



Model FB422



User Manual



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## Get started

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Push your goals further with built-in GPS, personalized heart-rate features, up to 7 days of battery life, and more on Fitbit FB422. Take a moment to review our complete safety information at [fitbit.com/safety](https://fitbit.com/safety). FB422 is not intended to provide medical or scientific data.

### What's in the box

Your FB422 box includes:

Tracker with small band  
(color and material vary)

Charging cable

Additional large band  
(color and material  
vary)

The detachable bands on FB422 come in a variety of colors and materials, sold separately.

# Set up FB422

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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 FB422 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 FB422 charging cable has a black magnetic connector on the device side, and a button on the USB side. The Charge 4 charger doesn't work with FB422.

To charge FB422:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Attach the other end of the charging cable to the back of FB422. The pins on the charging clip must lock securely with the gold contacts on the back of the tracker. FB422 vibrates, and a battery icon appears on the screen.

Charging fully takes about 1-2 hours. While the tracker charges, you can tap on the screen to check the battery level.

## Set up with your phone or tablet

Set up FB422 with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://fitbit.com/devices).


To get started:

1. If you have an Android device you may see a pop-up asking you to install or open the Fitbit app. If you don't see the pop-up or have an iOS device, see the following instructions.
2. Download the Fitbit app:
  - [Apple App Store](https://apps.apple.com/us/app/fitbit-tracker/id1033910148) for iPhones and iPads
  - [Google Play Store](https://play.google.com/store/apps/details?id=com.fitbit.fitbit_tracker) for Android phones

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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 FB422 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](https://help.fitbit.com).

## See your data in the Fitbit app

Sync FB422 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, FB422 syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

# Unlock Fitbit Premium

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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](https://help.fitbit.com).

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## Wear FB422

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Place FB422 around your wrist. If you need to attach a different size band, or if you purchased another band, see the instructions in "[Change the band](#)" on page 12.

### Placement for all-day wear vs. exercise


When you're not exercising, wear FB422 a finger's width above your wrist bone.

For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing your tracker higher on your wrist (2 finger widths) 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 FB422 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 FB422 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > FB422 tile > **Wrist** > **Dominant**.

# Change the band

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FB422 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 35. Charge 3 bands are compatible with FB422.

## Remove a band

1. Turn over FB422 and find the band latches.
2. To release the latch, press the latch outward toward the band.
3. Gently pull the band away from the tracker to release it.
4. Repeat on the other side.

## Attach a new band

To attach a new band, press it into the end of the tracker until you feel it snap into place and see the latch close into the locked position against the device body.

If you have trouble attaching the band or if it feels loose, gently move the band back and forth to make sure it's attached to the tracker.

# Basics

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Learn how to manage FB422's settings, set a personal PIN code, navigate the screen, and more.

## Navigate FB422

FB422 has a AMOLED touchscreen display.

Navigate FB422 by tapping the screen or swiping side to side and up and down. To preserve battery, the tracker's screen turns off when not in use. Turning your wrist to face you or tapping on the display will turn the display back on.

### Basic navigation



The home screen is the clock.



- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left or right to see the apps on your tracker or to go back to a previous screen or return to the clock face.

### Quick settings

Swipe down on FB422 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:

DND (Do not disturb) 	When the do not disturb setting is on, notifications, goal celebrations, and reminders to move don't cause the tracker to vibrate or the screen to turn on.  You can't turn on do not disturb and sleep mode at the same time.
Sleep Mode 	When the sleep mode setting is on:


