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Fitbit 611597

Fitbit Inspire 3 Health and Fitness Tracker User Manual

Model: 611597 | Brand: Fitbit

Introduction | What's in the Box | Setup | Operating the Device | Charging & Battery
Maintenance | Troubleshooting | Specifications | Warranty & Support

1. Introduction

The Fitbit Inspire 3 is a health and fitness tracker designed to help you monitor various aspects of your well-being. This device provides insights into your activity levels, sleep patterns, stress responses, and heart health, empowering you to make informed decisions about your lifestyle.

Key features include:

- **Activity Tracking:** Monitor steps, distance, calories burned, and active zone minutes.
- **Heart Rate Monitoring:** Continuous 24/7 heart rate tracking, resting heart rate, and high/low heart rate notifications.
- **Sleep Tracking:** Automatic sleep tracking, personalized Sleep Profile, and daily detailed Sleep Score.
- **Stress Management:** Daily Stress Management Score and mindfulness sessions.
- **Health Metrics:** Track skin temperature and blood oxygen (SpO2) levels.
- **Smart Notifications:** Receive calls, texts, and smartphone app notifications directly on your wrist.

Image: The Fitbit Inspire 3 in Lilac Bliss, displaying time and heart rate, worn by a user.

2. What's in the Box

Upon opening your Fitbit Inspire 3 package, you should find the following items:

- Fitbit Inspire 3 Tracker
- Small and Large Bands (included)
- Charging Cable

Image: The Fitbit Inspire 3 tracker with its lilac band.

3. Setup

3.1. Initial Charging

Before first use, fully charge your Fitbit Inspire 3. Connect the charging cable to a USB port on your computer or a UL-certified USB wall charger. Align the pins on the charging cable with the gold contacts on the back of your tracker until it snaps into place. A full charge typically takes 1-2 hours.

3.2. App Installation and Device Pairing

1. **Download the Fitbit App:** Install the Fitbit app on your compatible smartphone or tablet. The app is available for Apple iOS 15 or higher and Android OS 9 or higher.
2. **Create/Log In to Account:** Open the Fitbit app and follow the on-screen instructions to create a new Fitbit account or log in to an existing one. A Google account will be required for full functionality.
3. **Pair Your Device:** In the Fitbit app, tap your profile picture >**Set Up a Device**. Select Inspire 3 and follow the on-screen instructions to pair your tracker with your mobile device.

3.3. Attaching the Bands

The Fitbit Inspire 3 comes with both small and large bands. Choose the band size that provides a comfortable and secure fit on your wrist. To attach a band, slide the pin into the tracker's notch and push the band inward until the pin clicks into place. Repeat for the other side.

Image: Side view of the Fitbit Inspire 3, highlighting the band attachment points.

4. Operating the Device

4.1. Navigating the Touchscreen

The Inspire 3 features a color touchscreen display. Navigate through menus and features using simple tap and swipe gestures:

- **Tap:** Select an item or wake the screen.
- **Swipe Up/Down:** Scroll through stats, apps, and notifications.
- **Swipe Left/Right:** Access quick settings or different screens.
- **Press Side Buttons:** Return to the clock face or access quick settings.

Image: A user interacting with the Fitbit Inspire 3 touchscreen, showing activity metrics.

4.2. Activity Tracking

Your Inspire 3 automatically tracks your daily activity and provides detailed insights:

- **Steps, Distance, Calories:** View your daily totals directly on the device or in the Fitbit app.
- **Active Zone Minutes:** Earn credit for time spent in fat burn, cardio, or peak heart rate zones.
- **24/7 Heart Rate:** Monitor your heart rate continuously to understand trends and optimize workouts.
- **Exercise Modes:** Choose from over 20 exercise modes (e.g., run, bike, swim) to track specific workouts with real-time stats.
- **Automatic Exercise Recognition:** SmartTrack automatically recognizes and records select exercises.

