

[Manuals.plus](#) /

› [Fitbit](#) /

› Fitbit Charge 5 Advanced Fitness Tracker User Manual - Model B0BX78W96K

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Fitbit Charge 5 Advanced Fitness Tracker User Manual

Model: Charge 5 (B0BX78W96K)

INTRODUCTION

The Fitbit Charge 5 is an advanced fitness and health tracker designed to help you understand your body and manage your well-being. This manual provides essential information for setting up, operating, maintaining, and troubleshooting your device.



The Fitbit Charge 5 Advanced Fitness Tracker, featuring a vibrant AMOLED display and a sleek blue stainless steel design.

WHAT'S IN THE BOX

Your Fitbit Charge 5 bundle includes the following items:

- 1x Fitbit Charge 5 Advanced Fitness Tracker
- 1x Charging Cable
- 1x Infinity Band (Small & Large sizes)
- 1x Compatible Wall Charging Plug



Contents of the Fitbit Charge 5 bundle, including the tracker, charging cable, and wall adapter.

SETUP

1. Initial Charging

Before first use, fully charge your Fitbit Charge 5. Connect the charging cable to the tracker and plug the USB end into the provided wall charging plug or a compatible USB port. A full charge typically takes about 2 hours.



The proprietary charging cable for the Fitbit Charge 5.

2. App Installation & Pairing

1. Download the Fitbit app from the Apple App Store (for iOS 15 or higher) or Google Play Store (for Android OS 9 or higher).
2. Open the Fitbit app and follow the on-screen instructions to create an account or log in.
3. Tap your profile picture > Set Up a Device.

4. Select Charge 5 and follow the prompts to pair your tracker with your smartphone.

3. Band Attachment

The Fitbit Charge 5 comes with two band sizes (small and large). Choose the size that best fits your wrist. To attach the bands, slide the pin end of the band into the tracker's slot until it clicks into place. Repeat for the other side.

OPERATING THE DEVICE

Navigation

The Fitbit Charge 5 features an AMOLED touchscreen display. Navigate by swiping up, down, left, or right, and tap to select items. The side buttons (haptic feedback) can be used to return to the clock face or access quick settings.

Core Features

- **Time & Date:** Displays current time and date.
- **Activity Tracking:** Monitors steps, distance, calories burned, and Active Zone Minutes.
- **Heart Rate Tracking:** Provides 24/7 continuous heart rate monitoring with PurePulse technology.
- **Sleep Tracking:** Automatically tracks sleep stages (light, deep, REM) and provides a daily Sleep Score.
- **Built-in GPS:** Tracks pace and distance during outdoor activities without needing your phone.
- **Exercise Modes:** Offers 20 exercise modes with SmartTrack automatic recognition for various activities like runs, bikes, swims, and weights.
- **EDA Scan App:** Measures electrodermal activity to assess your body's response to stress.
- **ECG App:** Detects irregular heart rhythms (requires 30 seconds to complete).
- **Notifications:** Receives call, text, and smartphone app notifications when your phone is nearby.
- **Payments:** Supports Fitbit Pay for contactless payments.
- **Alarms & Timers:** Set silent alarms and use countdown timers or a stopwatch.
- **Do Not Disturb (DND) Mode:** Silences notifications and prevents the screen from turning on.
- **Water Lock:** Prevents accidental screen taps while in water.
- **Find Phone:** Helps locate your paired smartphone.

Demonstration of the Fitbit Charge 5's various features and navigation, including exercise tracking, alarms, and EDA scans.

HEALTH & FITNESS TRACKING

The Fitbit Charge 5 provides advanced health and fitness tracking capabilities:

- **Daily Readiness Score:** Optimizes your workout routine by suggesting if you're ready to exercise or need recovery (requires Fitbit Premium).
- **Stress Management Score:** Provides a daily score indicating your body's physical response to stress, with insights available in the Fitbit app.
- **Heart Rate Variability (HRV):** Tracks the time between heartbeats, which can indicate overtraining, lack of sleep, or stress.
- **Skin Temperature Variation:** Monitors changes in your skin temperature, which can be an indicator of illness or menstrual cycle phases.

- **SpO2 Monitoring:** Measures blood oxygen saturation levels.
- **Reflections:** Allows you to log your mood and track emotional stress.

An overview of the Fitbit Charge 5's health monitoring features, highlighting its comfort and comprehensive tracking.

MAINTENANCE

Cleaning Your Device

Regularly clean your Fitbit Charge 5 and band to prevent skin irritation and maintain device functionality. Use a mild, soap-free cleanser and water. Ensure the device is completely dry before wearing it again.

Water Resistance

The Fitbit Charge 5 is water resistant up to 50 meters. It is safe for showering, swimming, and other water-based activities. However, it is recommended to dry the device and your wrist after getting it wet to ensure comfort and prevent skin irritation.

Battery Care

To maximize battery life (up to 7 days), avoid extreme temperatures and use the provided charging cable. Battery life varies with use and other factors, such as continuous GPS usage (up to 5 hours).

TROUBLESHOOTING

Device Not Charging

- Ensure the charging cable is securely connected to the Charge 5 and the power source.
- Clean the charging contacts on the back of your Charge 5 and on the charging cable with a soft, damp cloth.
- Try a different USB port or wall adapter.

Syncing Issues

- Ensure Bluetooth is enabled on your smartphone and the Fitbit app is running in the background.
- Restart your Fitbit Charge 5 and your smartphone.
- If issues persist, try unpairing and re-pairing the device in the Fitbit app.

SPECIFICATIONS

Feature	Specification
Operating System	Fitbit OS
Display Type	AMOLED
Display Resolution	320 x 386 pixels
Battery Life	Up to 7 days (5 hours with continuous GPS)
Connectivity	Bluetooth, GPS
Water Resistance	50 Meters (IPX7)

Sensors	Heart Rate, EDA, ECG, SpO2, Skin Temperature
Compatible Devices	Smartphones (iOS 15+ / Android OS 9+)
Band Material	Stainless Steel
Item Weight	0.19 Kilograms

WARRANTY AND SUPPORT

The Fitbit Charge 5 comes with a limited warranty. For detailed warranty information, please refer to the product documentation included in your package or visit the official Fitbit support website. For further assistance, troubleshooting, or to contact customer support, please visit help.fitbit.com.