battery icon.



Set up

Set up Charge 6 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See 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 tracker 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.

Unlock Fitbit Premium

Fitbit Premium is your personalized resource in the Fitbit app that helps you stay active, sleep well, and manage stress. A Premium subscription includes programs tailored to your health and fitness goals, personalized insights, hundreds of workouts from fitness brands, guided meditations, and more.

Customers can redeem a Fitbit Premium trial subscription in the Fitbit app. [1]

For more information, see the related help article.

[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.

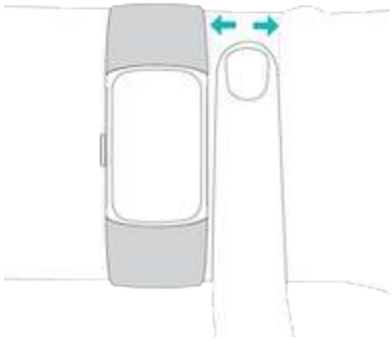
Wear Charge 6

Wear Charge 6 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 13.

Placement for all-day wear vs. exercise

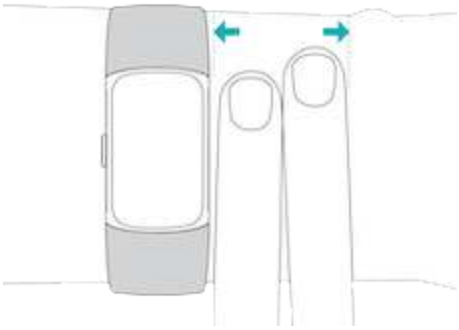
When you're not exercising, wear Charge 6 a finger's width above your wrist bone.

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



For optimized heart-rate tracking while exercising:

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



- Wear your tracker 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).

Fasten the band

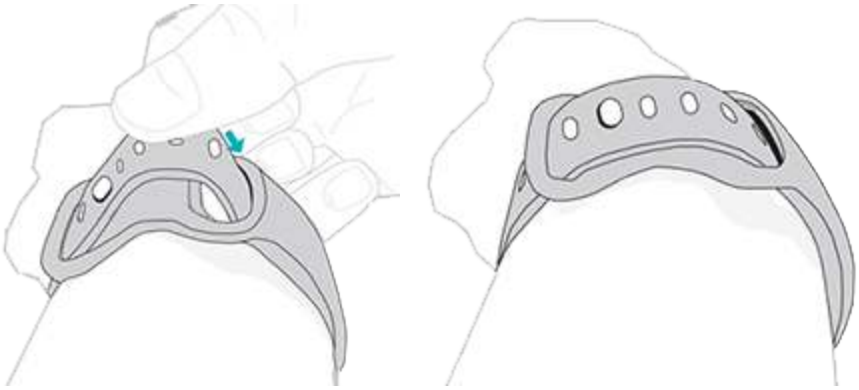
1. Place Charge 6 around your wrist.
2. Slide the bottom band through the first loop in the top band.



3. Tighten the band until it fits comfortably, and press the peg through one of the holes in the band.



4. Slide the loose end of the band through the second loop until it lies flat on your wrist. Make sure the band isn't too tight. Wear the band loosely enough that it can move back and forth on your wrist.



Handedness

For greater accuracy, you must specify whether you wear Charge 6 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 Charge 6 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap the devices icon > Charge 6 > **Wrist** > **Dominant**.

Wear and care tips

- 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.

Change the band

Charge 6 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. For band measurements, see "Band size" on page 58.

Fitbit Charge 5 bands are compatible with Fitbit Charge 6.

Remove a band

1. Turn over Charge 6 and find the band latches.



2. To release the latch, use your fingernail to press the flat button toward the band.

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



4. Repeat on the other side.

Attach a band

To attach a band, press it into the end of the tracker until you hear a click and it snaps into place. The band with the loops and peg attaches to the top of the tracker.



Basics

Learn how to manage settings, navigate the screen, and check the battery level.

