fitbit sense 2



BC

User Manual
Version 1.11

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Get started

Meet Fitbit Sense 2 by Google—the smartwatch designed to help you stress less, sleep better, and live healthier.

Take a moment to review our complete safety information at fitbit.com/safety. Sense 2 is not intended to provide medical or scientific data.

What's in the box

Your Sense 2 box includes:



Watch with small band (color and material varies)



Charging cable



Additional large band

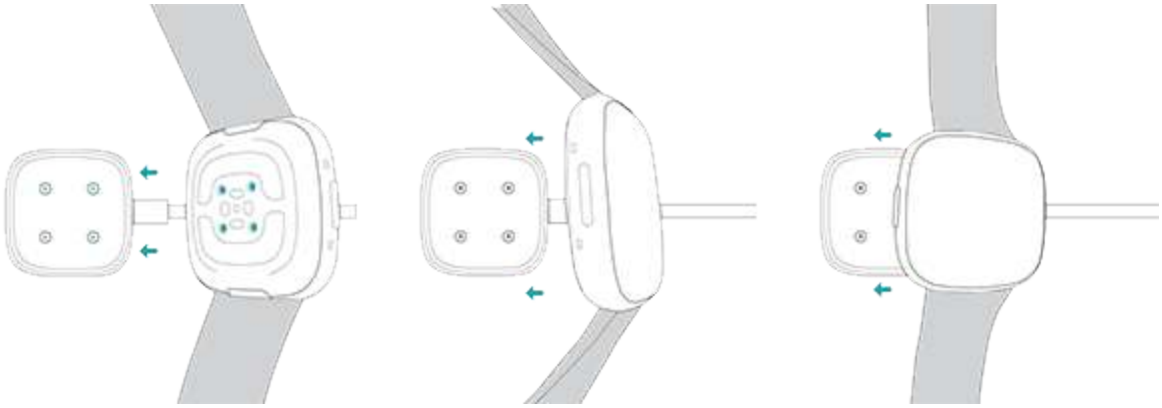
The detachable bands on Sense 2 come in a variety of colors and materials, sold separately.

Charge your watch

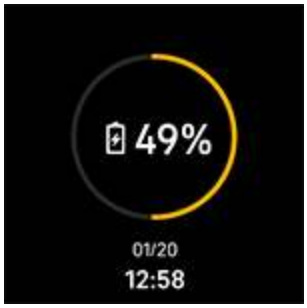
A fully-charged Sense 2 has a battery life of 6+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Sense 2:

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 watch until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your watch.



Charge Sense 2 for 12 minutes for 24 hours of battery life. While the watch charges, tap the screen twice or press the button to turn the screen on. Charging fully takes about 1-2 hours.



Set up Sense 2

Set up Sense 2 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.
   - If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > **Set Up a Device**.
   - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Sense 2 to your account.

When you're done with setup, read through the guide to learn more about your new watch and then explore the Fitbit app.

For more information, see the related help article.

See your data in the Fitbit app

Open the Fitbit app on your phone to see your health metrics, activity and sleep data, choose a workout or mindfulness session, and more.

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.

For more information, see the related help article.

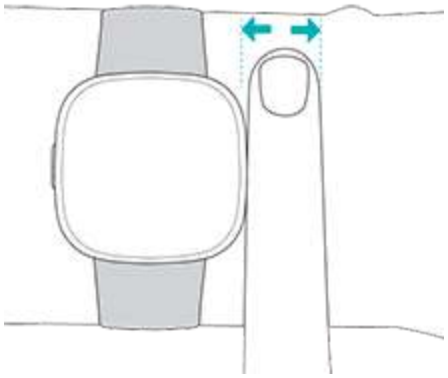
Wear Sense 2

Wear Sense 2 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 15.

Placement for all-day wear vs. exercise

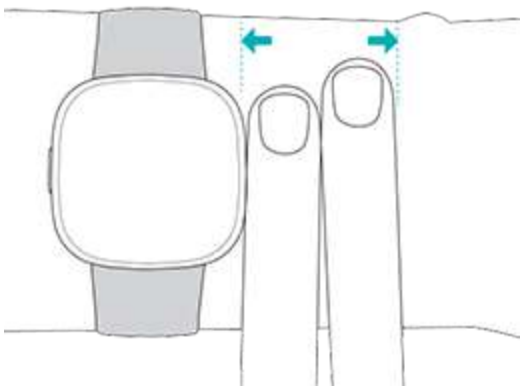
When you're not exercising, wear Sense 2 a finger's width above your wrist bone.

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



For optimized heart-rate tracking while exercising:

- During workouts, try moving the band higher on your wrist to get a better fit. If you experience any discomfort, loosen the band, and if it persists give your wrist a break by taking it off.



- Wear your watch on top of your wrist, and make sure the back of the device is in contact with your skin.

Fasten the band

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

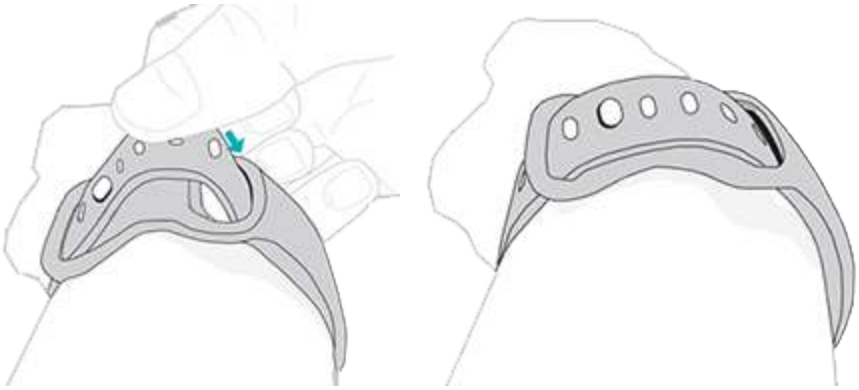


3. Tighten the band until it fits comfortably, and press the peg through one of the holes in the band. If you use one of the last two holes in the smaller band, we recommend swapping to the larger band for a more secure fit. For

instructions, see "Change the band" on the facing page.



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 Sense 2 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 Sense 2 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile > **Wrist** > **Dominant**.

Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your watch gets wet, remove and dry it completely after your activity.
- Take your watch off from time to time.
- If you notice skin irritation, remove your watch and contact customer support. For more information, see fitbit.com/productcare.

For more information, visit the Fitbit Wear & Care page.

