



FB424



User Manual

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Get started

Do what you love and feel your best Fitbit FB424. This fitness tracker has 24/7 heart rate, always-on health tracking, stress management score, sleep tracking, up to 10 days of battery, and more.

Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). FB424 is not intended to provide medical or scientific data.

What's in the box

Your FB424 box includes:

Tracker with small band
(color and material varies)

Charging cable

Additional large band

The detachable bands on FB424 come in a variety of colors and materials, sold separately.

Charge your tracker

A fully-charged FB424 has a battery life of up to 10 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge FB424:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Align the pins on the other end of the charging cable with the gold contacts on the back of FB424. Gently press FB424 into the charger until it snaps into place.

To remove FB424 from the charging cable:

1. Hold FB424 and slide your thumb nail between the charger and the back of the tracker on one of the corners.
2. Gently press down on the charger until it separates from the tracker.

Charging fully takes about 1-2 hours. While FB424 charges, double-tap the screen or press the buttons to check the battery level. Swipe right on the battery screen to use FB424. A fully charged tracker shows a solid battery icon.

Set up FB424

Set up FB424 with the Fitbit app. The Fitbit app is compatible with most popular phones. See fitbit.com/devices to check if your phone is compatible.

To get started:

1. Download the Fitbit app:
 - [Apple App Store](#) for iPhones
 - [Google Play Store](#) for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > **Set Up a Device**.
 - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect FB424 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 [the related help article](#).

See your data in the Fitbit app

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

Unlock Fitbit Premium



Fitbit Premium is your personalized resource in the Fitbit app that helps you stay active, sleep well, and manage stress. A Premium subscription includes programs tailored to your health and fitness goals, personalized insights, hundreds of workouts from fitness brands, guided meditations, and more.

FB424 includes a 6-month Fitbit Premium membership for eligible customers in certain countries.

For more information, see [the related help article](#).

Wear FB424

Choose to wear FB424 around your wrist or in the clip accessory (sold separately). If you need to remove the band or attach a different band, see the instructions in "[Change the band](#)" on page .

When you wear FB424 in the band, make sure your tracker is set to **WORN On Wrist** . When you wear FB424 in the accessory clip, make sure it's set to **CLIPPED On Body** . For more information, see "[Navigate FB424](#)" on page .

Placement for all-day wear vs. exercise

When you're not exercising, wear FB424 a finger's width above your wrist bone.

In general, it's always important to give your wrist a break on a regular basis by removing your tracker for around an hour after extended wear. We recommend removing your tracker while you shower. Although you can shower while wearing your tracker, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your tracker and may cause skin irritation.

For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing your tracker a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the tracker is lower on your wrist.
- Wear your tracker on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).

Handedness



For greater accuracy, you must specify whether you wear FB424 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 FB424 on your dominant hand, change the Wrist setting in the Fitbit app:


From the Today tab in the Fitbit app, tap your profile picture > FB424 tile > **Wrist**
> **Dominant**.

Wear FB424 in a clip

Wear FB424 clipped to your clothing. Remove the bands, and place your tracker in the clip. For more information, see "[Change the band](#)" on page .

To put FB424 in the clip:

1. If you previously wore FB424 on your wrist, change your device setting to **CLIPPED On Body** . For more information, see "[Navigate FB424](#)" on page . **Note:** Make sure FB424 is set to **WORN On Wrist**  when you wear your tracker in the band.
2. Hold the tracker with the screen facing you. Make sure the time isn't upside down.
3. Hold the clip accessory with the opening facing you and the clip on the back facing down.
4. Place the top of the tracker into the clip opening and move the bottom of the tracker into place. FB424 is secure when all edges of the clip lie flat against the tracker.

Note that when FB424 is set to **CLIPPED On Body** , certain features are turned off, including heart-rate tracking, automatic exercise tracking, and Active Zone Minutes.

Clip Placement

Wear FB424 on or close to your body with the screen facing outward. Secure the clip tightly to a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what's most comfortable and secure for you.

If you experience skin irritation when wearing FB424 on your bra or waistband, clip it to an external piece of clothing instead, such as your belt or pocket.

Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.
- Take your tracker off from time to time.
- Your tracker may show minor wear over time. Always clean it with a soft cloth and avoid contact with hard surfaces.

