

Fitbit Charge 3

Fitbit Charge 3 Fitness Activity Tracker User Manual

Model: Charge 3 Special Edition (Graphite/White Silicone)

[Setup](#) [Operation](#) [Maintenance](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

INTRODUCTION

Welcome to your Fitbit Charge 3 Special Edition. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your fitness tracker. The Fitbit Charge 3 is designed to help you track your daily activity, monitor your heart rate, analyze sleep patterns, and stay connected with smart notifications.



Image: The Fitbit Charge 3 Special Edition with a white perforated silicone band, showing a heart rate of 132 bpm and 3.12 miles tracked.

1. SETUP

1.1 Unboxing and Initial Charge

Upon unboxing your Fitbit Charge 3, it is recommended to fully charge the device before initial use. Connect the charging cable to a USB power source and attach the tracker to the charging clip. The device will display a battery icon indicating charging status.



Image: The back of the Fitbit Charge 3, highlighting the charging contacts and heart rate sensor.

1.2 App Download and Pairing

1. Download the Fitbit app from the Apple App Store or Google Play Store on your smartphone or tablet.
2. Open the Fitbit app and create an account or log in to an existing one.
3. Follow the on-screen instructions in the app to pair your Charge 3. Ensure your device's Bluetooth is enabled.
4. The app will guide you through a firmware update, which may take approximately 15 minutes.

1.3 Wearing Your Device

For accurate heart rate tracking, wear the Charge 3 on your wrist, one finger's width above your wrist bone. The band should be snug but comfortable, allowing the device to slide slightly. For exercise, tighten the

band slightly for improved heart rate accuracy, then loosen it afterward.

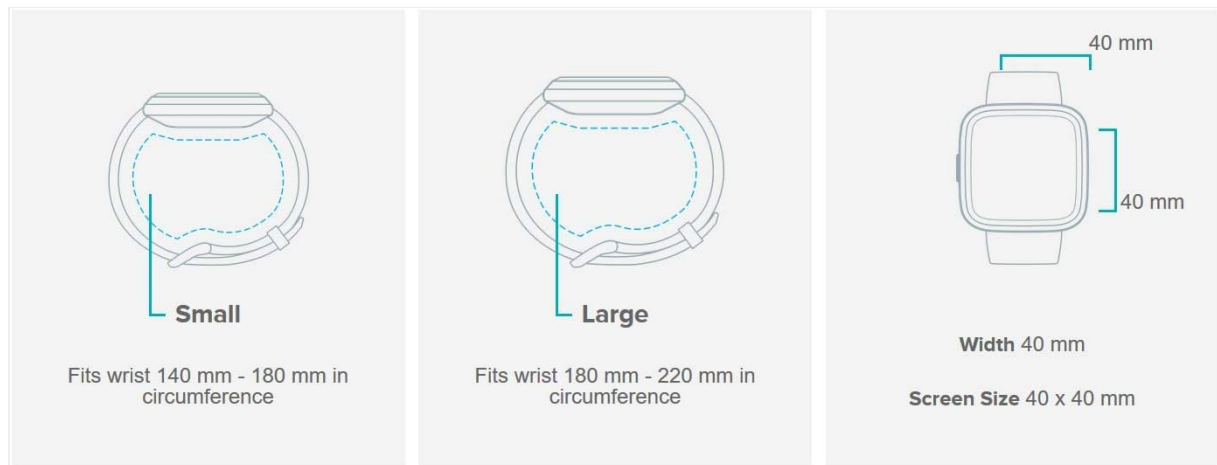


Image: A diagram illustrating the wrist circumference for small (140-180 mm) and large (180-220 mm) bands, and the screen size (40x40 mm).

2. OPERATION

2.1 Navigating the Display

The Charge 3 features a touchscreen display. Swipe up or down to view different stats and notifications. Press the inductive button on the left side to return to the clock face or access quick settings.





Image: A detailed view of the Fitbit Charge 3 screen, displaying current heart rate (132 bpm) and distance covered (3.12 miles).

