

Set up Inspire 2

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 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.



Set up with your phone or tablet

Set up Inspire 2 with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. See [fitbit/devices](#) to check if your phone or tablet is compatible.




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.

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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 Inspire 2 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

Open the Fitbit app on your phone or tablet to view your activity and sleep data, log food and water, participate in challenges, and more.


Wear Inspire 2

Choose to wear Inspire 2 around your wrist or in the clip accessory (sold separately). If you need to remove the band or attach a different band, see the instructions in "Change the band" on page 15.



When you wear Inspire 2 in the band, make sure your tracker is set to On Wrist . When you



wear Inspire 2 in the accessory clip, make sure it's set to On Clip . For more information, see "Navigate Inspire 2" on page 16.

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 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.

Wear Inspire 2 in a clip

Wear Inspire 2 clipped to your clothing. Remove the bands, and place your tracker in the clip. For more information, see "Change the band" on page 15.

To put Inspire 2 in the clip:

1. If you previously wore Inspire 2 on your wrist, change your device setting to On Clip



. For more information, see "Navigate Inspire 2" on page 16. **Note:** Make sure



Inspire 2 is set to On Wrist when you wear your tracker in the band.

2. Hold the tracker with the screen facing you. Make sure the time isn't upside down.
3. Hold the clip accessory with the opening facing you and the clip on the back facing down.
4. Place the top of the tracker into the clip opening and move the bottom of the tracker into place. Inspire 2 is secure when all edges of the clip lie flat against the tracker.



Note that when Inspire 2 is set to On Clip, certain features are turned off, including heart-

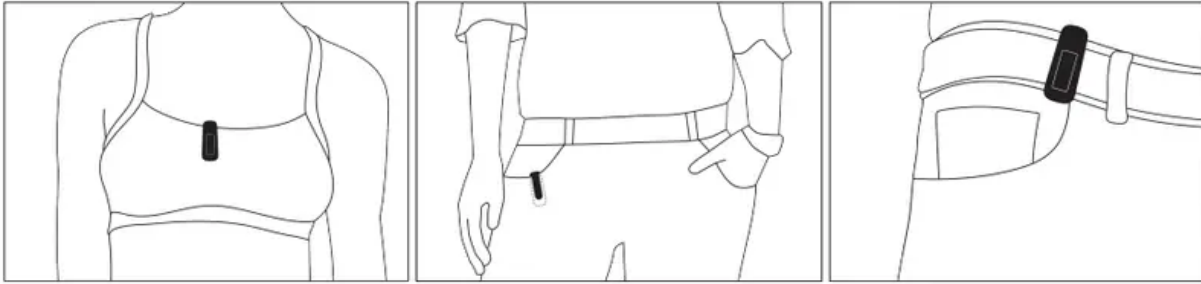
rate tracking, automatic exercise tracking, Active Zone Minutes, and Water Lock



Clip Placement

Wear Inspire 2 on or close to your body with the screen facing outward. Secure the clip tightly to a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what's most comfortable and secure for you.

If you experience skin irritation when wearing Inspire 2 on your bra or waistband, clip it to an external piece of clothing instead, such as your belt or pocket.



Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.
- Take your tracker off from time to time.
- If you notice skin irritation, remove your tracker and contact customer support.

Change the band

Inspire 2 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](https://www.fitbit.com). For band measurements, see "Band size" on page 43.

Most bands for Inspire and Inspire HR don't fit Inspire 2. Check [fitbit](https://www.fitbit.com) for certain bands that are compatible with the Inspire series. The Inspire clip accessory isn't compatible with Inspire 2.

Remove a band

1. Turn over Inspire 2 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.
3. Repeat on the other side.

Attach a band

1. To attach a band, hold the band and slide the pin (the side opposite the quickrelease lever) into the notch on the tracker.
2. While pressing the quick-release lever inward, slide the other end of the band into place.
3. When both ends of the pin are inserted, release the quick-release lever.

Basics

Learn how to navigate, check the battery level, and care for your tracker.

Navigate Inspire 2

Inspire 2 has a PMOLED touchscreen display and 2 buttons.

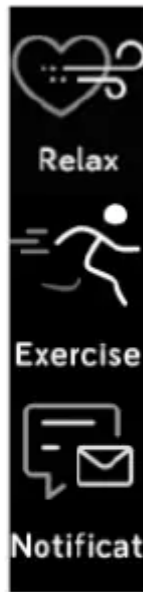
Navigate Inspire 2 by tapping the screen, swiping up and down, or pressing the buttons. To preserve battery, the tracker's screen turns off when not in use.

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



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.

