



# fitbit ionic



User Manual  
Version 4.2

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# Get started

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Welcome to Fitbit Ionic, the watch designed for your life. Find the guidance to reach your goals with dynamic workouts, on-board GPS, and continuous heart rate tracking. Take a moment to review our complete safety information at <http://www.fitbit.com/safety>.

## What's in the box

Your Ionic box includes:



Watch with large wristband



Charging cable



Additional small wristband

The detachable wristbands on Ionic come in a variety of colors and materials, sold separately.

## Set up Ionic

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For the best experience, use the Fitbit app for iPhones and iPads or Android phones. You can also set up Ionic on Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

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.

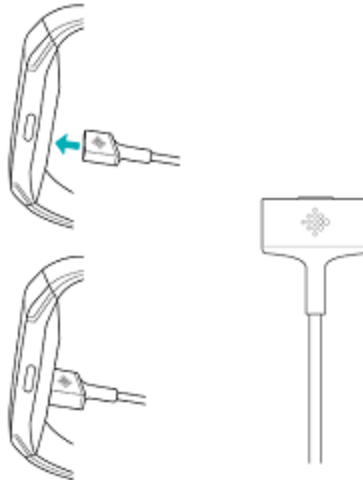
## Charge your watch

A fully-charged Ionic has a battery life of 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

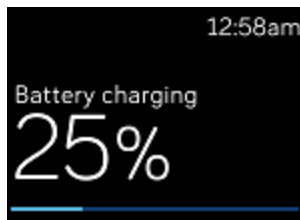
To charge Ionic:

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. Hold the other end of the charging cable near the port on the back of the watch until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your watch.






Charging fully takes up to 2 hours. While the watch charges, you can tap the screen or press any button to check the battery level.



## Set up with your phone or tablet

Set up Ionic 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. Download the Fitbit app:
  - Apple App Store for iPhones and iPads
  - Google Play Store for Android phones
  - Microsoft Store for Windows 10 devices
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 Ionic to your account.


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

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

## Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Ionic with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app.
  - If you already have a Fitbit account, log in to your account, and tap the account icon  > **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.
5. Continue to follow the on-screen instructions to connect Ionic to your account.

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

## Connect to Wi-Fi

During setup, you're prompted to connect Ionic to your Wi-Fi network. Ionic uses Wi-Fi to more quickly download playlists and apps from the Fitbit App Gallery, and for faster, more reliable OS updates.

Ionic can connect to open, WEP, WPA personal, and WPA2 personal Wi-Fi networks. Your watch won't connect to 5GHz, WPA enterprise, or public Wi-Fi networks that require more than a password to connect—for example, logins, subscriptions, or profiles. If you see fields for a username or domain when connecting to the Wi-Fi network on a computer, the network isn't supported.

For best results, connect Ionic to your home Wi-Fi network. Make sure you know the network password before connecting.

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

## See your data in the Fitbit app

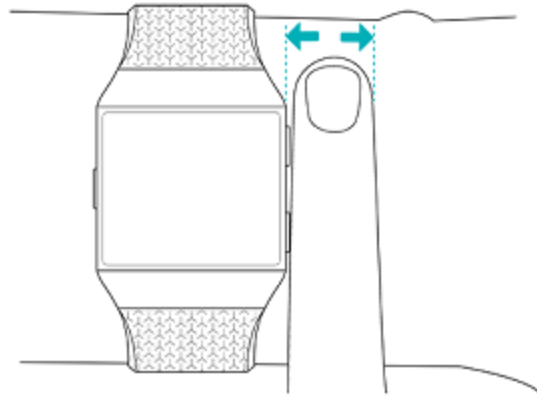
Sync Ionic to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Ionic syncs periodically with the app.

## Wear Ionic

Place Ionic around your wrist. If you need to attach a different size wristband, or if you purchased another wristband, see the instructions in "[Change the wristband](#)" on page 13.

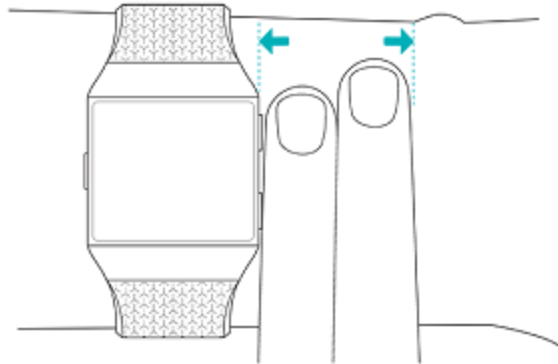
### Placement for all-day wear vs. exercise

When you're not exercising, wear Ionic a finger's width above your wristbone.



For optimized heart-rate tracking while exercising:


- During a workout, experiment with wearing the device 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 watch is lower on your wrist.



- Wear your Fitbit device on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your wristband before a workout and loosening it when you're done. The wristband should be snug but not constricting (a tight wristband restricts blood flow, potentially affecting the heart-rate signal).

## Handedness

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

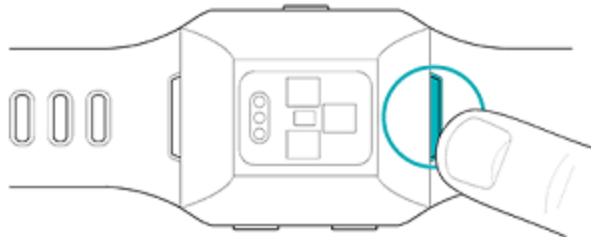
From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile > **Wrist** > **Dominant**.

## Change the wristband

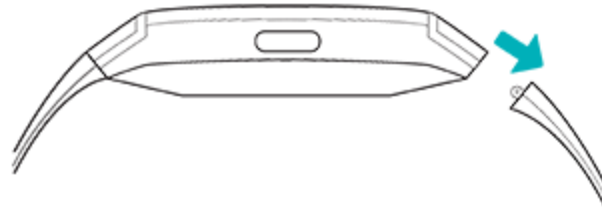
Ionic comes with a large wristband attached and an additional small wristband in the box. The wristband has two separate wristbands (top and bottom) that you can swap with accessory wristbands, sold separately. For wristband measurements, see "[Wristband size](#)" on page 63.