Change the band

FB424 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 .

Remove a band

1. Turn over FB424 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.
3. Repeat on the other side.

Attach a band

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

Basics

Learn how to manage settings, navigate the screen, and check the battery level.

Navigate FB424

FB424 has a color AMOLED touchscreen display.

Navigate FB424 by tapping the screen and swiping side to side and up and down. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation





The home screen is the clock.

- To wake FB424, double tap the screen or turn your wrist.
- Swipe down from the top of the screen to access quick settings and the Settings app. While in quick settings, swipe right to return to the clock screen.
- Swipe up to see your daily stats. To return to the clock screen, swipe right.
- Swipe left and right to see the apps on your tracker.
- Swipe right to go back to a previous screen. Press the buttons to return to the clock screen.

Quick settings

For a faster way to access certain settings, swipe down from the clock screen. Tap a setting to adjust it. When you turn off a setting, the icon appears dim with a line through it.

DND mode	When the do not disturb setting is on: <ul style="list-style-type: none">● Notifications, goal celebrations, and reminders are muted.● The do not disturb icon illuminates in quick settings. You can't turn on the do not disturb setting and sleep mode at the same time.
Sleep mode	When the sleep mode setting is on: <ul style="list-style-type: none">● Notifications, goal celebrations, and reminders are muted.● The screen's brightness is set to dim.● The screen stays dark when you turn your wrist. To wake FB424, firmly tap the screen twice.

	<ul style="list-style-type: none"> The sleep mode icon illuminates in quick settings. <p>Sleep mode can be turned on and off manually.</p> <p>You can set up a schedule to turn sleep mode on and off automatically. For more information, see "Adjust settings" on page</p> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
Auto Wake	<p>When you set Auto Wake to on , the screen turns on each time you turn your wrist.</p> <p>When you set screen wake to off, press the buttons or firmly tap the screen twice to turn it on.</p>
<p>WORN On Wrist  / CLIPPED On Body  setting</p>	<p>When FB424 is on your wrist, make sure the tracker is set to WORN On Wrist</p> <p>. When FB424 is in the clip, make sure the tracker is set to CLIPPED On</p> <p>Body .</p>
Water lock	<p>Turn on the water lock setting when you're in water, for example showering or swimming, to prevent your screen from activating. When water lock is on, your screen and buttons lock, and the water lock icon appears at the bottom. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them.</p> <p>To turn on water lock, tap swipe down from the clock screen > tap Water Lock > firmly tap your screen twice. To turn off water lock, firmly double-tap the middle of the screen with your finger. If you don't see "Unlocked" appear on screen, try tapping harder. Turning off this feature uses the accelerometer in your device, which takes more force to activate.</p> <p>Note that water lock turns on automatically when you start a swim in the Exercise app.</p>
Settings app	<p>Tap the Settings app to open it. For more information, see "Adjust settings" on page .</p>

Adjust settings

Manage basic settings in the Settings app. Swipe down from the clock screen and tap the Settings app to open it. Tap a setting to adjust it. Swipe to see the full list of settings.

Display settings

Brightness	Change the screen's brightness.
Screen wake	Change whether the screen turns on when you turn your wrist.
Screen timeout	Adjust the amount of time before the screen turns off or switches to the always-on display clock face.
Always-on display	Turn always-on display on or off. For more information, see " Adjust always-on display " on page .

Quiet modes

Do not disturb	Turn off all notifications.
Exercise focus	Turn off notifications while using the Exercise app.
Sleep mode schedule	<p>Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.</p> <p>To set a schedule:</p> <ol style="list-style-type: none">1. Open the Settings app and tap Quiet modes > Sleep Mode > Schedule > Interval.2. Tap the start or end time to adjust when the mode turns on and off. Swipe up or down to change the time, and tap the time to select it. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.

Other settings

Heart rate	Turn heart-rate tracking on or off.
Heart zone notifications	Turn the heart-zone notifications that you receive during everyday activity on or off. For more information, see the related help article .

