fitbit

Model FB415

BC

User Manual
Draft

Table of Contents

Get Started

Welcome to Fitbit FB415, an all-day companion that lasts 4+ days and uses personalized insights and more to help you reach your goals. Take a moment to review our complete safety information at http://www.fitbit.com/safety.

What's in the box

Your FB415 box includes:

Watch with small wristband
(color and material varies)

Charging cradle

Additional large band
(color and material varies)

FB415's detachable wristbands come in a variety of colors and materials, sold separately.

What's in this manual

We'll explain how to create a Fitbit® account and make sure your watch can transfer the data it collects to your dashboard. The dashboard is where you'll set goals, analyze historical data, identify trends, log food and water, keep up with friends, and much more. As soon as you're done setting up FB415, you're ready to start moving.

Next, we'll explain how to find and use the features that interest you and how to adjust your preferences. For more information, tips, and troubleshooting, browse our comprehensive help content at help.fitbit.com.

Set up Fitbit FB415

For the best experience, use the Fitbit app for iOS, Android, or Windows 10. If you don't have a smartphone or tablet, you can also use a Bluetooth-enabled Windows 10 PC.

Your Fitbit account asks for information such as height, weight, and sex in order to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your name and photos are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide is private by default.

Charge FB415

A fully charged FB415 has a battery life of up to 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge FB415:

1. Plug the charging cradle into the USB port on your computer or a UL-certified USB wall charger.
2. The charging cradle uses a spring clip to hold FB415 in place while charging. Pinch the spring clip and place FB415 in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The connection is secure when the percent charged appears on screen.
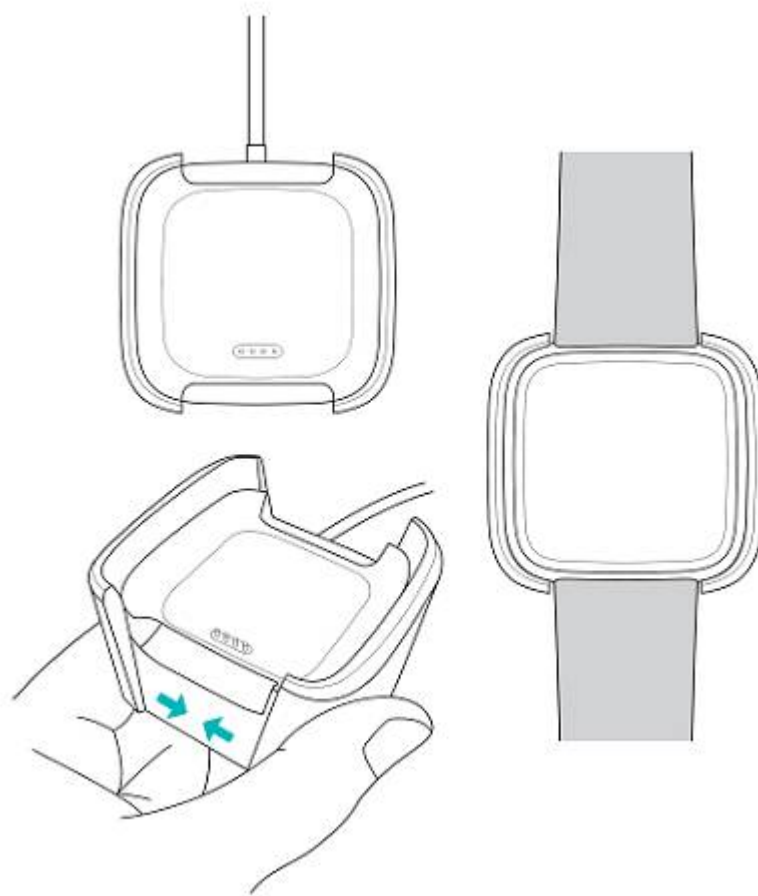
While the watch charges, tap the screen to check the battery level. Tap the screen twice to use FB415 while it charges.
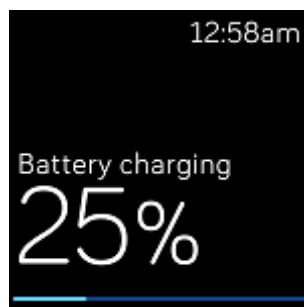
Set up with your phone or tablet

The free Fitbit app is compatible with more than 200 devices that support iOS, Android, and Windows 10 operating systems.

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device. If you're unsure if the Fitbit app is compatible with your phone or tablet, see fitbit.com/devices.
   - Apple App Store for iOS devices such as an iPhone or iPad.
   - Google Play Store for Android devices such as the Samsung Galaxy S8 and Google Pixel.
   - Microsoft Store for Windows 10 devices such as the Lumia phone or Surface tablet.
2. Install the app. If you don't have an account with the store, you must create one before you can download the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
4. Continue following the on-screen instructions to connect, or "pair," FB415 to your phone or tablet. Pairing makes sure the watch and phone or tablet can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new watch and then explore the Fitbit dashboard.

Set up with your Windows 10 PC

If you don't have a smartphone, you can set up and sync FB415 using 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. If you've never downloaded an app to your computer, you'll be prompted to create an account with the Microsoft Store.
4. 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.
5. When the app is installed, open it and click **Join Fitbit** to be guided through a series of questions that help you create your Fitbit account, or log in to your existing account.
6. Continue following the on-screen instructions to connect, or "pair," FB415 to your computer. Pairing makes sure the watch and computer can communicate with one another (sync data back and forth).

When you're done pairing, read through the guide to learn more about your new watch and then explore the Fitbit dashboard.

Sync data to your Fitbit account

Regularly sync FB415 with the Fitbit app to transfer data to your dashboard. The dashboard is where you'll track your progress, see exercise history, track your

sleep patterns, log food and water, identify trends, participate in challenges, and much more. We recommend syncing at least once a day.

The Fitbit app uses Bluetooth Low Energy technology to sync data with FB415 and to update apps installed on your watch.

Each time you open the Fitbit app, FB415 syncs automatically when it's nearby. FB415 also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

From the Fitbit app dashboard, tap or click the Account icon ( ) > FB415 tile > **All-Day Sync**.

You can also use the **Sync Now** option in the app at any time.

