

Fitbit GA05195-WW

Fitbit Charge 6 Fitness Tracker User Manual

MODEL: GA05195-WW

1. Introduction

Welcome to the user manual for your Fitbit Charge 6 Fitness Tracker. This guide provides essential information to help you set up, operate, maintain, and troubleshoot your device, ensuring you get the most out of its features. The Fitbit Charge 6 is designed to boost your routine with integrated Google apps and comprehensive fitness tracking tools.



Image: Fitbit Charge 6 Fitness Tracker in Obsidian/Black, showcasing its sleek design and display.

2. What's Included

Your Fitbit Charge 6 package contains the following items:

- Fitbit Charge 6 Device
- Small and Large Bands (one of each size)
- Charging Cable

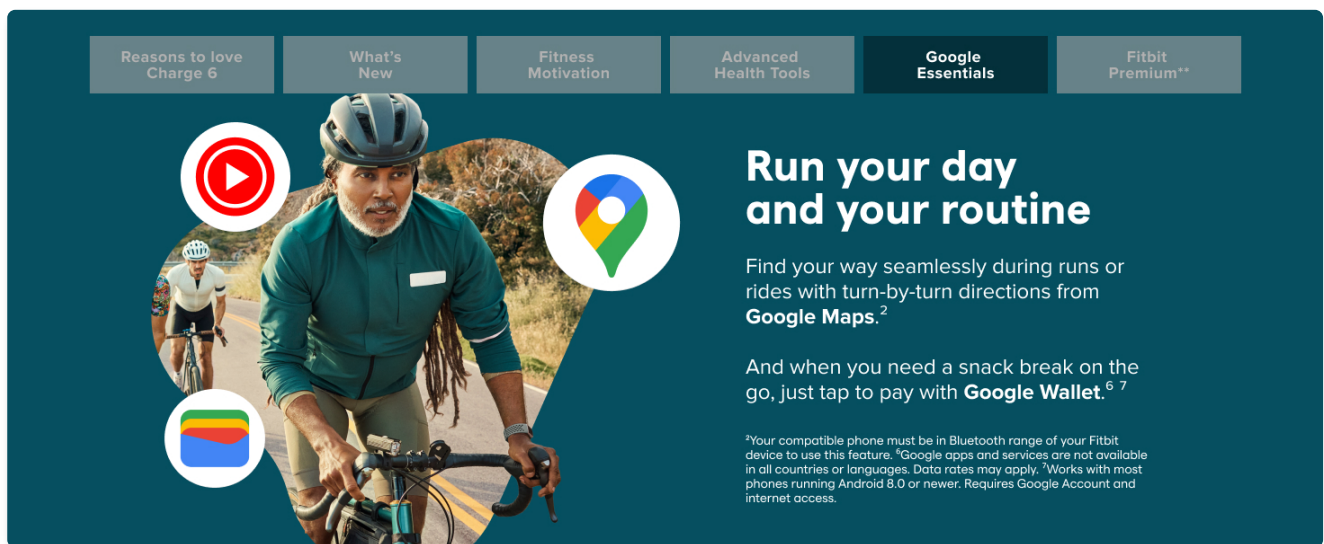


Image: A visual representation of the Fitbit Charge 6 device, two band sizes (small and large), and the charging cable included in the product packaging.

3. Getting Started: Setup

Follow these steps to set up your new Fitbit Charge 6:

1. **Charge Your Device:** Connect the charging cable to your Charge 6 and a USB power source. Ensure the device is fully charged before first use. A full charge can provide up to 7 days of battery life.

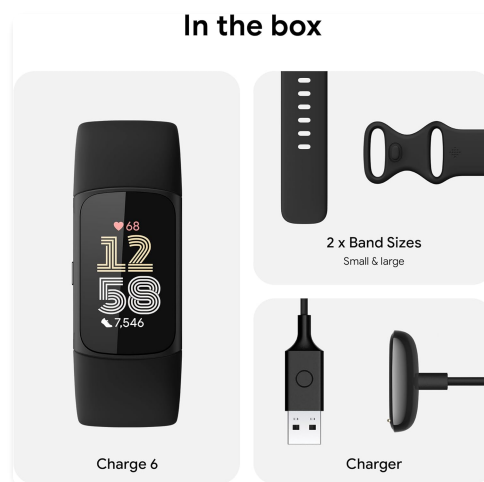


Image: The Fitbit Charge 6 connected to its proprietary charging cable, illustrating the charging process.