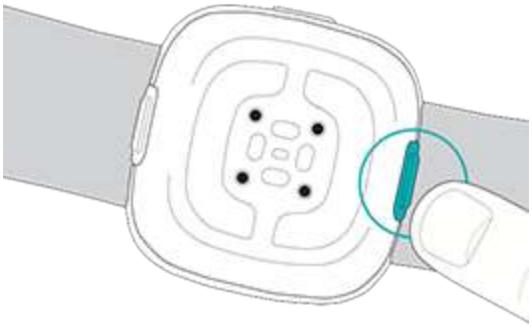
Change the band

Sense 2 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 71.

Fitbit Sense, Fitbit Versa 3, and Fitbit Versa 4 bands are compatible with Sense 2.

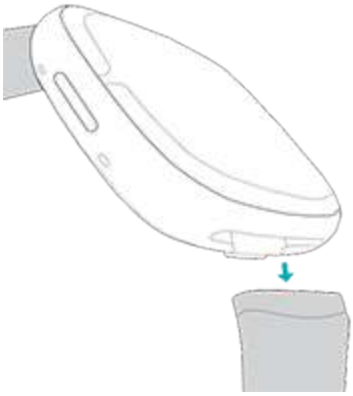
Remove a band

1. Turn over Sense 2 and find the band latches.



2. To release the latch, slide the flat button toward the band.

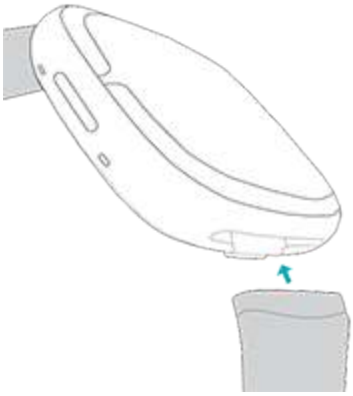
3. Gently pull the band away from the watch to release it.



4. Repeat on the other side.

Attach a band

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



Basics

Learn how to manage settings, set a personal PIN code, navigate the screen, and check the battery level.

Navigate Sense 2

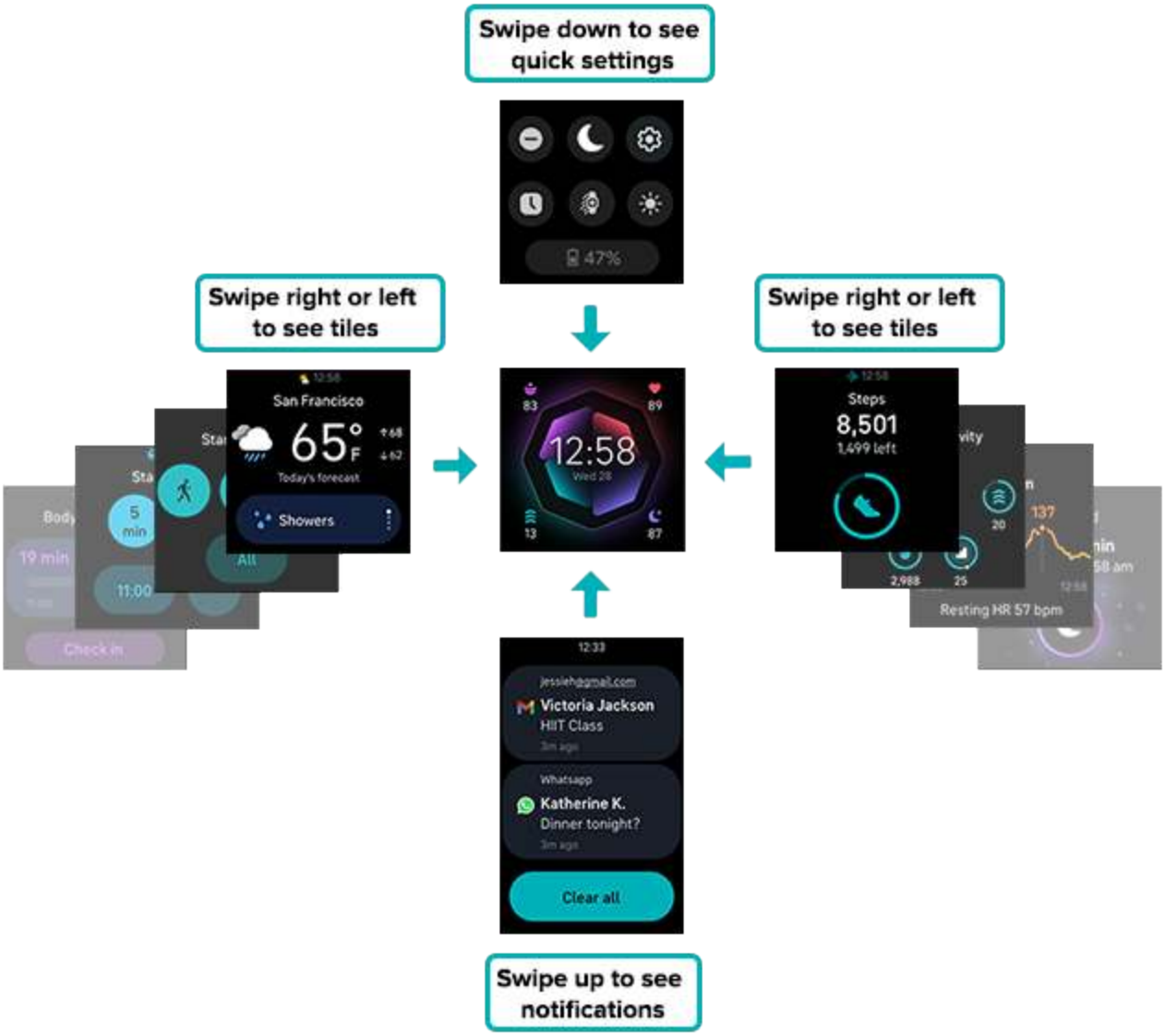
Sense 2 has a color AMOLED touchscreen display and 1 button.

Navigate Sense 2 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the watch'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 24.

Basic navigation

The home screen is the clock.

- Swipe down to see quick settings
- Swipe up to see your notifications.
- Swipe left or right to see your tiles.
- Press the button to open the apps menu or return to the clock face.



Button shortcuts

Use the button to quickly access contactless payments, voice assistant, quick settings, or your favorite apps.



Press the button

Press the button to return to the clock face. From the clock face, press the button to open a list of the apps installed on your watch.