Wear FB415

Place FB415 around your wrist. The side of the watch marked with "fitbit" should be on the bottom of your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, you'll find instructions in "Change the wristband" on page 10.

Placement for all-day wear vs exercise

When you're not exercising, wear FB415 a finger's width below your wrist bone.
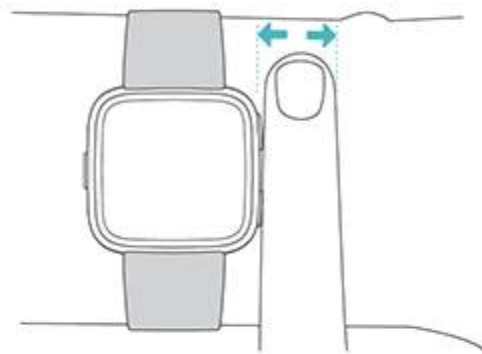
For optimized heart-rate tracking while exercising, keep these tips in mind:

- Try wearing FB415 higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.
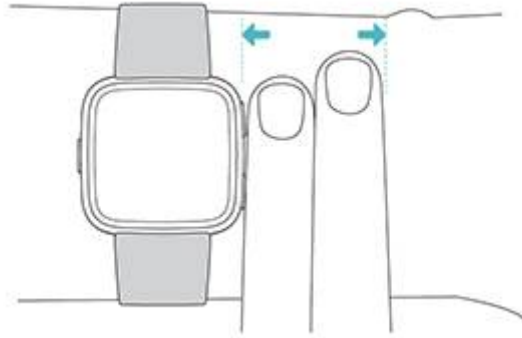
- Make sure the watch is in contact with your skin.
- Don't wear your watch too tight; a tight band restricts blood flow, potentially affecting the heart-rate signal. However, the watch should be slightly tighter (snug but not constricting) during exercise than during all-day wear.
- With high-intensity 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. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly (about 10 seconds). You should see a heart-rate reading.

Handedness

For greater accuracy, you must specify whether you wear FB415 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. By default, the Wrist setting is set to non-dominant. If you wear FB415 on your dominant hand, change the Wrist setting in the Fitbit app.

Change the wristband

FB415 comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see Wristband size on page 44.

Remove a wristband

To remove the wristband:

1. Turn FB415 over and find the quick-release lever—there's one on each end where the band meets the frame.
2. To release the band, push the quick-release lever inward.
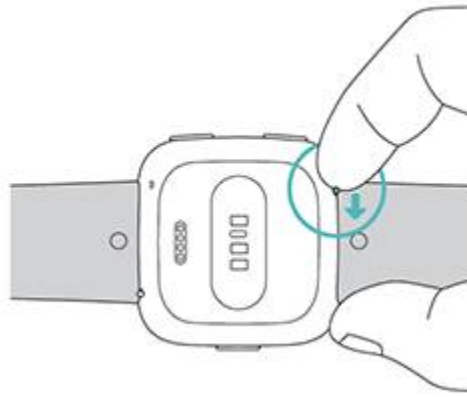
3. Gently pull the band away from the watch to release it.
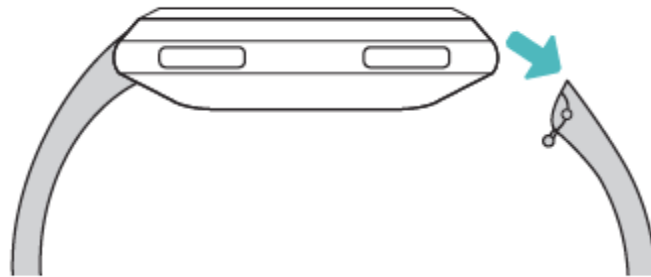
4. Repeat on the other side.

Attach a wristband

To attach a wristband:

1. Slide the pin (the side opposite the quick-release lever) into the notch on the watch. The band with the clasp attaches to the top of the watch.
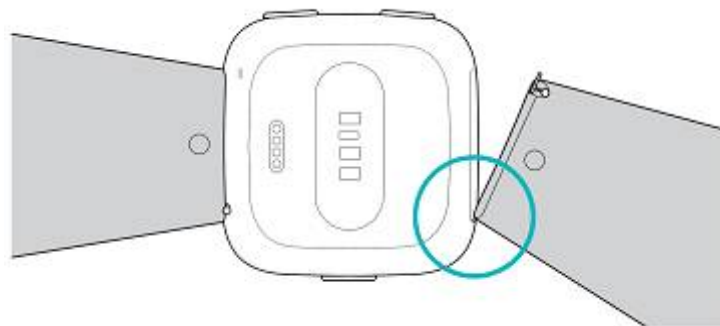
2. While pressing the quick-release lever inward, slide the other end of the band into place.

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

Basics

Learn how to manage FB415's settings, set a personal PIN code, navigate the screen, and more.

Navigate FB415

FB415 has a touch screen with a colored LCD and one button.
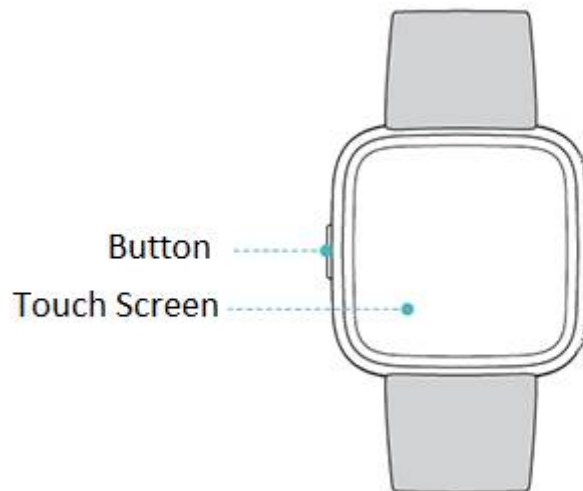
Navigate FB415 by tapping the screen, swiping side to side and up and down, or by pressing the button. To preserve battery, FB415's screen turns off when not in use. To turn it on, double-tap the screen or press the button.

Basic navigation

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily tips and stats.
- Swipe left to scroll through the apps installed on your watch.