Button Lock	<p>Turn on Button Lock to prevent the buttons on your tracker from activating while your screen is off. To turn Button Lock on or off, tap the setting tap to confirm.</p> <p>Tip: Use this setting to avoid unintended button presses while you exercise, especially if you wear FB424 lower on your wrist or you tighten the band to be extra snug. For more information, see "Wear FB424". Note: Using the Button Lock setting on FB424 may require more frequent charging.</p>
Vibrations	Adjust your tracker's vibration strength.
Device Info	<p>View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device.</p> <p>Tap Device Info > System Info to see the activation date.</p> <p>For more information, see the related help article.</p>
Restart device	Tap Restart device > Restart to restart your tracker.

Check battery level

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

If your tracker's battery is low (fewer than 24 hours remaining), the battery indicator turns red. If your tracker's battery is critically low (fewer than 4 hours remaining), a warning appears on the clock face and the battery indicator flashes. Swipe right to dismiss the warning.

Adjust always-on display

Turn on always-on display to show the time on your tracker, even when you're not interacting with the screen.

To turn always-on display on or off:

1. Swipe down from the clock face to access quick settings.
2. Tap the **Settings app** > **Display settings** > **Always-on display**.
3. Tap **Always-on display** to turn the setting on or off. To set the display to automatically turn off during certain hours, tap **Off-hours**.

Note that turning on this feature impacts your tracker's battery life. When always-on display is turned on, FB424 requires more frequent charging.

Clock faces without an always-on display mode use a default always-on display clock face.

Always-on display automatically turns off when your tracker's battery is critically low.

For more information, see [the related help article](#).

Turn off the screen

To turn off your tracker's screen when not in use, return to the clock-face screen and press the side buttons, or briefly cover the tracker face with your opposite hand.

Note that if you turn on the always-on display setting, the screen won't turn off.

Apps and Clock Faces

Learn how to change your clock face and access apps on FB424.

Change the clock face

The Fitbit Gallery offers a variety of clock faces to personalize your tracker.

1. From the Today tab in the Fitbit app, tap your profile picture > FB424 tile.
2. Tap **Gallery** > **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to FB424.

Open apps

From the clock face, swipe left and right to see the apps installed on your tracker. Swipe up or tap an app to open it. Swipe right to return to a previous screen, or double tap to return to the clock screen.

Notifications from your phone

FB424 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 > FB424 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, FB424 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, FB424 shows calendar notifications from the calendar app you chose during setup.

For more information, see [the related help article](#).

See incoming notifications

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

If you don't read the notification when it arrives, you can check it later in the Notifications app . Swipe right or left to the Notifications app, then swipe up to open it. Your tracker shows the first 250 characters of the notification. Check your phone for the full message.

Manage notifications

FB424 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.

Manage notifications in the Notifications app:

- Swipe up to scroll through 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 up until you reach the end of your notifications and tap **Clear All**.
- To exit the notifications screen, swipe right.

Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on FB424. When you turn off all notifications, your tracker won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > FB424 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. From the clock face, swipe down to access quick settings.
2. Turn on **DND Mode**. All notifications and reminders are turned off.

Note that if you use the do not disturb setting on your phone, you don't receive notifications on your tracker until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, FB424 lets you accept or reject incoming phone calls.

To accept a call, swipe down from the top of the 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, swipe up from the bottom of the screen.

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

Respond to messages (Android phones)

Respond directly to text messages and notifications from certain apps on your tracker with preset quick replies. 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. Open the notification you want to respond to.
2. Choose how to reply to the message:
 - Tap the text icon to respond to a message from a list of quick replies.
 - Tap the emoji icon to respond to the message with an emoji.

For more information, including how to customize quick replies, see [the related help article](#).

Timekeeping

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

Use the Alarms app

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

When setting an alarm, turn on Smart Wake to allow your tracker to find the best time to wake you within 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can't find the best time to wake you, your alarm alerts you at the set time.

For more information, see [the related help article](#).

Dismiss or snooze an alarm

When an alarm goes off, your tracker vibrates. To dismiss the alarm, swipe up from the bottom of the screen and tap the dismiss icon. To snooze the alarm for 9 minutes, swipe down from the top of the screen or press the buttons.

Snooze the alarm as many times as you want. FB424 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.

If always-on display is on, the screen continues to display the stopwatch or countdown timer until it ends or you exit the app.

For more information, see [the related help article](#).