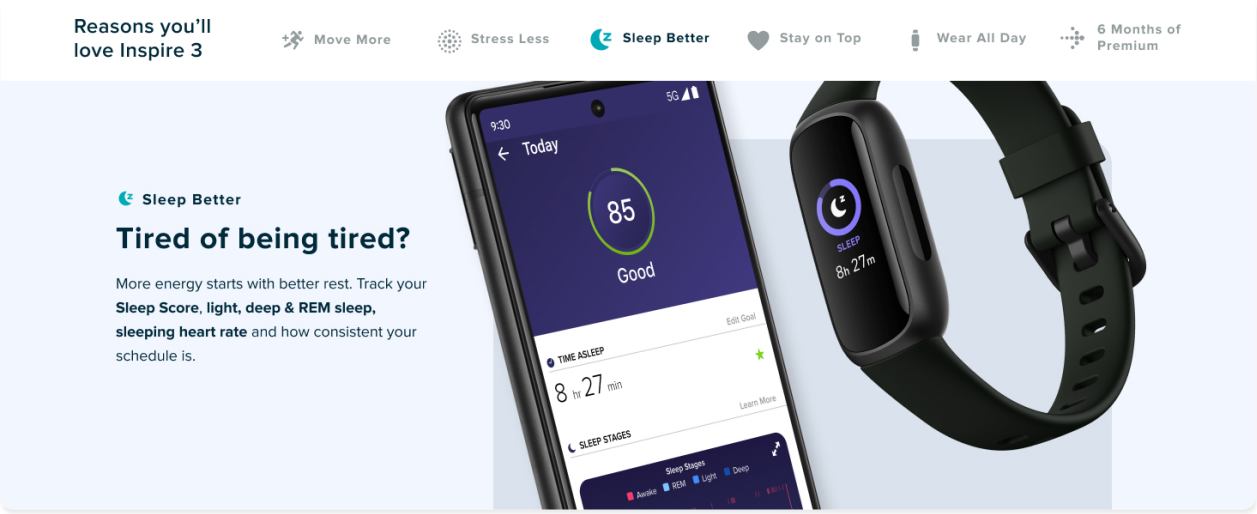

Image: A man running while wearing a yellow Fitbit Inspire 3, demonstrating active tracking.

4.3. Health Monitoring

The Inspire 3 offers advanced health monitoring features:

- **Daily Readiness Score:** Understand your body's readiness for activity based on sleep, heart rate variability, and recent activity. (Requires Fitbit Premium)
- **Stress Management Score:** Track your body's physical response to stress and access mindfulness tools.
- **Irregular Heart Rhythm Notifications:** Receive alerts for potential signs of atrial fibrillation (AFib). (Not intended for use by people under 22 years old or with other known arrhythmias.)
- **SpO2 (Blood Oxygen):** Monitor your blood oxygen levels to detect changes in your well-being. (Not

intended for medical diagnosis or treatment.)

- **Skin Temperature:** Track variations in your skin temperature to identify potential illness or menstrual cycle phases.
- **Menstrual Health Tracking:** Log periods, record symptoms, and predict ovulation and fertile windows.

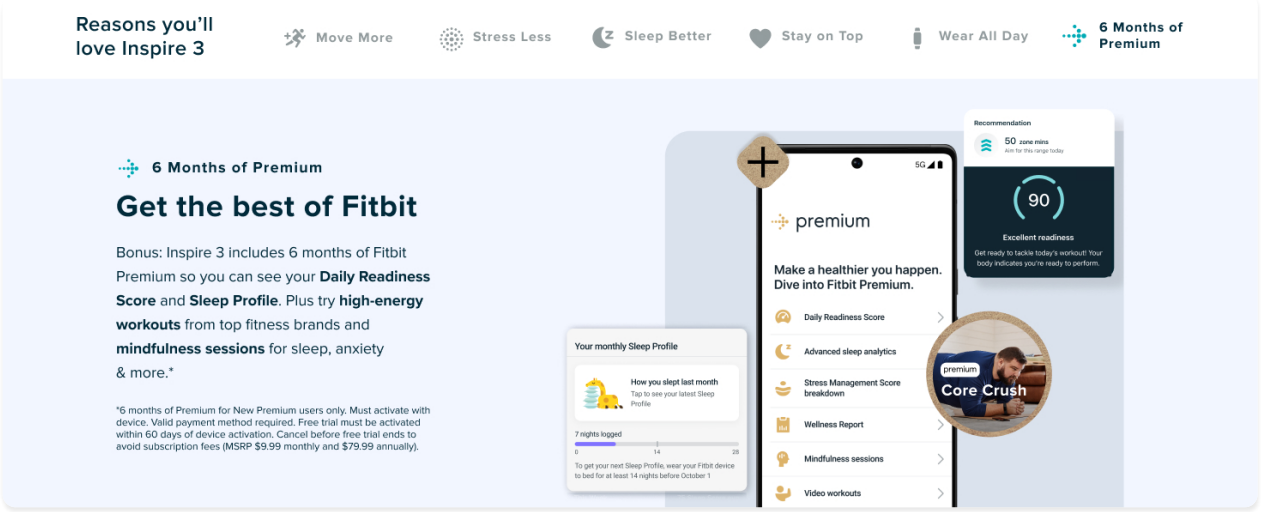

Image: The Fitbit app displaying health metrics including resting heart rate, SpO2, and skin temperature.

4.4. Sleep Tracking

Gain a deeper understanding of your sleep quality:

- **Automatic Sleep Tracking:** Your Inspire 3 automatically detects when you fall asleep and wake up.
- **Sleep Score:** Receive a daily score based on your heart rate, time asleep, restlessness, and breathing.
- **Sleep Stages:** See your time spent in light, deep, and REM sleep stages.
- **Smart Wake Alarm:** Set a silent vibrating alarm that wakes you during an optimal sleep stage.
- **Sleep Mode:** Disable screen wake and notifications during sleep hours.