SWIPE DOWN TO SEE
NOTIFICATIONS

Matthew

What time are you leaving
tonight?

Sarah D.
Dinner tonight
Looking forward to seeing
you at 7pm tonight at th...

08
38
WE 31 01

8,756
STEPS

1,298
CALS

81
BPM

Music   Relax

Exercise   Coach

SWIPE LEFT TO
SEE APPS

100%   Feb 1

Fitbit
Rise & shine! Time to
take on the day.

7,514
steps

4 of 9
hours today

138 bpm
cardio

Run
Today, 6:05am
10'09"   123
avg pace   bpm avg

Settings
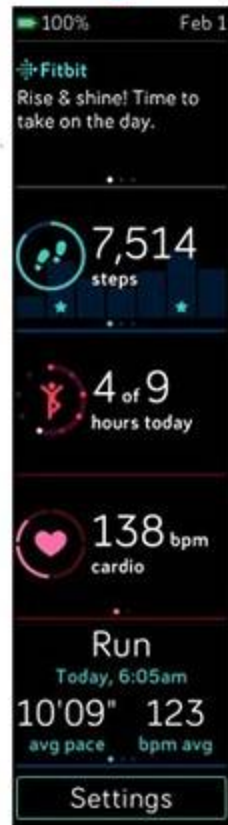
SWIPE UP TO SEE
FITBIT TODAY

To open an app, swipe to find the app and then tap it. For more information on
how to manage apps, see help.fitbit.com.
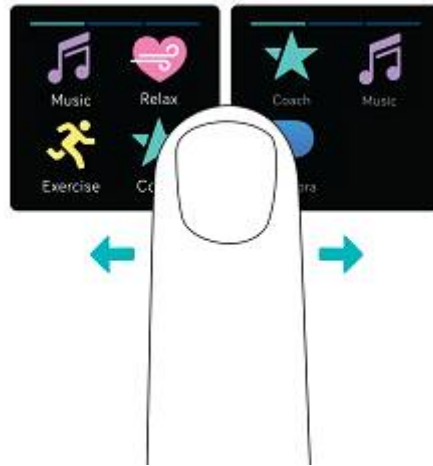
Button Shortcuts

Press and hold the button on FB415 for a faster way to control music and see notifications. FB415 shows notifications as they come in and also saves them, so you can check them later.

Music Controls and Settings

To access music controls, turn on or turn off notifications, or change your screen wake setting, press and hold the button:
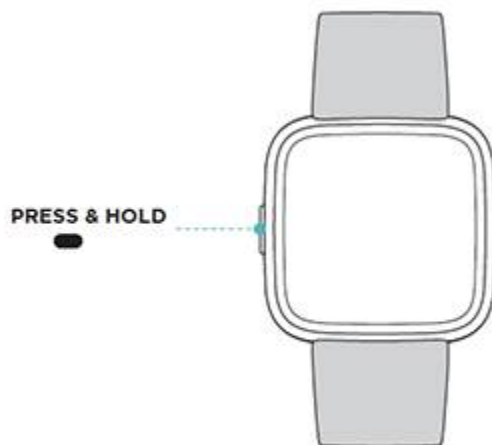
Swipe right to access music controls. For more information on music controls, see Control music with FB415 on page 40.

Swipe left to access the quick settings screen. On the quick settings screen:

- When Screen Wake is set to **Auto**, you can turn your wrist towards you to turn the screen on.

- When Notifications is set to **On**, FB415 displays notifications from your phone. For more information on how to manage notifications, see .
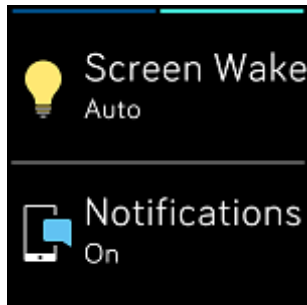
Customize FB415 by reordering your apps. For more details, see .

Adjust settings

Manage basic settings including brightness, heart rate, and paired Bluetooth

devices directly on your watch. Open the Settings app ( ) and tap a setting to adjust it. Swipe up to see the full list of settings.

Brightness

Auto

Backlight delay

10 seconds

Vibrations

Strong

Heart Rate

On

Notifications

Bluetooth
Connected to
headphones

About
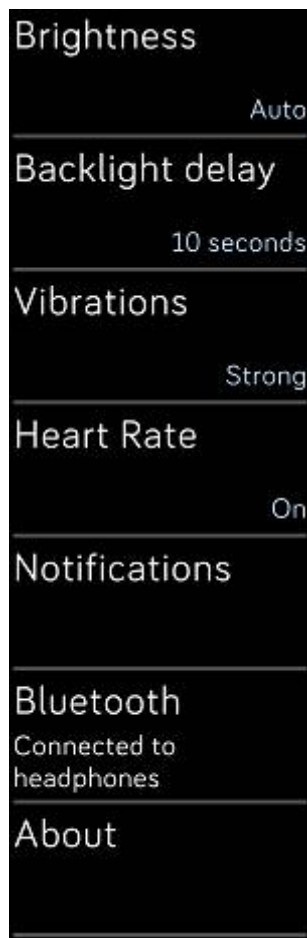
To turn notifications off so that you don't receive them during exercise and sleep, tap **Notifications** and then tap **During Exercise** or **During Sleep** to adjust the setting.

During Exercise
Receive calls and
notifications

On

During Sleep
Receive calls and
notifications

Off
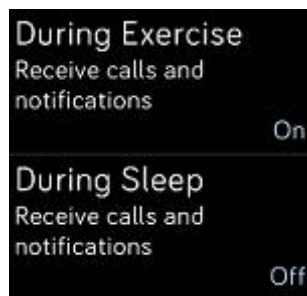
Check battery level

Check your battery level at any time: from the clock, swipe up. The battery level icon is in the top-left corner of the screen.

If your battery is low (less than 24 hours remaining), FB415 alerts you with the red battery indicator. If your battery is critically low (less than 4 hours remaining), the red battery indicator flashes.

Wi-Fi won't work on FB415 when the battery is 25% or less.