## Remove a wristband

1. Turn over Ionic and find the wristband latches.



2. To release the latch, press down on the flat metal button on the strap.
3. Gently pull the wristband away from the watch to release it.

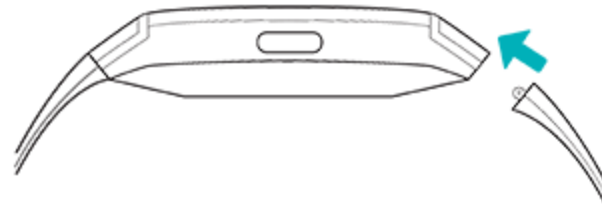


4. Repeat on the other side.

If you're having trouble removing the wristband or if it feels stuck, gently move the wristband back and forth to release it.

### Attach a wristband

To attach a wristband, press it into the end of the watch until you feel it snap into place. The wristband with the clasp attaches to the top of the watch.



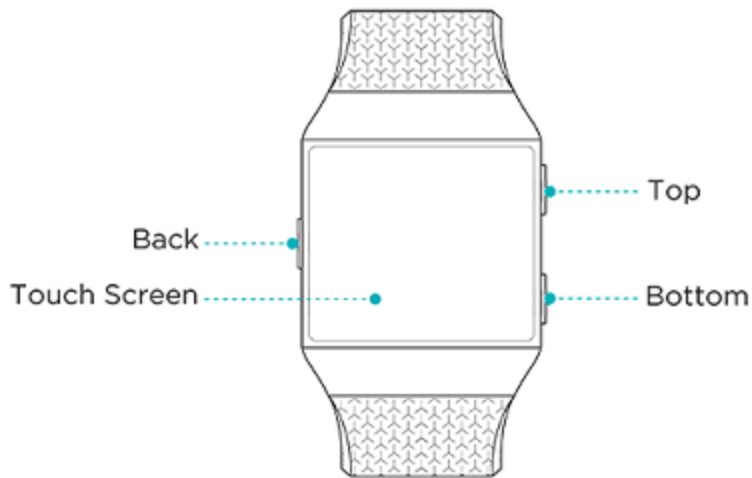
# Basics

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

## Navigate Ionic

Ionic has a touch screen with a colored LCD and three buttons: back, top, and bottom.



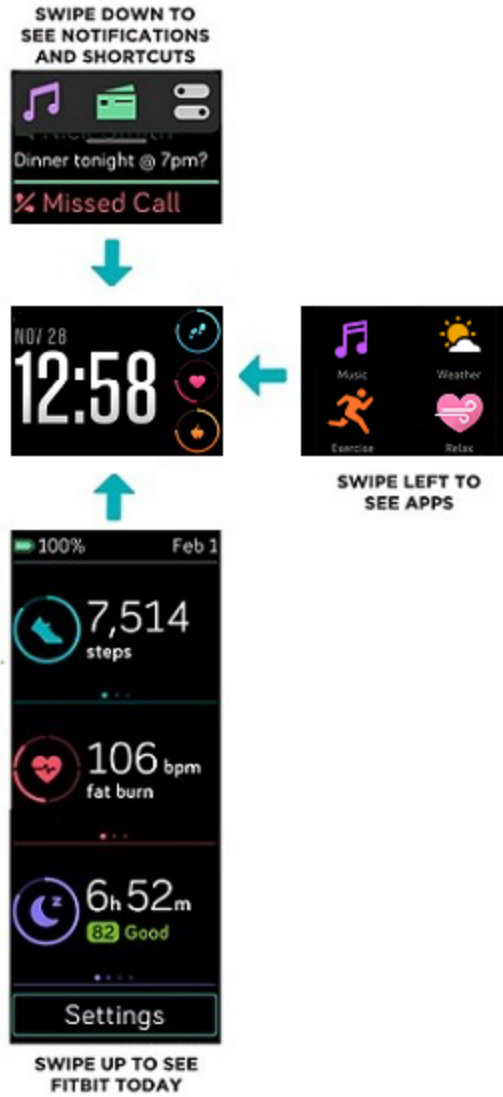
Navigate Ionic by tapping the screen, swiping side-to-side and up and down, or pressing the buttons. To preserve battery, Ionic's screen turns off when not in use. To turn it on, double-tap the screen or press any button.

## Basic navigation

The home screen is the clock.

- Swipe down from the top of the screen to see notifications and access the shortcuts to music controls, Fitbit Pay, and quick settings. The shortcuts disappear after 2 seconds. Swipe down to see them again.

- Swipe up to see your daily stats.
- Swipe left to see the apps on your watch.
- Press the back button to go back to a previous screen or return to the clock face.



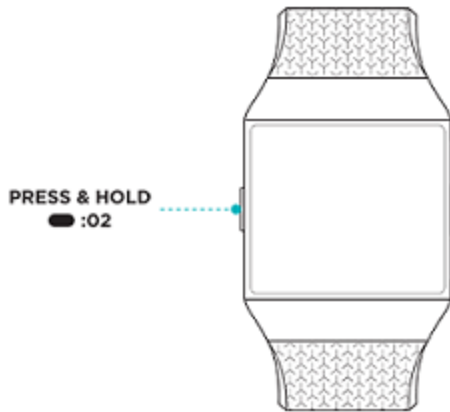



## Button shortcuts

Press and hold the buttons on Ionic for a faster way to access certain features, see notifications, and open apps.