Activity and Wellness

FB424 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

See your stats

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

Core stats	Steps taken today, distance covered, calories burned, and Active Zone Minutes
Heart rate	Current heart rate and either your heart-rate zone or resting heart rate (if not in a zone)
Exercise	Number of days you met your exercise goal this week
Sleep	Sleep duration
Hourly activity	The number of hours today you met your hourly activity goal
Menstrual health	Information on the current stage of your menstrual cycle, if applicable
Oxygen Saturation (SpO2)	Your most recent resting SpO2 average and range

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

FB424 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 [the related help article](#).

Track progress toward your goal on FB424. For more information, see "[See your stats](#)" on page .

Track your hourly activity

FB424 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 [the related help article](#).

Track your sleep

Wear FB424 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep). Sleep stages and sleep score require a minimum duration of 3h asleep.

FB424 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances and SpO2 levels, which estimate the amount of oxygen in your blood.

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 after syncing.

For more information, see [the related help article](#).

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 [the related help article](#).

Learn about your sleep habits

With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.

For more information, see [the related help article](#).

Manage stress

Track and manage your stress with mindfulness features.

Practice guided breathing

The Relax app on FB424 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.

1. On FB424, swipe left or right to the Relax app and tap to open it.
2. To begin a session the same length as your previous session, tap **Start**. To set a custom length of time for the session:
 1. Swipe up and tap **Custom**.
 2. Swipe up or down to choose the number of minutes, then tap to set the minutes.
 3. Tap **Start**.
3. Follow the on-screen instructions. When you're done, view your summary, and tap **Done** to close the app.

For more information, see [the related help article](#).

Check your Stress Management Score

Based on your heart rate, exercise, and sleep data, your Stress Management Score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing fewer signs of physical stress. To see your daily stress management score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab, tap the Stress Management tile.

Log how you feel throughout the day to get a clearer picture of how your mind and body respond to stress. With a Fitbit Premium subscription, see details about your score breakdown.

For more information, see [the related help article](#).

Advanced health metrics

Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what's changed.

Metrics include:

- Oxygen saturation (SpO2)
- Skin temperature variation

- Heart-rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.

For more information, see [the related help article](#).

Exercise and Heart Health

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

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

Track your exercise automatically

FB424 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit app on your phone. From the Today tab, tap the Exercise tile.

For more information, see [the related help article](#).

Track and analyze exercise with the Exercise app

Track specific exercises with the Exercise app on FB424 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

FB424 uses the GPS sensors on your nearby phone to capture GPS data.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information, see [the related help article](#).

1. Turn on Bluetooth and GPS on your phone.
2. Make sure FB424 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Keep your phone with you while you exercise.

To track an exercise:

1. On FB424, swipe left or right to the Exercise app, then swipe up to find an exercise.
2. Tap the exercise to choose it. 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.

3. Tap the play icon to begin the exercise, or swipe up to choose an exercise goal or adjust the settings. For more information on the settings, see "[Customize your exercise settings](#)" on page .
4. Tap the middle of the screen to scroll through your real-time stats. To pause your workout, swipe up and tap **Pause**.
5. When you're done with your workout, swipe up and tap **Pause** > **Finish** . Your workout summary appears.
6. Swipe up and tap **Done** to close the summary screen.

Notes:

- If you set an exercise goal, your tracker alerts you when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, "GPS connecting..." appears at the top of the screen. When the screen says "GPS connected" and FB424 vibrates, GPS is connected.

Customize your exercise settings

Customize settings for each exercise type on your device or in the Fitbit app. Change or reorder exercise shortcuts in the Fitbit app.

Settings include:

Heart Zone Notifications	Receive notifications when you hit target heart-rate zones during your workout. For more information, see the related help article
Laps	Receive notifications when you reach certain milestones during your workout
GPS	Track your route using GPS
Auto-Pause	Automatically pause a run when you stop moving
Run Detect	Track runs automatically without opening the Exercise app
Always-on Display	Keep the screen on during exercise
Pool Length	Set the length of your pool
Unit	Change the unit of measurement you use for pool length
Interval	Adjust the move and rest intervals used during interval training

To customize the settings for each exercise type on your tracker:

1. Swipe to the Exercise app, then swipe up to find an exercise.
2. Tap the exercise to choose it.
3. Swipe up through the exercise settings. Tap a setting to adjust it.
4. When you're done, swipe down until you see the play icon.