Turn off the screen

To turn off FB415's screen when not in use, briefly cover the watch face with your opposite hand.
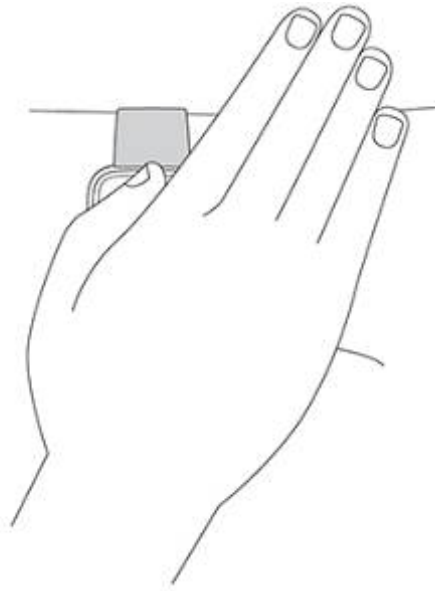
Care for FB415

It's important to clean and dry your FB415 regularly. For instructions and more information, see fitbit.com/productcare.

Use FB415 without your phone

Key functions of the watch are designed to be used without needing your phone nearby:

- Set a silent alarm on page 26
- See your stats on page 29
- Track your hourly activity on page 31
- See your heart rate on page 32
- Track and analyze exercise with the Exercise app on page 34
- Practice guided breathing on page 33

After completing an activity, remember to sync FB415 with the Fitbit app to transfer your stats to your dashboard.

Apps and Clock Faces

The Fitbit App Gallery offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs. Apps are organized in groups of 4 per screen.
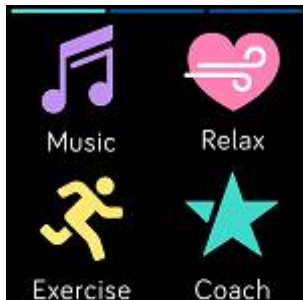
Some apps on FB415 require your paired phone, while other apps for key functions are designed to be used without needing your phone nearby. For more details, see

Open apps

From the clock face, swipe left to scroll through the apps installed on your watch. To open an app, tap it.

Organize apps

To change the placement of an app, press and hold an app on FB415 until it's selected, and then drag it to a new location. You know the app is selected when it increases slightly in size and the watch vibrates.

Remove apps

You can remove most apps installed on FB415.

To remove an app:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > FB415 tile.
2. Tap or click **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to scroll down to find it.
4. Tap or click the app > **Remove**.

Update apps

Apps update automatically. A banner will appear on your Fitbit Phone App prompting you to update once an update is ready.

For information about manually updating apps, see help.fitbit.com.

Download additional apps

Add new apps to FB415 from the Fitbit App Gallery.

To add an app:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > FB415 tile.
2. Tap or click **Apps** > **All Apps**.
3. Browse the available apps. When you find one you want to install, tap or click it.
4. Tap or click **Install** to add the app to FB415.

For more information about setting up and troubleshooting apps on your watch, see help.fitbit.com.

Change the clock face

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

To change your clock face:

1. With your watch nearby, from the Fitbit app dashboard, tap or click the Account icon ( ) > FB415 tile.
2. Tap or click **Clock Faces** > **Pick a New Clock**.
3. Browse the available clock faces. When you find one you want to install, tap or click it.
4. Tap or click **Select** to add the clock face to FB415.

All apps and clock faces in the Fitbit App Gallery are free to download. However, some apps and clock faces require a paid subscription service or a one-time activation fee to a developer. If a developer requires an activation fee, the developer will process and provide instructions for payment.

For information about paying for apps or clock faces, see help.fitbit.com.

Notifications

Over 200 different iOS, Android, and Windows phones can send call, text, calendar, and other types of notifications to your watch. Keep in mind the phone and watch must be within 30 feet of each other to receive notifications. To check whether your phone is compatible with this feature, go to https://www.fitbit.com/devices.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then follow the steps below to set up notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon (⊡≡) > FB415 tile.
2. Tap **Notifications**. When you're prompted to pair FB415, follow the on-screen instructions. After you've paired your watch, "FB415" will appear in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
3. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the specific notifications you want to see.
4. Tap **Notifications** > **FB415** in the top left corner to return to device settings. Your watch syncs to complete the setup.

For detailed instructions on how to set up notifications, see help.fitbit.com.

See incoming notifications

When your phone and FB415 are within range, a notification causes the watch to vibrate. If you don't read the notification when it arrives, you can check it later (swipe down on the clock screen or press and hold the top button).

Manage notifications

FB415 stores up to 30 notifications, after which the oldest are replaced as you receive new ones. Notifications delete automatically after 24 hours.

To manage notifications:

- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification, tap it and then swipe right.
- To delete all notifications at once, scroll to the top of your notifications and tap **Clear All**.

Turn off notifications

You can turn off all notifications on FB415 or turn off certain notifications using the Fitbit app.

To turn off all notifications:

1. Press and hold the back button on your watch and swipe left until you reach the quick settings screen.
2. Tap **Notifications** to change the setting to Off.
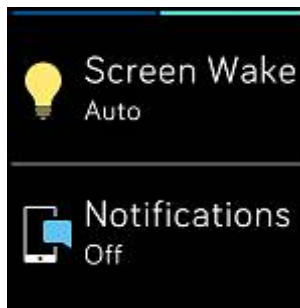
To turn off certain notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon
   ( ) > FB415 tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your watch.
3. Tap **Notifications** > **FB415** in the top left corner to return to device
   settings. Sync your watch to save your changes.

Note that if you use the Do Not Disturb setting on your phone, notifications are disabled until you turn off this setting.

Receive calendar notifications

For calendar events, FB415 shows the title, location, and time of the event in addition to any details you've entered. To receive calendar alerts on your watch, make sure you allow the calendar app on your phone to send notifications.

For iPhones and Windows 10 phones, FB415 shows notifications from all calendars synced to the default Calendar app.

For Android phones, FB415 shows calendar notifications from the calendar app you chose during setup. Choose from the default Calendar app on your phone or several third-party calendar apps.

To turn on notifications from third-party calendar apps, tap or click your Account icon ( ) > FB415 tile > **Notifications** > **App Notifications**. Tap or click the app and sync your watch to begin receiving notifications.