2. **Install the Fitbit App:** Download and install the Fitbit app on your smartphone or tablet. The app is available for both iOS and Android devices.
3. **Pair Your Device:** Open the Fitbit app and follow the on-screen instructions to create an account or log in. The app will guide you through the process of pairing your Charge 6 via Bluetooth.
4. **Wear Your Device:** Choose the band size that fits comfortably. The Charge 6 comes with both small and large bands. Ensure the tracker is snug but not too tight on your wrist for accurate heart rate tracking.

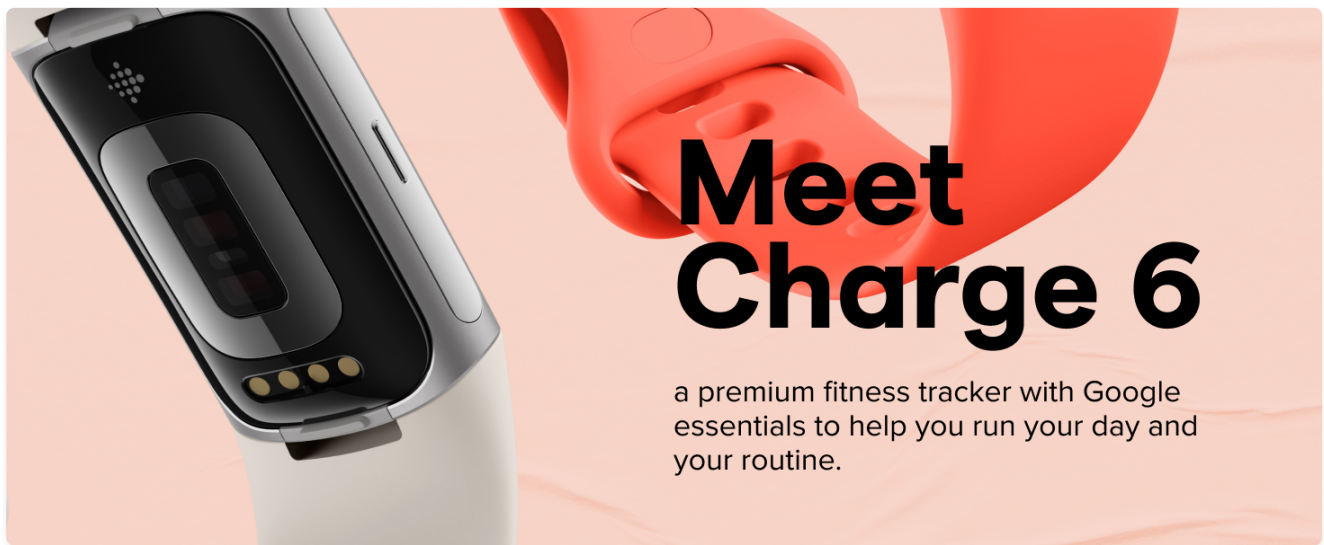


Image: Illustration highlighting the Fitbit Charge 6's battery life of up to 7 days and its compatibility with both Android and iOS devices.

4. Operating Your Fitbit Charge 6

The Fitbit Charge 6 offers a range of features to help you manage your health and fitness:

4.1. Fitness Tracking & Motivation

- **40+ Exercise Modes:** Track various workouts, from runs to HIIT, with specific metrics.
- **Built-in GPS:** Map your outdoor activities without needing your phone.
- **Active Zone Minutes:** Earn credit for time spent in fat burn, cardio, and peak heart rate zones.
- **Heart Rate on Exercise Equipment:** Link your Charge 6 to compatible gym machines to see real-time heart rate data.
- **YouTube Music Controls:** Manage your music directly from your wrist (requires YouTube Music Premium subscription).