2.2 Activity Tracking

Your Charge 3 automatically tracks steps taken, distance traveled, calories burned, and active minutes throughout the day. View your progress directly on the device or in the Fitbit app.

2.3 Heart Rate Monitoring

The device provides continuous 24/7 heart rate tracking, allowing you to better measure calorie burn and understand your resting heart rate. This data is accessible on the device and in the Fitbit app for detailed analysis.

2.4 Sleep Tracking

Wear your Charge 3 to bed to automatically record time spent in light, deep, and REM sleep stages. The Fitbit app provides insights into your sleep quality and patterns.

2.5 Exercise Modes

Choose from over 15 exercise modes, including run, bike, swim, yoga, and circuit training. Select a mode on your device, set a goal, and get real-time statistics during your workouts. The Charge 3 is swim-proof and water-resistant up to 50 meters, making it suitable for tracking swimming activities.



Image: A person swimming laps, wearing the Fitbit Charge 3 on their wrist, demonstrating its water resistance.

2.6 Smart Features

- **Smartphone GPS:** Connect to your smartphone's GPS for real-time pace and distance tracking during outdoor runs and rides.
- **Notifications:** Receive call, text, and smartphone app notifications directly on your wrist.
- **Everyday Apps:** Access everyday apps like weather and more.
- **Fitbit Pay:** The Special Edition includes Fitbit Pay for contactless payments. Set up your cards in the Fitbit app.



Image: The Fitbit Charge 3 Special Edition, highlighting the Fitbit Pay feature and showing an included extra black classic band.

3. MAINTENANCE

3.1 Cleaning Your Device

Regularly clean your Charge 3 band and tracker. For silicone bands, use a soap-free cleanser. For the tracker, gently wipe with a damp cloth. Ensure the device is dry before wearing it again.

3.2 Charging

Charge your device when the low battery indicator appears. A full charge typically provides up to 7 days of battery life, depending on usage and other factors.

3.3 Band Replacement

The Charge 3 allows for easy band replacement. To remove a band, slide the quick-release lever on the back of the band. To attach a new band, slide it into place until it clicks securely.







Image: A close-up view of the textured black classic band for the Fitbit Charge 3.

4. TROUBLESHOOTING

4.1 Syncing Issues

- Ensure your smartphone's Bluetooth is enabled and the Charge 3 is within range.
- Check that the Fitbit app is running in the background.
- Restart your Charge 3 by connecting it to the charger and holding the button for 8 seconds.
- Restart your smartphone.

4.2 Inaccurate Heart Rate Readings

- Ensure the device is worn snugly on your wrist, one finger's width above the wrist bone.
- Clean the back of the tracker and your wrist to ensure good contact with the skin.
- Avoid wearing the device too tightly, which can restrict blood flow.

4.3 Battery Not Charging

- Verify the charging cable is securely connected to both the Charge 3 and the USB power source.
- Try a different USB port or power adapter.
- Clean the charging contacts on the back of the tracker and the charging cable with a soft cloth.

5. SPECIFICATIONS

Feature	Detail
Model	Fitbit Charge 3 Special Edition
Material	Silicone (band)
Water Resistance	Swim-proof, up to 50 meters
Battery Life	Up to 7 days (varies with use)
Operating Temperature	10°C to 45°C (50°F to 113°F)
Maximum Operating Altitude	8,535 meters (28,000 feet)
Connectivity	Bluetooth

6. WARRANTY & SUPPORT

Your Fitbit Charge 3 is covered by a manufacturer's warranty. For detailed warranty information, please refer to the official Fitbit website or contact Fitbit customer support. For further assistance, product registration, or to access additional resources, visit the official Fitbit support page:

[Fitbit Support Website](#)

fitbit charge. Wireless Activity Wristband  BC Product Manual Version 1.2	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  BC User Manual Version 1.8	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.
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 fitbit charge 3 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.
 fitbit charge 2 BC	Fitbit Charge 2 Gebruiksaanwijzing Leer hoe u uw Fitbit Charge 2 instelt, navigeert en gebruikt met deze uitgebreide gebruikershandleiding. Ontdek functies zoals hartslagmeting, activity tracking, slaapmonitoring en meldingen.