Answer or reject phone calls

If paired to an iPhone, FB415 lets you accept or reject incoming phone calls. To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

The caller's name appears if that person is in your contacts list; otherwise you see a phone number.

Respond to messages

Respond directly to text messages and notifications from select apps on your watch with preset quick replies. This feature is currently only available on watches paired to an Android phone.

To use quick replies:

1. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, quick replies aren't available for the app that sent the notification.

3. Choose a text reply from the list of quick replies or tap the emoji icon (😄) to choose an emoji.

For more information on responding to messages from your watch, including how to customize the quick replies, see help.fitbit.com.

Timekeeping

To wake you up in the morning or alert you at a certain time of day, set up to 8 silent alarms that gently vibrate at the time chosen. Set an alarm to go off every day or on particular days. You can also time events with the stopwatch or set a countdown timer.

Set a silent alarm

Set, manage, and delete silent alarms directly on your watch's screen in the Alarms app ( ) For instructions on how to set an alarm, see help.fitbit.com.
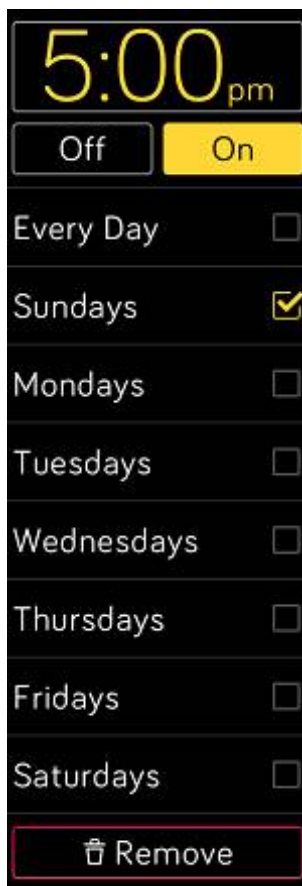
Dismiss or snooze a silent alarm

When your silent alarm goes off, the watch flashes and vibrates. To dismiss the alarm, tap the check mark or press the bottom button. To snooze the alarm for 9 minutes, tap the ZZZ icon or press the top button. Tap snooze as many times as you like. FB415 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.
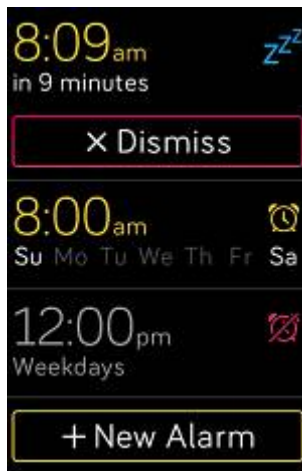
Time events with the stopwatch

To use the stopwatch:

1. On FB415, open the Timer app ( ).
2. If the watch shows the countdown timer, tap the stopwatch icon at the top.
3. Tap the play icon or press the bottom button to start the stopwatch.
4. Tap the pause icon or press the bottom button to stop the stopwatch.
5. Tap the reset icon or press the top button to reset the stopwatch.
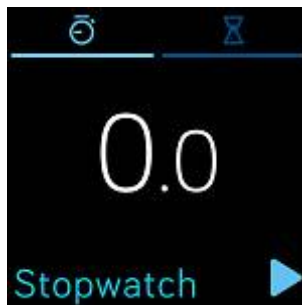
Set a timer

To use the countdown timer:

1. On FB415, open the Timer app ( ).
2. If the watch shows the stopwatch, tap the hourglass icon at the top.
3. Tap the numbers and swipe up and down to set the timer.
4. Press the back button to return to the countdown screen.
5. Tap the play icon or press the bottom button to start the timer. FB415 flashes and vibrates when the time allotted is done.
6. Tap the check mark icon or press the bottom button to stop the alert.

Note that the stopwatch and countdown timer can run at the same time.

For more information on how to use the timer, see help.fitbit.com.

Activity and Sleep

FB415 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. The information is transferred to your dashboard every time you sync your watch.

See your stats

From the clock face, swipe up to see Fitbit Today, which shows your daily tips and tracks these stats:

- Core stats: steps taken today, calories burned, distance covered, floors climbed, and active minutes
- Hourly activity: steps taken this hour and the number of hours you met your hourly activity goal
- Heart rate: current heart rate and average resting heart rate over the past 7 days
- Exercise: up to 3 of your most recently tracked exercises over the past 7 days (if you have no tracked exercises over the past 7 days, this tile won't appear)
- Female health tracking: information on the current stage of your menstrual cycle (if you don't use the female health tile in the Fitbit app, this tile won't appear)
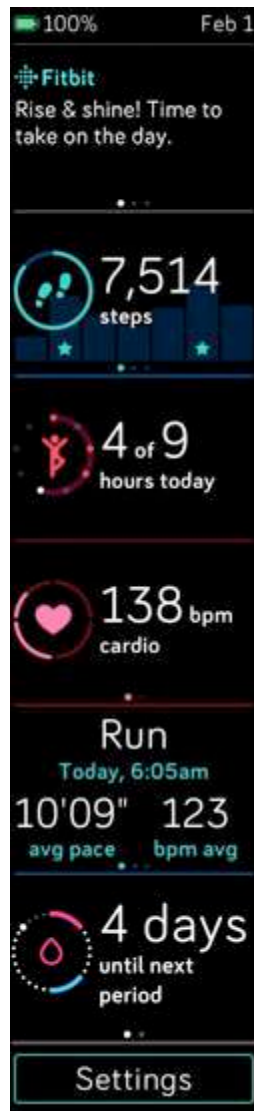
Each tile can be swiped left or right to view the complete set of stats.

To reorder the tiles, press and hold a row, then drag it up or down to change its position.

Find your complete history and other information automatically detected by your watch, such as sleep stages, on your Fitbit dashboard.

All FB415 stats except sleep reset at midnight to begin a new day.

Track a daily activity goal

FB415 tracks your progress towards a daily activity goal of your choice. When you reach your goal, the watch vibrates and shows a celebration.

Choose a goal

By default, your goal is 10,000 steps per day, but you may have changed this goal during setup. You can change the goal to distance traveled, calories burned, or active minutes and select a corresponding value. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

For instructions on how to change your goal, see help.fitbit.com.