### Choose a shortcut

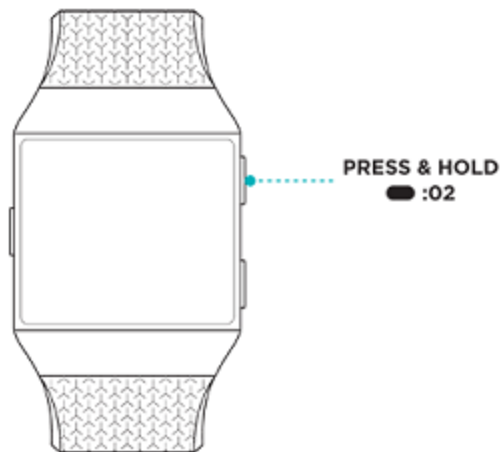
Hold the back button for 2 seconds to activate Fitbit Pay, music controls, notifications, or certain apps.



The first time you use the button shortcut, you select which feature it activates. To later change which feature activates when you hold the button, open the Settings app  on your watch and tap the **Left Button** option.

### Notifications

To see your notifications, press and hold the top button:



Swipe up or down to scroll through your notifications.


### App shortcuts








Press the buttons on Ionic for quick access to your favorite apps. To access these shortcuts, navigate to the clock screen. The buttons are mapped as follows:

- Top button—opens the app located in the top left of the first app screen.
- Bottom button—opens the app located in the bottom left of the first app screen.


Customize Ionic by reordering your apps. For more information, see ["Organize apps" on page 23](#).

### Quick settings

Swipe down from the top of your watch screen, and tap the quick settings icon  to access certain settings.

<p>Do Not Disturb </p>	<p>When the Do Not Disturb setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications, goal celebrations, and reminders to move don't cause the watch to vibrate or the screen to turn on.</li> <li>• You see a Do Not Disturb icon  at the top of the screen when you swipe up to see your stats.</li> </ul> <p>You can't turn on Do Not Disturb and Sleep Mode at the same time.</p>
<p>Sleep Mode </p>	<p>When the Sleep Mode setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications don't cause the watch to vibrate or the screen to turn on.</li> <li>• The screen's brightness is set to dim.</li> <li>• The Always-On Display clock face is turned off.</li> <li>• Turning your wrist won't cause the watch's screen to turn on.</li> <li>• You see a Sleep Mode icon  at the top of the screen when you swipe up to see your stats.</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, open the Settings app  and tap <b>Sleep Mode &gt; Schedule</b>. Sleep Mode automatically turns off at the time you schedule, even if you manually turned it on.</p> <p>You can't turn on Do Not Disturb and Sleep Mode at the same time.</p>
<p>Screen Wake </p>	<p>When you set Screen Wake to Auto (Motion), the screen turns on each time you turn your wrist.</p> <p>When you set Screen Wake Manual (Button), press the button to turn on the screen.</p>
<p>Brightness icon </p>	<p>Adjust the screen brightness.</p>

# Adjust settings

Manage basic settings in the Settings app  :

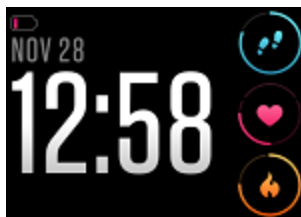
Brightness	Change the screen's brightness.
Screen Timeout	Choose how long the screen stays on after you stop interacting with your watch.
Sleep Mode	Adjust Sleep Mode settings, including setting a schedule for the mode to automatically turn on and off.
Do Not Disturb	Adjust Do Not Disturb settings, including whether the mode should turn on automatically when you use the Exercise app.
Screen Wake	Change whether the screen turns on when you turn your wrist.
Vibrations	Adjust your watch's vibration strength.
Left Button	Choose the feature the back button activates.
Bluetooth	Manage connected Bluetooth devices.
Heart Rate	Turn heart rate tracking on or off.

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

## Check battery level

Swipe down from the top of the screen. Wait 2 seconds for the control center to disappear. The battery level icon is in the top left.

If your watch's battery is low (less than 24 hours remaining), a red battery indicator appears on the clock face. If your watch's battery is critically low (less than 4 hours remaining), the battery indicator flashes.



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Wi-Fi won't work on Ionic when the battery is 25% or less, and you'll be unable to update your device.

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## Set up device lock

To help keep your watch secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your watch. If you set up Fitbit Pay to make contactless payments from your watch, device lock is turned on automatically and you're required to set a code. If you don't use Fitbit Pay, device lock is optional.

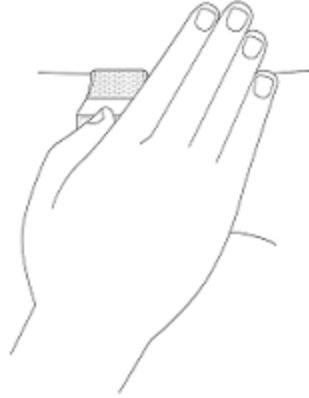
Turn on device lock or reset your PIN code in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile > **Device Lock**.

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

## Turn off the screen

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



## Care for Ionic

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

## Use Ionic without your phone

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

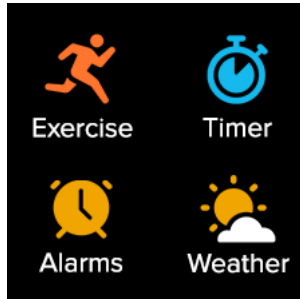
- [Set an alarm](#)
- ["See your stats" on page 32](#)
- ["Track your hourly activity" on page 33](#)
- ["See your heart rate" on page 35](#)
- ["Work out with Fitbit Coach" on page 42](#)
- ["Practice guided breathing" on page 35](#)
- ["Listen to personal music and podcasts" on page 45](#)
- ["Use credit and debit cards" on page 52](#)

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

# Apps and Clock Faces

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



## Open apps


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

## Organize apps

To change the placement of an app on Ionic, press and hold an app until it's selected, and drag it to a new location. The app is selected when its icon increases slightly in size and the watch vibrates.

## Remove apps

You can remove most apps installed on Ionic:

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


## Update apps

Apps update over Wi-Fi as needed. Ionic searches for updates when plugged into the charger and in range of your Wi-Fi network.

