



## Using My Fitbit – Inspire 2

### General Best Practices

Fitbit Introduction Video: [bit.ly/fitbit\\_intro](https://bit.ly/fitbit_intro)

- Don't remove the watch except to charge, shower, or clean
- Leave your phone's Bluetooth on at all times
- Leave the Fitbit app running in the background of your phone
- Open the Fitbit app once per day to check if your data has been syncing

### How to log an exercise session

A video of these instructions can be found here: [bit.ly/fitbit\\_exercise](https://bit.ly/fitbit_exercise)

1. Move the watch up your wrist a couple inches and make sure that it is sufficiently tight.
2. Touch both sides of the Fitbit with your thumb and index finger to open the watch.
3. Scroll down twice until the screen reads "Exercise"
  - a. Press the screen to enter Exercise
4. Find the type of exercise you plan to do and press the screen to enter
  - a. "Weights" = Weight training
  - b. "Yoga" = Stretching and toning
  - c. "Workout" = Endurance exercise
5. Press the play button. This will start the exercise session.

Calories should be showing on the screen. Scroll down one time to show Heart Rate.
6. Check your heart rate every couple of minutes during your exercise session and make sure you are in your heart rate zone.
7. Once you complete your session, press your thumb and index finger to either side of the watch three times. The screen should say "Finish".
8. Press the screen to enter, which will end your exercise session.

### How to sync

A video of these instructions can be found here: [bit.ly/fitbit\\_sync](https://bit.ly/fitbit_sync)

1. Open the Fitbit app on your phone.
2. Pull the screen down. This should pop-up a bar at the top of the screen that reads "Syncing your Inspire 2."
3. Wait until this says "Sync complete."
4. Check to make sure your steps are the same on your watch as your phone.

## Get started

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Make healthy a habit with Fitbit Inspire 2, the easy-to-use fitness tracker with 24/7 heart rate, Active Zone Minutes, activity and sleep tracking, up to 10 days of battery, and more.

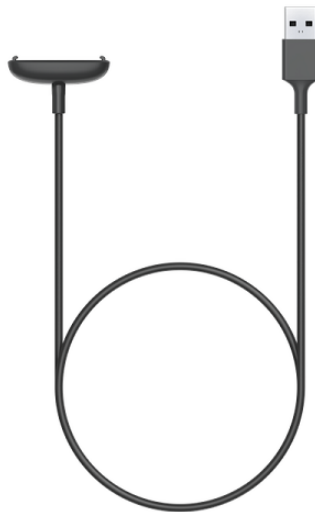
Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Inspire 2 is not intended to provide medical or scientific data.

### What's in the box

Your Inspire 2 box includes:



Tracker with small band  
(color and material vary)



Charging cable



Additional large band  
(color and material vary)

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

# Charge your tracker

A fully-charged Inspire 2 has a battery life of 10 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire 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. Align the pins on the other end of the charging cable with the gold contacts on the back of Inspire 2. Gently press Inspire 2 into the charger until it snaps into place.

To remove Inspire 2 from the charging cable:

1. Hold Inspire 2 and slide your thumb nail between the charger and the back of the tracker on one of the corners.
2. Gently press down on the charger until it separates from the tracker.

Charging fully takes about 1-2 hours. While the tracker charges, you can press the buttons to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.



## Wear Inspire 2

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### Placement for all-day wear vs. exercise

When you're not exercising, wear Inspire 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 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).

### Handedness

For greater accuracy, you must specify whether you wear Inspire 2 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing<sup>12</sup> and eating. To start, the Wrist setting is set to non-dominant. If you wear Inspire 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 > Inspire 2 tile > **Wrist > Dominant.**

# Basics

## Navigate Inspire 2

Inspire 2 has a PMOLED touchscreen display and 2 buttons.

Navigate Inspire 2 by tapping the screen, swiping up and down, or pressing the buttons. To preserve battery, the tracker's screen turns off when not in use.