Press and hold the button

Hold the button for 1 second to activate a feature of your choice. The first time you use the button shortcut, select which feature it activates. To change which feature activates when you hold the button, open the Settings app on your watch and tap **Shortcut**. Check that the long press shortcut is turned on, and then tap **Long press** to select the app you want.

Double-press the button

Double-press the button to open shortcuts to your voice assistant, quick settings, notifications, and contactless payment. Tap a shortcut to open it.

Quick settings

From the clock face, swipe down to access the quick settings.

Do Not Disturb	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.
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 Always-On Display clock face is turned off. • The screen stays dark when you turn your wrist. • 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" on the facing page. You can't turn on the do not disturb setting and sleep mode at the same time.
Settings	For additional settings, tap the Settings icon to open the Settings app. For more information, see "Adjust settings" on the facing page.
Screen Wake	When you set screen wake to Button & motion, the screen turns on each time you turn your wrist, press the button, or tap the screen. When you set screen wake to Button only, press the button or tap the screen to turn on the display.
Brightness	Adjust the screen brightness.

Always-On Display	Turn always-on display on or off. For more information, see "Adjust always-on display" on page 24.

Tiles

From the clock face, swipe right or left to navigate through your tiles. View your progress toward your daily goal, see a summary of today's activity, check your heart rate throughout the day, view your latest sleep metrics, see the body responses your watch detected, set a timer, start an exercise, or check the weather forecast.

Customize your watch by changing which tiles are included and the order they're shown in. For more information, see "Rearrange tiles" on page 28.

Adjust settings

Manage basic settings in the Settings app :

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 24.

Vibration & audio

Vibration	Adjust your watch's vibration strength.
Microphone	Choose whether your watch can access the microphone.

Notifications

Unread indicator	Choose if you want to see an icon at the bottom of the clock face when you have unread notifications.

Goal reminders

Active Zone Minutes goal	Turn Active Zone Minutes weekly goal notifications on or off.

Quiet modes

Focus mode	Turn off notifications while using the Exercise app .
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. In the Sleep Mode section, tap **Schedule mode**. 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.
Alexa notifications	Turn Amazon Alexa notifications off.

Shortcut

Button long press	Choose the app or feature you want to open when you press and hold the button.

Voice assistant

Voice assistant	Turn your voice assistant on or off.
Audio Feedback	Choose whether your voice assistant uses the speaker in your watch.

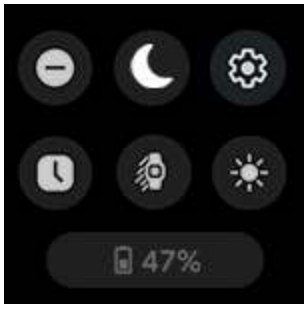
About Sense 2

System info	See the version number of your watch's installed firmware.
Regulatory info	See your watch's regulatory information.
Factory reset	Erase all device info. For more information, see "Erase Sense 2" on page 67.

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

Check battery level

From the clock face, swipe down. The battery level is at the bottom of the screen.



When the battery is critically low (8% or lower):

- The screen brightness is set to dim
- The vibration strength is set to light
- If you're tracking an exercise with GPS, GPS tracking turns off
- The EDA sensor turns off
- Always-on display is turned off

- You can't use the voice assistant feature
- You can't use quick replies

Charge Sense 2 to use or adjust these features.

Set up device lock

To help keep your watch secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your watch. If you set up contactless payments on your watch, device lock is turned on automatically and you're required to set a code. If you don't use contactless payments, device lock is optional.

Turn on device lock or reset your PIN code in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile > **Device Lock**.

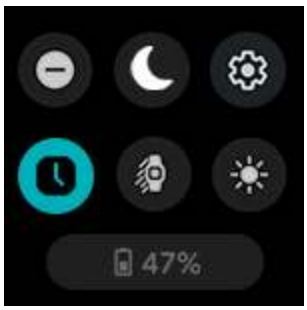
For more information, see the related help article.

Adjust always-on display

Turn on always-on display to show the time on your watch, even when you're not interacting with the screen. Many clock faces and certain apps have an always-on display mode.



To turn always-on display on or off, swipe down from the clock face to open quick settings. Tap the always-on display icon .



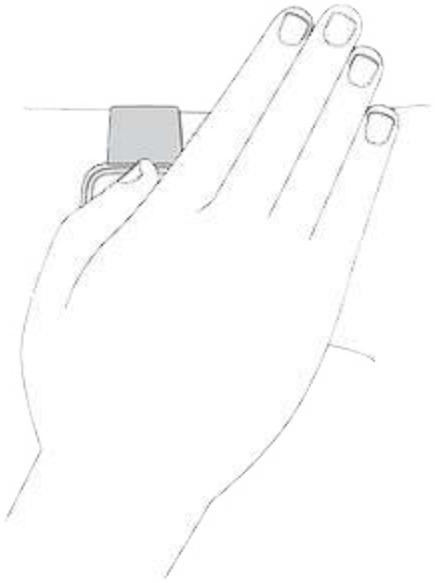
Note that turning on this feature impacts your watch's battery life. When always-on display is turned on, Sense 2 requires more frequent charging.

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

For more information, see the related help article.

Turn off the screen

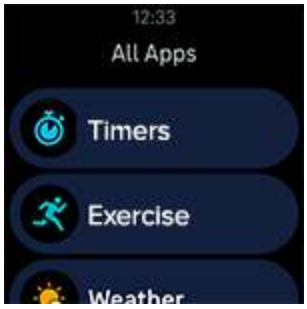
To turn off your watch's screen when not in use, briefly cover the watch face with your opposite hand or turn your wrist away from your body.



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

Clock Faces, Tiles, and Apps

The Fitbit Gallery offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.



Change the clock face

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

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Gallery** > **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Sense 2.

Save up to 5 clock faces to switch between them:

- When you select a new clock face, it's automatically saved unless you already have 5 saved clock faces.
- To see your saved clock faces in the Fitbit app, tap the Today tab > your profile picture > your device image > **Gallery**. See your saved clock faces in My Clock Faces.
  - To remove a clock face, tap the clock face > **Remove clock face**.
  - To switch to a saved clock face, tap the clock face > **Select**.

Rearrange tiles

From the clock face, swipe right or left to navigate through your tiles. To manage which tiles are included and the order they're shown in:

1. From the Today tab  in the Fitbit app, tap your profile picture › your device image › **Gallery**.
2. In the My Tiles section of the Sense 2 tab, tap **Manage**.
    - To rearrange the tiles, tap and hold the grid icon. Move the tile up or down in the list, then release it to place it in a new position.
    - To delete a tile, press the X icon › **Remove**.
    - To add a tile, tap **Add tile** › tap the tile you want to add › **Install**.