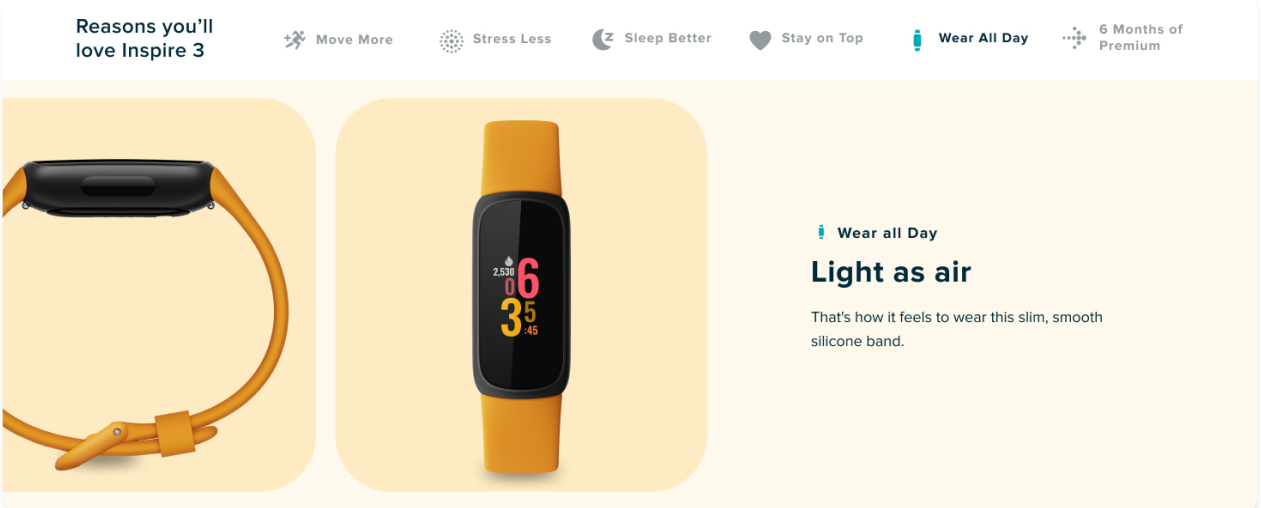

Image: The Fitbit app displaying sleep tracking data, including sleep score and duration, with a green Inspire 3.

4.5. Notifications

Stay connected with calls, texts, and app alerts from your smartphone directly on your Inspire 3. Ensure your tracker is connected to your phone via Bluetooth and notifications are enabled in the Fitbit app settings.

4.6. Customization

Personalize your Inspire 3 with various clock faces available through the Fitbit app. The vibrant color touchscreen enhances readability and user experience.

5. Charging and Battery Life

The Fitbit Inspire 3 boasts an impressive battery life of up to 10 days, depending on usage and settings. To charge your device, connect the provided charging cable to a USB power source and attach the magnetic end to the back of your tracker. The screen will indicate charging status.

6. Maintenance

6.1. Water Resistance

The Inspire 3 is water resistant up to 50 meters, making it suitable for swimming and showering. After exposure to water, it is recommended to dry your device and band to prevent skin irritation.

6.2. Cleaning

Regularly clean your Inspire 3 and its band to maintain hygiene and prevent skin irritation. Use a soft, damp cloth with mild soap (if necessary) to wipe down the device and band. Ensure the tracker is completely dry before wearing it again.

7. Troubleshooting

If you encounter issues with your Fitbit Inspire 3, try the following common troubleshooting steps:

- **Syncing Issues:** Ensure Bluetooth is enabled on your phone and the tracker is within range. Restart both your phone and the Inspire 3.
- **Battery Drain:** Disable features like always-on display or frequent notifications if you experience rapid battery depletion.
- **Display Not Responding:** Connect your tracker to its charging cable and restart it by pressing the button on the charging cable (if available) or following specific restart instructions in the Fitbit app.
- **Inaccurate Readings:** Ensure the tracker is worn snugly but comfortably on your wrist, typically one finger-width above your wrist bone.
- **App Problems:** Update the Fitbit app to the latest version. Clear the app's cache or reinstall if issues persist.

8. Specifications

Feature	Detail
Product Dimensions	0.71 x 0.43 x 1.54 inches
Item Weight	3.8 ounces
Item Model Number	611597
Batteries	1 Lithium Ion battery required (included)
Operating System Compatibility	Apple iOS 15 or higher, Android OS 9 or higher

Feature	Detail
Connectivity Technologies	Bluetooth
GPS	GPS Via Smartphone
Special Features	Heart Rate Monitor, SpO2, Stress Management
Human Interface Input	Touchscreen
Water Resistance	Up to 50 meters
Battery Life	Up to 10 days (varies with usage)

9. Warranty and Support

The Fitbit Inspire 3 is covered by a manufacturer's limited warranty. For detailed information regarding warranty terms, conditions, and duration, please refer to the official Fitbit website or the documentation included with your product. For technical support, troubleshooting assistance, or to access additional resources, visit the Fitbit Help Center online.

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Related Documents - 611597

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	Fitbit Inspire 3 User Manual - Get Started and Features 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.
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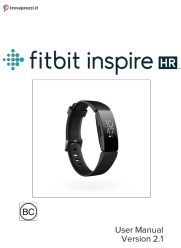	[Fitbit Inspire HR User Manual: Setup, Features, and Troubleshooting] Comprehensive user manual for the Fitbit Inspire HR fitness tracker. Learn how to set up, wear, use features like heart rate monitoring, activity tracking, notifications, and find troubleshooting tips.
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