

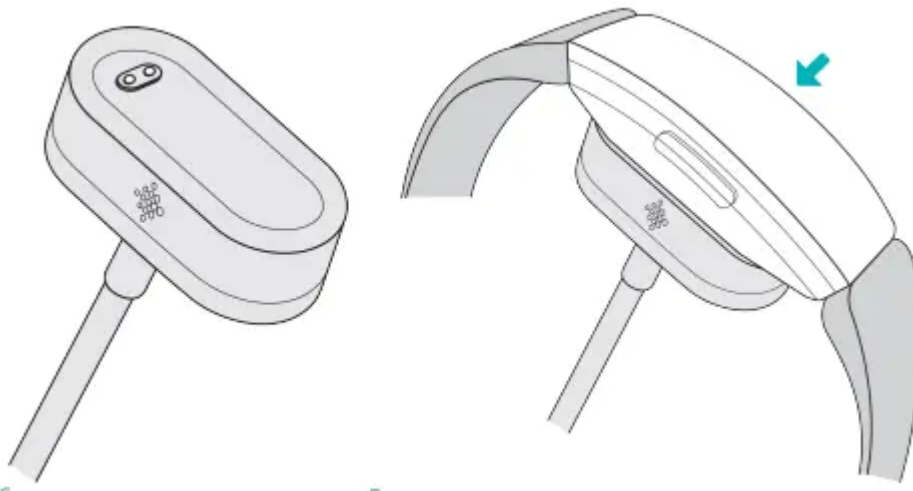
Set up Inspire HR

Charge your tracker

A fully-charged Inspire HR has a battery life of up to 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire HR:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.



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


Set up with your phone or tablet

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices.

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
 - Apple App Store for iPhones and iPads
 - Google Play Store for Android phones
 - Microsoft Store for Windows 10 devices

2. Install the app, and open it.

- If you already have a Fitbit account, log in to your account, and tap the account icon  > **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 Inspire HR to your account.

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

Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Inspire HR with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click Free to download the app to your computer.
3. Click Microsoft account to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app.
 - If you already have a Fitbit account, log in to your account, and tap the account icon  > **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.
5. Continue to follow the on-screen instructions to connect Inspire HR to your account.

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

See your data in the Fitbit app

Sync Inspire HR to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Inspire HR syncs periodically with the app.

If you turn off all-day sync, we recommend syncing at least once a day. Each time you open the Fitbit app, Inspire HR syncs automatically when it's nearby. You can also use the Sync Now option in the app at any time.

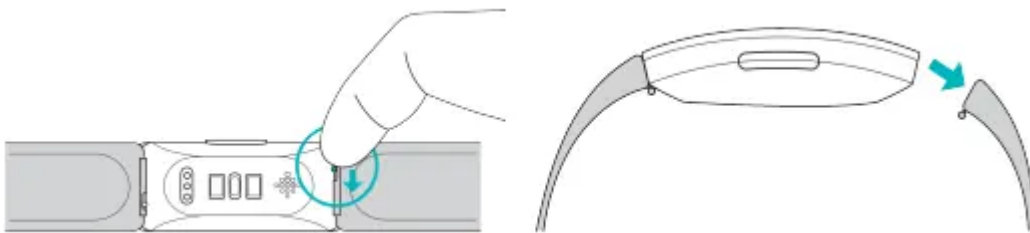
Change the wristband

Inspire HR comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with accessory wristbands, sold separately.

Remove a wristband

To remove the wristband:

1. Turn over Inspire HR and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the tracker to release it.

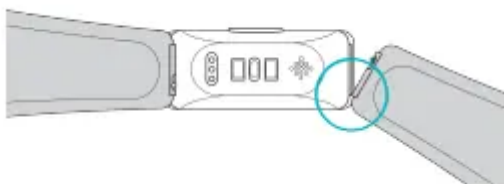


3. Repeat on the other side.

Attach a wristband

To attach a wristband:

1. Attach the wristband with the clasp to the top of the tracker. Slide the pin (the side opposite the quick-release lever) into the notch on the tracker.



2. While pressing the quick-release lever inward, slide the other end of the wristband into place.



3. When both ends of the pin are inserted, release the quick-release lever.

Basics

Navigate Inspire HR

Inspire HR has an OLED touchscreen display and 1 button.