To customize certain exercise settings and change or reorder Exercise app shortcuts in the Fitbit app:

1. From the Today tab in the Fitbit app, tap your profile picture > FB424 tile.
2. Tap **Exercise Shortcuts**.
 - To add a new exercise shortcut, tap the + icon and select an exercise.
 - To remove an exercise shortcut, swipe left on a shortcut.
 - To reorder an exercise shortcut, tap **Edit** (iPhones only), and press and hold the menu icon ≡, then drag it up or down.
 - To customize an exercise setting, tap an exercise and adjust your settings.

You can have up to 6 exercise shortcuts on FB424.

For more information, see [the related help article](#).

Check your workout summary

After you complete a workout, FB424 shows a summary of your stats.

Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Three zones based on American Heart Association recommendations are available, or you can create a custom zone if you have a specific heart rate you're targeting.

Default heart-rate zones

Zone	Calculation	Description
Below Zone	Below 50% of your maximum heart rate	Below the fat burn zone, your heart beats at a slower pace.
Fat Burn Zone	Between 50% and 69% of your maximum heart rate	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.

Zone	Calculation	Description
Cardio Zone	Between 70% and 84% of your maximum heart rate	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
Peak Zone	Greater than 85% of your maximum heart rate	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

Custom heart-rate zones

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

For more information, see [the related help article](#).

Earn Active Zone Minutes

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

1 minute in the fat burn zone = 1 Active Zone Minute
1 minute in the cardio or peak zones = 2 Active Zone Minutes

There are 2 ways FB424 notifies you about Active Zone Minutes:

- A few moments after you enter a different heart-rate zone during your exercise using the Exercise app, so that you know how hard you're working. The number of times your tracker 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).

Heart-zone notifications are turned off to start. To turn them on:

- Heart-zone notifications during exercise in the Exercise app—see "Track and analyze exercise with the Exercise app" on page
- Heart-zone notifications during everyday activity—see "Adjust settings" on page

To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.

For more information, see [the related help article](#).

Receive heart-rate notifications

Stay informed when FB424 detects that your heart rate is outside of your high or low thresholds when you appear to be inactive for at least 10 minutes.

To turn this feature off or adjust the thresholds:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > FB424 tile.
2. In the Activity & Wellness section, tap Heart Settings > High & low heart rate.
3. Turn High heart rate notification or Low heart rate notification on or off, or tap Custom to adjust the threshold.

View past heart-rate notifications, log possible symptoms and causes, or delete notifications in the Fitbit app. For more information, see [the related help article](#).

Check your daily readiness score

Understand what's best for your body with the daily readiness score, available with a Fitbit Premium subscription. Check the Fitbit app each morning to see your score, ranging from 1 to 100, based on your activity, sleep, and heart rate variability. A high score means you're ready to exercise, while a low score suggests you should focus on recovery.

When you check your score, you also see a breakdown of what impacted your score, a personalized activity goal for the day, and recommended workouts or recovery sessions.

To see your daily readiness score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab, tap the Readiness tile.

For more information, see the [related help article](#).

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 on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see [the related help article](#).

Share your activity

After you complete a workout, open the Fitbit app to share your stats with friends and family. For more information, see [the related help article](#).

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your tracker, while erasing it is useful if you want to give FB424 to another person. Update your tracker to receive the latest firmware.

Update FB424

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

When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on FB424 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

To update FB424, your tracker's battery must be at least 20% charged. Updating FB424 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

For more information, see [the related help article](#).

Restart FB424

If you can't sync FB424 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

1. Swipe down from the clock screen to find the Settings app.
2. Open the Settings app > **Restart Device** > **Restart**.

If FB424 is unresponsive:

1. Connect FB424 to the charging cable. For instructions, see "[Charge your tracker](#)" on page .
2. Place FB424 on its charger, then press and hold the buttons on your tracker for 10 seconds. Release the buttons. When you see the Fitbit logo appear and FB424 vibrates, the tracker restarted.

Restarting your tracker doesn't delete any data.

