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› [Fitbit Inspire 2 Health & Fitness Tracker with a Free 1-Year Premium Trial, 24/7 Heart Rate, Lunar White, One Size \(S & L Bands Included\) Lunar White 1 Count \(Pack of 1\)](#)

## Fitbit FB418

# Fitbit Inspire 2 Health & Fitness Tracker User Manual

Model: FB418

## INTRODUCTION

The Fitbit Inspire 2 is a slim, easy-to-use health and fitness tracker designed to help you build healthy habits. It offers comprehensive tracking features including 24/7 heart rate monitoring, Active Zone Minutes, and detailed activity and sleep tracking. This manual provides essential information for setting up, operating, and maintaining your Inspire 2 device.

The Inspire 2 requires the use of the Fitbit app, compatible with iPhone or Android devices. A Google account may be required for full functionality.

## WHAT'S INCLUDED

Your Fitbit Inspire 2 package includes the following components:

- Fitbit Inspire 2 Tracker (Lunar White)
- Classic Silicone Bands (Small and Large sizes included)
- Charging Cable
- Product Information and Quick-Start Guide



24/7  
heart rate



Free 1-year  
Premium trial



Active  
Zone Minutes



All-day  
activity tracking



Tools for  
better ZZZs



10 days  
of battery

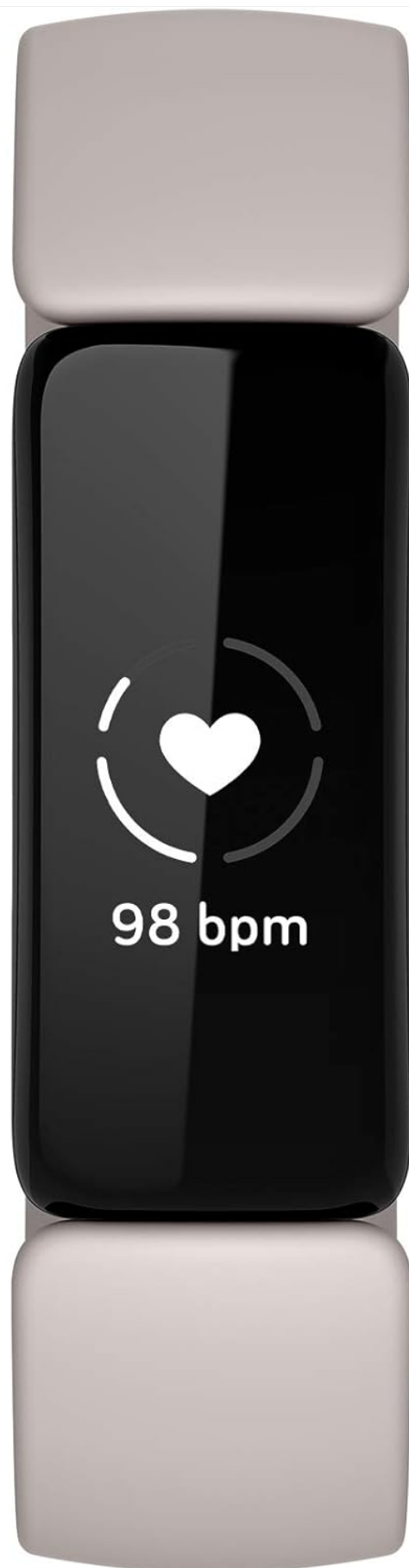


Image: The Fitbit Inspire 2 package contents, showing the tracker, two sizes of silicone bands, the charging cable, and documentation.

## SETUP

### 1. Charging Your Device

Before initial use, fully charge your Fitbit Inspire 2. Connect the charging cable to a USB port (e.g., computer, USB wall adapter). Align the pins on the charging cable with the ports on the back of your tracker until it snaps into place. A full charge typically takes about 1-2 hours. The device has a battery life of up to 10 days, though this may vary with usage.



Image: The back of the Fitbit Inspire 2 tracker, highlighting the charging pins.