### Basic navigation

The home screen is the clock.

- Swipe down to scroll through the apps on Inspire 2. Tap an app to open it.
- Swipe up to see your daily stats.

SWIPE DOWN TO  
SEE APPS















SWIPE UP TO  
SEE FITBIT TODAY

## Quick settings


Press and hold the buttons on Inspire 2 for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.


On the quick settings screen:

DND (Do not disturb) 	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications, goal celebrations, and reminders are muted.</li> <li>• The do not disturb icon  illuminates in quick settings.</li> </ul> <p>You can't turn on do not disturb and sleep mode at the same time.</p>
On Wrist  / On Clip  setting	<p>When Inspire 2 is on your wrist, make sure the tracker is set to <b>On Wrist</b> . When Inspire 2 is in the clip, make sure the tracker is set to <b>On Clip</b> .</p>
Sleep 	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications and reminders are muted.</li> <li>• The screen's brightness is set to dim.</li> <li>• The screen stays dark when you turn your wrist.</li> </ul> <p>Sleep mode turns off automatically when you set a schedule. To set a schedule:</p> <ol style="list-style-type: none"> <li>1. Open the Settings app  and tap <b>Sleep Mode</b>.</li> <li>2. Tap <b>Schedule</b> to turn it on.</li> <li>3. Tap <b>Sleep Interval</b> and set your sleep mode schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.</li> </ol> <p>You can't turn on do not disturb and sleep mode at the same time.</p>
Screen Wake 	<p>When the screen wake setting is on, turn your wrist toward you to turn on the screen.</p>
Water Lock 	<p>Turn on the water lock setting when you're in water, for example showering or swimming, to prevent the buttons on</p>

	<p>your tracker from activating. When water lock is on, your screen and buttons are locked. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them.</p> <p>To turn on water lock, tap <b>Water Lock</b>  &gt; firmly tap your screen twice. To turn off water lock, double-tap your screen again.</p> <p>Note that water lock turns on automatically when you start a swim in the Exercise app .</p>
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## Adjust settings

Manage basic settings in the Settings app :

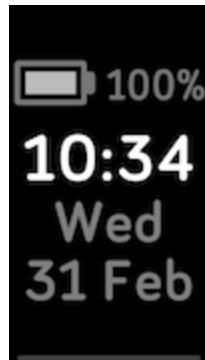
Dim Screen	Turn on the dim screen setting to lower your screen's brightness.
Do Not Disturb	Turn off all notifications or choose to automatically turn on do not disturb while using the Exercise app  .
Double Tap	Turn on or off the ability to wake your tracker with a firm double tap. Note that your screen must be off for at least 10 seconds for this setting to take effect.
Heart Zone Notifications	Turn heart zone notifications on or off. For more information, see <a href="https://help.fitbit.com">help.fitbit.com</a> .
Phone GPS	Turn connected GPS on or off.
Sleep Mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.
Device Info	View your tracker's activation date and regulatory information. Your activation date is the day your warranty begins. It's established when you set up Inspire 2. For more information, see <a href="https://help.fitbit.com">help.fitbit.com</a> .



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

## Check battery level

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



## 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 buttons, or turn your wrist away from your body.


## Care for Inspire 2

It's important to clean and dry Inspire 2 regularly. For more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

## Change the clock face


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

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


# Notifications from your phone

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Inspire 2 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. Up to 10 notifications are stored in the Notifications app  on your tracker.

## 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 > Inspire 2 tile.
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 or iPad, Inspire 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire 2 shows calendar notifications from the calendar app you chose during setup.


For more information, see [help.fitbit.com](https://help.fitbit.com).

## See incoming notifications

When your phone and Inspire 2 are within range, a notification causes the tracker to vibrate.

- Phone calls—the name or number of the caller scrolls once. Press the buttons to dismiss the notification.

- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once above the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

To read a notification later, swipe down from the clock face, and tap the Notifications app . Tap a notification to expand the message.