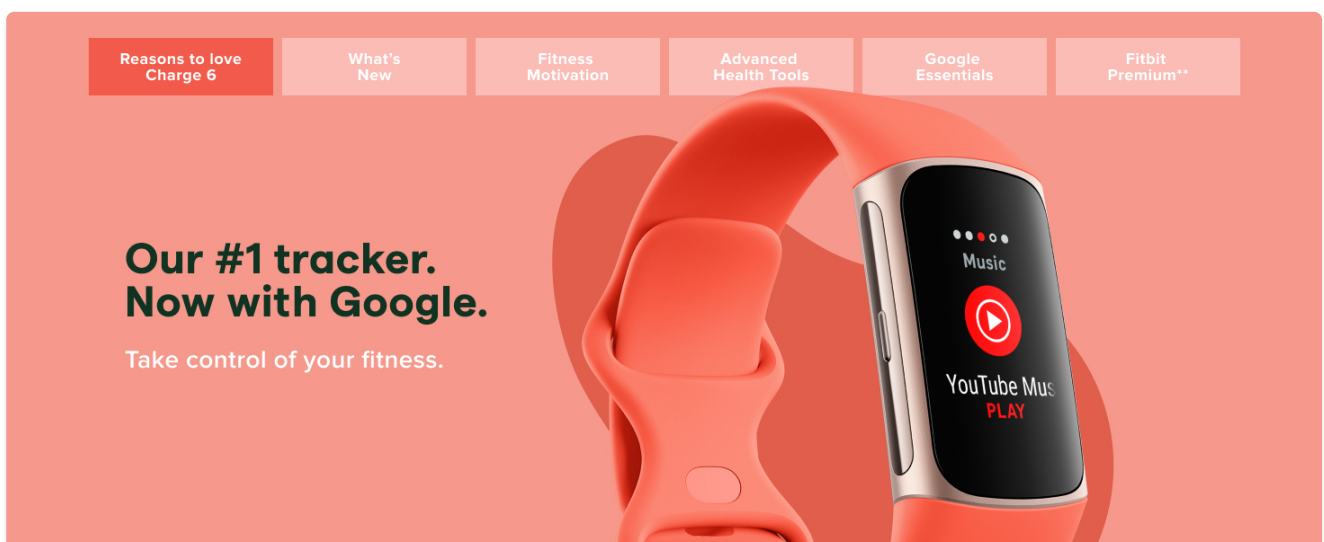


Image: A collage demonstrating various fitness features of the Fitbit Charge 6, including exercise modes, heart rate tracking on equipment, and YouTube Music controls.

4.2. Advanced Health Tools

- **Daily Readiness (with Premium):** Understand if your body is ready for a workout or needs recovery.
- **Stress Management Score:** Track your body's physical response to stress.
- **Blood Oxygen Level (SpO2) Monitoring:** Gain insights into your blood oxygen saturation.
- **Heart Rate Notifications:** Receive alerts for high or low heart rates.
- **Health Metrics:** Access a dashboard of key health stats in the Fitbit app.

Reasons to love Charge 6


What's New

Fitness Motivation

Advanced Health Tools

Google Essentials

Fitbit Premium**



Stream your stats

See your **heart rate** in real-time when you link Charge 6 to your favorite compatible **exercise machines**—like treadmills, ellipticals, rowers, exercise bikes and more.¹

¹Compatible with workout machines that support the Bluetooth Heart Rate Profile.

Image: A visual guide to the health tracking capabilities of the Fitbit Charge 6, including Daily Readiness, Stress Management Score, and Blood Oxygen Level monitoring.

4.3. Google Essentials & Connectivity

- **Google Maps:** Get turn-by-turn directions directly on your wrist during runs or rides.
- **Google Wallet:** Make contactless payments on the go with a tap of your wrist.
- **Smart Notifications:** Receive call, text, and app notifications from your smartphone.
- **Sleek Design:** Enjoy a comfortable and stylish tracker for all-day wear.

Reasons to love Charge 6


What's New

Fitness Motivation

Advanced Health Tools

Google Essentials

Fitbit Premium**



Move to your beat

Choose your mood with **YouTube Music controls**^{2 3} and get inspired with **over 40 exercise modes**.

Water-resistant and with over 40 unique exercise modes, you can set personal goals and get **key workout stats** for everything from daily runs and bike rides to HIIT workouts, strength training and more.

²Your compatible phone must be in Bluetooth range of your Fitbit device to use this feature. ³YouTube Music controls require a paid YouTube Music Premium subscription. YouTube Music streaming (non-premium version) is currently available only in Canada and the U.S.

Image: Demonstrates the integration of Google services like Google Maps for navigation and Google Wallet for contactless payments on the Fitbit Charge 6.

4.4. Sleep Tracking

- **Sleep Score:** Get a personalized score based on your sleep quality.
- **Advanced Sleep Insights:** Understand your sleep stages (light, deep, REM) and patterns.

