



# fitbit blaze™



User Manual  
Version 1.3

# Table of Contents

- Getting Started..... 1**
  - What you'll find in the box .....1
  - What you'll find in this document.....1
- Setting up your Fitbit Blaze .....2**
  - Setting up your tracker using a phone or tablet .....2
  - Setting up your tracker on your PC (Windows 10 only) .....2
  - Setting up your tracker on your PC (Windows 8.1 and below) .....3
  - Setting up your tracker on your Mac..... 4
  - Syncing your tracker to your Fitbit account..... 4
- Getting to know your Fitbit Blaze ..... 6**
  - Wrist placement..... 6
    - All-day wear and exercise ..... 6
    - Dominant or non-dominant wrist.....7
  - Navigation..... 8
  - Battery life and charging ..... 9
    - Determining your current battery level ..... 9
    - Charging your tracker .....10
    - Conserving battery life ..... 11
  - Care ..... 11
    - Changing the wristband..... 11
      - Removing a wristband..... 11
      - Attaching a new wristband ..... 12
- Automatic Tracking with Fitbit Blaze..... 13**
  - Viewing all-day stats ..... 13
  - Using heart-rate zones ..... 13

Default heart-rate zones .....	13
Custom heart-rate zones .....	14
Sleep Tracking .....	14
Setting sleep goals.....	15
Learning about your sleep habits .....	15
Tracking a daily activity goal.....	15
Choosing a goal.....	15
Seeing goal progress.....	15
<b>Tracking Exercise with Fitbit Blaze.....</b>	<b>17</b>
Using SmartTrack .....	17
Using the Exercise menu.....	17
GPS requirements.....	17
Tracking exercise.....	18
Receiving notifications and controlling music.....	19
<b>Practicing Guided Breathing with Fitbit Blaze.....</b>	<b>20</b>
<b>Using Silent Alarms.....</b>	<b>21</b>
Managing silent alarms .....	21
Dismissing or snoozing silent alarms.....	21
<b>Receiving Notifications.....</b>	<b>22</b>
Calendar requirements .....	22
Enabling notifications.....	22
Seeing incoming notifications.....	23
Managing notifications .....	23
Disabling notifications .....	24
Accepting and rejecting phone calls .....	24
<b>Controlling Music .....</b>	<b>25</b>

Enabling music control.....	25
Controlling music with your Fitbit Blaze.....	25
<b>Customizing your Fitbit Blaze.....</b>	<b>27</b>
Changing the clock face.....	27
Adjusting brightness.....	27
Turning Quick View on or off.....	28
Adjusting the heart-rate tracker.....	28
<b>Updating your Fitbit Blaze.....</b>	<b>29</b>
<b>Troubleshooting your Fitbit Blaze.....</b>	<b>30</b>
Heart-rate signal missing.....	30
Unexpected behavior.....	30
<b>Fitbit Blaze General Info &amp; Specifications.....</b>	<b>32</b>
Sensors.....	32
Materials.....	32
Wireless technology.....	32
Haptic Feedback.....	32
Battery.....	32
Memory.....	33
Display.....	33
Size.....	34
Environmental conditions.....	34
Help.....	34
Return policy and warranty.....	35
<b>Regulatory &amp; Safety Notices.....</b>	<b>36</b>
USA: Federal Communications Commission (FCC) statement.....	36
Canada: Industry Canada (IC) statement.....	37

European Union (EU) ..... 37

Australia and New Zealand ..... 38

China ..... 39

Israel ..... 39

Japan..... 39

Mexico ..... 40

Oman ..... 40

Philippines ..... 40

Singapore ..... 40

South Africa..... 41

South Korea..... 41

Serbia..... 42

Taiwan ..... 42

United Arab Emirates..... 43

Safety Statement..... 43

# Getting Started

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Welcome to Fitbit Blaze, the smart fitness watch that helps you meet your fitness goals in style. Take a moment to review our complete safety information at <http://www.fitbit.com/safety>.

## What you'll find in the box

Your Fitbit Blaze box includes:



**Fitbit Blaze**



**Charging Cable**

Additional wristbands are sold separately. The screen detaches from the wristband for charging.

## What you'll find in this document

We get you started quickly by creating a Fitbit account and making sure the tracker can synchronize the data it collects with your Fitbit dashboard. The dashboard is where you can analyze your data, see historical trends, set goals, log food and water, keep up with friends, and much more. As soon as you're done setting up your tracker, you're ready to start moving.

Next, we explain how to find and use the features that interest you and adjust your preferences. To find more information, tips, and troubleshooting, please browse our comprehensive articles at <http://help.fitbit.com>.

# Setting up your Fitbit Blaze

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To make the most of your Blaze, use the free Fitbit app available for iOS, Android, and Windows 10 phones and tablets. If you don't have a compatible phone or tablet, you can use a computer instead, but keep in mind that a phone or tablet is required for key features such as notifications, music control, and connected GPS.

## Setting up your tracker using a phone or tablet

The Fitbit app is available for more than 200 phones and tablets that support iOS, Android, and Windows 10 operating systems.

To get started:

1. Make sure the Fitbit app is compatible with your phone or tablet by checking <http://www.fitbit.com/devices>.
2. Find the Fitbit app in one of these locations, depending on your device:
  - The Apple App Store for iOS devices such as iPhones and iPads.
  - The Google Play Store for Android devices such as the Samsung Galaxy S5 and Motorola Droid Turbo.
  - The Microsoft Store for Windows 10 devices such as the Lumia phone or Surface tablet.
3. Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as Fitbit.
4. When the app is installed, open it and tap **Join Fitbit** to get started. You'll be guided through the process of creating a Fitbit account and connecting ("pairing") your Blaze to your phone or tablet. Pairing makes sure the tracker and phone or tablet can communicate with one another (sync their data).

Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. The information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

After setup you're ready to get moving.

## Setting up your tracker on your PC (Windows 10 only)

If you don't have a phone or tablet, you can set up and sync your tracker on your Windows 10 PC using the same Fitbit app available for Windows 10 phones and tablets.

To get the app, click the Start button and open the Microsoft Store (called Store). Search for “Fitbit app.” Note that if you’ve never downloaded an app from the store to your computer, you’ll be prompted to create an account.

Open the app and follow the instructions to create a Fitbit account and set up your Blaze. You can set up and sync wirelessly if your computer has Bluetooth, otherwise you’ll need to plug your tracker into your computer directly via the charging cable. Plugging in the tracker may be faster if you have Bluetooth but the signal is weak or problematic.

## Setting up your tracker on your PC (Windows 8.1 and below)

If you don’t have a compatible phone or tablet, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this setup method you’ll first install a free software application called Fitbit Connect that lets Blaze sync its data with your fitbit.com dashboard.

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Note: Unless you upgrade to Windows 10, you’ll need to purchase a wireless sync dongle from [fitbit.com/store](http://fitbit.com/store) in order to set up your tracker.

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To install Fitbit Connect and set up your tracker:

1. Install the wireless sync dongle.
2. Go to <http://www.fitbit.com/setup>.
3. Scroll down and click the option to download.
4. When prompted, save the file that appears (FitbitConnect\_Win.exe).
5. Find and double click the file to open the installer program.
6. Click **Continue** to move through the installer’s instructions.
7. When prompted, choose **Set up a New Fitbit Device**.
8. Follow the onscreen instructions to create a Fitbit account and connect your Blaze.

Note that the personal information you’re asked for during account setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.



## Setting up your tracker on your Mac

If you don't have a compatible phone or tablet, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this setup method you'll first install a free software application called Fitbit Connect that lets Blaze sync its data with your fitbit.com dashboard.

To install Fitbit Connect and set up your tracker:

1. Go to <http://www.fitbit.com/setup>.
2. Scroll down and click the option to download.
3. When prompted, save the file that appears (Install Fitbit Connect.pkg).
4. Find and double click the file to open the installer program.
5. Click **Continue** to move through the installer's instructions.
6. When prompted, choose **Set up a New Fitbit Device**.
7. Follow the onscreen instructions to create a Fitbit account and connect your Blaze. If your computer has Bluetooth, setup can take place wirelessly. If not you'll be prompted to put the tracker in the charging cradle and plug the other end into a USB port on your computer.

Note that the personal information you're asked for during account setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

## Syncing your tracker to your Fitbit account

Once you've set up and started using Blaze, you'll need to make sure it regularly transfers (syncs) its data to Fitbit so you can track your progress, see your exercise history, earn badges, analyze your sleep logs, and more on your Fitbit dashboard. A daily sync is recommended but not required; your tracker can store data for up to seven days between syncs.

The Fitbit apps use Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. Each time you open the app it will sync if the tracker is nearby, and the app will also sync periodically throughout the day if you have the all-day sync setting enabled. If you're running the Fitbit app on a Windows 10 PC that doesn't have Bluetooth, you'll need to make sure the tracker is plugged into the computer via the charging cable.

Fitbit Connect on a Mac also uses Bluetooth for syncing (if available), otherwise you'll need to make sure the tracker is plugged into the computer via the charging cable. Fitbit Connect on a PC requires that the tracker be plugged into the computer via charging cable. You can force Fitbit Connect to sync at any time or it will happen automatically every 15 minutes if:

- The tracker is within 30 feet of the computer and has new data to transfer
- The computer is powered on, awake, and connected to the Internet

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**Tip:** If you have another Fitbit tracker that came with a wireless sync dongle, you can use that dongle to sync your Blaze with Fitbit Connect rather than putting the Blaze tracker into the charging cable each time. Dongles are available on [fitbit.com](https://www.fitbit.com).

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# Getting to know your Fitbit Blaze

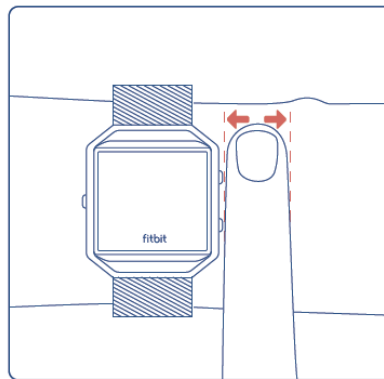
This section tells you how best to wear, navigate, and recharge your tracker. If you bought an accessory wristband, you'll also find instructions for taking the original band off and putting on a different one.

## Wrist placement

Review these tips to make sure you're wearing your tracker correctly.

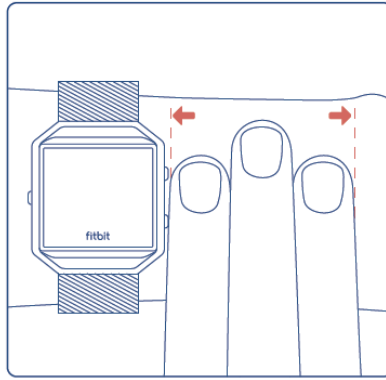
### All-day wear and exercise

For all-day wear when you're not exercising, your Blaze should usually rest a finger's width below your wrist bone and lay flat, as you would normally wear a watch.



For improved heart rate accuracy keep these tips in mind:

1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as push-ups cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.



