

This article extracts only part of the content. If you do not find what you are looking for, [download the pdf file to read](#).

Set up Charge 4

For the best experience, use the Fitbit app for iPhones and iPads or Android phones.



To create a Fitbit account, you're prompted to enter your birthdate, height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and profile picture are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

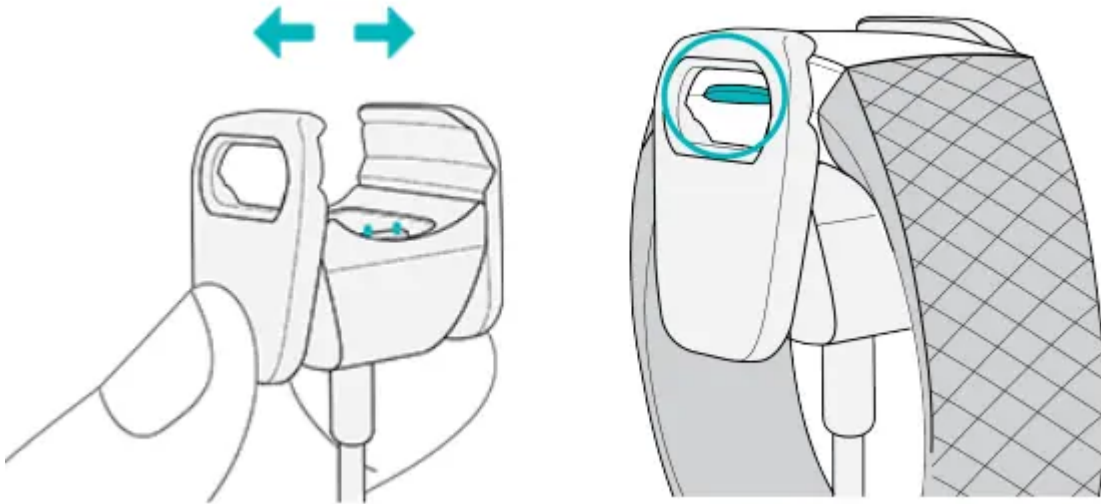
Charge your tracker

A fully-charged Charge 4 has a battery life of up to 7 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

Note: The Charge 4 charging cable has a gray connector on the base of the clip. The Charge 3 charger doesn't work with Charge 4.

To charge Charge 4:

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. Clip the other end of the charging cable to the port on the back of Charge 4. The pins on the charging clip must lock securely with the gold contacts on the back of the tracker. Charge 4 vibrates, and a battery icon appears on the screen.



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

Set up Charge 4 with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://www.fitbit.com/devices).



To get started:

1. Download the Fitbit app:

- + Apple App Store for iPhones and iPads
- + 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 Charge 4 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.

For more information. see help.fitbit.com.

See your data in the Fitbit app

Sync Charge 4 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.

Each time you open the Fitbit app. Charge 4 syncs automatically when it's nearby. You can also use the Sync Now option in the app at any time.

Unlock Fitbit Premium

Fitbit Premium helps you build healthy habits by offering tailored workouts, insights into how your behavior impacts your health, and personalized plans to help you reach your goals. A Fitbit Premium subscription includes health insights and guidance, advanced sleep tools, customized programs, and 150+ workouts from fitness brands.

For more information, see help.fitbit.com.

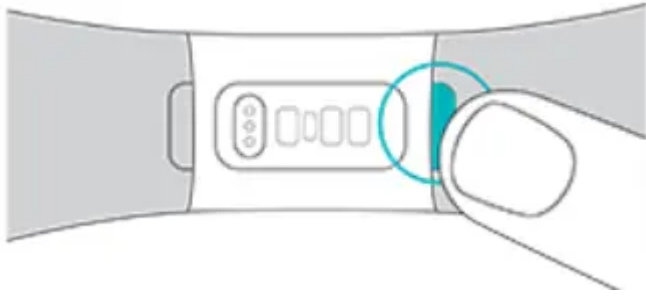
Change the band

Charge 4 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 51.

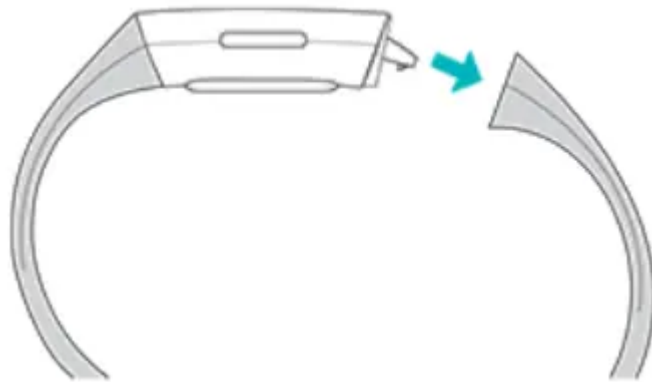
Charge 3 bands are compatible with Charge 4.