Navigate Charge 6

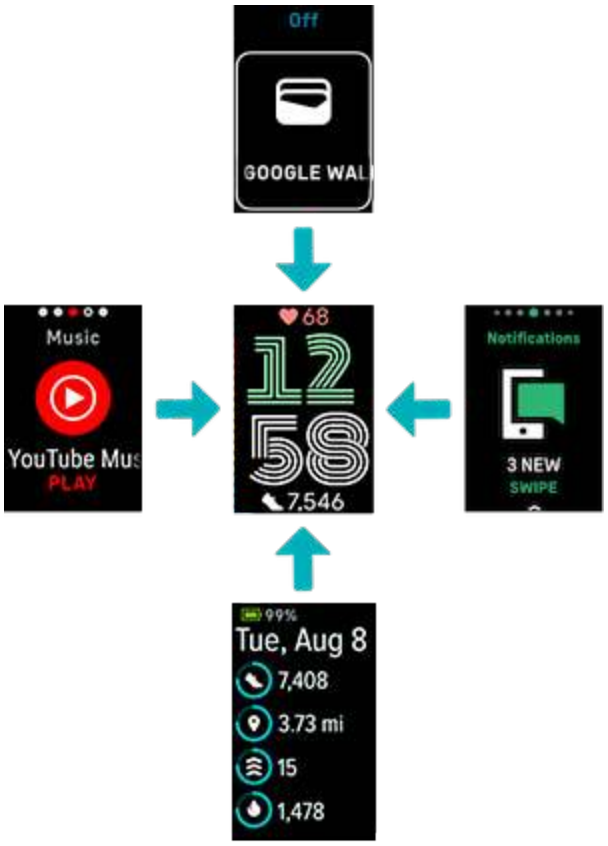
Charge 6 has a color AMOLED touchscreen display and 1 button.

Navigate Charge 6 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the tracker's screen turns off when not in use, unless you turn on the always-on display setting. For more information, see "Adjust always-on display" on page 22.

Basic navigation

The home screen is the clock.

- Firmly tap the screen twice, press the button, or turn your wrist to wake Charge 6.
- Swipe down from the top of the screen to access quick settings, the Payments app, the Find Phone app, and the Settings app. While in quick settings, swipe right or press the button to return to the clock screen.
- Swipe up to see your daily stats. To return to the clock screen, swipe right or press the button.
- Swipe left and right to see the apps on your tracker.
- Swipe right to go back to a previous screen. Press the button to return to the clock screen. For best results, place your thumb and index finger on either side of the tracker and squeeze to press the button.



Quick settings

For a faster way to access certain settings, swipe down from the clock face. Tap a setting to adjust it. When you turn off a setting, the icon appears dim with a line through it.

Settings app	Tap the Settings app to open it. For more information, see "Adjust settings" on the next page.
Water lock	Turn on the water lock setting when you're in water, for example showering or swimming, to prevent your screen from activating. When water lock is on, your screen locks, and the water lock icon appears at the bottom. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them. To turn on water lock, swipe down from the clock screen > tap **Water Lock** > firmly tap your screen twice. To turn off water lock, firmly double-tap the middle of the screen with your finger. If you don't see "Unlocked" appear on screen, try tapping harder. Turning off this feature uses the accelerometer in your device, which takes more force to activate. Note that water lock turns on automatically when you start a swim in the Exercise app.
Find Phone	Tap to open the Find Phone app . For more information, see "Find Phone" on page 25.
HR on equipment	Turn on HR on equipment to connect Charge 6 to compatible exercise equipment and see your real-time heart rate directly on the display. For more information, see "See your heart rate on equipment and apps" on page 46.
Sleep mode	When the sleep mode setting is on: • Notifications, goal celebrations, and reminders are muted. • The screen's brightness is set to dim. • The screen stays dark when you turn your wrist. To wake Charge 6, firmly tap the screen twice.

	• The sleep mode icon  illuminates in quick settings. Sleep mode turns off automatically when you set a sleep schedule. For more information, see "Adjust settings" below You can't turn on the do not disturb setting and sleep mode at the same time.
DND mode	When the do not disturb setting is on: • Notifications, goal celebrations, and reminders are muted. • The do not disturb icon  illuminates in quick settings. You can't turn on the do not disturb setting and sleep mode at the same time.
Google Wallet	Make contactless payments from your wrist. For more information, see "Contactless Payments" on page 48.

Button shortcut

Double-press the button to open contactless payments.

Adjust settings

Manage basic settings in the Settings app . Swipe down from the clock screen and tap the Settings app to open it. Tap a setting to adjust it. Swipe to see the full list of settings.

Display

Brightness	Change the screen's brightness.
Screen wake	Change whether the screen turns on when you turn your wrist.
Screen timeout	Adjust the amount of time before the screen turns off or switches to the always-on display clock face.
Always-on display	Turn always-on display on or off. For more information, see "Adjust always-on display" on page 22.