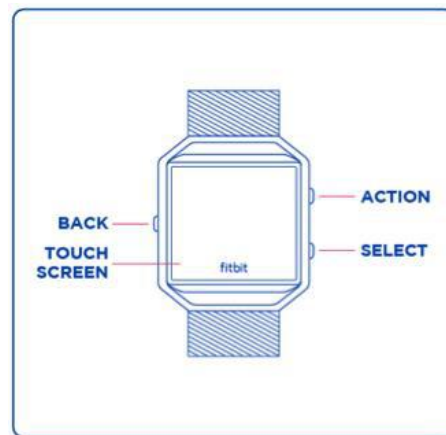
2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.
3. With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may prevent the sensor from finding an accurate heart rate. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and loosens during exercise. Try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see an improved heart rate reading.

## Dominant or non-dominant wrist

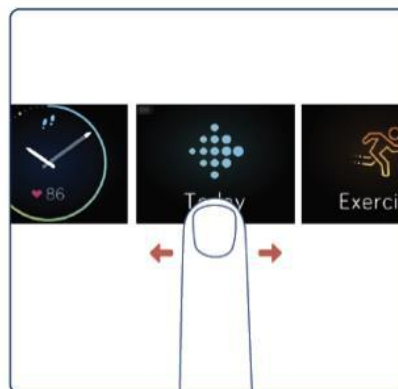
For greater accuracy, your tracker needs to know which wrist you wear it on. Your non-dominant wrist is the default. If you wear your tracker on your dominant wrist instead (meaning, the hand you write with), you can adjust the setting in the Account section of the Fitbit app or in the Devices section of your fitbit.com dashboard settings.

# Navigation

The Blaze has a touch screen with a colored LCD and three buttons: Action, Select, and Back.



You'll navigate your Blaze by swiping side to side and up and down.



The default or "home" screen is the clock. On the clock you can:

- Swipe up to see any notifications.
- Swipe down to control music and turn notifications on and off.
- Swipe left, then tap to open specialized menus.
  - Today—See your steps taken, current, heart rate, hourly activity, distanced covered, calories burned, floor climbed, and active minutes (collectively known as all-day stats).
  - Exercise—Swipe right to find a specific exercise.
  - Fitstar—Choose from three Fitstar workouts.
  - Relax—Complete a guided breathing session.
  - Timer—Swipe right to choose a stopwatch or countdown.
  - Alarms—Set and manage any alarms you've set.

- Settings—Swipe up to see your options.



At any time you can press the Back button to return to the previous screen and eventually the clock.

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**Note:** The functions of the Select and Action buttons depend on the screen. Generally they're an alternative when you'd rather not tap the nearest action.

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## Battery life and charging

Your fully charged Blaze has a battery life of up to five days. Depending on use and settings, actual results will vary.

### Determining your current battery level

You can check your battery level on the display in several places:

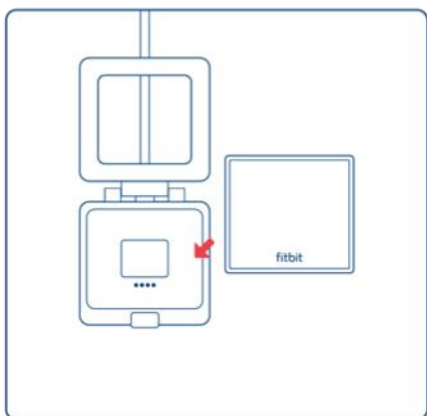
- When looking at any menu screens, a small icon on the top left shows your battery level.
- When looking at the clock, the battery icon will appear if the battery is low.

You can also see your battery level in the Fitbit app or on your fitbit.com dashboard.

## Charging your tracker

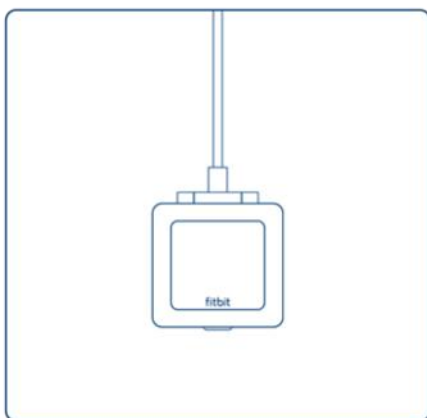
To charge your Blaze:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Remove the tracker from the wristband. To do so, turn the wristband over and push the screen gently so that it detaches from the frame.
3. Put the tracker inside the charging cradle with the screen facing towards you.



The four gold prongs should be aligned.

4. Close the cradle cover.



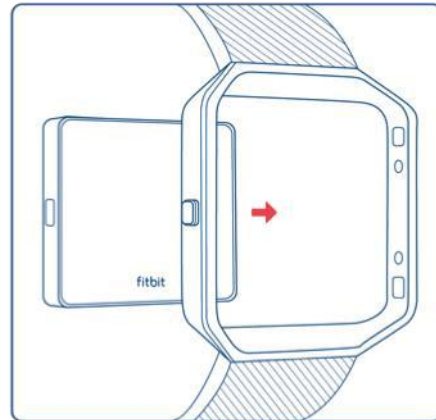
When your tracker is securely in the cradle, a large battery icon appears to let you know charging has started.

If your tracker's battery is low, charging fully can take 1 to 2 hours. While the tracker charges, you can check the clock by tapping the screen, use notifications, and control music. A bright battery icon in the top left of the screen shows the battery level. You can also check battery level while charging by opening then closing the cradle cover to see a larger icon.

When the battery is full, the tracker will show a green battery indicator.

To put the tracker back in the wristband when you're done charging:

1. Open the cradle cover and remove the tracker.



2. From the back, align the buttons on the tracker with the grooves on the frame.
3. Insert the tracker.

## Conserving battery life

If you won't be using your Blaze for a while, you can conserve battery life by shutting it down. To do so, swipe to the Settings screen and swipe up to find Shutdown. For other tips on maximizing battery life, see [help.fitbit.com](http://help.fitbit.com).

