## Getting to know your Fitbit Charge 2

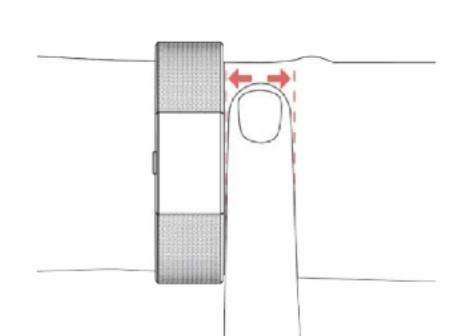
This section tells you how best to wear, navigate, and charge your tracker. If you bought an accessory wristband, you'll also find instructions for taking off the original band and putting on a different one.

## Wrist placement

Review these tips to make sure you're wearing your tracker for optimal results.

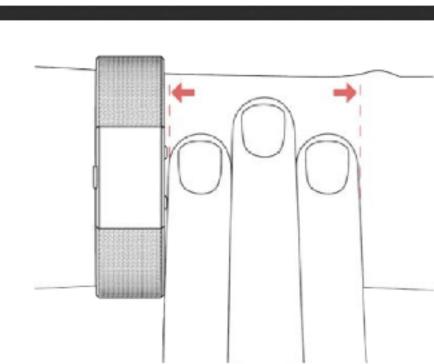
## All-day wear and exercise

For all-day wear when you're not exercising, your Charge 2 should usually rest a finger's width below your wrist bone and lay flat, as you would normally wear a watch.



### For optimized heart rate tracking keep these tips in mind:

1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as bike riding or weight lifting cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.



- 2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during
- all-day wear. 3. With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart rate reading. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and loosens during exercise. If your tracker does not show a heart rate reading, try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see a heart rate reading.

### Wrist choice and dominant hand

For greater accuracy, your tracker needs to know which wrist you wear it on (right or left) and which hand you consider dominant (right or left). Your dominant hand is the one you usually write or throw with.

During setup you're asked to choose the wrist where you're going to wear your tracker. Should you later decide to move your tracker to the other wrist, change the Wrist setting. You can also change your dominant hand at any time with the Handedness setting. Both settings are found in the Account section of the Fitbit app or in the Personal Info section of your fitbit.com dashboard settings.

## Navigation

Charge 2 has an OLED tap display and one button.

### Waking a dimmed screen

When you're not using Charge 2 the display is off. To wake it up:

Press the button

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- Turn your wrist towards you. This behavior, known as Quick View, can be

Double-tap your tracker.

turned off in your tracker settings.

Using the clock and menus The default or "home" screen is a clock, which is available in several styles. On the

- clock screen you can: Tap to see your steps taken, heart rate, distance, calories burned, floors
  - climbed, active minutes, and hourly activity. Press the button to move to through the menus.
  - Press and hold the button to turn on or turn off notifications, including reminders to move.



### You can customize the both the stats and menus shown on your tracker. For more information, see help.fitbit.com.

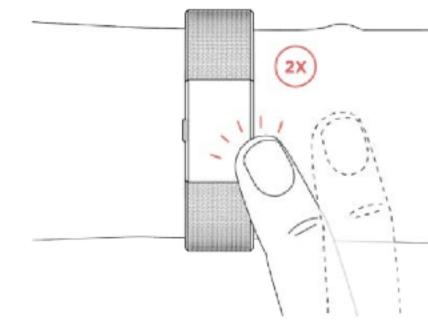
After viewing the clock screen, you can cycle through the different menus to see information or use different functions on your tracker. The following menus are available:

- Heart rate—Shows your current heart rate. Tap to see your resting heart rate. • Exercise—Tap to move through your exercise choices, then press and hold the button to start the selected exercise. Press and hold the button again to end
- Relax—Tap to choose a guided breathing session. Press and hold the button to
- Stopwatch—Press and hold the button to start the stopwatch. Press the button to stop and resume the stopwatch. Press and hold the button again to
- reset the stopwatch. Alarms—Tap to scroll through any alarms you've set. Press and hold the button to disable or enable any alarms. The alarm screen appears only when
- you have alarms set. • Notifications—Press and hold the button to turn on or turn off notifications. If you turn off notifications, your tracker will not alert you when you receive a
- phone call, text message, or calendar alert on your mobile device, nor will you receive reminders to move.
- Battery—Shows the percentage of battery life remaining on your tracker. The battery screen appears only if you turn it on in your tracker settings.



# Tapping your tracker

For best results, tap your tracker where the screen meets the band as shown. To wake up your tracker, double-tap it; to flip through your stats or the menus, single-



Charge 2 doesn't respond to swipes. You must use the button or firmly and quickly tap the screen.

# Battery life and charging

Your fully charged Charge 2 has a battery life of up to five days. Battery life and charge cycles vary with use and other factors; actual results will vary.

# Finding your current battery level

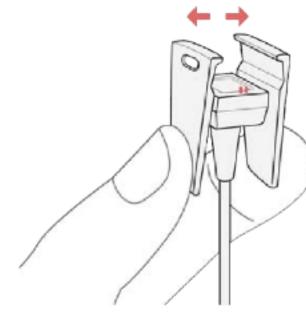
If your battery is low, when you wake up your Charge 2 you'll see a low battery icon after a few seconds. If you see a critical battery icon you'll be unable to navigate to

You can check your battery level at any time on the battery screen on your tracker or on your Fitbit dashboard. To see the battery screen you must turn on the battery menu item in the Fitbit app.

# Charging your tracker

To charge your tracker:

- 1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
- 2. Clip the other end of the charging cable to the port on the back of the tracker. The pins on the charging cable must lock securely with the port.



3. Make sure the button on your tracker is aligned with the button opening on the charging cable. You'll know the connection is secure when the tracker vibrates and you see a battery icon on your tracker's display. The battery icon disappears after three seconds.