You can also manually update apps. For more information, see [help.fitbit.com](https://help.fitbit.com).


## Download additional apps

Add new apps to Ionic from the Fitbit App Gallery:


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

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


## Change the clock face

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

Save up to 5 clock faces to switch between them:

- When you select a new clock face, it's automatically saved unless you already have 5 saved clock faces.
- To see your saved clock faces from your watch, open the Clocks app  and swipe to find the clock face you want to use. Tap to select it.



- To see your saved clock faces in the Fitbit app, tap the Today tab  > your profile picture > your device image > **Clock Faces**. You see your saved clock faces in My Clock Faces.
  - To remove a clock face, tap the clock face > **Remove Clock Face**.
  - To switch to a saved clock face, tap the clock face > **Select**.


# Notifications

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Ionic can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your watch 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:

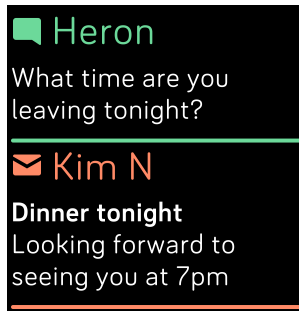
1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed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

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

## See incoming notifications

A notification causes your watch 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.



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If your watch's battery level is critically low, notifications won't cause Ionic to vibrate or the screen to turn on.

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## Manage notifications

Ionic stores up to 30 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 Ionic. When all notifications are turned off, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

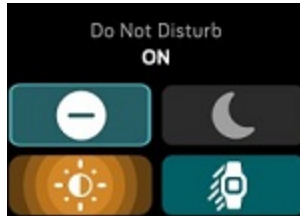
To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap your profile picture > Ionic tile > **Notifications**.

2. Turn off the notifications you no longer want to receive on your watch.
3. Sync your watch to save your changes.

To turn off all notifications:

1. Swipe down from the top of the screen and tap the quick settings icon .
2. Tap the Do Not Disturb icon . All notifications, including goal celebrations and reminders to move, are turned off.



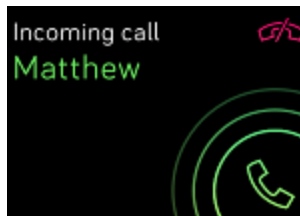
Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications on your watch until you turn off this setting.

## Answer or reject phone calls

If paired to an iPhone or Android (8.0+) phone, Ionic 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 watch.

To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.


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



## Respond to messages

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

To respond to a message:

1. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, 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 watch vibrates.

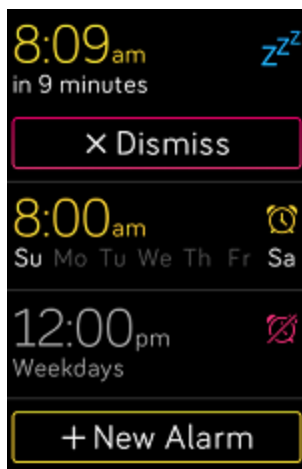
When setting an alarm, turn on Smart Wake to allow your watch to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can't find the best time to wake you, your alarm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

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


## Dismiss or snooze an alarm

To dismiss the alarm, tap the check mark. To snooze the alarm for 9 minutes, tap the ZZZ icon.

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



## Use the Timer app

Time events with the stopwatch or set a countdown timer with the Timer app . 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

ionic continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs when in range of the Fitbit app throughout the day.

## See your stats

Swipe up from the clock face on your watch to access Fitbit Today, which shows up to 7 of these stats:

Core stats	Steps taken today, distance covered, floors climbed, calories burned, active minutes, and goal history over the past 7 days
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Heart rate	Current heart rate and either your heart-rate zone or resting heart rate (if not in a zone), time spent in each heart-rate zone, and your cardio fitness score
Exercise	Number of days you met your exercise goal this week and up to 5 of your most recently tracked exercises
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Duration and quality of your sleep, and your sleep history over the past 7 days
Water	Water intake logged today and history over the past 7 days
Food	Calories eaten, calories remaining, and your macronutrient breakdown by percentage
Weight	Remaining weight left to lose or gain to reach your goal, your current weight, and your progress since you last set your goal
Badges	The next daily and lifetime badges you'll unlock



Swipe left or right on each tile to view the complete set of stats. Tap the + icon on the water tile or weight tile to log an entry.

To reorder the tiles, press and hold a row, then drag it up or down to change its position. Tap **Settings** at the bottom of the screen to choose which stats you see.

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

## Track a daily activity goal

Ionic tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch 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 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

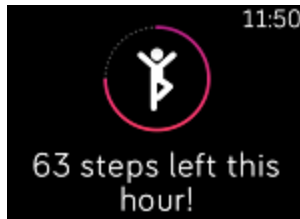
For more information, see [help.fitbit.com](https://help.fitbit.com).

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

## Track your hourly activity

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

## Track your sleep

Wear Ionic to bed to automatically track your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and Sleep Score (the quality of your sleep). To see your sleep stats, sync your watch when you wake up and check the Fitbit app, or swipe up from the clock face on your watch to check the sleep tile in Fitbit Today.

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

## Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. Turn on bedtime reminders to be reminded nightly when it's time to start getting ready for bed.

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

## Learn about your sleep habits

Ionic tracks several sleep metrics including when you go to bed, how long you're asleep, your time spent in each sleep stage, and the overall quality of your sleep. Track your sleep with Ionic 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



Ionic 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 32. Certain clock faces show your real-time heart rate on the clock screen.

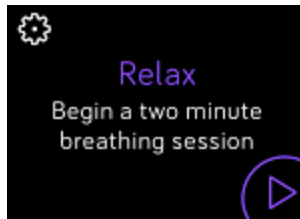
During a workout, Ionic shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "[Check your heart rate](#)" on page 40.