## 2. Downloading the Fitbit App

The Fitbit app is essential for setting up and syncing your Inspire 2. Download the app from the Apple App Store (for iOS devices) or Google Play Store (for Android devices). Ensure your smartphone or tablet is compatible with the latest version of the Fitbit app. Please note that the Fitbit app for Windows computers has been discontinued.

## 3. Pairing and Setup

1. Open the Fitbit app on your smartphone or tablet.
2. If you don't have a Fitbit account, create one. If you do, log in.
3. Follow the on-screen instructions in the app to pair your Inspire 2. Ensure Bluetooth is enabled on your device.
4. During setup, you will be prompted to activate your 1-year Fitbit Premium trial (for new Premium users). Activate this trial within 60 days of device activation to avoid recurring fees after the trial period.

## 4. Attaching the Bands

Your Inspire 2 comes with both small and large classic silicone bands. Choose the band size that provides a comfortable and secure fit. To attach a band, slide the pin into the small hole on the tracker, then push the other end of the band down until it clicks into place. To remove, pull the pin away from the tracker and gently pull the band away.



Image: The Fitbit Inspire 2 tracker shown with both the small and large silicone bands.

## OPERATING YOUR DEVICE

The Fitbit Inspire 2 features a responsive touchscreen display. Navigate by swiping up, down, left, or right, and tap to select options.

### Key Features and Tracking

- **24/7 Heart Rate Tracking:** Continuously monitors your heart rate to provide insights into your fitness levels and calorie burn.
- **Active Zone Minutes:** Earn credit for time spent in fat burn, cardio, and peak heart rate zones. Your goal is 150 minutes per week.
- **All-Day Activity Tracking:** Records your steps, distance traveled, hourly activity, and calories burned throughout the day.
- **Sleep Tracking:** Automatically tracks your time in light, deep, and REM sleep stages. Receive a Sleep Score in the Fitbit app to understand your sleep quality.
- **20+ Exercise Modes:** Select specific exercise modes on your tracker to track real-time stats during workouts.
- **Water Intake Tracking:** Log your water consumption directly on the device or through the Fitbit app to stay hydrated.
- **Notifications:** Receive call, text, calendar, and smartphone app notifications directly on your wrist when your phone is

nearby.

- **Daily Readiness Score:** (Requires Fitbit Premium membership) This feature helps you understand if your body is ready for exercise or needs recovery, based on activity, sleep, and heart rate variability.



24/7  
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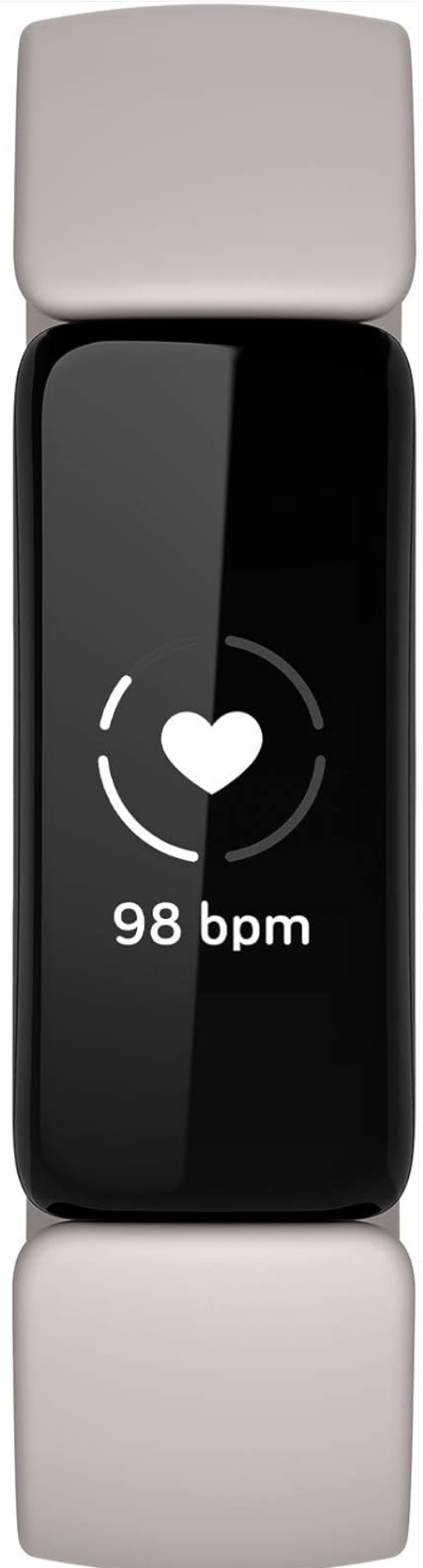