Manage apps

Customize your watch with your favorite apps.

Open apps

From the clock face, press the button to see the apps installed on your watch. Your most recently used apps appear at the top. Swipe up to browse your apps. To open an app, tap it.

Remove apps

You can remove most apps installed on Sense 2:

1. From the Today tab  in the Fitbit app, tap your profile picture › Sense 2 tile.
2. Tap **Gallery**.
3. Tap the app you want to remove. You might need to swipe up to find it.
4. Tap **Uninstall**.

Reinstall apps

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Gallery** > **Apps** tab.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to Sense 2.

For more information, see the related help article.

Update apps

Occasionally, you need to update apps installed on Sense 2.

To update an app:

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Gallery**. Find the app you want to update. You might need to swipe up to find it.
3. Tap the **Update** button next to the app.

Adjust app settings and permissions

Many apps include options to adjust the notifications, allow certain permissions, and customize what it displays. Note that turning off any app permissions might cause the app to stop functioning.

To access these settings:

1. With your watch nearby, in the Fitbit app, tap the Today tab > your profile picture > your device image.
2. Tap **Gallery**.
3. Tap the app or clock face whose settings you want to change. You might need to swipe up to see some apps.
4. Tap **Settings** or **Permissions**.
5. Tap the back arrow when you're done making changes.

Voice Assistant

Check the weather, set timers and alarms, control your smart home devices, and more by speaking to your watch.

Set up Amazon Alexa Built-in

1. From the Today tab  in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Amazon Alexa** > **Sign in with Amazon**.
3. Tap **Get Started**.
4. Log in to your Amazon account or create one if necessary.
5. Follow the on-screen instructions and read about what Alexa can do, and tap **Close** to return to your device settings in the Fitbit app.

To change the language Alexa recognizes:

1. From the Today tab  in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Amazon Alexa.**
3. Tap the current language to change it, or tap **Logout** to stop using Alexa on your watch.

Interact with your voice assistant

1. Open the Alexa app  on your watch. Note that the Fitbit app must be running in the background on your phone.
2. Say your request.



You don't need to say "Alexa" before speaking your request. For example:

- Set a timer for 10 minutes.
- Set an alarm for 8:00 a.m.
- What's the temperature outside?
- Remind me to make dinner at 6:00 p.m.
- How much protein is in an egg?
- Ask Fitbit to start a run.*
- Start a bike ride with Fitbit.*

*To ask Alexa to open the Exercise app on your watch, you must first set up the Fitbit skill for Alexa. For more information, see the related help article. These commands are currently available in English, German, French, Italian, Spanish, and Japanese.

Amazon Alexa isn't available in all countries. For more information, see fitbit.com/voice.

Note that saying “Alexa” doesn’t activate the voice assistant on your watch—you must open the voice assistant app on your watch before the microphone turns on. The microphone turns off when you close your voice assistant, or when your watch’s screen turns off.

For added functionality, install the Amazon Alexa app on your phone. With the app, your watch can access additional Alexa skills.

For more information, see the related help article.

Check Alexa alarms, reminders, and timers

1. Open the Alexa app on your watch.
2. Tap the alerts icon and swipe up to view your alarms, reminders, and timers.
3. Tap an alarm to turn it on or off. To adjust or cancel a reminder or timer, tap the Alexa icon and say your request.

Note that Alexa's alarms and timers are separate from those you set in the Alarms app or Timers app .

Lifestyle

Use apps to stay connected to what you care about most. See "Clock Faces, Tiles, and Apps" on page 27 for instructions on how to add and delete apps.

For more information, see the related help article.

Weather

See the weather in your current location, as well as 2 additional locations you choose, in the Weather app on your watch.

Check the weather forecast in your current location in your tiles. From the clock face, swipe left or right until you reach the Weather tile. Tap the panel at the bottom of the screen to cycle between the current cloud cover, upcoming temperature forecast, chance of rain, and air quality. Tap anywhere else on the tile to open the Weather app , where you can see more details, as well as the weather forecast in 2 additional locations you choose.

If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations or don't see updated data for your current location, sync your watch to see your new location and latest data in the Weather app or tile.

Choose your unit of temperature in the Fitbit app. For more information, see the related help article.



To add or remove a city:

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap **Gallery**.
3. Tap the **Weather** app. You might need to swipe up to find it.
4. Tap **Settings** > **Add city** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.

Find Phone

Use the Find Phone app to locate your phone.

Requirements:

- Your watch 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. Open the Find Phone app on your watch.
2. Tap **Find Phone**. Your phone rings loudly.
3. When you locate your phone, tap **Cancel** to end the ringtone.

Google Maps

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

For more information, see the related help article.

Notifications from your phone

Sense 2 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch within 30 feet of your phone to receive notifications.

Set up notifications

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

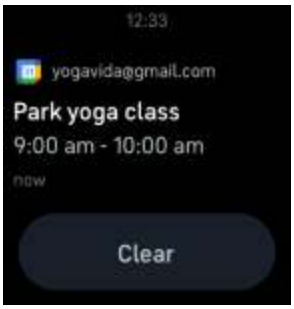
1. From the Today tab  in the Fitbit app, tap your profile picture › Sense 2 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, Sense 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Sense 2 shows calendar notifications from the calendar app you chose during setup.

For more information, see the related help article.

See incoming notifications

A notification causes your watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping up on the clock face or by double-pressing the button and tapping the notifications icon.



Manage notifications

Sense 2 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- From the clock face, swipe up to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it, then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe up until you reach the end of your notifications and tap **Clear All**.
- To exit the notifications screen, press the button or swipe down.

Turn off notifications

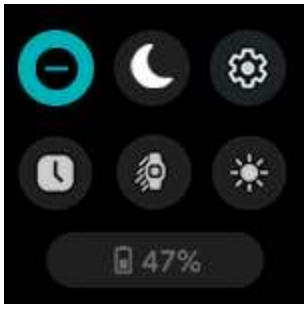
Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Sense 2. When you turn off all notifications, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > Sense 2 tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your watch.

To turn off all notifications:

1. From the clock face, swipe down to access quick settings.
2. Tap the do not disturb icon . All notifications, including goal celebrations and reminders, are turned off.



Note that if you use the do not disturb setting on your phone, you don't receive notifications on your watch until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, Sense 2 lets you accept or reject incoming phone calls.

To accept a call, tap the green phone icon on your watch's screen. 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.