## Care

It's important to clean and dry your Blaze regularly. For instructions and more information see <http://www.fitbit.com/productcare>.

## Changing the wristband

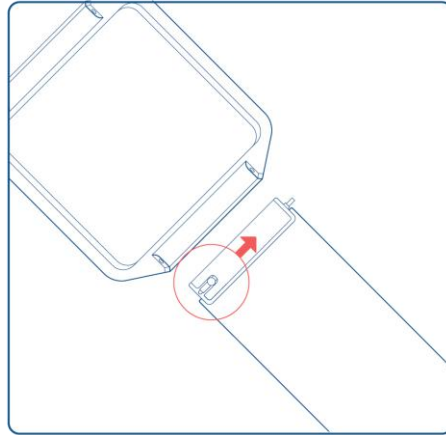
The wristband has two separate bands (top and bottom) that you'll remove individually to swap with a different wristband.

## Removing a wristband

1. Place Blaze face down on a flat, smooth surface and find the two band removal switches—there's one on each end where the band meets the frame.
2. To unlock the switch, use the tip of your finger or nail to gently slide the



switch to the opposite end, then pull the band away from the frame.



3. Repeat on the other side.

### Attaching a new wristband

Before you attach a new wristband, first identify the top and bottom bands. The top band has a watch buckle at the end of it. The bottom band has notches.

To attach the band:

1. Place your Blaze face down. When it is face down, two buttons are on the left and a single button is on the right.
2. Find the pin opposite the removal switch, and slide it into the hole in the frame.
3. Pull the switch while sliding the band into place then release it to lock the band into the frame.

# Automatic Tracking with Fitbit Blaze

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Your Blaze tracks a variety of stats automatically whenever you're wearing it. Your tracker's latest data is uploaded to your Fitbit dashboard whenever you sync.

## Viewing all-day stats

On the clock, swipe left to the Today screen. Tap it and swipe up to see these all-day stats:

- Steps taken
- Current heart rate
- Hourly activity
- Distance covered
- Calories burned
- Floors climbed
- Active minutes

Other stats captured by your tracker are available on your Fitbit dashboard, including:

- Detailed heart rate history, including time spent in heart rate zones
- Hours slept and sleep sleep stages

Your Blaze starts tracking your stats for the next day at midnight based on your time zone. Though your stats reset to zero at midnight, the previous day's data is not deleted. That data will be captured in your Fitbit account when you next sync your tracker.

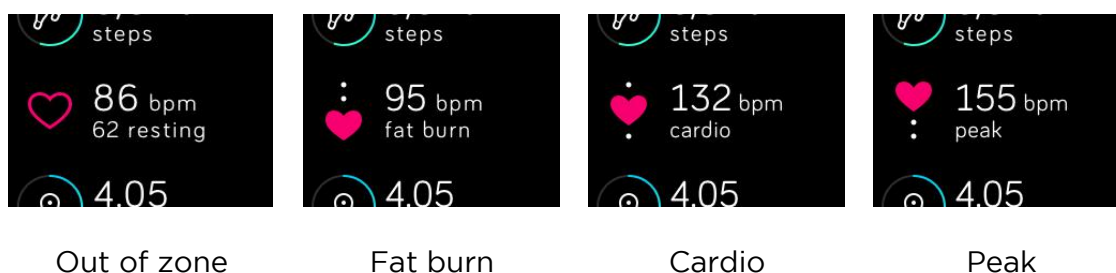
## Using heart-rate zones

Heart-rate zones help you target the training intensity of your choice. Your tracker shows your current zone next to your heart rate, and on your Fitbit dashboard you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, or you can create a custom zone if you have a specific heart rate you're targeting.

### Default heart-rate zones

Default heart-rate zones are calculated using your estimated maximum heart rate. Fitbit calculates your maximum heart rate with the common formula of 220 minus your age.

The heart icon you see next to your current heart rate tells you your zone:



- When you're out of zone, which means you're below 50% of your maximum heart rate, your heart rate may be elevated but not enough to be considered exercise.
- Fat Burn zone, which means your heart rate is between 50% and 69% of your maximum, is the low-to-medium intensity exercise zone and may be a good place to start for those new to exercise. It's called the Fat Burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
- Cardio zone, which means your heart rate is between 70% and 84% of your maximum, is the medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
- Peak zone, which means your heart rate is 85% of your maximum or higher, is the high-intensity exercise zone. Peak zone is for short intense sessions that improve performance and speed.

## Custom heart-rate zones

Instead of using the default heart rate zones, you can configure a custom zone in the Fitbit app or fitbit.com dashboard. When you're in that zone you'll see a solid heart. When you're not in the zone you'll see an outline of a heart.

For more details about heart rate tracking, including links to relevant American Heart Association information, see [help.fitbit.com](https://help.fitbit.com).

## Sleep Tracking

Wear your Blaze to bed to automatically track both your time spent asleep and your sleep quality. To see your sleep information, sync your tracker when you wake up and check your dashboard.

## Setting sleep goals

By default, you have a sleep goal of 8 hours. You can customize your sleep goal in the Fitbit app or on your fitbit.com dashboard to an amount that better suits the amount of sleep you need. For more information about your sleep goal, including how to change it, see [help.fitbit.com](https://help.fitbit.com).

## Learning about your sleep habits

Your Blaze tracks several sleep metrics including how long you're asleep and time spent in each sleep stage. When used with the Fitbit dashboard, your Blaze can help you understand how your sleep patterns compare to others of the same sex and age range. For more information about what happens when you're asleep, see [help.fitbit.com](https://help.fitbit.com).

## Tracking a daily activity goal

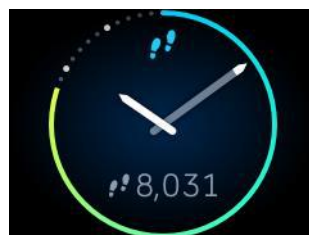
Your Blaze tracks your progress towards a daily goal of your choice. When you reach your goal, the tracker vibrates and flashes in celebration.