Image: Visual representation of the Fitbit Inspire 2's core features.

# Better track your day with 24/7 heart rate tracking.

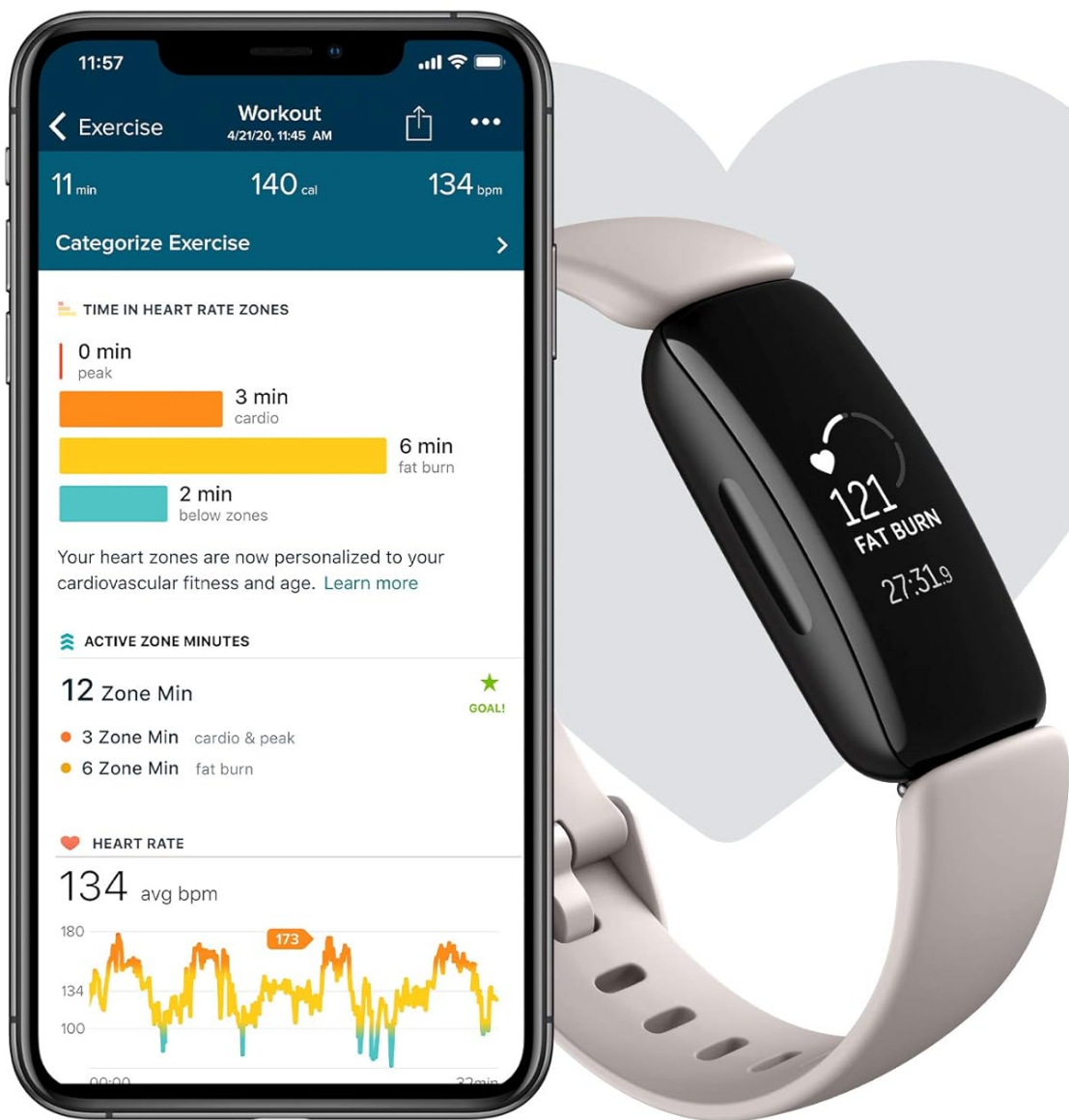


Image: The Inspire 2 tracking heart rate, with corresponding data displayed in the Fitbit app on a smartphone.

# Tools for better ZZZ's.



Image: The Inspire 2 displaying sleep tracking information.

## MAINTENANCE

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### Cleaning Your Inspire 2

Regularly clean your tracker and band to prevent skin irritation and maintain device functionality. Use a mild, soap-free cleanser and water. Dry thoroughly before wearing. Avoid harsh chemicals or abrasive materials.

### Water Resistance

The Fitbit Inspire 2 is swimproof and water-resistant up to 50 meters. This means you can wear it in the shower, pool, or ocean. After swimming or getting the band wet, it is recommended to dry the band thoroughly to prevent skin irritation.

### Battery Care

To maximize battery life, avoid exposing your device to extreme temperatures. Charge your device regularly, ideally before the battery is completely depleted. The Inspire 2 boasts up to 10 days of battery life, depending on usage and other factors.

## TROUBLESHOOTING

- **Device Not Responding:** If your Inspire 2 is unresponsive, try restarting it by connecting it to the charging cable and pressing the button on the charger three times within eight seconds.
- **Syncing Issues:** Ensure Bluetooth is enabled on your smartphone/tablet and the Fitbit app is open and running in the background. If issues persist, try restarting both your device and the Inspire 2. For syncing with a computer, note that the Fitbit app for Windows has been discontinued; older setups might require a separate Fitbit Wireless Sync Dongle and active Bluetooth on the computer.