Quiet modes

Do not disturb	Turn off all notifications.
Sleep mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off. To set a schedule: 1. Open the Settings app and tap **Quiet modes** > **Sleep Mode** > **Schedule** > **Interval**. 2. Tap the start or end time to adjust when the mode turns on and off. Swipe up or down to change the time, and tap the time to select it. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.
Exercise focus	Turn off notifications while using the Exercise app .

Other settings

Heart rate	Turn heart-rate tracking on or off.
AZM notifications	Turn the heart-zone notifications that you receive during everyday activity on or off. For more information, see the related help article.
Button lock	Prevent the button on your tracker from activating while your screen is off. To turn on Button Lock, tap the setting > **Turn on**.
Vibrations	Adjust your tracker's vibration strength.
GPS	Choose the GPS mode. For more information, see the related help article.
Magnify settings	Turn on **Magnify** to zoom in when you triple-tap the screen. Choose between 2x and 3x magnification. To zoom out again, tap the screen once.
Device Info	View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device. Tap **Device Info** > **System Info** to see the activation date. For more information, see the related help article.
Restart device	Tap **Restart device** > **Restart** to restart your tracker.

Check battery level

From the clock face, swipe up. The battery level is at the top of the screen.



If your tracker's battery is low (20% or lower), a warning appears and the battery indicator turns orange. If your tracker's battery is critically low (8% or lower), a second warning appears and the battery indicator flashes.

When the battery is low:

- If you're tracking an exercise with GPS, GPS tracking turns off
- Always-on display turns off
- You can't use quick replies
- You won't receive notifications from your phone

Set up device lock

When you set up contactless payments, you're asked to set up a personal 4-digit PIN code.



Manage your PIN code in the Fitbit app:

From the Today tab in the Fitbit app, tap the devices icon > Charge 6 > **Device Lock**.

For more information, see the related help article.

Adjust always-on display

Turn on always-on display to show the time on your tracker, even when you're not interacting with the screen.



To turn always-on display on or off:

1. Swipe down from the clock face to access quick settings.
2. Tap the **Settings app** > **Display settings** > **Always-on display**.
3. Tap **Always-on display** to turn the setting on or off. To set the display to automatically turn off during certain hours, tap **Off-hours**. Note that if you have a sleep schedule set up in the sleep mode settings, off-hours can't be adjusted.

Turning on this feature impacts your tracker's battery life. When always-on display is turned on, Charge 6 requires more frequent charging.

Always-on display automatically turns off when your tracker's battery is critically low.

For more information, see the related help article.

Turn off the screen

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

Note that if you turn on the always-on display setting, the screen won't turn off.

Clock Faces and Apps

Learn how to change your clock face and access apps on Charge 6.

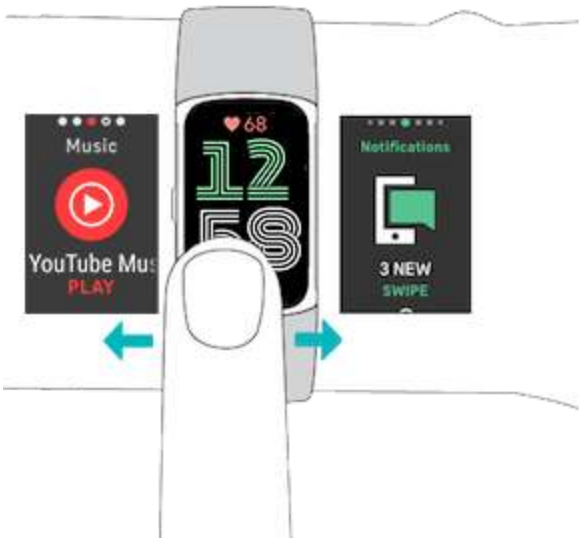
Change the clock face

The Fitbit Gallery offers a variety of clock faces to personalize your tracker.

1. From the Today tab in the Fitbit app, tap the devices icon > Charge 6.
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 Charge 6.

Open apps

From the clock face, swipe left and right to see the apps installed on your tracker. Swipe up or tap an app to open it. Swipe right to return to a previous screen, or press the button to return to the clock screen.



Find Phone

Use the Find Phone app  to locate your phone.

Requirements:

- Your tracker must be connected (“paired”) to the phone you want to locate.
- Your phone must have Bluetooth turned on and be within 30 feet (10m) of your Fitbit device.
- The Fitbit app must be running in the background on your phone.
- Your phone must be turned on.