## Choosing a goal

By default your goal is 10,000 steps per day. On the Fitbit app or fitbit.com dashboard you can choose a different goal, including distance traveled, calories burned, or floors climbed, and select the corresponding value you prefer. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

## Seeing goal progress

Some of the clock faces show a goal progress ring or bar to help keep you motivated. For example, on the Original clock shown below, the solid portion of the line lets you know that you're more than halfway to your goal.



You can also see your goal progress in the Today menu.



# Tracking Exercise with Fitbit Blaze

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Blaze will automatically detect many exercises and record them in your exercise history using our SmartTrack feature. You can also tell your tracker when exercise starts and stops if you want to see real-time stats and a workout summary right on your wrist. All workouts appear in your exercise history for deeper analysis and comparison.

## Using SmartTrack

Our SmartTrack feature automatically recognizes and records select exercises to ensure you get credit for your most active moments of the day. When you sync your tracker after a SmartTrack-detected exercise, you can find several stats in your exercise history including duration, calories burned, impact on your day, and more.

By default SmartTrack detects continuous movement at least 15 minutes in length. You can increase the minimum duration or disable SmartTrack for one or more exercise types.

For more information about customizing and using SmartTrack, see [help.fitbit.com](https://help.fitbit.com).

## Using the Exercise menu

You can choose from over a dozen exercise types to customize the Exercise menu with your favorites. Some exercises, like running, biking, and hiking have a GPS option.

For more information about customizing your Exercise menu, see [help.fitbit.com](https://help.fitbit.com).

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Note: Blaze does not have built-in GPS. Its *connected GPS* feature works with the GPS sensors on your nearby phone to give you real-time pace and distance information, as well as recording a map of your route. Turning on connected GPS enables more precise tracking of your exercise stats.

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## GPS requirements

For more information about setting up connected GPS, see [help.fitbit.com](https://help.fitbit.com).

1. If you're going to use connected GPS, make sure Bluetooth and GPS are both enabled on your phone and that your tracker is paired to your phone.

2. Make sure the Fitbit app has permission to use GPS or location services.
3. Verify that connected GPS is turned on for the exercise in the Fitbit app.
  - a. Find the Exercise shortcuts in the Fitbit app. For more information see, [help.fitbit.com](https://help.fitbit.com).
  - b. Tap the exercise you want to track and make sure Connected GPS is turned on.

## Tracking exercise

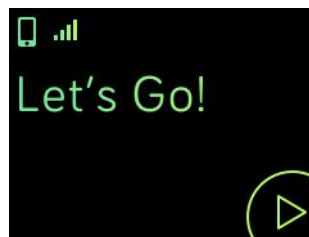
To track an exercise:

1. If you're going to use connected GPS with an Android phone, make sure you've enabled notifications which bonds (connects) your Blaze to your phone. You don't need to receive any notifications; simply enabling this feature completes the bonding process.
2. If you're going to use connected GPS, make sure Bluetooth and GPS are both enabled on your phone.
3. On your tracker, swipe to the Exercise screen and tap it, then swipe to find the exercise of your choice.

If you see a gear icon in the lower left, that exercise offers connected GPS. Tap the gear to see an option for turning GPS on or off. Press the Back (left) button to return to your exercise.

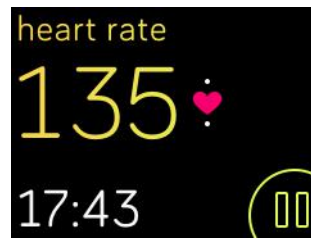
4. Tap the exercise to select. You'll see the Let's Go! screen.

If you chose a connected-GPS exercise, you'll see a phone icon in the top left. The dots mean your tracker is looking for the GPS signal. When the phone icon turns bright and the tracker vibrates, you know GPS is connected.



5. Tap the screen's Play icon or press the Select button (lower right) to begin tracking your exercise. A stopwatch appears showing your elapsed time. Tap or swipe up and down to scroll through your real-time stats or check the time of day.

- When you're done with your workout or want to pause, tap the pause icon or the Select button (lower right).



- To see a summary of your results, tap the flag icon or press the Action button (upper right).



- Tap Done or press the Back (left) button to close the summary screen.

Syncing your tracker stores the workout in your exercise history. There you can find additional stats and see your route if you used connected GPS.

## Receiving notifications and controlling music

You can receive notifications or control music during a workout. If you miss a notification and want to check it later, hold down the Select button (lower right) for three seconds.

To turn notifications on or off or to control music, hold down the Action button (upper right) for three seconds. You can pause, resume, skip, or replay a track. To control volume from the music control screen, use the Action button (upper right) and Select button (lower right).



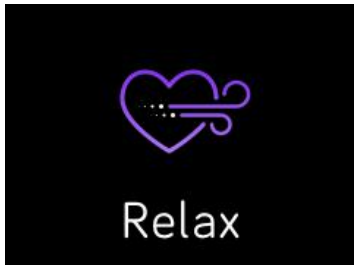
# Practicing Guided Breathing with Fitbit Blaze

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Blaze provides personalized guided breathing sessions on your tracker to help you find moments of calm throughout the day. You can choose between two-minute and five-minute long sessions.

To begin a session:

1. On your tracker, swipe to the Relax screen.



2. The two-minute session is the first option. Swipe to choose the five-minute session.
3. Tap the screen and then tap the play symbol in the bottom right to start the session.
4. Remain still and breathe deeply during the calibration period, which lasts 30-40 seconds. You'll see the phrase "sensing your breathing" on your tracker's screen.
5. When prompted, inhale and exhale deeply. Sparkles will appear on your tracker's screen to indicate how closely you're following the guide. If you feel dizzy or uncomfortable, stop the guided breathing session.
6. After you've completed the session, press the button to return to the clock.