Erase FB424

If you want to give FB424 to another person or wish to return it, first clear your personal data:

1. Swipe down from the clock screen to find the Settings app.

2. Open the Settings app > **Device Info** > **Clear User Data**.
3. Swipe up, then press **Hold 3 Sec** for 3 seconds and release.
4. When you see the Fitbit logo and FB424 vibrates, your data is erased.

Troubleshooting

If FB424 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

FB424 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.

If your tracker doesn't detect a heart-rate signal, 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. FB424 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 [the related help article](#).

Other issues

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

- Won't sync
- Won't respond to taps or swipes
- Won't track steps or other data
- Won't show notifications

For instructions, see "[Restart FB424](#)" on page .

General Info and Specifications

Sensors and Components

Fitbit FB424 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Optical heart-rate tracker
- Ambient light sensor
- Vibration motor

Materials

The FB424 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches. The housing and buckle on FB424 are plastic.

Wireless technology

FB424 contains a Bluetooth 5.1 radio transceiver.

Haptic feedback

FB424 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

FB424 contains a rechargeable lithium-polymer battery.

Memory

FB424 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

FB424 has a color AMOLED display.

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	32° to 104° F (0° to 40° 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.

Return policy and warranty

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

Regulatory & Safety Notices

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 FB424

FCC ID: XRAFB424

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: FB424

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, 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 FB424

IC: 8542A-FB424

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 > 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

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

Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Bluetooth 2400-2483.5 MHz < XX dBm EIRP

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB424 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 LLC erklärt hiermit, dass die Funkgerätytypen Modell FB424 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 LLC declara que el tipo de dispositivo de radio Modelo FB424 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 LLC déclare par la présente que les modèles d'appareils radio FB424 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 LLC dichiara che il tipo di apparecchiatura radio Modello FB424 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



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



Belarus

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



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



Ghana

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

India

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

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

Malaysia

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

IFT#: XXXXXXXX-XXXX

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

D090258

Paraguay



NR: XXXX-XX-X-XXXX

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

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:

Low Power Warning:

For the low-power radio frequency equipment that has obtained the verification certificate, the company, organization or user shall not change the frequency, increase the power or change the features and functions of the original design without approval. The use of low-power radio frequency equipment shall not affect flight safety or interfere with legal communications. If any interference is detected, the device should be disabled immediately and the interference removed before continuing use. The aforesaid legal communication refers to the radio communication operated in accordance with the provisions of the Telecommunications Management Act. Low power radio frequency equipment must accept interference from legal communication or radio wave radiated electrical equipment for industrial, scientific and medical use.

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

設備名稱：無線活動追蹤器 Part Name: Wireless Activity Track	限用物質及其化學符號 Restricted Substances and its chemical symbols					
Model FB424	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁺⁶)	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○
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。						

Thailand



nabp.

เครื่องวิทยุคมนาคมนี้ ได้รับยกเว้น ไม่ต้องได้รับ
ใบอนุญาตให้มี ใช้ซึ่งเครื่องวิทยุคมนาคม
หรือตั้งสถานีวิทยุคมนาคมตามประกาศ กสทช.
เรื่อง เครื่องวิทยุคมนาคม และสถานีวิทยุ
คมนาคมที่ได้รับยกเว้นไม่ต้องได้รับใบอนุญาต
วิทยุคมนาคม ตามพระราชบัญญัติวิทยุ
คมนาคม พ.ศ. 2498



nabp. | โทรคมนาคม
กำกับดูแลเมื่อประชาชน
Call Center 1200 (Insw5)

United Arab Emirates

TDRA – United Arab Emirates

Dealer ID: DA35294/14
TA RTTE: ERXXXXX/XX
Model: FB424
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:

Settings > Device Info > Regulatory Info

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB203 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: www.fitbit.com/legal/safety-instructions



Vietnam



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
- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

IP Rating

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

Settings > Device Info > Regulatory Info

Model FB424 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB424 has a dust ingress rating of IP6X under IEC standard 60529, which indicates the device is dust-tight.

Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of: IEC 62368-1: 2014, EN62368-1:2014 + A11:2017, BS EN62368-1:2014 +A11:2017.

Regulatory Markings

Device regulatory markings can be viewed on your device by removing the band. Markings are located in the band attach area.