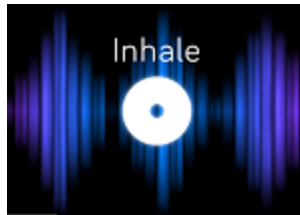
## Practice guided breathing

The Relax app  on Ionic 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 Ionic, open the Relax app .
2. The 2-minute session is the first option. Tap the gear icon  to choose the 5-minute session or turn off the optional vibration. Press the back button on your watch to return to the Relax screen.



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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Track activity with the Exercise app  and complete guided workouts with the Fitbit Coach app  right on your wrist.

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

During a workout, you can play music through the Music app , Pandora app , or Deezer app  on your watch, or control music playing on your phone. To play music stored on your watch, open the app and choose the music you want to listen to. Then go back to the Exercise or Fitbit Coach app and start a workout. To control music playing while you exercise, swipe down from the top of the screen and tap the music controls icon . Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to Ionic to hear music stored on your watch.

For more information, see "[Music and Podcasts](#)" on page 44.

## Track your exercise automatically






Ionic 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 in your exercise history.

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

# Track and analyze exercise with the Exercise app

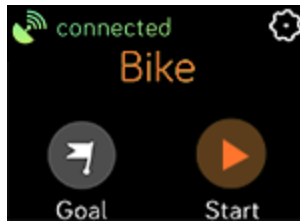
Track specific exercises with the Exercise app on Ionic to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

## Track an exercise

1. On Ionic, open the Exercise app .
2. Swipe to find an exercise, and tap to choose it. To see additional exercise types, tap **More** at the bottom.
3. Tap the play icon  to begin the exercise, or tap the flag icon  to choose a time, distance, or calorie goal depending on the activity.
4. When you're done with your workout or want to pause, tap the pause icon .
5. Tap the play icon to resume your workout, or tap the flag icon  to finish.
6. When prompted, confirm you want to end the workout. Your workout summary appears.
7. Tap **Done** to close the summary screen.

### Notes:



- Ionic shows 3 real-time stats of your choice. Swipe or tap the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your watch vibrates when you're halfway to your goal and when you reach the goal.
- If you chose an exercise with GPS, an icon appears in the top left as your watch connects to a GPS signal. When the screen says "connected" and Ionic vibrates, GPS is connected.





## Customize your exercise settings and shortcuts

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

Show Laps	Receive alerts when you reach certain milestones during your workout
Automatic Lap Settings	When Show Laps is set to <b>Automatic</b> , customize how laps are counted
Customize Stats	Choose what stats you want to see when tracking an exercise
GPS	Track your route using GPS
Auto-Pause	Automatically pause an activity when you stop moving
Run Detect	Track runs automatically without opening the Exercise app
Always-on Screen	Keep the screen on during exercise

1. On Ionic, open the Exercise app .
2. Swipe through the exercises until you find the one you want to customize.
3. Tap the gear icon  and swipe through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the back button to return to the exercise screen, and tap the play icon to start the 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 > Ionic 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**, and press and hold the hamburger icon , then drag it up or down.

## Check your workout summary

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

Sync your watch to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used GPS.

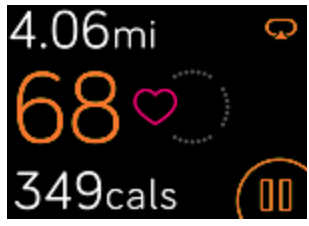
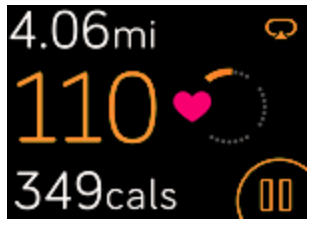
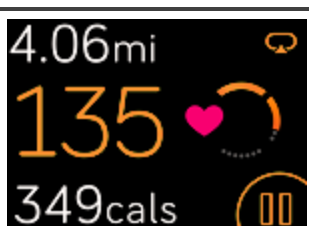
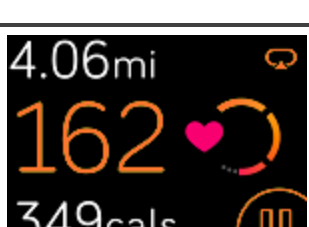
## Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Ionic shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, you can see your time spent in zones during a particular day or exercise. 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.

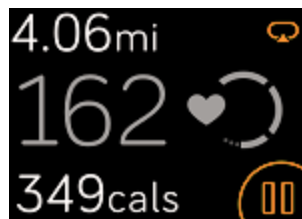
## Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.



Icon	Zone	Calculation	Description
	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
	Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
	Cardio	Between 70% and 84% of your maximum heart rate	This is a medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
	Peak	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

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





## Custom heart-rate zones

Set a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

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

## Work out with Fitbit Coach

The Fitbit Coach app  provides guided bodyweight workouts on your wrist to help you stay fit anywhere.

1. On Ionic, open the Fitbit Coach app .
2. Swipe to find a workout.
3. Tap the workout you want, and tap the play icon to start. To preview the workout, tap the menu icon in the top right.

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

## Share your activity

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

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

## View your cardio fitness score

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

On your watch, swipe up to Fitbit Today and find the heart-rate tile. Swipe left to see your time spent in each heart-rate zone for the day. Swipe left again to see your cardio fitness score and cardio fitness level.

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

# Music and Podcasts


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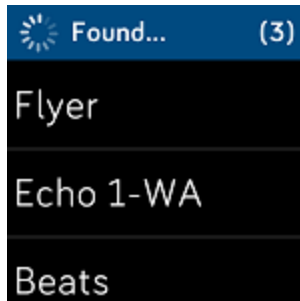
Store your favorite playlists on Ionic, and listen to music and podcasts with Bluetooth headphones or speakers without needing your phone.

## Connect Bluetooth headphones or speakers

Connect up to 8 Bluetooth audio devices to listen to playlists on your watch. When you add a new Bluetooth device, make sure both the device and Ionic are in pairing mode.

To pair a new Bluetooth audio device:

1. Start by activating pairing mode on your Bluetooth headphones or speaker.
2. On Ionic, open the **Settings** app  > **Bluetooth**.
3. Tap **+ Audio Device**. Ionic searches for nearby devices.