- **Inaccurate Tracking:** Ensure your Inspire 2 is worn correctly, typically three fingers above your wrist bone, for optimal heart rate and activity tracking. Clean the sensors regularly.
- **App Compatibility:** Verify that your smartphone or tablet meets the minimum operating system requirements for the Fitbit app. Older devices may not be compatible.

## SPECIFICATIONS

Feature	Detail
Model Number	FB418
Product Dimensions	1.47 x 0.66 x 0.51 inches
Item Weight	1.1 ounces
Battery Life	Up to 10 days
Battery Type	1 Lithium Polymer battery (included)
Connectivity	Bluetooth
Water Resistance	Swimproof (up to 50 meters)
Operating System Compatibility	Android, iOS (via Fitbit app)
Special Features	Time Display, Calendaring, Notifications, Heart Rate Monitor, Calorie Tracker, Sleep Monitor, Pedometer, Text Messaging, Activity Tracker, Distance Tracker, GPS Via Smartphone

## WARRANTY AND SUPPORT

For detailed warranty information, please refer to the official Fitbit website or the documentation included with your product. Fitbit offers customer support for any technical issues or questions you may have.

A comprehensive user manual in PDF format is available for download: [Fitbit Inspire 2 User Manual \(PDF\)](#).

Remember to activate your 1-year Fitbit Premium trial to unlock advanced features and personalized insights.

# Free 1-year Premium trial\*

Your exercise, sleep, stress and nutrition are connected. Premium brings it all together with insights that reveal more about your body and powerful tools to help you make even healthier choices.

