



# Fitbit

## Charge 4 Advanced Fitness Tracker



**User Manual**

# About this item

- Use built-in GPS to see your pace and distance on screen during outdoor runs, rides, hikes and more and see a workout intensity map in the app that shows your heart rate changes along your route.
- With Active Zone Minutes, feel a buzz when you reach your target heart rate zones during exercise, and celebrate when you earn extra minutes outside of exercise.
- Get a 90-day free trial of the Fitbit Premium to help you stay active, sleep well and manage stress. Unlock it all in the Fitbit app. (Valid payment method required. Cancel before free trial ends to avoid subscription fees. Offer valid for new Premium users only). Operating temperature: -20° to 60° C
- Use 24/7 heart rate to track resting heart rate & better measure calorie burn. Syncing to mobile devices requires Bluetooth LE and internet connection. Syncs with Mac OS X 12.2 and up, iPhone 5S and later, iPad 5 gen. and later, Android 7.0 and later

# About this item

- See your SpO2 nightly average and range on wrist, and view trends over the past week in the Fitbit app (SpO2 is not available in all markets. The SpO2 feature is not intended to diagnose or treat any medical condition or for any other medical purpose)
- Track your skin temperature each night to see how it varies from your personal baseline (Not available in all markets. Only available in the Fitbit app and only displays variation. Not intended for medical purposes)
- Track workouts in real-time with 20+ goal-based exercise modes. It's also swim proof and water resistant to 50 Meters, so you can track swims, wear in the shower and more
- Multi-day battery lasts up to 7 days and up to 5 hours when using built-in GPS (varies with use & other factors). Track sleep stages & review your in-app Sleep Score for an easy way to see how well you slept

# Active Zone Minutes

10,000 steps a day encouraged you to get moving, and now Active Zone Minutes is helping you optimize those movements. By tracking time spent in specific heart rate zones, Active Zone Minutes helps you work out smarter and more efficiently.



# Picture the path to your goals

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With built-in GPS, find inspiration to get outdoors with pace and distance on your tracker and see a workout intensity map showing your route and effort in the app when you're done.





# Specifications

**Display:** 1.57-inch grayscale OLED touchscreen display with 240x180 pixel resolution

**Sensors:** 3-axis accelerometer, optical heart rate monitor, GPS, NFC, altimeter, and vibration motor

**Battery life:** Up to 7 days (varies with use and other factors)

**Water resistance:** Water-resistant up to 50 meters

**Connectivity:** Bluetooth 4.0 and Wi-Fi (802.11b/g/n)

**Compatibility:** Compatible with Android 7.0 and later, iOS 12.2 and later, and Windows 10 devices

**Dimensions:** 35.8 x 22.7 x 12.5 mm (L x W x H)

**Weight:** 26 grams

**Features:** Tracks steps, distance, floors climbed, active minutes, calories burned, heart rate, sleep stages, and menstrual cycle. Offers guided breathing sessions, music control, notification alerts, and more.

## Celebrate your efforts

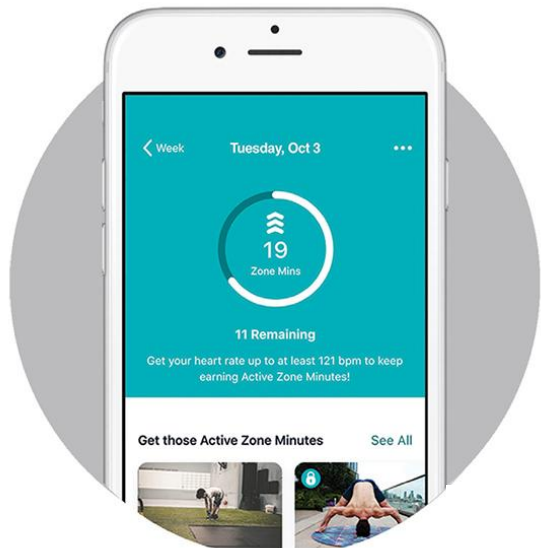
Get friendly words of encouragement right on your wrist when you squeeze in extra heart-pumping activities throughout your day or week.



## Know how hard you're working

See how many minutes have contributed to your goals as you work toward the expert recommendation of 150 minutes of moderate activity (or 75 minutes of vigorous activity) per week—known to support overall health.





## See how your activity adds up

Follow your progress in the Fitbit app where you can see how long you've spent in each zone and learn which activities contributed to your totals.

## Stay accountable during workouts

View your Active Zone Minutes in real-time while you exercise to know if you're in the target heart rate zone and make sure you're working hard enough.



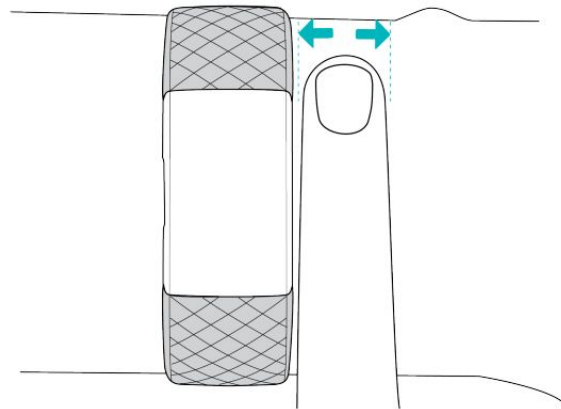


# Wear Charge 4

Place Charge 4 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in "Change the band" on page 13.