4. When Ionic finds nearby Bluetooth audio devices, it shows a list on the screen. Tap the name of the device you want to pair.


When pairing is complete, a check mark appears on the screen.

To listen to music with a different Bluetooth device:

1. On Ionic, open the **Settings** app  > **Bluetooth**.
2. Tap the device you want to use, or pair a new device. Then wait a moment for the device to connect.

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

## Listen to personal music and podcasts

With the Music app  on Ionic, you can store several hours worth of your favorite songs and podcasts to play right from your wrist. To download playlists to your watch, you need a computer that can connect to the same Wi-Fi connection as your watch, and the free Fitbit Connect app. Keep in mind you can only transfer files that you own or that don't require a license. Songs from music subscription services are not supported for download to the Music app. For information on supported subscription services, see "[Use Deezer on Ionic](#)" on page 51 and "[Use Pandora on Ionic \(United States only\)](#)" on page 50.

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

## Add music and podcasts with your Windows 10 PC

Download playlists of your personal music and podcasts from your iTunes Library or Windows Media Player to Ionic. Note that you can also create playlists in the Fitbit desktop app using the drag-and-drop feature to add your tracks.

### Create a playlist

Create at least 1 playlist of songs or podcasts to download to your watch.

If you use iTunes, make sure you approve the app to share your playlists with your watch:

Open iTunes on your computer > **Edit** > **Preferences** > **Advanced** > **Share iTunes Library XML with other applications** > **OK**.



## Install the Fitbit app

If you haven't already done so, install the Fitbit app on your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app." When you find it, click **Free** to download the app.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. When the app is installed, open it and log in to your Fitbit account.



## Connect to Wi-Fi

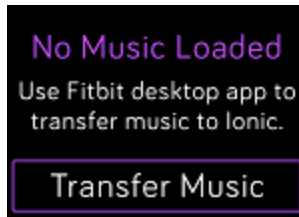
Make sure Ionic and your PC are able to connect to the same Wi-Fi network:


1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Click **Wi-Fi Settings**.
3. Click **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Click the network name > **Connect**.
5. To see which network your computer is connected to, click the Wi-Fi symbol  on your screen. Connect to the same Wi-Fi network as your watch.

Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on Ionic. For more information, see [help.fitbit.com](https://help.fitbit.com).

## Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. On your PC, open the Fitbit app and click the Music icon .
4. Click **Personal Music**.
5. On Ionic, open the Music app  and then tap **Transfer Music**. Note that you may need to swipe up to see the transfer button.



6. Wait a few moments for Ionic to connect. Note it can sometimes take a minute or two to connect.
7. When prompted, follow the on-screen instructions on your computer to choose the playlists you want to download to your watch. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to Ionic and open the Music app  to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

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

## Add music and podcasts with your Mac

Download playlists of your personal music and podcasts from your iTunes Library to Ionic.

### Create a playlist



Within iTunes, create at least 1 playlist of songs or podcasts to download to your watch.

Make sure you approve the iTunes app to share your playlists with your watch:

Open iTunes on your computer > **Edit** > **Preferences** > **Advanced** > **Share iTunes Library XML with other applications** > **OK**.

## Connect to Wi-Fi

Make sure Ionic and your Mac are able to connect to the same Wi-Fi network:

1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Tap **Wi-Fi Settings**
3. Tap **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Tap the network name > **Connect**.
5. To see which network your computer is connected to, click the Wi-Fi symbol  on your screen. Connect to the same Wi-Fi network as your watch.


Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on Ionic. For more information, see [help.fitbit.com](https://help.fitbit.com).

## Install Fitbit Connect

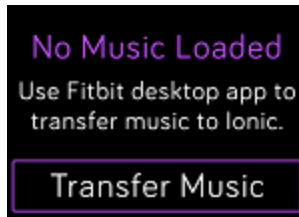
Install a free software application called Fitbit Connect that lets you download music from your iTunes Library to Ionic.


1. On your Mac, go to [fitbit.com/setup](https://fitbit.com/setup).
2. Scroll down and click the option to **Download for Mac**.
3. Double-click **Install Fitbit Connect.pkg**. The Fitbit Connect installer opens.
4. Click **Continue** to move through the installer.

## Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. In the Fitbit Connect window on your computer, click **Manage My Music**.
4. Log in to your Fitbit account.
5. On Ionic, open the Music app  and then tap **Transfer Music**. Note that you may need to swipe up to see the transfer button.







6. Wait a few moments for Ionic to connect via Wi-Fi. Note this can sometimes take a minute or two.
7. When prompted, follow the on-screen instructions to choose the playlists you want to download to Ionic. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to Ionic and open the Music app  to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

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


## Control music with Ionic

Control music and podcasts playing on Ionic or on your phone.


### Choose the music source

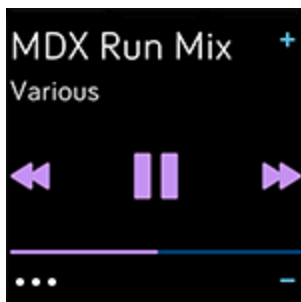
1. Swipe down from the top of your screen, and tap the music controls icon .
2. Tap the 3 dots  icon.
3. Tap the phone or watch icon to switch the source.

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


1. Open the Settings app  on Ionic > **Bluetooth** > **Restore Music Controls**.
2. On your phone, navigate to the Bluetooth settings where paired devices are listed. Your phone will scan for available devices.
3. Tap **Ionic (Classic)**.

## Control music

1. While music is playing, swipe down from the top of your screen and tap the music controls icon .
2. Play, pause, or tap the arrow icons to skip to the next track or previous track (if the audio source permits it). Tap the + and - icons to control the volume.




## Use Pandora on Ionic (United States only)

With the Pandora app  for Ionic, download up to 3 of your most-played Pandora stations or popular curated Workout stations directly to your watch. Note that you need a paid subscription to Pandora and a Wi-Fi connection to download stations. For more information about Pandora subscriptions, see [help.pandora.com](https://help.pandora.com).