Remove a band

1. Turn over Charge 4 and find the band latches.
2. To release the latch, press down on the flat button on the band.



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



4. Repeat on the other side.

Update Charge 4

Update your tracker to get the latest feature enhancements and product updates. Regularly sync Charge 4 with the Fitbit app and let the Fitbit app run in the background on your phone, which allows a small portion of the firmware update to download to your tracker each time you sync. You may need to adjust your phone's settings to allow the Fitbit app to run in the background.

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Charge 4 and in the Fitbit app as the update downloads, and then installs. Keep your tracker and phone close to each other during the update.

Note: To update Charge 4, your tracker's battery must be at least 50% charged. Updating Charge 4 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

Restart Charge 4

If you can't sync Charge 4 or you have trouble with tracking your stats, restart your tracker from your wrist:

Open the Settings app and tap About > Reboot Device.

If Charge 4 is unresponsive:

1. Connect Charge 4 to the charging cable. For instructions, see "Charge your tracker " on page 7.
2. Press and hold the button on your tracker for 8 seconds. Release the button. When you see a smiley face and Charge 4 vibrates, the tracker restarted.

Restarting your tracker reboots the device but doesn't delete any data. Charge 4 has a small hole (altimeter sensor) on the back of the device. Don't attempt to restart your device by inserting any items, such as paper clips, into this hole as you can damage your tracker.

Turn on / off Charge 4

Turn of:

- Connect charger
- Hold button firmly for about 8 secs and line will appear and grow across screen.
- When it stops, disconnect charger

Turn on: To turn on, just connect charger and wait a few seconds.

Erase Charge 4

If you want to give Charge 4 to another person or wish to return it, first clear your personal data: > About > Clear User Data.

1. On Charge 4, Open the Settings app and tap > About > Clear User Data.
2. Swipe up, and tap the check mark icon to erase your data.

How to hard reset Fitbit Charge 4?

Connect your Fitbit Charge 4 to your laptop or computer. Your Fitbit will vibrate and you'll see a battery icon. Press and hold the button on the side for 8 seconds, until you see an emoji on the screen.

Troubleshooting Charge 4

Heart-rate signal missing

Charge 4 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. Charge 4 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 thick cloud cover can interfere with your tracker's ability to connect to GPS satellites. If your tracker is searching for a GPS signal during an exercise, you'll see "connecting" appear at the top of the screen. If Charge 4 can't connect to a GPS satellite after 10 minutes, the tracker stops trying to connect until the next time you start a GPS exercise.

For best results, wait for Charge 4 to find the signal before you start your workout.





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

For instructions, see "Restart Charge 4" on page 46.

Charge 4 Symbols

	Hourly Activity Reminder	Reminders nudge you to walk at least 250 steps each hour. For more information, see the related help article .
	Always- On Display	Keep the screen on, even when you're not interacting with the watch. For more information, see How do I see the time on my Fitbit device?
	Do Not Disturb (1)	Notifications, goal celebrations, and reminders are muted.
	Do Not Disturb (2)	When the do not disturb setting is on, notifications, goal celebrations, heart zone alerts, and reminders to move don't cause the tracker to vibrate or the screen to turn on.



Low Battery
Indicator

Your Fitbit device's battery is critically low. For more information, see [How do I charge my Fitbit device?](#)



GPS
Connecting

If the exercise uses GPS, "GPS connecting ..." appears at the top of the screen. For more information, see the [related help article](#).



GPS
Connected



Music Volume



No Phone
Connection

Your Fitbit device isn't connected to your phone. For troubleshooting tips, see [Why won't my Fitbit device sync?](#)



On Clip

When Inspire 2 is in the accessory clip, make sure it's set to On Clip



On Wrist

When Inspire 2 is on your wrist, make sure your tracker is set to On Wrist



Quick Reply
with Emoji

Respond to the message with an emoji.



Quick Reply
with Text

Respond to a message from a list of quick replies



Screen
Brightness

Adjust the screen brightness.



Screen Wake –
Auto

When you set screen wake to Auto , the screen turns on each time you turn your wrist



Screen Wake

When the screen wake setting is on, turn your wrist toward you to turn on the screen.



Sleep Mode (1)

When sleep mode is on:Notifications, goal celebrations, and reminders are muted.The screen's brightness is set to dim.The screen stays dark when you turn your wrist.