To find your phone:

1. Swipe down from the clock face to access quick settings.
2. Open the Find Phone app on your tracker.
3. Tap **Find Phone**. Your phone rings loudly.
4. When you locate your phone, tap **Cancel** to end the ringtone.

Notifications from your phone

Charge 6 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications.

Set up notifications

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

1. From the Today tab in the Fitbit app, tap the devices icon > Charge 6.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.
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.

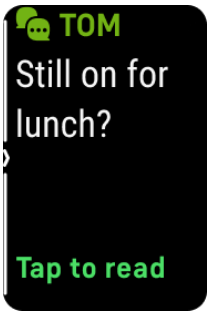
Note that if you have an iPhone, Charge 6 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Charge 6 shows calendar notifications from the calendar app you chose during setup.

For more information, see the related help article.

See incoming notifications

A notification causes your 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.



Manage notifications

Charge 6 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.

Manage notifications in the Notifications app :

- Swipe up to scroll through 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 up until you reach the end of your notifications and tap **Clear All**.
- To exit the notifications screen, press the button or swipe right.

Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Charge 6. When you turn off all notifications, your tracker 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 devices icon > Charge 6 > **Notifications.**
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. From the clock face, swipe down to access quick settings.
2. Turn on **DND Mode**. All notifications 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 tracker until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, Charge 6 lets you accept or reject incoming phone calls.

To accept a call, tap the green phone icon on your tracker's screen. Note that you can't speak into the tracker—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 tracker with preset quick replies. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your tracker.

To respond to a message:

1. Open the notification you want to respond to.
2. Choose how to reply to the message:
    - Tap the text icon  to respond to a message from a list of quick replies.
    - Tap the emoji icon  to respond to the message with 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 tracker vibrates.

When setting an alarm, turn on Smart Wake to allow your tracker 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

When an alarm goes off, your tracker vibrates. To dismiss the alarm, swipe up from the bottom of the screen and tap the dismiss icon . To snooze the alarm for 9 minutes, swipe down from the top of the screen or press the button.

Snooze the alarm as many times as you want. Charge 6 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 tracker. You can run the stopwatch and countdown timer at the same time.

If always-on display is on, the screen continues to display the stopwatch or countdown timer until it ends or you exit the app.

For more information, see the related help article.

Activity and Wellness

Charge 6 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 to see your daily stats, including:

Core stats	Steps taken today, distance covered, Active Zone Minutes, and calories burned.
Exercise	Number of days you met your exercise goal this week
Heart rate	Current heart rate and resting heart rate
Hourly activity	The number of hours today you met your hourly activity goal
Menstrual health	Information on the current stage of your menstrual cycle, if applicable
Oxygen Saturation (SpO2)	Your most recent resting SpO2 average
Readiness (Premium only)	Your daily readiness score
Sleep	Sleep duration and sleep score

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.

Find your complete history and other information detected by your tracker in the Fitbit app on your phone.

Track a daily activity goal

Charge 6 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 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 Charge 6. For more information, see "See your stats" on the previous page.

Track your hourly activity

Charge 6 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 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.

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.

Get insights into your long-term sleep behaviors

With a Premium subscription, understand and take steps to help improve your sleeping habits with a monthly sleep profile. Each month, wear your Fitbit device to sleep for at least 14 days out of the month. On the 1st of each month, check the Fitbit app to receive a breakdown of your sleep with 10 monthly metrics, along with a sleep animal that reflects long-term trends in your sleep behaviors.

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.

Manage stress

Track and manage your stress with mindfulness features.

Use the 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.

1. On your tracker, swipe left or right to the EDA Scan app and tap to open it.
2. To begin a scan the same length as your previous scan, tap the play icon. To change the length of time for the scan, swipe up and tap **Edit length** › tap your desired number of minutes.
3. Gently hold the sides of your tracker with your thumb and index finger.
4. Remain still and keep your fingers on your tracker until the scan is complete.
5. If you remove your fingers, the scan pauses. To resume, place your fingers back on the sides of your tracker. To end the session, tap **End session**.
6. When the scan is complete, tap a mood to reflect on how you feel, or tap **Skip**.
7. Swipe up to see the summary of your scan, including your number of EDA responses, heart rate at the start and end of the session, and reflection if you logged a reflection.
8. Tap **Done** to close the summary screen.
9. To see more details about your session, open the Fitbit app on your phone. From the Today tab, tap the Mindfulness tile › **Your Journey**.



