



Fitbit Charge FAQs

Do I need a smart phone?

No. After you set up your tracker you can see all your stats whenever you log in to your Fitbit account on your computer. If you have a smart phone, we offer apps for iOS, Android, and Windows Phone devices.

What stats can I see on my Charge?

Click the button on the side of your Charge to see the time, then click the button again to scroll through your steps taken, distance traveled, floors climbed, and calories burned.

How do I track my sleep?

Charge tracks sleep automatically, so you only need to wear your device to bed. After you sync your Charge the next day, you'll see your sleep stats on your fitbit.com dashboard or on the Fitbit app.

Can I see details about a specific workout or exercise?

Yes. To capture detailed data about a workout, press and hold the button on your Charge until a stopwatch appears, and then start your workout. When you're done exercising, press and hold the button again. After you sync your tracker, you can see the workout details on your fitbit.com dashboard or on the Fitbit app.

Can I set a silent alarm?

To set a silent vibration alarm from your fitbit.com dashboard, click the gear icon in the top right and go to Settings and then Silent Alarms.

Can I get my Charge wet?

Your Charge is water-resistant, meaning it is rain and splash proof and can stand up to the sweatiest workout. Remove it before showering or swimming.

How do I keep my Charge clean?

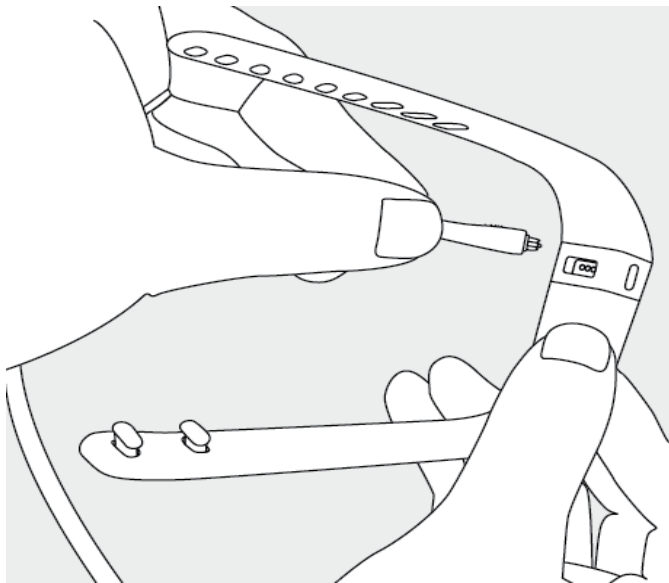
It's important to prevent residue from building up on the wristband. For complete care instructions, visit our [Wear and Care](#) page on fitbit.com.

How long does the rechargeable battery last?

Your Charge battery should last 7-10 days. Note that you can't turn the Charge off. If you don't want to track your activity, take off your tracker.

How do I charge my Charge?

Plug the charging cable into a USB port on your computer or a UL-certified USB wall charger, then plug the other end into the port on the back of the Charge.



A battery icon on the screen shows the charging progress. Charging completely takes between 1-2 hours.

Can my Charge notify me about phone calls?

With a compatible mobile device you can receive incoming call notifications right on your tracker when your phone is within ~20 feet. You can't answer the call with the tracker, but you can see who is calling. For instructions on setting up call notifications, visit help.fitbit.com.

If you have any questions, please visit our help site at <https://help.fitbit.com> or call (877) 623-4997. Phone support is available on weekdays between the hours of 4:00 AM and 8:00 PM, Pacific Standard Time (PST) and on weekends between the hours of 6:00 AM and 5:00 PM PST.