	<ul style="list-style-type: none"> <li>• Notifications don't cause the tracker to vibrate or the screen to turn on.</li> <li>• The screen's brightness is set to dim.</li> <li>• Turning your wrist won't cause the tracker's screen to turn on.</li> </ul> <p>Sleep mode doesn't automatically turn off unless you set a sleep mode schedule. To schedule sleep mode to automatically turn on during certain hours:</p> <ol style="list-style-type: none"> <li>1. Open the Settings app  and tap <b>Sleep Mode</b>.</li> <li>2. Tap <b>Schedule</b> to turn it on.</li> <li>3. Tap <b>Sleep Interval</b> and set your sleep mode schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.</li> </ol> <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 Auto, turn your wrist toward you to turn on the screen. When screen wake is set to Manual, you must tap the screen to wake the display.</p>
<p>Brightness</p>	<p>Allows you to set the Brightness to Low, Medium, High and Auto. In the Auto, and ambient light sensor will adjust display brightness automatically</p>
<p>Water Lock</p>	<p>Locks the touchscreen manually to avoid false activation when taking a shower or exercising in wet environments</p>

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Settings	Takes you to the full set of device settings including the ability to restart the device or erase user data.
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## Adjust settings

Manage basic settings in the Settings app :

Brightness	Change the screen's brightness.
Vibrations	Adjust your tracker's vibration strength.
Heart Rate	Turn heart-rate tracking on or off.
Do Not Disturb	Turn off all notifications. Choose to receive alerts about your workout in the Exercise app  even if Do Not Disturb is on.
Sleep Mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.
Heart Zone Alerts	Turn on or off the heart zone alerts you receive during everyday activity. For more information, see <a href="https://help.fitbit.com">help.fitbit.com</a> .
Device Info	Show regulatory information and provision for restarting the device or clearing user data

Tap a setting to adjust it. Swipe up to see the full list of settings.

## Check battery level

On the clock face, swipe up. The battery level icon is at the top of the screen.

## Turn off the screen

To turn off FB422's screen when not in use, briefly cover the tracker face with your opposite hand, press the button, or turn your wrist away from your body.

## Care for FB422

It's important to clean and dry FB422 regularly. For more information, see [fitbit.com/productcare](https://fitbit.com/productcare).




# Apps and Clock Faces

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The Fitbit App Gallery and Clock Gallery offer apps and clock faces to personalize your tracker and meet a variety of health, fitness, timekeeping, and everyday needs.


## Change the clock face

1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 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 FB422.

## Open apps

From the clock face, swipe left to see the apps installed on your tracker. To open an app, tap it.


## Download additional apps

1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 tile.
2. Tap **Apps** > **All Apps**.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to FB422.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Remove apps

You can remove most apps installed on FB422:

1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 tile.
2. Tap **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to swipe up to find it.
4. Tap the app > **Remove**.


# Lifestyle

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Use apps to stay connected to what you care about most. See "[Apps and Clock Faces](#)" on page 17 for instructions on how to add and delete apps.

For more information, see [help.fitbit.com](http://help.fitbit.com).

## Weather

See the weather in your current location, as well as 2 additional locations you choose in the Weather app  on your tracker.



### Check the weather

Open the Weather app  to see conditions in your current location. Swipe left to view the weather in other locations you 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 or don't see updated data for your current location, sync your tracker to see your new location and latest data in the Weather app.

Choose your unit of temperature in the Fitbit app. For more information, see [help.fitbit.com](http://help.fitbit.com).

### Add or remove a city

1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 tile.
2. Tap **Apps**.
3. Tap the gear icon  next to **Weather**. You may need to swipe up to find the app.
4. Tap **Add city** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.
5. Sync your tracker with the Fitbit app to see the updated locations on your tracker.


# Notifications

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FB422 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.

## 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:

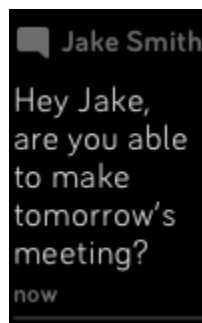
1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed 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, FB422 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, FB422 shows calendar notifications from the calendar app you choose during setup.

For more information, see [help.fitbit.com](http://help.fitbit.com).

## See incoming notifications

A notification causes your tracker to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down from the top of the screen.



## Manage notifications

FB422 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.


To manage notifications:

- Swipe down from the top of the screen to see your notifications and tap any notification to expand it.
- To delete a notification, tap to expand it, then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.


## Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in the quick settings on FB422. When all notifications are turned off, 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 > FB422 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.
3. Sync your tracker to save your changes.



To turn off all notifications:

1. Press and hold the button on your tracker and swipe left to reach the quick settings screen.
2. Tap **DND** to turn on do not disturb. The DND icon  dims to indicate that all notifications, including goal celebrations and reminders to move, 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.

## Answer or reject phone calls

If paired to an iPhone or Android (8.0+) phone, FB422 lets you accept or reject incoming phone calls. If your phone is running an older version of the Android OS, you can reject, but not accept, calls on your tracker.

To accept a call, tap the check mark  on your tracker's screen. Note that you can't speak into the tracker—accepting a phone call answers the call on your nearby phone. To reject a call, tap the  icon on your tracker's screen.


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

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## Respond to messages

Respond directly to text messages and notifications from select apps on your tracker with preset quick replies. This feature is currently available on devices paired to an Android phone. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your tracker.

To respond to a message:

1. Tap the notification on your tracker. 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, 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, including how to customize quick replies, see [help.fitbit.com](https://help.fitbit.com).

# Timekeeping

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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.


For more information, see [help.fitbit.com](https://help.fitbit.com).

### Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To snooze the alarm for 9 minutes, tap the ZZZ icon. To dismiss the alarm, press the button.

Snooze the alarm as many times as you want. FB422 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

## Use the Timers app

Time events with the stopwatch or set a countdown timer with the Timers app  on your tracker. You can run the stopwatch and countdown timer at the same time.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Activity and Sleep

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FB422 continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

### See your stats

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

Core stats	Steps taken today, distance covered, floors climbed, calories burned, and Active Zone Minutes
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Exercise	Number of days you met your exercise goal this week
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Duration and quality of your sleep
Water	Water intake logged today
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.

Find your complete history and other information detected by your tracker in the Fitbit app.

## Track a daily activity goal

FB422 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.

For more information, see [help.fitbit.com](http://help.fitbit.com).

Track progress toward your goal on FB422. For more information, see "[See your stats](#)" on page 23.

## Track your hourly activity

FB422 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 250 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message.

For more information, see [help.fitbit.com](http://help.fitbit.com).

## Track your sleep

Wear FB422 to bed to automatically track your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), Sleep Score (the quality of your sleep), and estimated oxygen variation (estimated changes in your blood oxygen saturation levels). 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 check the sleep tile in Fitbit Today.

For more information, see [help.fitbit.com](http://help.fitbit.com).

### 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.

For more information, see [help.fitbit.com](http://help.fitbit.com).

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## Learn about your sleep habits

FB422 tracks several sleep metrics including when you go to bed, how long you're asleep, your time spent in each sleep stage, the overall quality of your sleep, and your estimated oxygen variation throughout the night. Track your sleep with FB422 and check the Fitbit app to understand how your sleep patterns compare to your peers. With a Fitbit Premium subscription, see more details about your sleep score to help you build a better sleep routine and wake up feeling refreshed.

For more information, see [help.fitbit.com](https://help.fitbit.com).


## See your heart rate



FB422 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 23. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, FB422 shows your heart-rate zone and vibrates each time you enter a different zone to help you target the training intensity of your choice.

For more information, see "Check your heart rate" on page 28.

## Practice guided breathing

The Relax app  on FB422 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

1. On FB422, 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.

All notifications are automatically disabled during the session.

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Fitness and Exercise

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Choose to automatically track exercise, or to track activity with the Exercise app  and see real-time stats and a post-workout summary.


Sync FB422 with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

## Track your exercise automatically

FB422 automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity on the Exercise tile in the Fitbit app.





For more information, including how to change the minimum duration before an activity is tracked, see [help.fitbit.com](http://help.fitbit.com).

## Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app  on FB422 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.

For more information about tracking an exercise with GPS, see [help.fitbit.com](http://help.fitbit.com).