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

Basic navigation

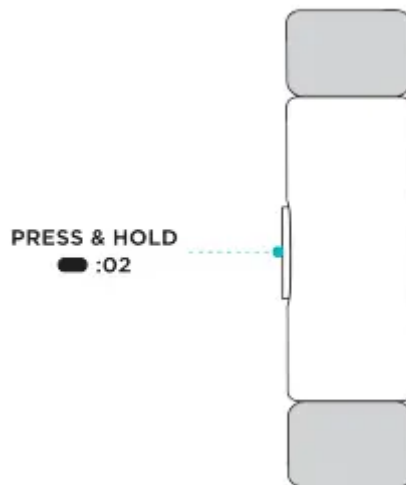
The home screen is the clock. On the clock:

- Swipe down to scroll through the apps on Inspire HR. To open an app, swipe to find the app and then tap it.
- Swipe up to see your daily stats.



Quick settings

Press and hold the button on Inspire HR 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:

- Check the battery level.
- Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist toward you to turn on the screen.
- Turn notifications on or off. When the Notifications setting is on, Inspire HR displays notifications from your phone when your phone is nearby.

Adjust settings

Manage basic settings including heart rate and phone GPS directly on your tracker. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.


Care for Inspire HR

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

Change the clock face

A variety of clock faces are available in the Fitbit Clock Gallery.

To change your clock face:


1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR 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 HR.

Notifications

Inspire HR can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and tracker must be within 30 feet of each other 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. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker. Inspire HR appears in the list of Bluetooth devices connected to your phone. 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, iPad, or Windows 10 device, Inspire HR shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire HR shows calendar notifications from the calendar app you choose during setup.

See incoming notifications

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

- Phone calls—the name or number of the caller scrolls once. Press the button 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 below 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.

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




Turn off notifications

Turn off all notifications in the quick settings on Inspire HR, or turn off certain notifications in the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off. The notifications icon dims to indicate that notifications are turned off.

To turn off certain notifications:


1. With your tracker nearby, from the Fitbit app dashboard, tap the account icon  > Inspire HR tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.
3. Tap **Notifications > Inspire HR** in the top left to return to device settings. Sync your tracker to save your changes.

Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications until you turn off this setting

Timekeeping

Alarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

Set an alarm

Set and delete alarms in the Fitbit app. Turn alarms on or off directly on Inspire HR in the Alarms app, .



Dismiss or snooze an alarm


When an alarm goes off, the tracker vibrates.

To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, swipe down.

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



Use the Timers app

Time events with the stopwatch or set a countdown timer with the Timers app  on your tracker.

Activity and Sleep

Inspire HR continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

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

Core stats	Steps taken today, calories burned, distance covered, and active minutes
Hourly steps	Steps taken this hour and the number of hours you met your hourly activity goal (tap to switch between these stats)
Heart rate	Current heart rate and heart-rate zone
Exercise	Number of days you met your exercise goal this week
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Time spent asleep
Water	Water intake logged today
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, such as sleep data, in the Fitbit app.

Track a daily activity goal

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

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

Track your hourly activity

Inspire HR 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'll 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'll feel a second vibration and see a congratulatory message.



Track your sleep Wear

Inspire HR to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your tracker when you wake up and check the app. You may need to wait a few minutes to see your sleep stats while the Fitbit app analyzes your sleep data.

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.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

Learn about your sleep habits

Inspire HR tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Inspire HR and check the Fitbit app to understand how your sleep patterns compare to your peers.

See your heart rate

Inspire HR tracks your heart rate throughout the day. Swipe up from the clock screen to see your real-time heart rate and heart-rate zone. For more information, see "See your stats" section.


During a workout, Inspire HR shows your heart-rate zone to help you target the training intensity of your choice.

Adjust your heart-rate setting

Track your heart rate day and night with Inspire HR. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

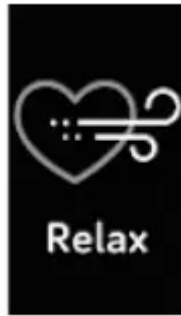
Note that the green LED on the back of Inspire HR continues to flash even if you turn off heart-rate tracking.