## Placement for all-day wear vs. exercise

When you're not exercising, wear Charge 4 a finger's width above your wrist bone.



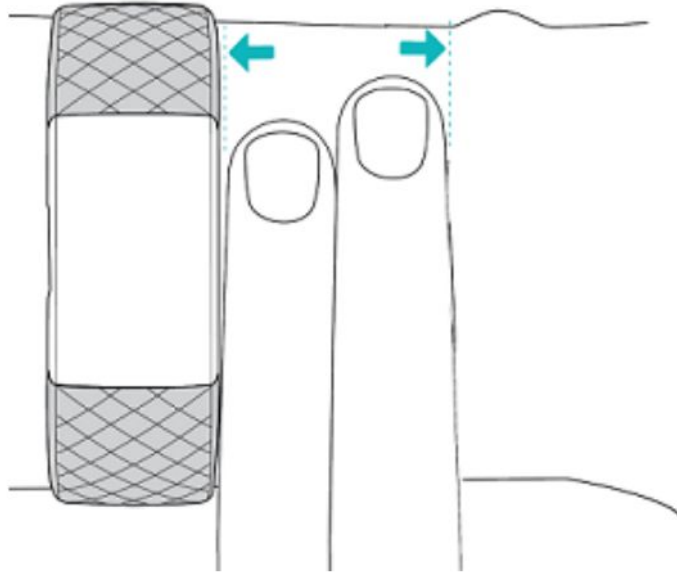
## For optimized heart-rate tracking while exercising:

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 Charge 4

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).



# General Info and Specifications

## Sensors

Fitbit Charge 4 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- A GPS receiver, which tracks your location during a workout
- An optical heart-rate tracker
- A vibration motor

## Materials

The housing on Charge 4 is plastic. The Charge 4 classic band is made of a flexible, durable elastomer material similar to that used in many sport watches and includes a surgical-grade stainless steel buckle.

# General Info and Specifications

## **Wireless technology**

Charge 4 contains a Bluetooth 4.0 radio transceiver and NFC chip.

## **Haptic feedback**

Charge 4 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

## **Battery**

Charge 4 contains a rechargeable lithium-polymer battery.

## **Memory**

Charge 4 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your tracker with the Fitbit app to access your historical data.

## **Display**

Charge 4 has a PMOLED display.

Charge 4



Compare Other Watches



Activity Tracking



Call & Text Alerts



24/7 Heart Rate



Swimproof up to 50m



7 days

Battery Life (Up to)

7 days

Built-in

GPS

With phone



Active Zone Minutes



Charge 3



# FAQ



[Manuals.plus](https://manuals.plus)

- **How do I track heart rate with my Fitbit device?**

To determine your heart rate, the optical heart-rate sensor in your Fitbit device flashes its green LEDs many times per second and uses light-sensitive photodiodes to detect these volume changes in the capillaries above your wrist. Then your device calculates how many times your heart beats per minute (bpm).

- **What is Auto Sleep Tracking?**

Auto Sleep Tracking automatically detects when you fall asleep and records your sleep quality and duration each night while you sleep so you can learn how to improve it over time with insights into how long and how well you slept each night and how much time you spent awake during the night. For more information, please visit [www.fitbit.com/devices/charge-4/sleep/](https://www.fitbit.com/devices/charge-4/sleep/).



# FAQ



[Manuals.plus](https://Manuals.plus)

- **What is Cardio Fitness Level?**

What is Cardio Fitness Level? A: Cardio Fitness Level measures your cardiovascular fitness by estimating VO2 Max (the maximum amount of oxygen you can consume per minute). VO2 Max is a measurement of cardiorespiratory fitness that indicates how efficiently your body uses oxygen during exercise and represents a person's ability to perform endurance activities such as walking or running long distances without getting winded or out of breath. The higher your level, the better your cardiovascular fitness level, which means that you will have more endurance during physical activity and may be less likely to develop health problems like heart disease or diabetes later in life as a result of being physically active now.

- **How many hours does it take to charge a Fitbit?**

Charging fully takes about 1-2 hours. While Charge 5 charges, double-tap the screen to turn it on and check the battery level. Swipe right on the battery screen to use Charge 5

# FAQ



[Manuals.plus](https://manuals.plus)

- **What are Connected GPS and SmartTrack?**

Connected GPS uses GPS satellite data from compatible mobile devices such as smartphones with location services enabled to show real-time run stats on display screens of supported Fitbit trackers including distance traveled, average pace and total time of runs using recorded.

- **How does Fitbit Charge 4 calculate distance?**

Built-in GPS: Charge 4 uses built-in GPS sensors to track your route, pace, distance, and other stats. This option can reduce battery life on your tracker. Phone GPS: Charge 4 uses your phone's GPS sensors to track your route, pace, distance, and other stats.

- **What app does Fitbit Charge 4 use?**

Fitbit: Health & Fitness on the App Store.