### Track an exercise

1. On FB422, open the Exercise app  and swipe to find an exercise.
2. Tap the exercise to choose it.
3. Tap **Start**  or **Set Goal** . If you set an exercise goal, press the button to go back and tap **Start**.
4. Tap the play icon  to begin. 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. Note that GPS can take a few minutes to connect.
5. Tap the middle of the screen to scroll through your real-time stats.

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6. When you're done with your workout or want to pause, press the button. If you set a goal, your tracker vibrates and flashes when you're halfway to your goal and when you reach your goal.
7. To end the workout, press the button again and tap **Finish**. Swipe up to see your workout summary. Tap the check mark to close the summary screen.
8. To see your GPS data, sync your tracker and tap the Exercise tile in the Fitbit app.

Notes:

- FB422 shows 3 real-time stats. Swipe the middle stat to see all of your real-time stats.
- If the exercise uses GPS, an icon appears in the top left as your tracker connects to a GPS signal. When the screen says “connected” and FB422 vibrates, GPS is connected.
- For best results, make sure your tracker's battery is above 80% before you track an exercise longer than 2 hours with GPS. Sync FB422 regularly with the Fitbit app to improve the time it takes to connect to GPS satellites. Make sure you have location services turned on.

For more information, see [help.fitbit.com](http://help.fitbit.com).

---


Using built-in GPS impacts your tracker's battery life. If you use GPS tracking regularly, FB422 has a battery life of about 4 days.

---

## Customize your exercise settings and shortcuts



Customize various settings for each exercise type on your tracker. Settings include:

GPS	Track your route using your phone's GPS
Auto-Pause	Automatically pause a run when you stop moving
Run Detect	Track runs automatically without opening the Exercise app
Heart Rate Zone Alert	Receive alerts when you hit certain heart-rate zones during your workout. For more information, see <a href="http://help.fitbit.com">help.fitbit.com</a>
Pool Length	Set the length of your pool
Unit	Change the unit of measurement you use for pool length

1. On FB422, open the Exercise app .
2. Swipe through the exercises until you find the one you want to customize.
3. Swipe up, then swipe up through the list of settings.

4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise screen and start your workout.

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

1. From the Today tab  in the Fitbit app, tap your profile picture > FB422 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 hamburger icon , then drag it up or down.

## Check your workout summary

After you complete a workout, FB422 shows a summary of your stats.

Sync your tracker, and tap the exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

## Check your heart rate

FB422 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. FB422 alerts you when you enter a heart-rate zone.

For more information, see [help.fitbit.com](http://help.fitbit.com).

Zone	Calculation	Description
Below Zones	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace. You're at rest for now.
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.

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Zone	Calculation	Description
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 3 heart-rate zones, you can create a custom zone to target a specific heart-rate range in the Fitbit app.

For more information, see [help.fitbit.com](https://help.fitbit.com).


### 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. Heart-rate zones are personalized based on your fitness level and age.

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 FB422 alerts you about Active Zone Minutes:

- 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:

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)

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Share your activity

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

For more information, see [help.fitbit.com](https://help.fitbit.com).

## View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the heart-rate tile and swipe left to see your detailed cardio fitness stats.

For more information, see [help.fitbit.com](https://help.fitbit.com).

# Update, Restart, and Erase

---

Learn how to update, restart, and erase FB422.

## Update FB422

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

Regularly sync FB422 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 FB422 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 FB422, your tracker's battery must be at least 50% charged. Updating FB422 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

---

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Restart FB422

If you can't sync FB422 or you have trouble with tracking your stats, restart your tracker from your wrist:

Open the Settings app  and tap **About > Reboot Device**.

If FB422 is unresponsive:

1. Connect FB422 to the charging cable. For instructions, see "[Charge your tracker](#)" on page 8.
2. Press and release the button on the charger cable end 3 times within 8 seconds. When you see a smiley face and FB422 vibrates, the tracker restarted.

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


---

FB422 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.