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

## Use Deezer on Ionic

With the Deezer app  for Ionic, download your Deezer playlists and Flow directly to your watch. Note that you need a paid subscription to Deezer and a Wi-Fi connection to download music. For more information about Deezer subscriptions, see [support.deezer.com](https://support.deezer.com).

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

# Fitbit Pay

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Ionic includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.


## Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app, and use your watch to make purchases in stores that accept contactless payments.

We're always adding new locations and card issuers to our list of partners. To see if your payment card works with Fitbit Pay, see [fitbit.com/fitbit-pay/banks](https://fitbit.com/fitbit-pay/banks).

## Set up Fitbit Pay

To use Fitbit Pay, add at least 1 credit or debit card from a participating bank to the Wallet section of the Fitbit app. The Wallet is where you add and remove payment cards, set a default card for your watch, edit a payment method, and review recent purchases.

1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might be prompted to set a 4-digit PIN code for your watch. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete setup.


You can add up to 6 payment cards to the Wallet and choose which card to set as the default payment option on your watch.

## Make purchases

Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:

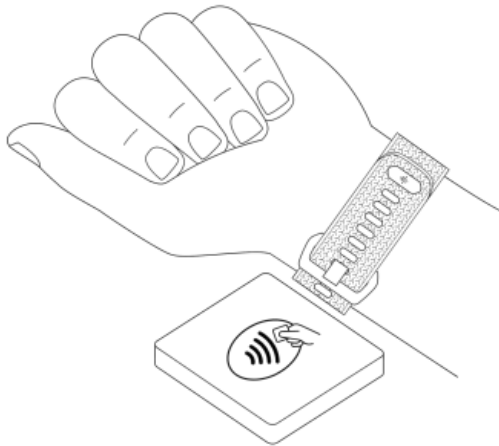


*All customers except those in Australia:*

1. Activate Fitbit Pay.
  - If you chose Fitbit Pay as your button shortcut, hold the back button on your watch for 2 seconds.
  - Swipe down from the top of the screen and tap the Fitbit Pay icon  if you chose a different button shortcut.
2. If prompted, enter your 4-digit watch PIN code. Your default card appears on the screen.



3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use, and hold your wrist near the payment terminal.



*Customers in Australia:*

1. If you have a credit or debit card from an Australian bank, hold your watch near the payment terminal to pay. If your card is from a bank outside of Australia, or if you wish to pay with a card that is not your default card, complete steps 1-3 in the section above.
2. If prompted, enter your 4-digit watch PIN code.
3. If the purchase amount exceeds \$100 AU, follow the instructions on the payment terminal. If prompted for a PIN code, enter the PIN code for your card (not your watch).

When the payment succeeds, your watch vibrates and you see a confirmation on the screen.

If the payment terminal doesn't recognize Fitbit Pay, make sure the watch face is near the reader and that the cashier knows you're using a contactless payment.


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For added security, you must wear Ionic on your wrist to use Fitbit Pay.

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

## Change your default card

1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default on Ionic**.

## Pay for transit

Use Fitbit Pay to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your watch, follow the steps listed in "[Use credit and debit cards](#)" on page 52.


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Pay with the same card on your Fitbit watch when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

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# Weather

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



## 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, sync your watch to see your new location in the Weather app.

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

## Add or remove a city

1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic 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 watch with the Fitbit app to see the updated locations on your watch.



# Update, Restart, and Erase

---

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

## Restart Ionic

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

---

Ionic 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 Ionic.

---

## Erase Ionic

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

On Ionic, open the Settings app  > **About** > **Factory Reset**.

## Update Ionic

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

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Ionic and in the Fitbit app as the update downloads, and then installs. Keep your watch and phone close to each other during the update.

For best results, make sure your watch is charged and can connect to your Wi-Fi network.

---

Note: Updating Ionic may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

---

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

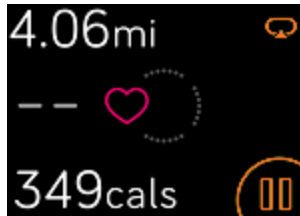
# Troubleshooting

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

## Heart-rate signal missing

Ionic continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch 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 watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. Ionic 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).


## GPS signal missing

Environmental factors including tall buildings, dense forest, steep hills, and even thick cloud cover can interfere with Ionic's ability to connect to GPS satellites. If your watch is searching for a GPS signal during an exercise, you'll see "connecting" appear at the top of the screen.

For best results, wait for Ionic to find the signal before you start your workout.

## Can't connect to Wi-Fi

If Ionic can't connect to Wi-Fi, you might have entered an incorrect password, or the password might have changed:

1. From the Today tab  in the Fitbit app, tap your profile picture > Ionic tile.
2. Tap **Wi-Fi Settings** > **Next**.
3. Tap the network you want to use > **Remove**.
4. Tap **Add Network** and follow the on-screen instructions to reconnect the Wi-Fi network.

To check if your Wi-Fi network is working correctly, connect another device to your network; if it connects successfully, try again to connect your watch.

If Ionic still won't connect to Wi-Fi, make sure that you're attempting to connect your watch to a compatible network. For best results, use your home Wi-Fi network. Ionic can't connect to 5GHz Wi-Fi, WPA enterprise, or public networks that require logins, subscriptions, or profiles. For a list of compatible network types, see "[Connect to Wi-Fi](#)" on page 10.

After you verify the network is compatible, restart your watch and try connecting to Wi-Fi again. If you see other networks appear in the list of available networks, but not your preferred network, move your watch closer to your router.

If you're trying to download personal music or podcasts, make sure Ionic and your computer are connected to the same Wi-Fi network. For a stronger Wi-Fi connection, keep your watch close to your router.

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 Ionic" on page 57 for instructions on how to restart your watch.