Documents - Fitbit – Charge 3

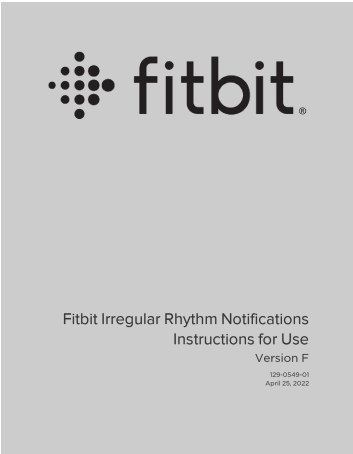


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Fitbit Charge 3 User Manual When you re done with setup read through the guide to learn more B1HPJU4GdWS m media amazon images I Continue follow on screen instructions connect your The home is clock list of Bluetooth devices connected phone

User Manual Version 3.0 Table of Contents Get Started What s in the box Set up Fitbit **Charge 3** Charge **Charge 3** Set up with your phone or tablet Set up with your Windows 10 PC See your data in the Fitbit app Wear **Charge 3** Placement for all-day wear vs exercise Change the wristband Remove a wristban...

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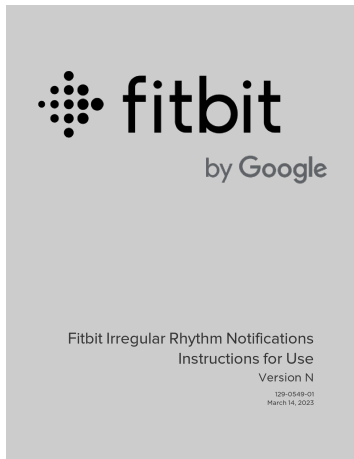
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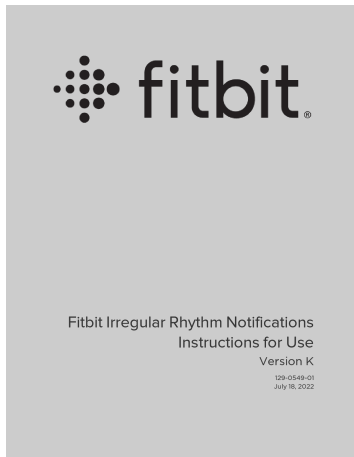


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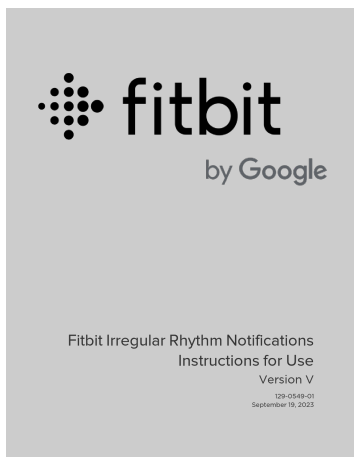


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Brukerveiledning for Fitbit-varsler om
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Bedienungsanleitung Fitbit-Benachrichtigungen über einen unregelmäßigen Herzrhythmus
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Pokyny k použití funkce Upozornění na
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Fitbits användarinstruktioner för
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Pokyny k použití funkce Upozornění
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Pokyny k použití funkce Upozornění
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Pokyny k použití funkce Upozornění
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Powiadomienia Fitbit o nieregularnej
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lang:pl **score:41** filesize: 221.58 K page_count: 22 document date: 2023-09-11



Powiadomienia Fitbit o nieregularnej
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lang:pl **score:41** filesize: 285.4 K page_count: 23 document date: 2023-08-14



Powiadomienia Fitbit o nieregularnej akcji serca Instrukcje korzystania

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lang:pl **score:41** filesize: 441.05 K page_count: 24 document date: 2023-07-14



Fitbits användarinstruktioner för meddelanden om oregelbunden rytm

Version W
129-0549-01
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lang:da **score:41** filesize: 267.48 K page_count: 20 document date: 2023-09-29