Sleep Mode (2) When the sleep mode setting is on: Notifications don't cause the tracker to vibrate or the screen to turn on. The screen's brightness is set to dim. Turning your wrist won't cause the tracker's screen to turn on.



Water Lock (1) Turn on the water lock setting when you're in water.



Water Lock (2) Turn on the water lock setting when you're in water.



Agenda (Calendar) App Connect your phone's calendar in the Fitbit app to see upcoming calendar events for today and tomorrow in the Agenda app on your watch. For more information, see the [related help article](#).



Alarms App

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



Alexa App

Check the weather, set timers and alarms, control your smart home devices, and more by speaking to your watch. For more information, see the [related help article](#).



Google
Assistant App

Check the weather, set timers and alarms, control your smart home devices, and more by speaking to your watch. For more information, see the [related help article](#).



Dismiss Alarm

To dismiss an alarm, swipe up from the bottom of the screen and tap the dismiss icon



Clocks App

To see your saved clock faces from your watch. For more information, view [How do I change the clock face on my Fitbit device?](#)



Deezer App

For more information, see [Music](#).



EDA Scan App

Detects electrodermal activity which may indicate your body's response to stress. For more information, see the [related help article](#).



Exercise App

Automatically track exercise or track activity with the Exercise app to see real-time stats and a post-workout summary. For more information, see the [related help article](#).



Exercise App



Find Phone App

Use the Find Phone app to locate your phone. For more information, visit [here](#).



Fitbit Pay App

Make contactless payments from your wrist with Fitbit Pay. For more information, see [What should I know about Fitbit Pay?](#)



Health Metrics

The Health Metrics tile in the Fitbit app includes: Breathing rate, Heart-rate variability (HRV), Skin temperature, Oxygen saturation (SpO2), Resting heart rate (RHR). For more information, see [What should I know about health metrics in the Fitbit app?](#)



Mindfulness Tile

Mindfulness sessions and can help you track and understand the effects of your mindfulness practice. Visit [here](#) for more information.



Music Controls

Control music playing on your phone or watch. For more information, see [How do I listen to music and podcasts on my Fitbit watch?](#)



Notifications
App

Manage notifications. A notification causes your tracker to vibrate. Tap the notification to expand the message.



Pandora App

For more information, see [Music](#).



Relax App

Helps you find moments of calm throughout the day with personalized, deep breathing sessions. Visit [here](#) for more information.



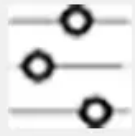
Settings App
(1)

Tap to open the Settings app



Settings App
(2)

Tap to open the Settings app



Settings App
(3)

Open the Settings app



Quick Settings

Adjust certain settings such as screen brightness and screen wake. For more information, see [Quick settings](#)



Sleep Tile



Spotify App



Starbucks App

Add your Starbucks card or Starbucks Rewards program number in the Fitbit Gallery in the Fitbit app, and then use the Starbucks app to pay from your wrist. For more information, see the [related help article](#).



Stress
Management
Score

See how your body responds to stress based on your heart rate, sleep, and activity level data. Visit [here](#) for more information.



Timers App

Time events with the stopwatch or set a countdown timer. You can run the stopwatch and countdown timer at the same time.



Weather App

To check the weather, open the Weather app to see conditions in your current location. Swipe up to view the weather in other locations you added. For more information, see the [related help article](#).



Active Zone Minutes

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. For more information, see the [related help article](#).



Active Minutes

Earn active minutes through 10 minutes or more of continuous moderate-to-intense activity. For more information, see the related help article.



Distance



Floors climbed

This lets you track the floors you have climbed. Learn more about [Fitbit Floors here](#).



Readiness

To see your daily readiness score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. For more information, see the [related help article](#).



Reminder To Move

Stay active during the day with an hourly activity goal and reminders to move. For more information, see the [related help article](#).



Steps Taken

Fitbit devices use a 3-axis accelerometer to count your steps. This sensor also allows your device to determine the frequency, duration, intensity, and patterns of your movement.



Aerobic
Workout

For more information, see [How do I track my activity with my Fitbit device?](#)



Elliptical



Run



Sports



Swimming



Walk



Exercise End



Bike

For more information, see [How do I track my workouts with my Fitbit device?](#)



Bootcamp



Circuit Training



Elliptical



Golf



Hike



Interval
Workout



Kickboxing



Martial Arts



Outdoor
Workout



Pilates



Run



Spinning



Stair Climber



Swim



Tennis



Walk



Weight Lifting



Workout



Yoga

Warning

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