All notifications are automatically disabled during the session. If you've set a silent alarm, your tracker will vibrate at the time specified.

For more information about guided breathing sessions, including the benefits of practicing deep breathing and safety information, see [help.fitbit.com](https://help.fitbit.com).

# Using Silent Alarms

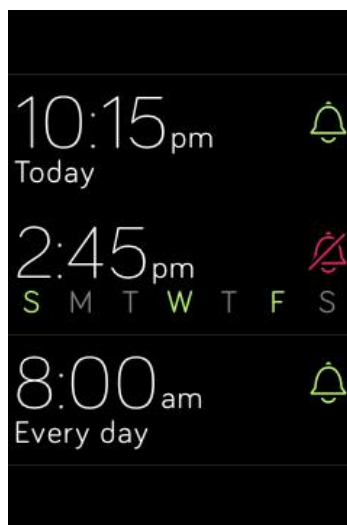
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To wake up in the morning or alert you at a certain time of day, you can set up to 8 silent alarms that gently vibrate at the time chosen. Set any alarm to recur every day or on particular days of the week only.

## Managing silent alarms

You can set, manage, and delete silent alarms directly on your tracker's screen. You also have the option to manage alarms in the Fitbit app or fitbit.com dashboard.

For more information about managing silent alarms, see [help.fitbit.com](https://help.fitbit.com).



## Dismissing or snoozing silent alarms

When your silent alarm goes off, the tracker flashes and vibrates. To dismiss the alarm, tap the checkmark or press the Select button (lower right). To snooze the alarm for 9 minutes, tap the ZZZ icon or press the Action (upper right) button. You can snooze as many times as you like. Note that your tracker will go into snooze mode automatically if the alarm is ignored for more than one minute.

# Receiving Notifications

---

Over 200 compatible phones let you receive call, text, calendar, email, and third-party app notifications on your Blaze. To determine whether your phone supports this feature, go to <http://www.fitbit.com/devices>.

## Calendar requirements

Your tracker will show calendar events and any information sent from your calendar app to your phone. Note that if your calendar app does not send notifications to your phone, you won't receive notifications on your tracker.

If you have an iOS or Windows 10 phone, your Blaze shows notifications from all calendars synced to the default Calendar app.

If you have an Android device, your Blaze shows calendar notifications from the calendar app you choose during setup. You can choose from the default Calendar app on your phone or several third-party calendar apps.

Your Blaze can display notifications from additional third-party calendar apps. You can enable these notifications under **App Notifications**.

## Enabling notifications

Before you turn on notifications in the Fitbit app, make sure that Bluetooth is on and that your phone is capable of sending notifications (often under Settings > Notifications).

For more information about making sure your phone permits notifications, see [help.fitbit.com](http://help.fitbit.com).

To set up notifications:

1. On your Blaze clock screen, swipe up and make sure notifications are turned on. You can also access the notifications setting by holding down the Action (upper right) button from any other screen.
2. With your tracker nearby, on the Fitbit app dashboard, tap the Account icon (☰).
3. Tap the Blaze tile.
4. Tap **Notifications** and turn on or off any combination of text, call, or calendar notifications.
5. Follow the onscreen instructions to connect (bond) your phone with your tracker.

After notifications are enabled, “Blaze” appears in the list of Bluetooth devices paired to your phone.

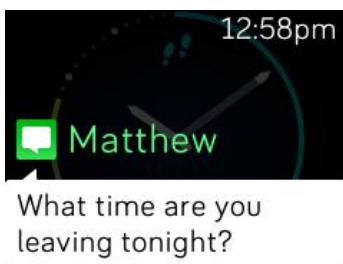
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Note: If this is your first time setting up notifications on your Android phone, for detailed instructions, see [help.fitbit.com](http://help.fitbit.com).

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## Seeing incoming notifications

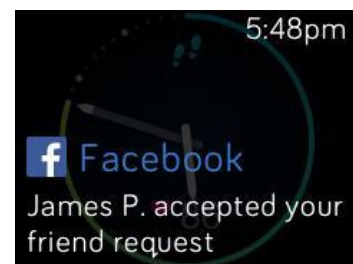
If your tracker and phone are within 30 feet of each other, a phone call, text message, or calendar event causes the tracker to vibrate. If you don't glance at the notification when it arrives, you can find it later by swiping up on the clock screen or by holding the Select button (lower right).



SMS Notification



Calendar Notification



App Notification

## Managing notifications

Blaze can store up to 30 notifications, after which the oldest are replaced as new ones come in. Notifications delete automatically after 24 hours. Your tracker can show up to 32 characters of a subject and up to 160 characters of a text message.

To manage notifications:

- On the clock, swipe up to see your notifications and tap any notification to expand it for more detail.
- On a notification, swipe right to delete it.
- To delete all notifications at once, swipe down to the bottom of your notifications and tap Clear All.
- If a text notification is long, swipe down to scroll through the entire contents of the text.
- To exit the notifications screen, press the Back button (left).

## Disabling notifications

You can disable notifications in the Fitbit app or on your Blaze. To do so on your tracker, swipe down while viewing the clock screen or hold the Action button (upper right) from any other screen. Change the Notifications setting to Off.