- **Smart Wake:** Wake up during an optimal sleep stage with a silent vibrating alarm.
- **Sleep Profiles (with Premium):** Discover your sleep animal and receive tailored guidance.

Reasons to love Charge 6
What's New
Fitness Motivation
Advanced Health Tools
Google Essentials
Fitbit Premium**

Tune in, take care

Stay on top of your heart health with the **ECG app**⁵, which detects your heart's rhythm and notifies you of irregularities.

Want to know more? Your **EDA sensor** shares how your body is responding to stress and your **Sleep Score** tells you how your day affected your night.

⁵The ECG app and irregular heart rhythm notifications feature are only available in select countries and with select Fitbit products; not intended for use by people under 22 years old. The irregular rhythm notifications feature is not intended for use by people with known atrial fibrillation. See here for additional details.

Image: Illustrates the sleep tracking capabilities of the Fitbit Charge 6, including Sleep Score, Smart Wake, and advanced sleep insights.

4.5. Fitbit Premium Membership

Your Fitbit Charge 6 includes a 6-month Fitbit Premium membership, unlocking additional features:

- Access to a library of workouts (HIIT, cycling, strength training, dance cardio, etc.).
- Personalized insights and guidance.
- Advanced sleep tools and profiles.

Reasons to love Charge 6
What's New
Fitness Motivation
Advanced Health Tools
Google Essentials
Fitbit Premium**

Level up your fitness routine with Premium

Choose from a **library of workouts*** including HIIT, cycling, strength training, dance cardio & more led by Fitbit's expert trainers. Check your **Daily Readiness Score** and see if you're ready to go all out or take a rest day.

*6 month membership

Image: Shows the Fitbit Premium interface on a smartphone, highlighting workout options and daily readiness scores available with the membership.

5. Care and Maintenance

To ensure the longevity and optimal performance of your Fitbit Charge 6, follow these care guidelines:

- **Cleaning:** Regularly clean your device and band, especially after workouts or exposure to sweat, soap, or lotions. Use a mild, soap-free cleanser and rinse thoroughly.

- **Drying:** Always dry your device and band completely before putting it back on.
- **Water Resistance:** The Charge 6 is water-resistant. It can be worn in the shower or while swimming in a pool or ocean. However, it is not recommended for hot tubs or saunas.
- **Skin Care:** If you experience skin irritation, remove the device and consult a doctor. Ensure the band is not worn too tightly.
- **Charging Contacts:** Keep the charging contacts on the back of the device clean and dry to ensure proper charging.

6. Troubleshooting Common Issues

If you encounter issues with your Fitbit Charge 6, try the following common solutions:

- **Device Not Responding:** Try restarting your Charge 6. Connect it to the charging cable, then press the button on the side of the charger three times within eight seconds.
- **Syncing Issues:** Ensure Bluetooth is enabled on your phone and the Fitbit app is open. Try restarting both your phone and the Charge 6.
- **Inaccurate Heart Rate:** Ensure the device is worn snugly on your wrist, about a finger's width above your wrist bone. Clean the sensor on the back of the device.
- **Battery Draining Quickly:** Reduce screen brightness, turn off always-on display, and limit notifications to extend battery life.
- **Display Not Turning On:** Charge the device for at least 30 minutes. If it still doesn't turn on, try restarting it as described above.

For more detailed troubleshooting, refer to the official Fitbit support website or the full user manual.

7. Technical Specifications

Feature	Specification
Model Number	GA05195-WW
Product Dimensions	6 x 4 x 4 inches
Item Weight	5 ounces
Screen Display Size	1.04 Inches
Memory Storage Capacity	4 GB
Operating System	Android (Compatible with iOS)
Special Features	Activity Tracker, Multisport Tracker, GPS, ECG, Contactless Payments, Sleep Monitor
Battery Type	Lithium Ion
Connectivity Technology	Wi-Fi, Bluetooth
Shape	Rectangular

Manufacturer	Fitbit
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8. Support and Warranty

For further assistance, detailed information, or warranty claims, please refer to the following resources:

- **Official User Manual (PDF):** For a comprehensive guide, download the official PDF manual:[Download User Manual](#)
- **Fitbit Support:** Visit the official Fitbit support website for FAQs, troubleshooting guides, and contact options.
- **Warranty Information:** Your Fitbit Charge 6 is covered by a limited manufacturer's warranty. Please refer to the warranty documentation included with your product or visit the Fitbit support website for specific terms and conditions.