For more information, see the related help article.

Check your stress management score

Based on your heart rate, exercise, and sleep data, your stress management score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing fewer signs of physical stress. To see your daily stress management score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab, tap the Stress Management tile.

Log how you feel throughout the day to get a clearer picture of how your mind and body respond to stress. With a Fitbit Premium subscription, see details about your score breakdown.

For more information, see the related help article.

Advanced health metrics

Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what's changed.

Metrics include:

- Oxygen saturation (SpO2)
- Skin temperature variation
- Heart-rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.

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.

During a workout, you can control music playing on your phone using YouTube Music controls on your tracker. Note that YouTube Music controls require a compatible phone within Bluetooth range and a paid YouTube Music Premium subscription.

1. Open the YouTube Music app on your phone.
2. Open the Exercise app on Charge 6 and start a workout. To access music controls while you exercise, swipe down.
3. To return to your workout, swipe up or press the button.

For more information about YouTube Music controls, see the related help article.

Track your exercise automatically

Charge 6 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. To manage which activities are tracked automatically, tap the gear icon at the top. Tap the activity you want to adjust > **Auto-recognize**.

For more information, see the related help article.

Track and analyze exercise with the Exercise app

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.

Dynamic GPS on Charge 6 allows the tracker to set the GPS type at the start of the exercise. Charge 6 attempts to connect to the GPS sensors on your phone to preserve battery life. If your phone isn't nearby or moving, Charge 6 uses built-in GPS. Manage your GPS settings in the Settings app. For more information, see the related help article.

Phone 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 Charge 6 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Make sure the GPS mode on Charge 6 is set to **Dynamic** or **Phone** (open the Settings app > **GPS** > **GPS Mode**).
5. Keep your phone with you while you exercise.

Turn on walk, run, or bike ride detect to automatically start the Exercise app when your tracker recognizes a walk, run, and bike ride. To turn this setting on:

1. Open the Exercise app.
2. Tap the walk, run, or bike option.
3. Swipe up and turn on **Walk Detect**, **Run Detect**, or **Bike Detect**. The next time your tracker detects this workout type, the Exercise app automatically opens.

Note that if you leave this setting off, basic stats about your walks, runs, and bike rides are still recorded in the Fitbit app.

To manually start an exercise:

1. On Charge 6, swipe left or right to the Exercise app , then swipe up to find an exercise. Your most recently used exercises appear at the top. Tap **More** to find a complete list of exercises.
2. Tap the exercise to choose it. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available. Note that GPS can take a few minutes to connect.
3. Tap the play icon to begin the exercise, or swipe up to choose an exercise goal or adjust the settings. For more information on the settings, see "Customize your exercise settings" on the facing page.
4. Tap the middle of the screen to scroll through your real-time stats. To pause your workout, swipe up and tap **Pause** .
5. When you're done with your workout, swipe up and tap **Pause** > **Finish** . Your workout summary appears.
6. Swipe up and tap **Done** to close the summary screen.

Notes:

- If you set an exercise goal, your tracker alerts you when you’re halfway to your goal and when you reach the goal.
- If the exercise uses GPS, "GPS connecting..." appears at the top of the screen. Charge 6 is connected when the screen says "GPS connected."
- Use connected GPS with your nearby phone for activities with a longer duration, such as golf or a hike, to ensure your full workout is recorded with GPS.
- For best results, make sure your tracker's battery is above 80% before you track an exercise longer than 2 hours with built-in GPS.

For more information, see the related help article.



Using built-in GPS impacts your tracker's battery life. If you use GPS tracking regularly, Charge 6 requires more frequent charging.

Customize your exercise settings

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

Always-on Display	Keep the screen on during exercise
Auto-Stop	Automatically pause a run, walk, or bike ride when you stop moving
GPS	Track your route using GPS
Heart Zone Notifications	Receive notifications when you hit target heart-rate zones during your workout. For more information, see the related help article
Set Interval	Adjust the move and rest intervals used during interval training
Pool Length	Set the length of your pool
Run /Walk/Bike Detect	Automatically open the exercise app when your tracker detects a run, walk, or bike ride.
Set Laps	Receive notifications when you reach certain milestones during your workout
Unit	Change the unit of measurement you use for pool length

Settings vary based on the exercise. To customize the settings for each exercise type on your tracker:

1. Swipe to the Exercise app  , then swipe up to find an exercise.
2. Tap the exercise to choose it.
3. Swipe up through the exercise settings. Tap a setting to adjust it.
4. When you're done, swipe down until you see the play icon  .