---

## Erase FB422

If you want to give FB422 to another person or wish to return it, first clear your personal data:

1. On FB422, open the Settings app  > **About** > **Clear User Data**.
2. Touch the on-screen button for 3 seconds to erase your data.



# Troubleshooting

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If FB422 isn't working properly, see our troubleshooting steps below. Visit [help.fitbit.com](https://help.fitbit.com) for more information.

## Heart-rate signal missing

FB422 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.

If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. FB422 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.

For more information, see [help.fitbit.com](https://help.fitbit.com).

## Other issues

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

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

See "[Restart FB422](#)" on page 31 for instructions on how to restart your tracker.

For more information or to contact Customer Support, see [help.fitbit.com](https://help.fitbit.com).

# General Info and Specifications

---

## Sensors

Fitbit FB422 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An optical heart-rate tracker
- A vibration motor

## Materials

The housing on FB422 is stainless steel. The FB422 classic band is made of a flexible, durable elastomer material similar to that used in many sport watches and includes a surgical-grade stainless steel buckle.

## Wireless technology

FB422 contains a Bluetooth LE 4.0 radio transceiver.

## Haptic feedback

FB422 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

## Battery

FB422 contains a rechargeable lithium-polymer battery.

## Memory

FB422 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your tracker with the Fitbit app to access your historical data.

## Display

FB422 has an AMOLED display.

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## Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

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

## Environmental conditions

Operating temperature	14° to 113° F (-10° to 45° C)
Non-operating temperature	-4° to 14° F (-20° to -10° C)  113° to 140°F (0° to 42° C)
Charging temperature	32° to 108°F (45° to 60° C)
Storage temperature for 6 months	-4° to 95° F (-20° to 35° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

## Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit [help.fitbit.com](https://help.fitbit.com).

## Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

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# Regulatory & Safety Notices

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

**Settings > Device Info > Regulatory Info**

## USA: Federal Communications Commission (FCC) statement

Model FB422

FCC ID: XRAFB422

**Notice to the User: The FCC ID can also be viewed on your device. To view the content:**

**Settings > Device Info > Regulatory Info**

### **Supplier's Declaration of Conformity**

**Unique Identifier:** FB422

#### **Responsible Party – U.S. Contact Information**

199 Fremont Street, 14<sup>th</sup> 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, including interference that may cause undesired operation of the device.

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.

## Canada: Industry Canada (IC) statement

Model/Modèle FB422

IC: 8542A-FB422

**Notice to the User: The IC ID can also be viewed on your device. To view the content:**

**Settings > Device Info > Regulatory Info**

**Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:**

**Paramètres > Informations sur l'appareil > 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:

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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

## European Union (EU)

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

**Settings > Device Info > Regulatory Info**

### **Simplified EU Declaration of Conformity**

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB422 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](http://www.fitbit.com/safety)

### **Vereinfachte EU-Konformitätserklärung**

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB422 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

### **Declaración UE de Conformidad simplificada**

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB422 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](http://www.fitbit.com/safety)

### **Déclaration UE de conformité simplifiée**

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB422 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](http://www.fitbit.com/safety)

## Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB422 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](http://www.fitbit.com/safety)



## IP Rating

Model FB422 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB422 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Please refer to the beginning of this section for instructions on how to access your product's IP rating.

## Argentina



## Australia and New Zealand

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

**Settings > Device Info > Regulatory Info**

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## Belarus

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**Settings > Device Info > Regulatory Info**



## Botswana

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

**Settings > Device Info > Regulatory Info**

## China

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

**Settings > Device Info > Regulatory Info**

### China RoHS

部件名称 Part Name	有毒和危险物品 Toxic and Hazardous Substances or Elements					
Model FB422	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)	0	0	0	0	0	0

电子 (Electronics)	--	0	0	0	0	0
电池 (Battery)	0	0	0	0	0	0
充电线 (Charging Cable)	0	0	0	0	0	0

本表格依据 SJ/T 11364 的规定编制

0 = 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 the concentration limit requirement as described in GB/T 26572).