See goal progress

For information on how to see detailed progress toward your goal, see See See your stats on page 29

Track your hourly activity

FB415 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

If you haven't walked at least 250 steps in a given hour, at 10 minutes before the hour you'll feel a vibration reminding you to walk. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.
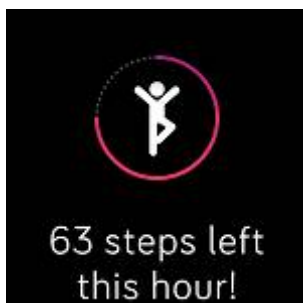
For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your sleep

Wear FB415 to bed to automatically track your time asleep and sleep stages. To see your sleep stats, sync your watch when you wake up and check your dashboard.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

By default, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information about your sleep goal, including how to change it, see
help.fitbit.com.

Set a bedtime reminder

The Fitbit dashboard 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.

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

FB415 tracks several sleep metrics including when you go to bed, how long you're
asleep, and your time spent in each sleep stage. When you use FB415 with the
Fitbit dashboard, your watch can help you understand how your sleep patterns
compare to others of the same sex and age range.

For more information about sleep stages, see help.fitbit.com.

See your heart rate

FB415 uses PurePulse technology to track your heart rate automatically and
continuously. View your real-time heart rate and your resting heart rate on your
watch by swiping up from the clock screen to access your stats. For more
information on the stats on your watch, see See your stats on page 29. Certain
clock faces show your real-time heart rate on the clock screen.

During a workout, FB415 shows your heart-rate zone to help you target the
training intensity of your choice.

For more information about heart-rate zones on FB415, see Check your heart rate
on page 38.

Adjust your heart rate setting

The Heart Rate setting on FB415 has two options:

- Off—Heart rate tracking is off.
- On—Heart rate tracking is on when the watch is on your wrist.

To adjust the Heart Rate setting, on FB415, tap the Settings app (   ) > **Heart
Rate**.

Note that the green LED on the back of FB415 continues to flash even if you turn
off heart rate tracking.

Practice guided breathing

The Relax app (♥) on FB415 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute long sessions.

To begin a session:

1. On FB415, tap the **Relax** app.

2. The 2-minute session is the first option. Tap the gear icon (⚙) to choose the 5-minute session or turn off the optional vibration. Then press the back button on your watch to return to the Relax screen.
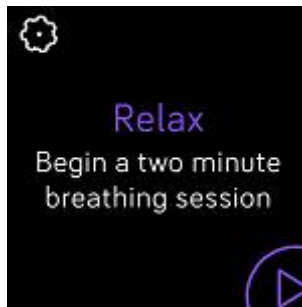
3. Tap the play symbol to start the session and follow the on-screen instructions.

After the exercise, you'll see a summary 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.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see help.fitbit.com.

Fitness and Exercise

Track activity through the Exercise app (🏃). When you use FB415 with the Fitbit app, you can also share your activity with friends and family to help you stay on track, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

FB415 automatically detects several exercises and records them in your exercise history using the SmartTrack feature. For greater precision or to see real-time stats and a workout summary on your watch, manually start and stop an exercise with the Exercise app (🏃).

For more information on how to use the Exercise app, see Track and analyze exercise with the Exercise app on page 34.

SmartTrack ensures you get credit for your most active moments of the day. When you sync your watch after a SmartTrack-detected exercise, you'll find several stats in your exercise history including duration, calories burned, impact on your day, and more.

By default, SmartTrack detects continuous movement of at least 15 minutes in length. You can increase or decrease the minimum duration or disable SmartTrack for 1 or more exercise types.

For more information about how to customize and use SmartTrack, see help.fitbit.com.

Track and analyze exercise with the Exercise app

The Exercise app (🏃) on FB415 tracks specific activities to capture more precise heart-rate data and stats. Choose from over a dozen exercise types to customize the app with your favorites. For example, if you attend a spin class, make sure to choose the spinning activity on FB415. Some exercises, like running, biking, and hiking, have a GPS option.

Note: FB415 doesn't have built-in GPS. Its *connected GPS* feature works with the GPS sensors on your nearby phone to give you real-time pace and distance information, as well as a map of your route. Turning on connected GPS enables more precise tracking of your exercise stats.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information about setting up connected GPS, see help.fitbit.com.

1. To use connected GPS, turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.
3. Check that connected GPS is turned on for the exercise.

   a. Open the Exercise app ( ) and swipe left to find the exercise you want to track.

   b. Tap the gear icon ( ) and make sure **GPS** is set to **On**. You may have to scroll down to find this option.
4. Keep your phone with you while you exercise.

Track an exercise

To track an exercise:

1. On your watch, open the Exercise app ( ).
2. Swipe left to find the exercise of your choice.
3. Tap the exercise to select it. You'll see the Let's Go! screen. If you chose an exercise with GPS, you'll see a phone icon in the top left as your watch connects to your phone's GPS. When your watch says "connected" and the watch vibrates, GPS is connected.
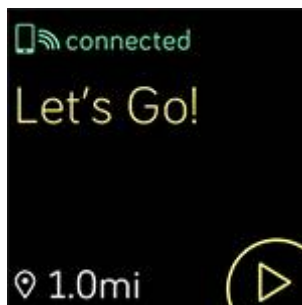
4. Tap the play icon or press the bottom button to begin tracking your exercise. FB415 shows several real-time stats of your choice. Swipe the middle stat to scroll through additional stats. You can adjust the stats you see in the settings for each exercise. For more details, see Customize your exercise settings on page 36.

5. When you're done with your workout or want to pause, press the bottom button.
6. When prompted, confirm you want to end the workout.

35

7. Press the top button to see your workout summary.
8. Tap **Done** to close the summary screen.

Check your stats during exercise

During exercise, FB415 shows several real-time stats about your activity.
Customize which stats you see on the screen to help you meet your goals. The top
and bottom stats show a stat of your choice; swipe the middle stat to scroll
through the other available stats or see the time of day.

For more information about how to customize exercise stats on FB415, see
help.fitbit.com.