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

# General Info and Specifications

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## Sensors

Fitbit Ionic contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- A GPS receiver with GLONASS, which tracks your location during a workout
- An optical heart-rate tracker
- An ambient light sensor
- A vibration motor

## Materials

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

The wristband that comes with Ionic is made of a flexible, durable elastomer material similar to that used in many sports watches. It doesn't contain latex. Accessory wristbands are available in genuine leather.

## Wireless technology

Ionic contains a Bluetooth 4.0 radio receiver, Wi-Fi chip, and NFC chip.

## Haptic feedback

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

## Battery

Ionic contains a rechargeable lithium-polymer battery.

## Memory

Ionic stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your watch with the Fitbit app to access your historical data. Make sure the all-day sync option is turned on.

## Display

Ionic has a color LCD display.

## Wristband size

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

Small wristband	Fits a wrist between 5.5 and 6.7 inches in circumference
Large wristband	Fits a wrist between 6.7 and 8.1 inches 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 (45° to 60° C)
Water Resistance	Water resistant up to 50 meters
Maximum Operating Altitude	30,000 feet (9,144 m)

## Learn more

To learn more about your watch, 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 at [fitbit.com/legal/returns-and-warranty](https://fitbit.com/legal/returns-and-warranty).



# Regulatory & Safety Notices

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Model Name: FB503

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

**Settings > About > Regulatory Info**

## USA: Federal Communications Commission (FCC) statement

FCC ID: XRAFB503

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

**Settings > About > Regulatory Info**

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

IC: 8542A-FB503

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

**Settings > About > Regulatory Info**

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)

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

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB503 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 Funkgerättypen Modell FB503 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 FB503 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 FB503 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 FB503 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)

## 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.

## Frequency Information

Frequency range (MHz): 2400-2483.5

## Customs Union



## Australia and New Zealand

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

- Tap Settings > About > Regulatory Info.



## Belarus



# China

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

Settings > About > Regulatory Info

## China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB503	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)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 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 2017DJ4947

## India

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

**Settings > About > Regulatory Info**

## Israel

התאמה אישור 51-61887

המוצר של המודולארי בחלק טכני שינוי כל לבצע אי.

## Japan

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

**Settings > About > Regulatory Info**



 007-AF0125

## Morocco

AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 16114 ANRT 2018

Date d'agrément: 26/3/2018

## Nigeria

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

## Oman

OMAN-TRA/TA-R/4605/17  
D090258

## Pakistan

Model FB503

TAC No.: 9.6090/2018



Model: FB503

Serial No: Refer to retail box

Year of Manufacture: 2018

# Philippines

Model FB503

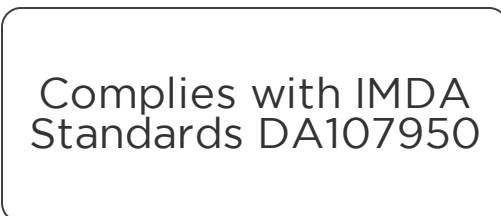


# Serbia



И 005 17

# Singapore

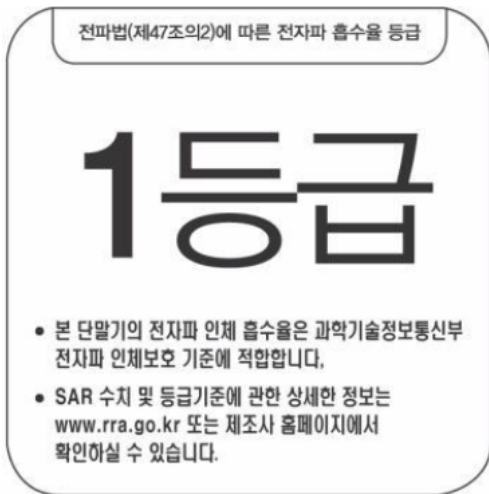




## South Korea

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

Settings > About > Regulatory Info



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.\*



## Taiwan

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

Settings > About > Regulatory Info



CCAJ17LP4710T8

## Model FB503

注意！

依據 低功率電波輻射性電機管理辦法

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

第十四條

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

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

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

Article 14

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

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

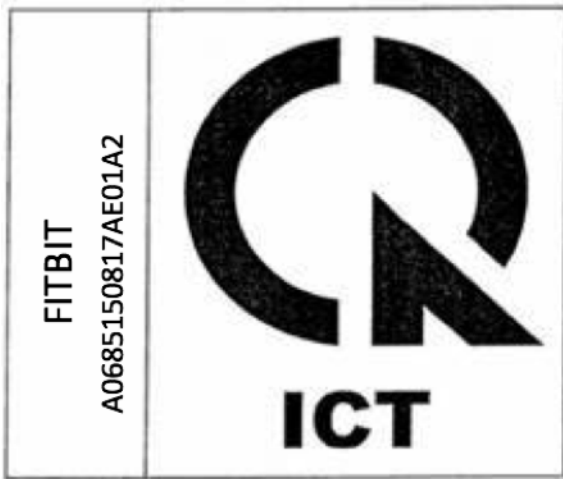
設備名稱：智慧型手錶 ， Equipment name		型號（型式）：FB503 Type designation (Type)				
單元 Unit	限用物質及其化學符號 Restricted substances and its chemical symbols					
	鉛Lead (Pb)	汞Mercury (Hg)	鎘Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr <sup>+6</sup> )	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)
錶帶	○	○	○	○	○	○
電子	—	○	○	○	○	○
錶扣	○	○	○	○	○	○
充電線	○	○	○	○	○	○
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。 Note 1 : “Exceeding 0.1 wt %” and “exceeding 0.01 wt %” indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition.						
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。 Note 2 : “○” indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence.						
備考3. “—” 係指該項限用物質為排除項目。 Note 3 : The “—” indicates that the restricted substance corresponds to the exemption.						

United Arab Emirates

TRA Registered No.: ER56752/17

Dealer No.: 35294/14

Vietnam



Zambia

Model FB503



ZMB/ZICTA/TA/2018/3/39

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