Take on-wrist phone calls

To set up on-wrist calls, from the Today tab in the Fitbit app on your phone, tap your profile picture > your device image > **On-Wrist Calls**. Follow the instructions below to set up on-wrist calls.

Android phone

Tap each setup requirement, and follow the on-screen instructions to accept and turn on the necessary pairing permissions and requests.

- Note that if you see a **See Instructions** button, you might be using an older version of the Fitbit app. Tap **See Instructions**, and use the "iPhone" below instructions to set up on-wrist calls.

iPhone

1. Tap **Start Setup**.
2. On your phone, tap **Settings** > **Bluetooth**. Your phone scans for available devices.
3. When you see **Sense 2 Controls/Calls** as an available device, tap it. A number appears on your phone screen.
4. When the same number appears on your watch, tap **Pair**.
5. Return to the Fitbit app on your phone. Tap **Done** to complete setup.

To answer a call using on-wrist mode:

1. When you receive a phone call, tap the green phone icon on your watch. Note that your phone must be nearby with the Fitbit app running in the background.
2. Speak into your watch to talk to the other person. Their voice will come from the speaker on your watch.
   - To adjust the volume of the speaker, tap the speaker icon > minus icon or plus icon . Swipe right to return to the previous screen.

- To mute yourself, tap the microphone icon. Tap the same icon to unmute yourself.
- To switch to a keypad, tap the three dots icon > **Keypad**. Swipe right to return to the previous screen.
- To switch the call to your phone, tap the three dots icon > **Phone**. Tap the watch icon to move the call back to your watch.

3. To end the call, tap the red phone icon.

For more information, see the related help article.

Respond to messages (Android phones)

Respond directly to text messages and notifications from certain apps on your watch with preset quick replies or by speaking your reply into Sense 2. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your watch.

To respond to a message:

1. Open the notification you want to respond to.
2. Choose how to reply to the message:
   - Tap the microphone icon to respond to the message using voice-to-text. To change the language recognized by the microphone, tap **Language**. After you speak your reply, tap **Send**, or tap **Retry** to try again.
   - 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.

Note that alarms and timers you set with a voice assistant are separate from the ones you set in the Alarms app and Timers app. For more information, see "Voice Assistant" on page 30.

Set an alarm

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

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

For more information, see the related help article.

Dismiss or snooze an alarm

When an alarm goes off, your watch vibrates. To dismiss the alarm, tap the alarm icon . To snooze the alarm for 9 minutes, tap the snooze icon .

Snooze the alarm as many times as you want. Sense 2 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 on your watch. 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.

Time events with the stopwatch

1. On your watch, open the Timers app .
2. In the Stopwatch section, tap **Start**.
3. Tap the play icon to start the stopwatch.
4. Tap the pause icon to stop.
5. Tap the reset icon to reset the stopwatch.

Keep track of elapsed time with the countdown timer

1. On your watch, swipe left or right from the clock face to find the Timers tile.
2. Tap a timer to start it.
    1. If the duration you want isn't listed, tap the menu icon > **Add Timer**.
    2. Swipe up or down to set the timer.
    3. Tap the time to start the timer.
3. You can navigate away from the tile while the timer is running. Return to the Timers tile to see the progress of your timer. Press the pause icon to pause

the timer or the X icon to cancel it. Your device flashes and vibrates when the time allotted is done.

4. Tap the check mark icon or press the button to stop the alert.

For more information, see the related help article.

Activity and Wellness

Sense 2 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 left or right from the clock face to find Today's Activity tile, which shows your daily Active Zone Minutes, steps, calories, distance traveled, and floors climbed. For details and additional stats, tap the tile to open the Today app , which includes:

Active Zone Minutes	Active Zone Minutes earned today and the number of Active Zone Minutes you're currently earning per minute
Calories burned	Calories burned today and progress toward your daily goal
Distance	Distance covered today and progress toward your daily goal
Exercise	Number of days you met your exercise goal this week
Floors	Floors climbed today and progress toward your daily goal
Heart rate	Current heart rate and heart-rate zone
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
Mindfulness	The number of mindfulness sessions you completed this week and progress toward your goal
Oxygen Saturation	Your most recent resting SpO2 average
Readiness	Your daily readiness score
Resting heart rate	Your resting heart rate
Sleep	Sleep duration and sleep score
Steps	Steps taken today and progress toward your daily goal
Stress management score	Your daily stress management score and the most recent mood log you submitted today

To reorder the stats, press and hold a row, then drag it up or down to change its position. Swipe a stat to the left to hide it. Tap **Add stats** at the bottom of the screen to add back any stats you hid.

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

Track a daily activity goal

Sense 2 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal.

For more information, see the related help article.

Track progress toward your goal on Sense 2. For more information, see "See your stats" on page 43.

Track your hourly activity

Sense 2 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 Sense 2 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).

Sense 2 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 watch when you wake up and check the Fitbit app, or swipe left or right from your clock face to find the Sleep tile.

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. See your sleep animal on your device with the My Sleep Animal clock face.

For more information, see the related help article.

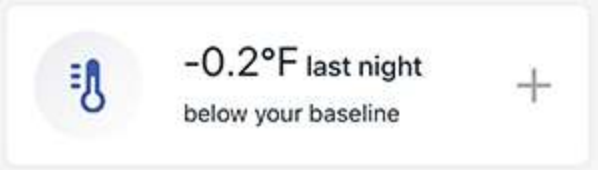
Learn about your sleep habits

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.

Track your skin temperature changes

Sense 2 logs your skin temperature each night to show how it varies from your personal baseline to help identify any changes from your baseline. Insight into your night-time skin temperature variation can help you understand changes in your body and spot trends. To view changes in your nightly sleeping skin temperature, open the Fitbit app on your phone. From the Today tab , tap the Temperature tile.



You see a graph of your skin temperature variations, along with any core temperature readings you manually logged.


9:59
Temperature
Skin Temperature
In personal range
Above
Below
4°F
2°F
0
-2°F
-4°F
S
S
M
T
W
T
F
What's skin temperature?
It's the temperature taken from your wrist while you sleep.
LEARN MORE
This Week
+0.3°F
+0.1°F at night
Today
Above baseline
Today
Discover
Community
Premium



Note that you must wear Sense 2 to sleep for 3 nights before you see your personal skin temperature baseline.

For more information, see the related help article. Please note that this feature is not available in all markets.

Manage stress

Track and manage your stress with mindfulness features.

Use the EDA Scan app

The EDA Scan app on Sense 2 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. Choose between a 2-minute quick scan or a guided session.