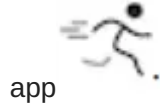
On the quick settings screen:

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



To turn on water lock, tap Water Lock > firmly tap your screen twice. To turn off water lock, double-tap your screen again.

Note that water lock turns on automatically when you start a swim in the Exercise





app

Adjust settings



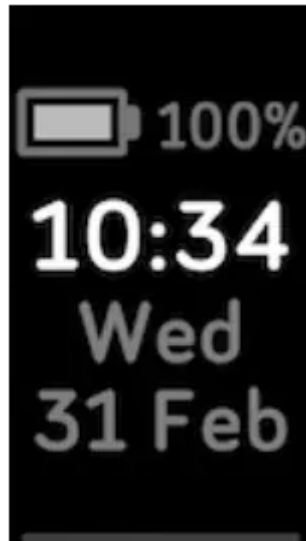
Manage basic settings in the Settings app

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 Rate	Turn heart-rate tracking on or off. Note that this setting is only available when Inspire 2 is set to On Wrist 
Heart Zone Notifications	Turn heart zone notifications on or off.
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.

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.

Change the clock face

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


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.

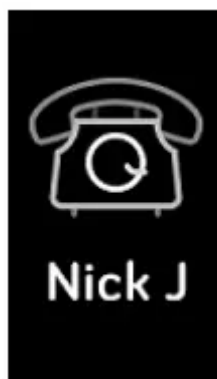
Note that if you have an iPhone or iPad, Inspire 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire 2 shows calendar notifications from the calendar app you chose during setup

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

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.

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.



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
Menstrual health	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.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal depending on your device.

Track progress toward your goal on Inspire 2. For more information, see "See your stats" on the previous page.

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 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message.



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.

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.

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.


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 28. 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.

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.

Exercise and Heart Health



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.

Track and analyze exercise with the Exercise app



Track specific exercises with the Exercise app on Inspire 2 to see real-time stats, receive heart zone notifications, and review a post-workout summary on your wrist. For additional stats and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

Inspire 2 uses the GPS sensors on your nearby phone to capture GPS data.

GPS requirements

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

- 1. Turn on Bluetooth and GPS on your phone.
- 2. Make sure Inspire 2 is paired to your phone.
- 3. Make sure the Fitbit app has permission to use GPS or location services.
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4. Make sure connected GPS on Inspire 2 is turned on (open the Settings app
Phone GPS).



- 5. Keep your phone with you while you exercise.


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.

Customize your exercise settings and shortcuts

Customize settings for each exercise type 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 2.

To customize an exercise setting:


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1. From the Today tab  in the Fitbit app, tap your profile picture > Inspire 2 tile > Exercise Shortcuts.

- 2. Tap an exercise and adjust your settings.

To change or reorder the exercise shortcuts in the Exercise app :

1. From the Today tab in the Fitbit app, tap your profile picture > Inspire 2 tile.
2. Tap Exercise Shortcuts.
 - To add a new exercise shortcut, tap the + icon and select an exercise.

- To remove an exercise shortcut, swipe left on a shortcut.
- To reorder an exercise shortcut, tap Edit (iPhones only), and press and hold the menu icon , then drag it up or down.

You can have up to 6 exercise shortcuts on Inspire 2.

Check your workout summary

After you complete a workout, Inspire 2 shows a summary of your stats. Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

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.

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.

Custom heart-rate zones

Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.

Earn Active Zone Minutes

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you're in the cardio or peak zones.

1 minute in the fat burn zone = 1 Active Zone Minute

1 minute in the cardio or peak zones = 2 Active Zone Minutes

There are 2 ways Inspire 2 notifies you about Active Zone Minutes:

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A few moments after you enter a different heart-rate zone in the Exercise app so that you know how hard you're working. The number of times your device vibrates indicates which zone you're in:

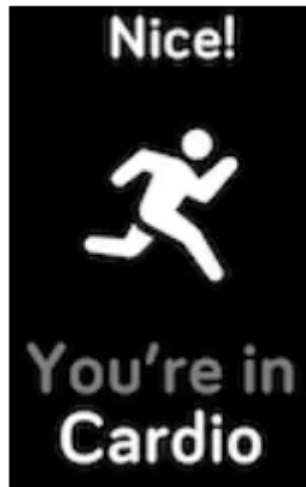


Light buzz = below zone

1 buzz = fat burn zone

2 buzzes = cardio zone

3 buzzes = peak zone



7 minutes after you enter a heart-rate zone throughout the day (for example, during a brisk walk)



Troubleshooting


If Inspire 2 isn't working properly, see our troubleshooting steps below.

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

GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. If connecting appears at the top 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 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 38.

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.

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