Note: Your tracker shows the first 250 characters of the notification. Check your phone for the full message.

## Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Inspire 2. 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 your profile picture > Inspire 2 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. Press and hold the buttons on your tracker.
2. Tap **DND** to turn on do not disturb. The DND icon illuminates to indicate that all notifications, 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 tracker until you turn off this setting.

# Timekeeping

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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.

## Use the Alarms app

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

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To dismiss the alarm, press the buttons. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Inspire 2 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



## Use the Timers app

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Activity and Wellness

Inspire 2 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

## See your stats

Swipe up from the clock face on your tracker to see your daily stats, including:

Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Core stats	Steps taken today, distance covered, calories burned, and Active Zone Minutes
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Exercise	Number of days you met your exercise goal this week
Sleep	Sleep duration and sleep score
	Information on the current stage of your menstrual cycle, if applicable
Water	Water intake logged today and progress toward your daily goal
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

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.

## Track a daily activity goal

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

## Track your hourly activity

Inspire 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 [help.fitbit.com](https://help.fitbit.com).



## Track your sleep

Wear Inspire 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). 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 to see your sleep stats in Fitbit Today.

For more information, see [help.fitbit.com](https://help.fitbit.com).

### 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 [help.fitbit.com](https://help.fitbit.com).

### 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 [help.fitbit.com](https://help.fitbit.com).


## See your heart rate



Inspire 2 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate. For more information, see ["See your stats" on page 27](#). Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Inspire 2 shows your heart-rate zone and vibrates each time you enter a different zone to help you target the training intensity of your choice.

For more information, see ["Check your heart rate" on page 33](#).

## Practice guided breathing

The Relax app  on Inspire 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. On Inspire 2, open the Relax app .
2. The 2-minute session is the first option. Swipe to choose the 5-minute session.
3. Tap the play icon  to start the session and follow the on-screen instructions.

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 [help.fitbit.com](https://help.fitbit.com).

# Exercise and Heart Health

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Choose to automatically track exercise, or to track activity with the Exercise app



and 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



Inspire 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.


For more information, see [help.fitbit.com](https://help.fitbit.com).

## Track and analyze exercise with the Exercise app

### Track an exercise

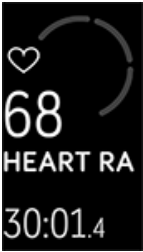
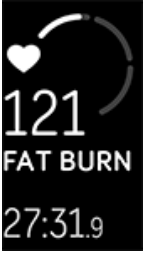

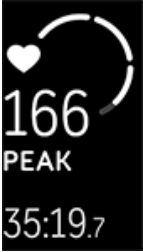
1. On Inspire 2, open the Exercise app  and swipe to find an exercise.
2. Tap the exercise to choose it.
3. Tap the play icon  to begin the exercise, or swipe up to set a goal for time, distance, zone minutes, or calories, depending on the activity. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available.
4. Tap the middle of the screen to scroll through your real-time stats.
5. When you're done with your workout or want to pause, press the buttons.
6. To end the workout, press the buttons again and tap **Finish**. Swipe up to see your workout summary. Press the buttons to close the summary screen.
7. To see your GPS data, tap the Exercise tile in the Fitbit app.

#### 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, an icon appears in the top left as your tracker connects to your phone's GPS sensors. When the screen says " connected" and Inspire 2 vibrates, GPS is connected.

## Check your heart rate

Inspire 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 tracker during exercise. Inspire 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.

# Troubleshooting


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If Inspire 2 isn't working properly, see our troubleshooting steps below. Visit [help.fitbit.com](http://help.fitbit.com) for more information.

## Heart-rate signal missing

Inspire 2 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. Inspire 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 [help.fitbit.com](http://help.fitbit.com).

## 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 Inspire 2](#)" on page 37.

For more information, see [help.fitbit.com](http://help.fitbit.com).