Customize your exercise settings

Customize various settings for each exercise type right on your watch. For
example, you can turn connected GPS on or off, automatically pause an activity
when you stop moving (known as Auto-Pause), receive alerts when you reach
certain milestones during your workout (known as Cues), and track runs
automatically without opening the Exercise app (known as Run Detect). To track
runs with GPS, your phone must be nearby. You can also choose to keep the
screen on during exercise (known as Always-on Screen).
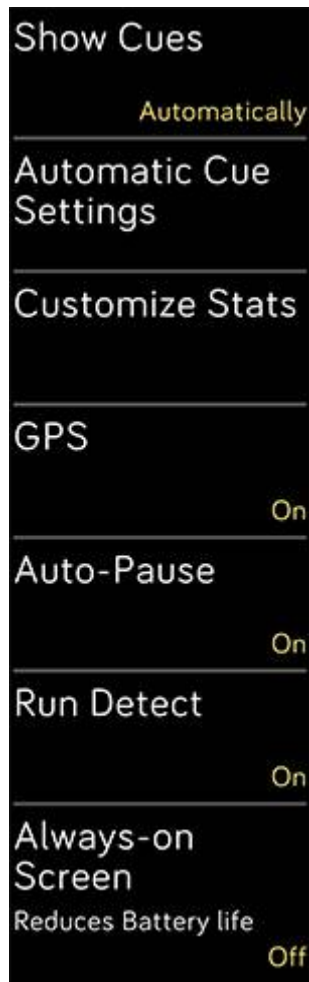
To customize an exercise setting:

1. On FB415, tap the Exercise app ( ).
2. Swipe through the list of exercises until you find the one you want to customize.
3. Tap the gear icon ( ) in the top left and scroll through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the back button to return to the exercise screen and then press the play icon to start the workout.

Check your workout summary

After you complete a workout, FB415 shows a summary of your stats.

Sync your watch to save the workout in your exercise history. There you can find additional stats and see your route and elevation climbed if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. FB415 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. On your Fitbit dashboard, you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, 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.

Icon	Zone	Calculation	Description
303 cal 110 heart rate 27:31.9	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.
346 cal 135 heart rate 32:18.4	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.
556 cal 162 heart rate 35:19.7	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.

Note that the heart-rate value appears gray if your watch is searching for a stronger reading.
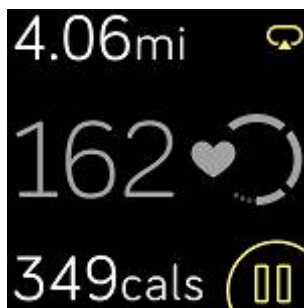
Custom heart-rate zones

Instead of using the default heart-rate zones, you can set a custom zone or a custom max heart rate 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 the average person. When you're in your custom zone, you'll see a solid heart on your watch. When you're not in the zone, you'll see an outline of a heart.

For more details about heart rate tracking, including links to relevant American Heart Association information, see help.fitbit.com.

Share your activity

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

For more information on how to share your activity, see help.fitbit.com.

Track your cardio fitness score

When used with the Fitbit app, FB415 helps you track your overall cardiovascular fitness. From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness score (also known as VO2 Max) and cardio fitness level, which shows how you compare to your peers.

For more information about cardio fitness, including tips for improving your score, see help.fitbit.com.

Control music with FB415

Control music and podcasts playing on FB415 or on your phone, or change the Bluetooth audio output device.

Choose the music source

To choose whether FB415 controls music playing on your watch or phone:

1. Press and hold the back button and swipe to the Music Controls screen.
2. Tap the 3 dots (...) icon.
3. Tap the phone or watch icon to switch the source.

If you have an Android or Windows 10 phone, turn on Bluetooth Classic to control music on your phone:

1. Open the Settings app ( ) on your watch > **Bluetooth** > **Pair**.
2. On your phone, navigate to the Bluetooth settings where paired devices are listed. Your phone will scan for available devices.
3. When you see **FB415 (Classic)** listed, tap it.

Control music

1. While music is playing, press and hold the back button and swipe to the Music Controls screen.
2. Play or pause the track or tap the arrow icons to skip to the next track or previous track (if the audio source permits it). Press the + and − icons to control the volume.
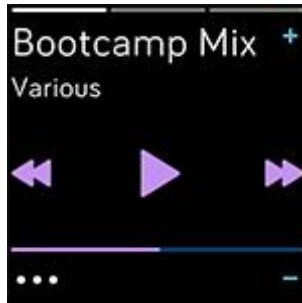
3. To open additional controls, tap the 3 dots (...) icon. Here, you can change the Bluetooth audio output device.

Weather

The Weather app ( ) on FB415 displays the weather in your current location, as well as 2 additional locations you choose.

Check the weather

To check the current weather, open the Weather app ( ) on your watch. By default, the Weather app shows your current location. Swipe left to view the weather in any additional locations you've added.

If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations, sync your watch to see your new location in the Weather app.

Add or remove a city

To add or remove a city:

1. Open the Weather app ( ) on your watch.
2. Open the Fitbit app and tap or click the Account icon ( ) > FB415 tile.
3. Tap or click **Apps**.
4. Tap or click the gear icon ( ) next to **Weather**. You may need to scroll down to find the app.
5. Tap or click **Add City** to add up to 2 additional locations or tap or click **Edit** > the **X** icon to delete a location. Note that you can't delete your Current Location.
6. Sync your watch with the Fitbit app to see the updated list of locations on your watch.

For more information about setting up the Weather app, see help.fitbit.com.

Restart, Erase, and Update

Some troubleshooting steps may ask you to restart your watch, while erasing it is useful if you want to give FB415 to another person. Update your watch to receive any new Fitbit OS updates.

Restart FB415

To restart your watch, press and hold the button for a few seconds until you see the Fitbit logo on the screen

Restarting your watch reboots the device but does not delete any data.

Erase FB415

A factory reset erases all apps and personal data from FB415. If you want to give FB415 to another person or wish to return it for a refund, first complete a factory reset:

On FB415, open the Settings app ( ) > **About** > **Factory Reset**.

Update FB415

We make free feature enhancements and product improvements available through OS updates. We recommend keeping FB415 up to date.

When an update is available, you'll see a notification in the Fitbit app prompting you to update. When the update starts, a progress bar appears on FB415 and in the Fitbit app until the update is complete. For best results, make sure your watch is charged.