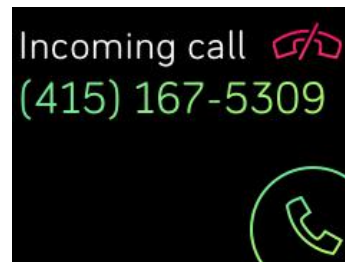
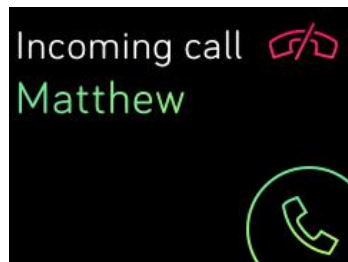
Note that if you use the Do not Disturb setting on your phone, notifications are disabled until Do Not Disturb is turned off.

## Accepting and rejecting phone calls

Your Blaze also lets you accept or reject incoming phone calls if you have an iOS device.

To accept a call, tap the green phone icon. (Note that you can't speak into the tracker—accepting a phone call just triggers your nearby phone.) To reject a call, tap the red phone icon to send the caller to voicemail.

The caller's name appears if that person is in your contacts list, otherwise you see a phone number.



# Controlling Music

---

With a compatible iOS, Android, or Windows 10 phone nearby, you can use Blaze to pause and resume music and skip to the next track. To determine whether your device supports this feature, go to <http://www.fitbit.com/devices>.

Note the following about music control:

- Blaze uses the AVRCP Bluetooth profile to control music; therefore, the app providing your music must be compatible with AVRCP.
- Because some compatible music streaming apps do not broadcast track information, song titles won't appear on your Blaze screen. However, if the music app supports AVRCP, you can still pause or skip a track when you can't see its title.
- Song titles never appear if you're using a Windows phone.

## Enabling music control

If you have the Fitbit app for iOS on a device with iOS8 or above, no additional setup steps are necessary.

If you have the Fitbit apps for Android or Windows 10:

1. On your Blaze:
  - a. Swipe to Settings.
  - b. Scroll to Bluetooth Classic.
  - c. Tap the Bluetooth Classic option until the setting is Pair.
2. On your phone:
  - a. Navigate to the Bluetooth Setting screen where paired devices are listed.
  - b. Make sure your phone is discoverable and is scanning for devices.
  - c. When "Fitbit Blaze" is shown as an available device, select it.
  - d. Wait for a message displaying a six-digit number.
3. Perform the following two steps in close succession.
  - a. When the same six-digit number appears on your Blaze, tap "Yes" on your tracker.
  - b. On your phone, select Pair.

## Controlling music with your Fitbit Blaze

To control music from your Blaze:

1. Start a song or track on your phone.

2. On your tracker, swipe down from the clock screen or hold the Action button (upper right) to see information about the track currently playing. If the app you're using does not broadcast track information, it won't appear on your Blaze.



3. Use the icons to pause or skip songs. To control volume, use the Action (upper right) and Select (lower right) buttons.
4. Press the Back button or swipe up to return to the previous screen.

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NOTE: As with other Bluetooth devices, if you disconnect your "Fitbit Blaze" (iOS users) or "Fitbit Blaze (Classic)" (Android and Windows users) so you can connect another Bluetooth device, the next time you want to use it to control music you'll need to connect your tracker again in your Bluetooth devices list.

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# Customizing your Fitbit Blaze

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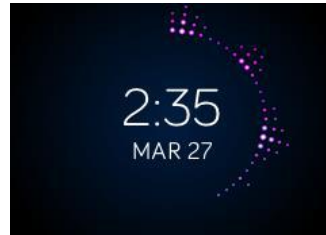
This section explains how to adjust your display and modify certain tracker behaviors.

## Changing the clock face

The examples below show a few of the clock faces available for your Blaze.



Original



Flare



Zone



Pop

You can change your clock face using the Fitbit app or the [fitbit.com](http://fitbit.com) dashboard. For more information, see [help.fitbit.com](http://help.fitbit.com).

## Adjusting brightness

This setting controls the brightness of the text and images on your Blaze. The default setting, called Auto, adjusts brightness based on the ambient lighting conditions. If you prefer a persistent brightness level, you can change the default to:

- Dim—Faintest
- Normal—Regular
- Max—Brightest



To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Brightness.

## Turning Quick View on or off

Quick View causes your Blaze to wake when you lift or flick your wrist towards you. If Quick View is turned Off, press any button or double tap to wake your tracker. To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Quick View.

## Adjusting the heart-rate tracker

Your Blaze uses PurePulse technology to track heart rate automatically and continuously when the heart-rate tracker is on. The Heart Rate Tracking setting has three options:

- Auto (the default) —Heart rate tracking is generally active only when you are wearing your Blaze.
- Off —Heart rate tracking is never active.
- On—Heart rate tracking is always active; you may want to choose this option if your heart rate isn't being tracked even though you are wearing your Blaze.

To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Heart Rate Tracking.

# Updating your Fitbit Blaze

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Free feature enhancements and product improvements are occasionally made available through firmware updates. We recommend keeping your Blaze up to date.

You'll be notified in the Fitbit app when an update is available. After you start the update, you'll see a progress bar on your tracker until the process is complete, followed by a confirmation message.

Note that updating your Blaze takes several minutes and may be demanding on the battery. For this reason we recommend putting your charger in the charging cradle before updating.

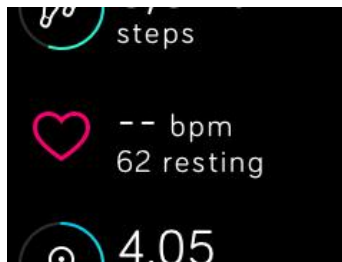
# Troubleshooting your Fitbit Blaze

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If your tracker is not working properly, review our troubleshooting information below. For other problems or more details, visit <http://help.fitbit.com>.

## Heart-rate signal missing

Blaze continuously tracks your heart rate while you're exercising and throughout the day. Occasionally the heart rate tracker may have difficulty finding a good enough signal to show a heart rate.