Check your workout summary

After you complete a workout, Charge 6 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

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.

Icon	Zone	Calculation	Description
	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
	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.
	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.
	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.

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

There are 2 ways Charge 6 notifies you about Active Zone Minutes:

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

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



- 7 minutes after you enter a heart-rate zone throughout the day (for example, during a brisk walk).

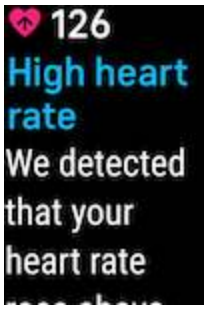


To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.

For more information, see the related help article.

Receive heart-rate notifications

Stay informed when Charge 6 detects that your heart rate is outside of your high or low thresholds when you appear to be inactive for at least 10 minutes.



To turn this feature off or adjust the thresholds:

1. From the Today tab in the Fitbit app on your phone, tap the devices icon > Charge 6.
2. Tap **High & low heart rate**.
3. Turn **High heart rate notification** or **Low heart rate notification** on or off, or tap **Custom** to adjust the threshold.

View past heart-rate notifications, log possible symptoms and causes, or delete notifications in the Fitbit app. For more information, see the related help article.

See your heart rate on equipment and apps

Connect Charge 6 to compatible exercise machines and apps and see your real-time heart rate directly on the display. This feature is compatible with workout machines and apps 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.

1. Swipe down from the clock face and tap **HR on equipment**.
2. Follow the instructions on your workout machine to connect a Bluetooth heart rate monitor.
3. When Charge 6 connects, a screen appears on your tracker, asking to share your heart rate. Tap **Share**.
4. Tap **Start** on your tracker to start your exercise.

End the exercise on Charge 6 to stop sharing your heart rate.



For more information on equipment compatibility and troubleshooting, see the related help article.

Check your daily readiness score

Understand what's best for your body with the daily readiness score, available with a Fitbit Premium subscription. Your score ranges from 1 to 100, based on your activity, sleep, and heart-rate variability. A high score means you're ready to exercise, while a low score suggests you should focus on recovery.

When you check your score, you also see a breakdown of what impacted your score, a personalized activity goal for the day, and recommended workouts or recovery sessions.

Wear your tracker for a full day (at least 14 hours), including to sleep at night, and then swipe up from the clock face to find your readiness score in your daily stats.

For more information, see the related help article.

View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the Heart-rate tile and swipe left on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see the related help article.

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.

Contactless Payments

Charge 6 includes a built-in NFC chip, which lets you use your credit and debit cards on your tracker.

Use credit and debit cards

Set up Google Wallet in the Fitbit app, and use your tracker to make purchases in stores that accept contactless payments.

We're always adding new locations and card issuers to our list of partners. To see if your payment card works on your Fitbit device, see fitbit.com.

Set up contactless payments

To use contactless payments, add at least 1 credit or debit card from a participating bank to the Fitbit app. The Fitbit app is where you add and remove payment cards, set a default card for your tracker, edit a payment method, and review recent purchases.

1. From the Today tab in the Fitbit app, tap the devices icon > Charge 6.
2. Tap the **Google Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might be prompted to set a 4-digit PIN code for your tracker. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.

Make purchases

Make purchases using your Fitbit device at any store that accepts contactless payments. To determine if the store accepts contactless payments, look for the symbol below on the payment terminal:



1. Swipe down from the clock face and tap **Google Wallet** .
2. If prompted, enter your 4-digit tracker PIN code. Your default card appears on the screen.



3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use, and hold your wrist near the payment terminal.



When the payment succeeds, your tracker vibrates and you see a confirmation on the screen.

If the payment terminal doesn't recognize your Fitbit device, make sure the tracker face is near the reader and that the cashier knows you're using a contactless payment.

For added security, you must wear Charge 6 on your wrist to use contactless payments.

For more information, see the related help article.

Change your default card

1. From the Today tab in the Fitbit app, tap the devices icon > Charge 6.
2. Tap the **Google Wallet** tile.
3. Tap the card you want to set as the default option.
4. Tap **Make default for tap to pay**.