Troubleshooting

If your watch is not working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Heart-rate signal missing

FB415 continuously tracks your heart rate while you're exercising and throughout the day. Occasionally, the heart-rate sensor on your watch may have difficulty finding a good signal. When this happens, you'll see dashed lines where your current heart rate usually appears.
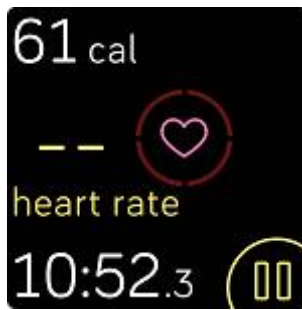
If you're not getting a heart-rate signal, first make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. FB415 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

If the heart rate signal is still missing, open the Settings app ( ) on your watch and make sure Heart Rate is set to On.

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 "connecting" appear at the top of the screen.
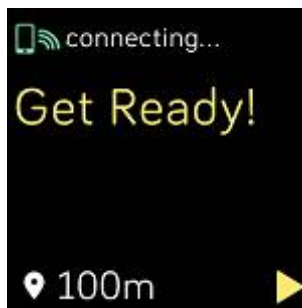
For best results, wait for your phone to find the signal before you start your workout.

Unexpected behavior

If you experience one of the following problems, it may be fixed by restarting your watch:

- Not syncing despite successful setup
- Not responding to taps despite being charged
- Not tracking your steps or other data

For instructions on how to restart your watch, see Restart FB415 on page 43.

For additional troubleshooting or to contact Customer Support, see
help.fitbit.com.

General Info and Specifications

Sensors

Fitbit FB415 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks your motion patterns
- An optical heart-rate tracker
- An ambient light sensor

Materials

The housing and buckle on FB415 are made of anodized aluminum. While anodized aluminum can contain traces of nickel, which can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

The Fitbit FB415 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless Technology

FB415 contains a Bluetooth 4.0 radio receiver

Haptic feedback

FB415 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

FB415 contains a rechargeable lithium-polymer battery.

Memory

FB415 stores your stats and data for 7 days in between the times you sync your watch. Stored data consists of All-Day stats (including steps, distance, calories burned, active minutes, heart rate, and stationary vs. active hours) as well as sleep stages, SmartTrack activity, and exercise data.

We recommend syncing your watch at least once a day.

Display

FB415 has a color LCD display.

Wristband size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small wristband	Fits a wrist between 5.5 - 7.1 inches (140 - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 - 220 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	14° to 140° F (-10 to -60° C)
Water Resistance	Water Resistant to 50M & tracks laps, duration and calories burned during swim workouts.
Maximum Operating Altitude	30,000 feet (9,144 m)

Learn more

To learn more about your watch and dashboard, visit help.fitbit.com.

Return policy and warranty

Warranty information and the fitbit.com return policy can be found at fitbit.com/legal/returns-and-warranty.

Regulatory and Safety Notices

Regulatory content for select regions can also be viewed on your device. To view the content:

> Settings > About > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Notice to the User: The FCC ID can also be viewed on your device. Instructions to view content from your menu:

> Settings > About > Regulatory Info

Supplier's Declaration of Conformity

Unique Identifier: FB415

Responsible Party – U.S. Contact Information
199 Fremont Street, 14th Floor
San Francisco, CA
94105
United States
877–623–4997

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However,

there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB415

Canada: Industry Canada (IC) statement

Notice to the User: The IC ID can also be viewed on your device. Instructions to view content from your menu:

Settings > About > Regulatory Info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:
Paramètres> À propos> Informations réglementaires

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

IC: 8542A-FB415

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB415 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB415 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB415 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB415 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB415 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety

Argentina

 C-22585

Australia/New Zealand

Regulatory content can also be viewed on your device. To view the content: Settings > About > Regulatory Info

Frequency band: 2400–2483.5
Transmitted power: Max EIRP, 3.63dBm
Occupied bandwidth: BLE: 2MHz, BT: 1MHz
Modulation system: BLE: GFSK, BT: GFSK, n/4-DQPSK, 8PSK
CMIIT ID displayed: On packaging

CMIIT ID: XXXXXXXXXX

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB415	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二 苯醚 (PBDE)
表带和表扣 (Strap and Buckle)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下(indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB415	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二 苯醚 (PBDE)
the concentration limit requirement as described in GB/T 26572).						

India

Regulatory content for select regions can also be viewed on your device. To view the content:

> Settings > About > Regulatory Info

Indonesia

XXXXX/XXXXX/XXXX XXXX

Israel

התאמה אישור XX-XXXXX

.המוצר של המודולארי בחלק טכני שינוי כל לבצע אין

Japan

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

- Settings > About > Regulatory Info

Mexico

La operación de este equipo está sujeta a las siguientes dos condiciones: (1) es posible que este equipo o dispositivo no cause interferencia perjudicial y (2) este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada.

Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: 15884 ANRT 2018
Date d'agrément: 22/02/2018
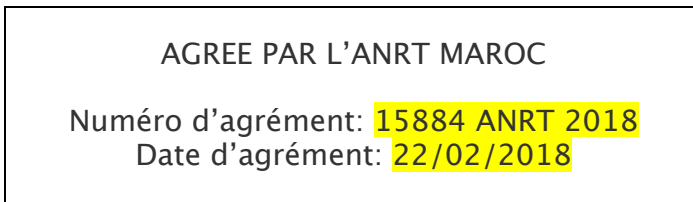
Nigeria

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

OMAN-TRA/TA-R/XXXX/XX

DXXXXXX

Philippines

Serbia

H 005 18

South Korea

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

Taiwan

注意！

依據　低功率電波輻射性電機管理辦法

第十二條
經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

　前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

使用過度恐傷害視力」使用30分鐘請休息10分鐘。2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

"Excessive use may cause damage to vision"

Rest for 10 minutes after every 30 minutes.

Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour. see the screen for more than 1 hour.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及／或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user can not replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

United Arab Emirates

TRA Registered No: ER/61589/18
Dealer No: 35294/14

Zambia

ZMB/ZICTA/TA/2018/2/50

Customs Union

EAC