If you're not getting a heart rate signal, first make sure you're wearing your tracker correctly, either moving it higher or lower on your wrist or tightening or loosening the band. After a short wait, you should see your heart rate again. If a heart rate signal is still not found, check your Heart Rate Tracking setting in your tracker's Settings menu and make sure it's set to On or Auto.

## Unexpected behavior

If you experience one of the following problems, it may be fixed by restarting your tracker:

- Not syncing despite successful setup
- Not responding to button presses, taps, or swipes
- Unresponsive despite being charged
- Not tracking your steps or other data

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**Note:** Restarting is not the same thing as shutting down your tracker. The Shut down option is available in the tracker's Settings menu to help you preserve battery life. Restarting your tracker as described below reboots the device. Restarting your tracker does not delete any data.

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To restart your tracker:

1. Press and hold the Back and Select buttons (left and bottom right) until you see the Fitbit icon on the screen. This should take less than 10 seconds.
2. Let go of the buttons.

Your tracker should now work normally.

For additional troubleshooting or to contact Customer Support, see <http://help.fitbit.com>.

# Fitbit Blaze General Info & Specifications

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## Sensors

Your Blaze contains the following sensors:

- A MEMS 3-axis accelerometer, which tracks your motion patterns.
- An altimeter, which tracks altitude changes.
- An optical heart rate tracker
- Ambient light sensor

## Materials

The wristband that comes with Blaze is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory wristbands are available in genuine leather and stainless steel.

The buckle and frame on Blaze are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

## Wireless technology

Blaze contains a Bluetooth 4.0 radio transceiver.

## Haptic Feedback

Blaze contains a vibration motor, which allows the tracker to vibrate with alarms, goals, and notifications.

## Battery

Blaze contains a rechargeable lithium-polymer battery.

## Memory

Blaze holds detailed minute-by-minute information for the most recent 7 days, and 30 days of daily summaries. Heart rate data is stored at one-second intervals during exercise tracking and at five-second intervals at all other times.

Refer to the following table for information on how long Blaze stores your stats and data in between the times you sync your tracker. Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, active minutes, heart rate, exercise, and sleep tracked.

Sync your Blaze regularly to have the most detailed data available on your Fitbit dashboard.

Type of data	Days stored
Minute-by-minute stats	7
Sleep data	7
Sleep stages	5
SmartTrack data	7
Summary totals	30

## Display

The Blaze display is a touch screen with color LCD.

## Size

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly in size.

Small wristband	Fits a wrist between 5.5 and 6.7 inches in circumference
Large wristband	Fits a wrist between 6.7 and 8.1 inches in circumference
Extra large wristband	Fits a wrist between 8.1 and 9.3 inches in circumference

## Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 113° F (-20° to 45° C)
Water Resistant	Splash proof. Do not shower or swim with the device.
Maximum Operating Altitude	28,000 feet (8,535 m)

## Help

Troubleshooting and assistance for your Blaze can be found at <http://help.fitbit.com>.

## Return policy and warranty

Warranty information and the fitbit.com Store Return Policy can be found online at <http://www.fitbit.com/returns>.



# Regulatory & Safety Notices

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Model Number: FB502

## USA: Federal Communications Commission (FCC) statement

The Federal Communications Commission (FCC) and Industry Canada IDs can also be viewed on your device. Instructions to view content:

1. Click the Back button (left) on the tracker.
2. Swipe right to the Settings menu.
3. Swipe up until you see Regulatory Info and tap the screen.

This device complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation

### FCC Warning

Changes or modifications not approved by Fitbit, Inc. could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB502

## Canada: Industry Canada (IC) statement

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. Cet appareil ne peut pas provoquer d'interférences et
2. Cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

CAN ICES-3 (B)/NMB-3(B)

IC ID: 8542A-FB502

## European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB502 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address:

<http://www.fitbit.com/safety>.

#### Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB502 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant: [www.fitbit.com/safety](http://www.fitbit.com/safety).

#### Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB502 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety).

#### Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB502 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety).

#### Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB502 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety).



Australia and New Zealand



## China



部件名称	有毒和危险品					
<b>Blaze Model FB502</b>	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯醚 (PBDE)
表带和表扣	○	○	○	○	○	○
电子	X	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

O: 表示该项目中涉及的所有物料, 其包含的有害物质的含量低于 GB/T 26572. 标准的限制要求.

X: 表示该项目中涉及的所有物料中至少有一种, 其包含的有害物质的含量高于 GB/T 26572. 标准的限制要求.

## Israel

התאמה אישור 51-51909

המוצר של המודולארי בחלק טכני שינוי כל לבצע אי.

## Japan



Mexico



IFETEL: RCPFIFB15-1706

Oman



Philippines



Singapore



# South Africa



TA-2015/2025  
Approved

# South Korea

클래스 B 장치 (가정 사용을 위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치. **“ 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. ”**

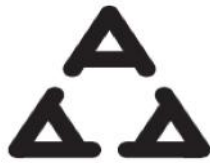


- 사용 주파수 (Used frequency): 2400 MHz-2480 MHz
- 채널수 (The number of channels): 79/40
- 공중선전계강도 (Antenna power): -1.12dBi
- 변조방식 (Type of the modulation): Digital
- 안테나타입 (Antenna type): IFA
- 출력 (Output power): -2.9dBm
- 안테나 종류 (Type of Antenna): Stamped Metal

## KCC approval information

- 1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB502
- 2) Certificate number : MSIP-CMM-XRA-FB502
- 3) Applicant : Fitbit, Inc.
- 4) Manufacture: Fitbit, Inc.
- 5) Manufacture / Country of origin: P.R.C.
- 5) Manufacture / Country of origin: P.R.C.

Serbia



M005 016

Taiwan



CCAJ15LP5520T5

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能。

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

## Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

## United Arab Emirates



## Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.



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