1. Open the EDA Scan app.
2. Choose **Quick Reset** for a 2-minute scan or **Guided Session** for a scan lasting up to 60 minutes.
3. If you chose Guided Session, a notification appears to open the Fitbit app. Choose a mindfulness session, and tap **Play Audio**. Note: Premium subscribers can access additional guided meditations in the Fitbit app.
4. Place your hand on top of the screen. Note that your palm must touch all 4 sides of the metal frame.
5. Remain still during the scan. Keep your hand on Sense 2 for at least 2 minutes.
6. If you remove your hand, the scan pauses. To resume, place your hand back on the screen. To end the session, tap **End**.
7. Sense 2 buzzes after the scan is complete. Tap **Log It** to reflect on how you feel, or tap **Skip**.
8. Swipe down 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.
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.

Practice guided breathing

The Relax app on Sense 2 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

1. Open the Relax app .
2. The 2-minute session is the first option. Tap the gear icon to change the duration of the session or turn off the optional vibration.
3. Tap the play icon or **Start** to begin the session. Follow the on-screen instructions.



4. When the session ends, tap **Log It** to reflect on how you feel, or tap **Skip** to skip this step.
5. View your summary, and tap **Done** to close the app.

After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

For more information, see the related help article.

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 watch 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.

Track your body responses

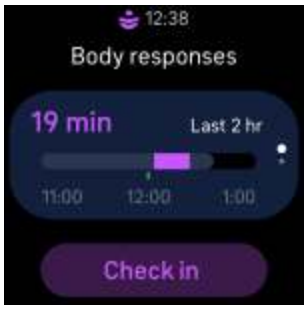
Sense 2 uses a continuous EDA sensor to identify patterns of stress. When your watch detects a body response, you see a notification asking you to reflect on your emotions.

To add your reflection:

1. Tap **Open** on the notification.
2. Tap the emotion that most closely fits your mood during the time specified or tap **Skip** to dismiss the notification.

To see past body responses:

1. From the clock face, swipe right or left until you reach the Body responses tile. The total time today your watch detected a body response is shown at the top. Purple segments represent the duration of the body response.
2. Tap **Check in** to explore ways to manage your stress. Find shortcuts to the EDA Scan app and Relax app, reflect on your current mood, start a walk in the Exercise app, or learn more about body responses.



For details and a weekly summary of your top moods and body responses, check the Stress Management tile in the Fitbit app. 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.

Track your exercise automatically

Sense 2 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 .

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

1. Open the Exercise app .
2. Tap the walk, run, or bike ride option.
3. Swipe up and turn on **Walk Detect**, **Run Detect**, or **Bike Detect**. The next time your watch 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.

For more information, see the related help article.

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on Sense 2 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.

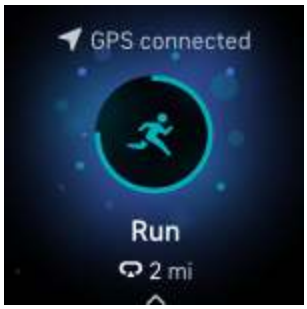
To track an exercise:

1. On Sense 2, open the Exercise app and swipe to find an exercise. Your most recently used exercises appear at the top. Tap **Other exercises** to find a complete list of exercises. You can also ask Alexa to open the Exercise app or start tracking a workout. For more information, see "Interact with your voice assistant" on page 30.
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 next page.
4. Tap or swipe the large stat to scroll through your real-time stats. To pause your workout, press the button or swipe up and tap the pause icon . Press the button again or tap the resume icon to resume your workout.
5. When you're done with your workout, swipe up and tap **End**. Your workout summary appears.
6. Tap **Resume** to resume your workout, **Start new** to start a new workout, or **Done** to close the summary screen.

Notes:

- If you set an exercise goal, your watch alerts you when you’re halfway to your goal and when you reach the goal.
- If the exercise uses GPS, "GPS connecting..." appears at the top of the screen. When the screen says "GPS connected" and Sense 2 vibrates, GPS is connected. During the exercise, the GPS icon rotates if your watch is

searching for a GPS signal. A stationary GPS icon indicates GPS is connected. A red GPS icon indicates a GPS signal couldn't be found.



Using built-in GPS impacts your watch's battery life. When GPS tracking is turned on, Sense 2 can track up to 12 hours of continuous exercise.

Customize your exercise settings

Customize settings for each exercise type on your watch. 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
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 watch detects a run, walk, or bike ride.
Laps	Receive notifications when you reach certain milestones during your workout
Show Stats	Choose what stats you want to see when tracking an exercise

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

1. On Sense 2, open the Exercise app .
2. Tap the exercise you want to adjust.
3. Swipe up through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, swipe down until you see the play icon .

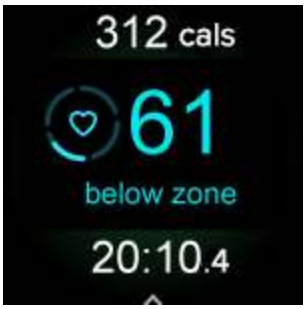
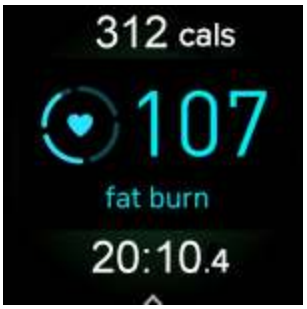
Check your workout summary

After you complete a workout, Sense 2 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

Sense 2 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and heart-rate zone on your watch during exercise. Sense 2 notifies you when you enter a heart-rate zone.

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

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

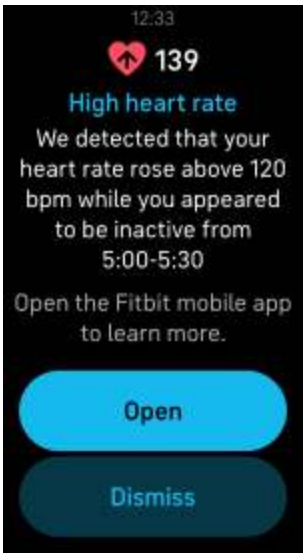
1 buzz = fat burn zone
2 buzzes = cardio zone
3 buzzes = peak zone

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

For more information, see the related help article.

Receive heart-rate notifications

Stay informed when Sense 2 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 your profile picture > Sense 2 tile.
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.

Check your daily readiness score

Understand what's best for your body with the daily readiness score, available with a Fitbit Premium subscription. Check the Fitbit app each morning to see your score, ranging 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.