Pay for transit

Use contactless payments to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your tracker, follow the steps listed in "Use credit and debit cards" on page 48.

Pay with the same card on your Fitbit tracker when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

Lifestyle

Use apps to stay connected to what you care about most.

Control music with YouTube Music controls

Use YouTube Music controls on Charge 6 to control YouTube Music on your phone. Navigate between playlists, skip or replay songs, and adjust the volume from your tracker. Note that YouTube Music controls require a compatible phone within Bluetooth range and a YouTube Music Premium subscription. For more information about YouTube Music, see support.google.com.

1. Open the YouTube Music app on your phone. Note that the Fitbit app must be running in the background.
2. Swipe to the YouTube Music controls app on your tracker and tap to open it.
    - On the main screen, see the current song and artist. Tap to pause or play the current song.
    - Swipe down to browse through the available music, including your most recent playlists, songs, and albums. Tap a selection to switch to it.
    - Swipe left to access controls to skip to the next track, restart the current song, or return to the previous track.
    - Swipe left again to access volume controls.



For more information, see the related help article.

Google Maps

Get turn-by-turn directions on your wrist with the Google Maps app on your tracker.

1. Open the Google Maps app on your phone, search for the location you want to navigate to, choose your mode of transportation, select a route, and tap **Start** to begin navigation. For more detailed instructions on how to use the Google Maps app on your phone, see support.google.com. Note that the Fitbit app must be running in the background.
2. Swipe to the Google Maps app on your tracker and tap to open it.
3. During navigation, swipe up and tap the pause button to pause navigation. Tap the resume button to resume navigation or the finish button to end navigation.
4. When you reach your destination using cycling or walking navigation, your watch shows a summary of your activity. Tap **Done** to close the Google Maps app.



For more information, see the related help article.

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your tracker, while erasing it is useful if you want to give Charge 6 to another person. Update your tracker to receive the latest firmware.

Update Charge 6

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Charge 6 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

To update Charge 6, your tracker's battery must be at least 20% charged. Updating Charge 6 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

For more information, see the related help article.

Restart Charge 6

If you can't sync Charge 6 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

1. Swipe down from the clock screen to find the Settings app.
2. Open the Settings app > **Restart Device** > **Restart**.

If Charge 6 is unresponsive:

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.



Restarting your tracker doesn't delete any data.

Erase Charge 6

If you want to give Charge 6 to another person or wish to return it, first clear your personal data:

1. Swipe down from the clock screen to find the Settings app.
2. Open the Settings app > **Device Info** > **Clear User Data**.
3. Swipe up, then press **Hold 3 Sec** for 3 seconds and release.
4. When you see the Fitbit logo and Charge 6 vibrates, your data is erased.

Troubleshooting

If Charge 6 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Charge 6 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.



If your tracker doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your tracker. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Charge 6 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 tracker's ability to connect to GPS satellites. If your tracker is searching for a GPS signal during an exercise, you'll see **GPS connecting** appear at the top of the screen. If Charge 6 can't connect to a

GPS satellite, the tracker stops trying to connect until the next time you start a GPS exercise.



For best results, wait for Charge 6 to find the signal before you start your workout.

Other issues

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

For instructions, see "Restart Charge 6" on page 53.

General Info and Specifications

Sensors and Components

Fitbit Charge 6 contains the following sensors and motors:

- Optical heart-rate tracker
- Multipurpose electrical sensors compatible with the ECG app and EDA Scan app
- Red and infrared sensors for oxygen saturation (SpO2) monitoring
- 3-axis accelerometer, which tracks motion patterns
- Ambient light sensor
- Built-in GPS receiver + GLONASS + Galileo, which tracks your location during a workout
- Vibration motor

Materials

The housing on Charge 6 is made of anodized aluminum and surgical-grade stainless steel. The band that comes with Charge 6 is made of a flexible, durable silicone similar to that used in many sports watches. While all stainless steel and 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.

Wireless technology

Charge 6 contains a Bluetooth 5.0 radio transceiver and NFC chip.

Haptic feedback

Charge 6 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Charge 6 contains a rechargeable lithium-polymer battery.

Memory

Charge 6 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Charge 6 has a color AMOLED display.

Band size

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)
Charging temperature	32° to 104° F (0° to 40° C)
Storage temperature	-4° to 113° F (-20° to 45° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	16,404 feet (5,000 m)

Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and our return policy in the Google Hardware Warranty Center.

Regulatory and Safety Notices

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

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