\*New and returning Premium members only. Must activate trial within 60-days of device activation. Requires valid payment method. Cancel before end of trial to avoid recurring fees. Content and features may change. Terms & Conditions apply.

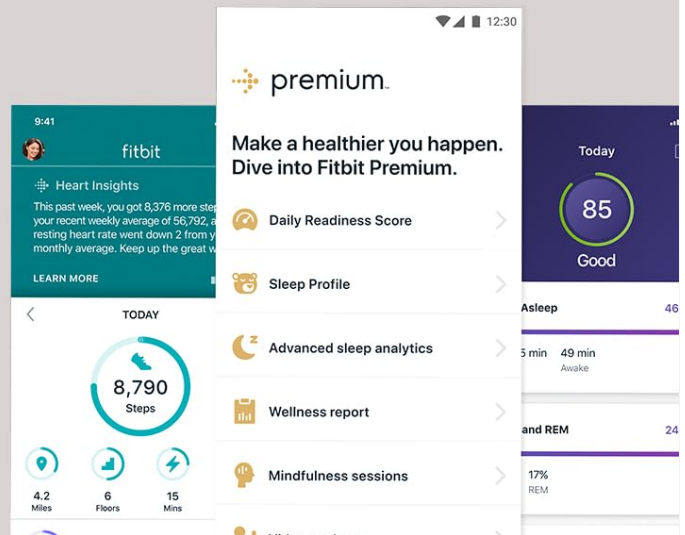







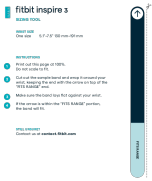



Image: Benefits of the 1-year Fitbit Premium trial, including personalized health and fitness guidance.

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## Related Documents - FB418

 <p>fitbit inspire HR</p> <p>User Manual Version 2.1</p>	<p><a href="#">Fitbit Inspire HR User Manual: Setup, Features, and Troubleshooting</a></p> <p>Comprehensive user manual for the Fitbit Inspire HR fitness tracker. Learn how to set up, wear, use features like heart rate monitoring, activity tracking, notifications, and find troubleshooting tips.</p>
 <p><b>FAQ's</b></p> <p>How do I put on my Fitbit device?</p>	<p><a href="#">Fitbit Device Wear and Care FAQ: How to Wear, Clean, and Adjust Settings</a></p> <p>Frequently asked questions about wearing and caring for your Fitbit device. Learn how to properly put on wrist-based and clip-based trackers, tips for correct wear, band care, and adjusting wrist settings for optimal performance.</p>
 <p>fitbit charge 5</p> <p>User Manual Version 1.0</p>	<p><a href="#">Fitbit Charge 5 User Manual: Get Started and Features</a></p> <p>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.</p>

<div><div></div><div><div>fitbit charge 5</div><div> User Manual Version 1.0</div></div></div>	<p><a href="#">Fitbit Charge 5 User Manual - Setup, Features, and Troubleshooting</a></p> <p>Explore the Fitbit Charge 5 User Manual for detailed guidance on setup, features, and troubleshooting. Learn about health tracking, GPS, stress management, sleep monitoring, and Fitbit Pay for this advanced fitness tracker.</p>
<div><div></div><div><div>fitbit inspire 3</div><div> User Manual Version 1.0</div></div></div>	<p><a href="#">Fitbit Inspire 3 User Manual - Get Started and Features</a></p> <p>Comprehensive user manual for the Fitbit Inspire 3, covering setup, usage, features like activity tracking, sleep monitoring, stress management, and advanced health metrics. Learn how to wear, charge, and navigate your Inspire 3.</p>
<div><div></div><div><div>fitbit inspire 3</div><div></div></div></div>	<p><a href="#">Fitbit Inspire 3 Sizing Guide   Find Your Perfect Band Fit</a></p> <p>Learn how to correctly size your Fitbit Inspire 3 band with this easy-to-follow sizing tool and instructions. Ensure a comfortable and accurate fit for your device.</p>