To see your daily readiness score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab , tap the Readiness tile .

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

Sense 2 includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.

Use credit and debit cards

Set up Fitbit Pay or Google Pay in the Fitbit app, and use your watch 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 Pay: fitbit.com/fitbit-pay/banks
- Google Pay: fitbit.com/global/us/technology/google-apps/banks

For more information about the transition from Fitbit Pay to Google Pay, see the related help article.

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 watch, edit a payment method, and review recent purchases.

1. From the Today tab  in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap the **Google Pay** 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 watch. 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:



All customers except those in Australia:

1. Open the Google Wallet or Fitbit Pay app on your watch. Note that you can quickly access your payment app by double-pressing the button on your watch.
2. If prompted, enter your 4-digit watch 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.

Customers in Australia:

1. If you have a credit or debit card from an Australian bank, hold your watch near the payment terminal to pay. If your card is from a bank outside of Australia, or if you wish to pay with a card that is not your default card, complete steps 1-3 in the section above.

2. If prompted, enter your 4-digit watch PIN code.
3. If the purchase amount exceeds $100 AU, follow the instructions on the payment terminal. If prompted for a PIN code, enter the PIN code for your card (not your watch).

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

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

For added security, you must wear Sense 2 on your wrist to use contactless payments.

For more information, see the related help article.

Change your default card

Google Pay

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap the **Google Pay** tile.
3. Tap the card you want to set as the default option.
4. Tap **Details**.
5. Tap **Make default for contactless on watch**.

Fitbit Pay

1. From the Today tab in the Fitbit app, tap your profile picture > Sense 2 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Sense 2**.

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 watch, follow the steps listed in "Use credit and debit cards" on page 62.

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

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Sense 2 to another person. Update your watch to receive the latest firmware.

Update Sense 2

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

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Sense 2 and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update.

Updating Sense 2 may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

For more information, see the related help article.

Restart Sense 2

If you can't sync Sense 2 or you have trouble with tracking your stats or receiving notifications, restart your watch from your wrist:

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

Restarting your watch doesn't delete any data.

Sense 2 has small holes on the device for the altimeter, speaker, and microphone. Don't attempt to restart your device by inserting any items, such as paper clips, into these holes as you can damage Sense 2.

Shutdown Sense 2

To turn off your watch, open the Settings app > **Shut down**.

To turn on your watch, press the button.

For information about how to store Sense 2 long term, see the related help article.

Erase Sense 2

If you want to give Sense 2 to another person or wish to return it, first clear your personal data:

On Sense 2, open the Settings app > **About Sense 2** > **Factory reset**.

Troubleshooting

If Sense 2 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Sense 2 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

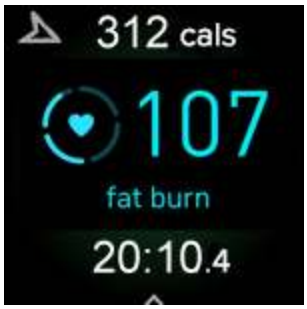


If your watch doesn't detect a heart-rate signal, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Sense 2 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see the related help article.

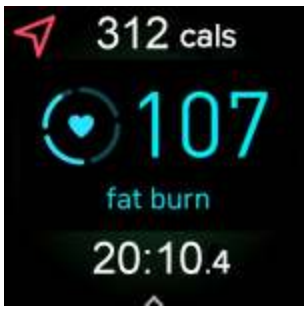
GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and thick cloud cover can interfere with your watch's ability to connect to GPS satellites. If your watch is searching for a GPS signal during an exercise, you'll see the GPS icon rotating at the top of the screen.



For best results, wait for Sense 2 to find the signal before you start your workout.

If Sense 2 loses the GPS signal during your workout, the GPS icon appears red . Your watch will attempt to reconnect.



For more information, see the related help article.

Other issues

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

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

For instructions, see "Restart Sense 2" on page 66.

General Info and Specifications

Sensors and Components

Fitbit Sense 2 contains the following sensors and motors:

- Multi-path optical heart rate tracker
- Electrical sensor to measure skin conductance (cEDA) for stress detection
- Multipurpose electrical sensors compatible with the ECG app and EDA Scan app
- Red and infrared sensors for oxygen saturation (SpO2) monitoring
- Gyroscope
- Altimeter, which tracks altitude changes
- 3-axis accelerometer, which tracks motion patterns
- On-wrist skin temperature sensor
- Ambient light sensor
- NFC
- Built-in GPS receiver + GLONASS, which tracks your location during a workout
- Vibration motor
- Speaker
- Microphone
- WiFi (deactivated, cannot be turned on)

Materials

The band that comes with Sense 2 is made of a flexible, durable elastomer material similar to that used in many sports watches.

The housing and buckle on Sense 2 are made of aluminum. While 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

Sense 2 contains a Bluetooth 5.0 radio transceiver and NFC chip.

Haptic feedback

Sense 2 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Sense 2 contains a rechargeable lithium-polymer battery.

Memory

Sense 2 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Sense 2 has a color AMOLED display.

Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

Small band	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large band	Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference

Environmental conditions

Operating temperature	14° to 113° F (-10° to 45° C)
Non-operating temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Charging temperature	32° to 95° F (0° to 35° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

Learn more

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

Return policy and warranty

Find warranty information and the fitbit.com return policy on our website.

Regulatory and Safety Notices

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

Settings > About Sense 2 > Regulatory info

USA: Federal Communications Commission (FCC) statement

Model FB521:

FCC ID: XRAFB521

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

Settings > About Sense 2 > Regulatory info

Supplier's Declaration of Conformity

Unique Identifier: FB521

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105
United States
877-623-4997

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Note: This device is intended only for use as a wrist-worn device

Canada: Industry Canada (IC) statement

Model/Modèle FB521

IC: 8542A-FB521

Notice to the User: The IC ID can also be viewed on your device. To view the content:

Settings › About Sense 2 › Regulatory info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:

Paramètres › À propos Sense 2 › Informations réglementaires

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

European Union (EU)

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

Settings › About Sense 2 › Regulatory Info

Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Bluetooth 2400-2483.5 MHz < 13 dBm EIRP
NFC 13.56 MHz < 42 dBuA/m at 10m

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB521 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit LLC erklärt hiermit, dass die Funkgerättypen Modell FB521 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit LLC declara que el tipo de dispositivo de radio Modelo FB521 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit LLC déclare par la présente que les modèles d'appareils radio FB521 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit LLC dichiara che il tipo di apparecchiatura radio Modello FB521 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety

