Fitbit Charge 3

Fitbit Charge 3 Fitness Activity Tracker User Manual

Your guide to setting up, operating, and maintaining your Fitbit Charge 3 for an enhanced health and fitness journey.

1. GETTING STARTED: SETUP AND INITIAL USE

This section guides you through the initial setup of your Fitbit Charge 3, from charging to pairing with your mobile device.

1.1 Charging Your Device

Before first use, fully charge your Fitbit Charge 3. A complete charge from 0% to 100% typically takes approximately 2 hours. Use the provided charging cable and connect it to a USB power source.

1.2 Pairing with Your Mobile Device

To access all features and track your data, pair your Charge 3 with the Fitbit app on your smartphone or tablet. The Fitbit app is compatible with Apple iOS 11 and higher, Android OS 7.0 and higher, or Windows 10 v1607 or higher. Follow the on-screen instructions within the app to complete the pairing process.

1.3 Wearing Your Charge 3

For accurate heart rate tracking, wear your Charge 3 snugly on your wrist, about a finger's width above your wrist bone. Ensure the band is not too tight or too loose. The device comes with two band sizes: Small (fits wrists 140mm to 180mm in circumference) and Large (fits wrists 180mm to 220mm in circumference).

Image: The Fitbit Charge 3 Fitness Activity Tracker, showcasing its sleek design and display.

2. OPERATING YOUR FITBIT CHARGE 3: FEATURES AND FUNCTIONS

Your Charge 3 offers a range of features to help you monitor your health and fitness. Navigate the device using its grayscale touchscreen and inductive button.

2.1 24/7 Heart Rate Tracking

The Charge 3 continuously tracks your heart rate, providing insights into calorie burn, resting heart rate, and heart rate zones during workouts. This data helps you optimize your exercise intensity.

2.2 Exercise Modes

Choose from over 15 exercise modes, including running, biking, swimming, yoga, and circuit training. Set goals for your workouts and receive real-time statistics directly on your wrist to monitor your progress.

Image: The Fitbit Charge 3 display showing various daily activity statistics, such as steps taken and heart rate.

2.3 Sleep Tracking

Automatically record time spent in light, deep, and REM sleep stages. Review your sleep patterns and receive personalized guidance through the Fitbit app's 'Fitbit Today' dashboard.

2.4 Smart Notifications

Receive call, text, and smartphone app notifications directly on your wrist. For Android users, quick replies are also available. The device also provides weather updates and other everyday app notifications.

2.5 Water Resistance and GPS

The Charge 3 is swim-proof and water-resistant up to 50 meters, allowing you to track swims and wear it in the shower. It can also connect to your smartphone's GPS to track real-time pace and distance during outdoor runs and rides.

Image: Two individuals walking outdoors, demonstrating the Fitbit Charge 3's use during activity.

3. CARE AND MAINTENANCE

Proper care ensures the longevity and optimal performance of your Fitbit Charge 3.

3.1 Cleaning Your Device

Regularly clean your Charge 3 band and tracker. Use a soft, damp cloth to wipe down the device. Avoid harsh chemicals or abrasive cleaners. Ensure the device is dry before wearing it again.

3.2 Water Exposure Guidelines

While the Charge 3 is water-resistant up to 50 meters, it is not recommended for use in hot tubs or saunas. Exposure to hot water and steam may damage the device over time.

4. TROUBLESHOOTING

If you encounter issues with your Fitbit Charge 3, refer to the following common troubleshooting steps.

4.1 Device Not Responding

If your Charge 3 is unresponsive, try restarting it. Connect the device to its charging cable, then press and hold the inductive button on the side for 8 seconds until you see the Fitbit logo.

4.2 Syncing Issues

Ensure your mobile device's Bluetooth is enabled and the Fitbit app is open. If syncing fails, try restarting both your Charge 3 and your mobile device. Verify that your mobile device meets the compatibility requirements (iOS 11+, Android 7.0+, Windows 10 v1607+).

4.3 Inaccurate Heart Rate Readings

Ensure your Charge 3 is worn correctly, snugly but not too tight, about a finger's width above your wrist bone. Clean the heart rate sensor on the back of the device. If the issue persists, try adjusting the position on your wrist.

5. SPECIFICATIONS

Feature	Detail
Model	Fitbit Charge 3
Battery Life	Up to 7 days (varies with use)
Charge Time	2 hours (0-100%)
Operating Temperature	10°C to 45°C (50°F to 113°F)
Water Resistance	Swim proof, up to 50 meters
Materials	Aerospace-grade aluminum, Corning Gorilla Glass 3
Connectivity	Bluetooth 4.0
Compatibility	Apple iOS 11+, Android OS 7.0+, Windows 10 v1607+
Band Sizes	Small: 140-180mm circumference Large: 180-220mm circumference

Image: A visual guide illustrating the different band sizes (Small and Large) and the dimensions of the Fitbit Charge 3 device.
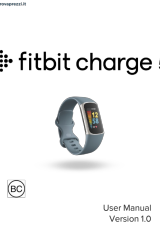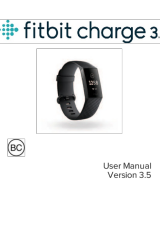
6. WARRANTY AND SUPPORT

For detailed warranty information regarding your Fitbit Charge 3, please refer to the official product warranty document, typically provided as a PDF with your purchase or available on the manufacturer's website. For further assistance or technical support, please contact Fitbit customer service.

Related Documents - Charge 3

	[Fitbit Charge Wireless Activity Wristband Product Manual](#) Comprehensive product manual for the Fitbit Charge wireless activity wristband, covering setup, features, tracking, specifications, and safety information. Learn how to set up, use, and maintain your Fitbit Charge.
	[Fitbit Charge 5 User Manual - Setup, Features, and Guide](#) Explore the Fitbit Charge 5 user manual for detailed guidance on setting up your advanced health and fitness tracker, tracking activity and sleep, managing stress, using contactless payments, and understanding its specifications and regulatory information.

fitbit charge 6 BC User Manual Version 1.0	**[Fitbit Charge 6 User Manual - Setup, Features, and Troubleshooting](#)** This comprehensive user manual provides detailed instructions for the Fitbit Charge 6 fitness tracker. Learn how to set up your device, navigate its features, track activities and health metrics, use contactless payments, manage notifications, and troubleshoot common issues. Includes specifications and care guidelines.
fitbit charge 2 BC User Manual Version 1.3	**[Fitbit Charge 2 User Manual: Setup, Features, and Troubleshooting](#)** This comprehensive user manual guides you through setting up, using, and maintaining your Fitbit Charge 2 fitness tracker. Discover features like activity tracking, heart rate monitoring, sleep analysis, smart notifications, and more.
fitbit charge 5 BC User Manual Version 1.0	**[Fitbit Charge 5 User Manual: Get Started and Features](#)** Comprehensive user manual for the Fitbit Charge 5, covering setup, usage, features, troubleshooting, and specifications. Learn how to track activity, manage notifications, use Fitbit Pay, and more.
fitbit charge 3 BC User Manual Version 3.5	**[Fitbit Charge 3 User Manual: Setup, Features, and Troubleshooting](#)** Comprehensive user manual for the Fitbit Charge 3 fitness tracker, covering setup, wearing, basic functions, notifications, activity tracking, Fitbit Pay, weather, troubleshooting, and specifications. Learn how to maximize your Fitbit experience.