CMIIT ID: XXXXXXXXXXXX

Frequency band: 2400-2483.5 MHz  
 Transmitted power: Max EIRP, xxxdBm  
 Occupied bandwidth: BLE: xMHz, BT: xMHz, NFC: xMHz  
 Modulation system: BLE: xxxx, BT: xxxx, NFC: xxxx  
 CMIIT ID displayed: On packaging and Device Electronic Labeling

## Customs Union

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

**Settings > Device Info > Regulatory Info**

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## Indonesia

XXXXX/SDPPI/XXXX  
XXXX

## Israel

מספר אישור אלחוטי של משרד התקשורת הוא . XX-XXXXX  
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

## Japan

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

**Settings > Device Info > Regulatory Info**



**R** XXX-XXXXXX

## Kingdom of Saudi Arabia

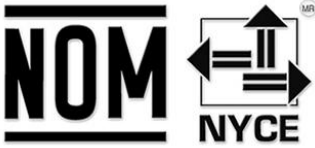
Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

**Settings > Device Info > Regulatory Info**

## Mexico

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

**Settings > Device Info > Regulatory Info**



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

## Moldova

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

**Settings > Device Info > Regulatory Info**

## Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR XXXXX ANRT XXXX  
Date d'agrément: XX/XX/XXXX

## Nigeria

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

## Oman

TRA/TA-R/XXXX/XX

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D090258

## Pakistan

PTA Approved  
Model No.: FB422  
TAC No.: XXXXXXXX  
Device Type: Bluetooth

## Philippines



## Serbia



## Singapore

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

**Settings > Device Info > Regulatory Info**

# South Korea

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

## Settings > Device Info > Regulatory Info



본 제품의 전자파흡수율은 과학기술정보통신부의 「전자파 인체보호기준」을 만족합니다. 본 제품은 국립전파연구원의 「전자파흡수율 측정기준」에 따라 최대출력 조건에서 머리에 근접하여 시험되었으며, 최대 전자파흡수율 측정값은 다음과 같습니다.

모델명 (Model)	머리 전자파흡수율 (Head SAR)
FB422	X.XXX W/kg

클래스 B 장치 (가정 사용을 위한 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. "**

### Translation:

Class B devices (broadcast communications equipment for home use): EMC registration is mainly for household use (B class) and can be used in all areas get this device.

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# Taiwan

用戶注意：某些地區的法規內容也可以在您的設備上查看。要查看內容：

設置 > 設備信息 > 法規信息

Translation:

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

Settings > Device Info > Regulatory Info

低功率警語:

取得審驗證明之低功率射頻器材，非經核准，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。低功率射頻器材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。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材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:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.
- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

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-ion 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 cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

### Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看屏幕，2歲以上每天看屏幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- 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 a day.

### Taiwan RoHS

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設備名稱：無線活動追蹤器 Part Name: Wireless Activity Tracker		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB422	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr <sup>+6</sup> )	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	0	0	0	0	0	0
電子 (Electronics)	--	0	0	0	0	0
外殼 (Housing)	0	0	0	0	0	0
充電線 (Charging Cable)	0	0	0	0	0	0
備考1. “超出0.1 wt %” 及 “超出0.01 wt %” 係指限用物質之百分比含量超出百分比含量基準值 備考2. “○” 係指該項限用物質之百分比含量未超出百分比含量基準值 備考3. “—” 係指該項限用物質為排除項目						

## United Arab Emirates

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

**Settings > Device Info > Regulatory Info**

TRA – United Arab Emirates

Dealer ID: DA35294/14

TA RTTE: ERXXXXX/XX

Model: FB422

Type: Wireless Activity Tracker

## United Kingdom

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

## Vietnam



## Zambia

ZMB / ZICTA / TA / XXXX / X / XX



## About the Battery

This unit contains a non-replaceable internal lithium-ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture or dispose of in fire or water

**CAUTION:** Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly.
- Use the battery only in the specified equipment.

## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011 + A2:2013 & EN62368-1:2014 + A11: 2017.

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