CE

Argentina

RAMATEL

C-27776

Australia and New Zealand

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

Settings > **About Sense 2** > **Regulatory info**

Ghana

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

Settings > **About Sense 2** > **Regulatory Info**

Indonesia

76114/SDPPI/2021
3788

82058/SDPPI/2022
3788

82061/SDPPI/2022
3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא .55–12857
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

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

Settings › **About Sense 2** › **Regulatory info**

R 201-220211
201-220279

Kingdom of Saudi Arabia

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

Settings › **About Sense 2** › **Regulatory info**

Malaysia

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

Settings > **About Sense 2** > **Regulatory Info**

Mexico

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

Settings > **About Sense 2** > **Regulatory info**



La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

IFT#: RCPFIFB22-1829

Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR00032401ANRT2022
Date d'agrément: 25/03/2022

Nigeria

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

Oman

TRA/TA-R/13573/22
D172338

Paraguay

CONATEL

NR: 2022-04-I-0258

Philippines

NTC

Type Accepted
No: ESD-RCE-2230108

Serbia



Singapore

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

Settings › **About Sense 2** › **Regulatory info**

South Korea

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

Settings › **About Sense 2** › **Regulatory info**

Taiwan

用戶注意:某些地區的法規內容也可以在您的設備上查看。要查看內容:

設定 › **關於 Sense 2** › **法規資訊**

Translation:

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

Settings › **About Sense 2** › **Regulatory info**

低功率警語：

取得審驗證明之低功率射頻器材，非經核准，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。低功率射頻器材之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Low Power Warning:

For the low-power radio frequency equipment that has obtained the verification certificate, the company, organization or user shall not change the frequency, increase the power or change the features and functions of the original design without approval. The use of low-power radio frequency equipment shall not affect flight safety or interfere with legal communications. If any interference is detected, the device should be disabled immediately and the interference removed before continuing use. The aforesaid legal communication refers to the radio communication operated in accordance with the provisions of the Telecommunications Management Act. Low power radio frequency equipment must accept interference from legal communication or radio wave radiated electrical equipment for industrial, scientific and medical use.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及 / 或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium-ion battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- Rest for 10 minutes after every 30 minutes.
- Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

Taiwan RoHS

設備名稱: 智慧型手錶 Part Name: Smartwatch	限用物質及其化學符號 Restricted Substances and its chemical symbols					
Model FB521	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr^{+6})	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	O	O	O	O	O	O
電子 (Electronics)	--	O	O	O	O	O
外殼 (Housing)	O	O	O	O	O	O
充電線 (Charging Cable)	O	O	O	O	O	O

備考1. 〝超出0.1 wt %〞及〝超出0.01 wt %〞係指限用物質之百分比含量超出百分比含量基準值。

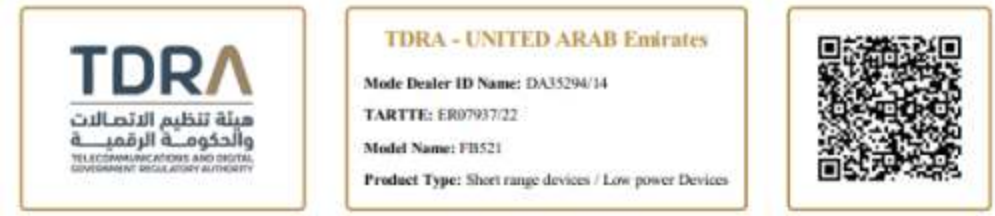
備考2. 〝○〞係指該項限用物質之百分比含量未超出百分比含量基準值。

備考3. 〝 - 〞係指該項限用物質為排除項目。

Thailand



United Arab Emirates



United Kingdom

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

Settings > About Sense 2 > Regulatory Info

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB521 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: www.fitbit.com/legal/safety-instructions

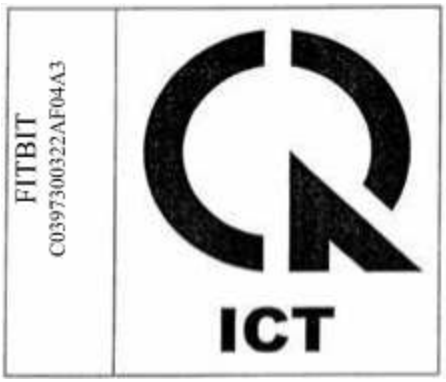
Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Bluetooth 2400-2483.5 MHz < 13 dBm EIRP
NFC 13.56 MHz < 42 dBuA/m at 10m

UK CA

Vietnam



About the Battery

This unit contains a non-replaceable internal lithium-ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture or dispose of in fire or water.

CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly
- Use the battery only in the specified equipment
- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

IP Rating

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

Settings > About Sense 2 > Regulatory Info

Model FB521 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB521 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Safety Statement

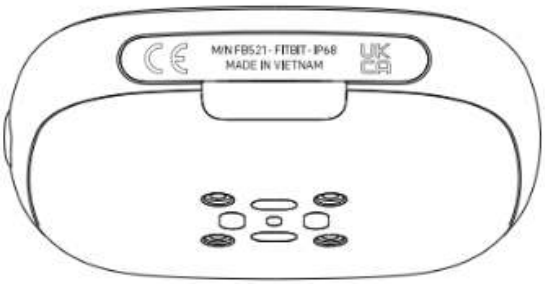
This equipment has been tested to comply with safety certification in accordance with the specifications of: IEC 60950-1:2005, AMD 1:2009, AND2:2013, EN 60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013, IEC 62368-1:2014, EN 62368-1:2014 + A11:2017, IEC 62368-1: 2020 + A11: 2020, EN62368-1: 2018, EN IEC 62368-1:2020 + A11:2020, BS EN 62368-1: 2014 + A11: 2017, BS EN IEC 62368-1:2020 + A11:2020.

Regulatory Markings

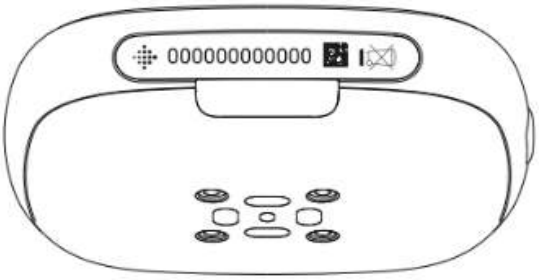
Device regulatory markings can be viewed on your device by removing the band. Markings are located in the band attach area.

Band Pocket View

6 O'clock



12 O'clock



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