Practice guided breathing

The Relax app  on Inspire HR provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

To begin a session:

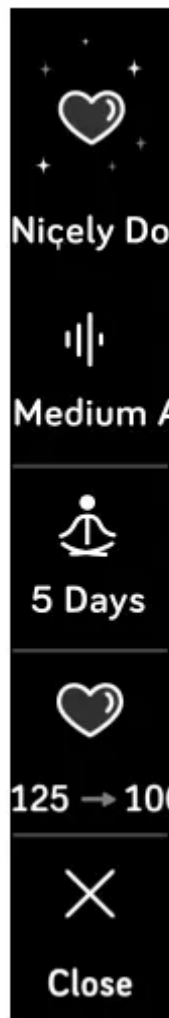
1. On Inspire HR, open the Relax app.



2. The 2-minute session is the first option. Swipe up 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.



All notifications are automatically disabled during the session.

Fitness and Exercise

Choose to automatically track exercise, or to track activity with the Exercise app  and set goals based on distance, time, or calories.

Sync Inspire HR with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Inspire HR automatically recognizes and records high-movement activities at least 15 minutes long—including run, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

Track and analyze exercise with the Exercise app

Track specific exercises—such as run, bike, or weights—with the Exercise app on Inspire HR 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 route and pace information if you used GPS, review your exercise history in the Fitbit app.

Note: The connected GPS feature on Inspire HR uses the GPS sensors on your nearby phone.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors.

To use connected GPS:

1. Turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Make sure connected GPS is enabled on Inspire HR (open the Settings app > **Phone GPS**).
4. Follow the steps below to track an exercise. Keep your phone with you during the workout.



Track an exercise

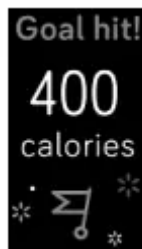
To track an exercise:

1. On your tracker, open the Exercise app .

2. Swipe to find an exercise, and tap to choose it.
3. Tap the play icon to begin the exercise, or swipe up to set a goal for time, distance, or calories, depending on the activity.
4. When you're done with your workout or want to pause, press the button. (Press the button again and tap Finish to end the workout.)
5. Swipe up to see your workout summary.
6. Press the button to close the summary screen.

Note:

- Inspire HR shows 3 real-time stats of your choice. Swipe the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your tracker vibrates 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 HR vibrates, GPS is connected.



Customize your exercise settings and shortcuts

Customize settings for various exercise types and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Inspire HR.

To customize an exercise setting:

1. From the Fitbit app dashboard, tap the account icon  > Inspire HR tile > **Exercise Shortcuts**.
2. Tap the exercise you want to customize.

3. Choose the settings you want to customize, and then sync your device.

Check your workout summary

After you complete a workout, Inspire HR shows a summary of your stats for the workout you chose. Stats can include:

- Time elapsed
- Distance covered
- Average pace
- Average heart rate
- Maximum heart rate
- Calories burned
- Steps taken
- Number of laps





Sync your tracker to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Inspire HR shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Custom heart-rate zones

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

Share your activity

After you complete a workout, sync your tracker with the Fitbit app to share your stats with friends and family.

Track your cardio fitness score

Track 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.

From the Fitbit app dashboard, tap the heart rate tile, and then swipe left to see your cardio fitness stats.

Update, Restart, and Erase

Update Inspire HR

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

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

Note: Updating Inspire HR takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

Restart Inspire HR

If you can't sync Inspire HR, you have trouble with connected GPS or tracking your stats, or your tracker is unresponsive, restart your device:

1. Connect Inspire HR to the charging cable. For instructions, see "Charge your tracker " section.
2. Press and hold the button on your tracker for 5 seconds. Release the button. When you see a smiley face and Inspire HR vibrates, the tracker restarted.

Restarting your tracker reboots the device but doesn't delete any data.

Erase Inspire HR

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

1. On Inspire HR, open the Settings app > **Clear User Data**.
2. When prompted, press the screen for 3 seconds, then release. When Inspire HR vibrates and you see the clock screen, your data is erased.

Troubleshooting

Heart-rate signal missing

Inspire HR 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 device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. 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 wristband. Inspire HR 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.

GPS signal missing

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



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

Other issues

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

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

See "Restart Inspire HR" section for instructions on how to restart your tracker.

Warning

This content is compiled from multiple sources and is provided for reference purposes only. It may not be complete or fully applicable to all situations. If you are unable to resolve your issue, please contact the product manufacturer or an authorized service provider for official support.