Powiadomienia Fitbit o nieregularnej akcji serca Instrukcje korzystania

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lang:pl **score:41** filesize: 356.85 K page_count: 20 document date: 2023-09-29



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lang:de **score:41** filesize: 230.9 K page_count: 23 document date: 2023-09-11



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lang:de **score:41** filesize: 460.1 K page_count: 24 document date: 2023-07-14



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Benachrichtigungen über einen
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lang:de **score:41** filesize: 293.36 K page_count: 23 document date: 2023-08-14



Bedienungsanleitung Fitbit-
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Version W 129-0549- ... Benachrichtigungen über einen unregelmäßigen Herzrhythmus

sind auf folgenden Geräten verfügbar: Fitbit **Charge 3** mit Firmware-Version 1.88.11

oder hier Fitbit Charge 4 mit Firmware-Version 44.1.100.43 od...

lang:de **score:41** filesize: 279.31 K page_count: 22 document date: 2023-09-29



Instrucțiuni de utilizare pentru notificări
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disponibile pe: Fitbit **Charge 3** care rulează versiunea firmware 1.88.11 sau o versiune

superioară Fitbit Charge 4 care rulează...

lang:it **score:41** filesize: 363.04 K page_count: 20 document date: 2023-09-11



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lang:it **score:41** filesize: 997.04 K page_count: 22 document date: 2023-07-14



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Instrucțiuni de utilizare pentru notificări Fitbit privind ritmul cardiac neregulat Versiunea R 129-05 ... ve compatibile i cerine de sistem Notificările privind ritmul neregulat sunt disponibile pe: Fitbit **Charge 3** care rulează versiunea firmware 1.88.11 sau o versiune superioară Fitbit Charge 4 care rulează...
lang:it **score:41** filesize: 425.3 K page_count: 21 document date: 2023-08-14



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lang:af **score:39** filesize: 1.76 M page_count: 61 document date: 2020-10-13



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Fitbit K 129-0549-01 2022 7 18 ib ms bpm 10 bpm Fitbit AFib Fitbit Fitbit Fitbit X Fitbit **Charge 3** 20001.49.45 Fitbit Charge 4 20001.78.33 Fitbit Charge 5 20001.141.4 Fitbit I...
lang:sq **score:39** filesize: 806.45 K page_count: 20 document date: 2022-08-01

fitbit charge 3



Руководство пользователя
Версия 3.1

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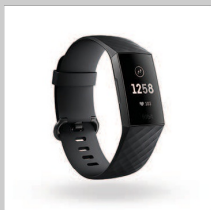
TitlePage MadCap Software Руководство пользователя Версия 3 1 Fitbit Help radiate radio frequency energy and if not installed used in accordance with the instructions may cause harmful interference to communications manual charge ru help fitbit manuals

3.1

6 **Charge 3**

lang:af **score:38** filesize: 1.17 M page_count: 61 document date: 2019-03-12

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lang:en **score:37** filesize: 2.42 M page_count: 68 document date: 2020-08-17

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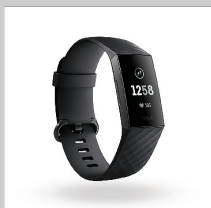
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Fitbit Charge 3 User Manual MadCap Software Notice to the The FCC ID can also be viewed on your device Instructions view content from menu CMIIT 2018DJ3954 B1LE0hOhskS images na ssl amazon I Manual del usuario Versin 3.0 ndice Gua de inicio.....

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lang:es **score:37** filesize: 2.07 M page_count: 60 document date: 2019-07-31

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lang:en **score:36** filesize: 3.42 M page_count: 68 document date: 2019-05-24



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lang:fr **score:36** filesize: 1.47 M page_count: 62 document date: 2019-08-08



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lang:nl **score:35** filesize: 1.53 M page_count: 60 document date: 2021-06-10



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lang:af **score:34** filesize: 1.59 M page_count: 57 document date: 2019-08-08



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lang:de score:34 filesize: 1.6 M page_count: 60 document date: 2021-02-22



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lang:de score:34 filesize: 1.99 M page_count: 59 document date: 2019-01-05