

fitbit inspire 3



User Manual
Version 1.3

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Get started

Meet Fitbit Inspire 3—the tracker that helps you find your energy, do what you love, and feel your best. All you have to do is wear it.

Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Inspire 3 is not intended to provide medical or scientific data.

What's in the box

Your Inspire 3 box includes:



The detachable bands on Inspire 3 come in a variety of colors and materials, sold separately.

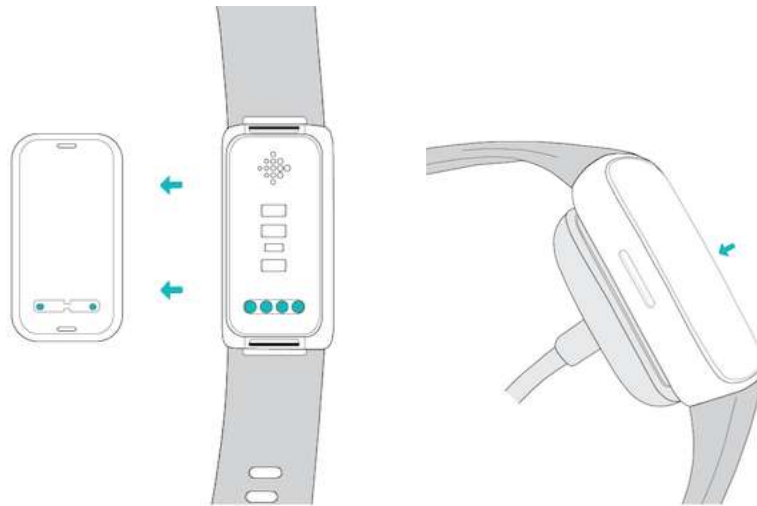
Charge your tracker

A fully-charged Inspire 3 has a battery life of up to 10 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

Note: The Inspire 2 charger doesn't work with Inspire 3.

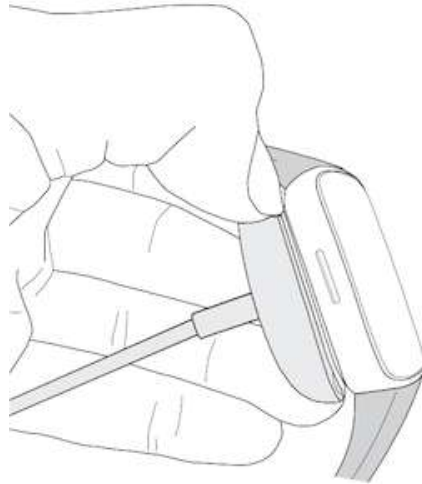
To charge Inspire 3:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Align the pins on the other end of the charging cable with the gold contacts on the back of Inspire 3. Gently press Inspire 3 into the charger until it snaps into place.



To remove Inspire 3 from the charging cable:

1. Hold Inspire 3 and slide your thumbnail between the charger and the back of the tracker on one of the corners.
2. Gently press down on the charger until it separates from the tracker.



Charging fully takes about 1-2 hours. While Inspire 3 charges, double-tap the screen to turn it on and check the battery level. Swipe right on the battery screen to use Inspire 3. A fully charged tracker shows a solid battery icon.



Set up Inspire 3

Set up Inspire 3 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones. See [fitbit.com/devices](https://www.fitbit.com/devices) to check if your phone is compatible.



To get started:

1. Download the Fitbit app:
 - [Apple App Store](#) for iPhones
 - [Google Play Store](#) for Android phones
2. Install the app, and open it.
3. Tap **Sign in with Google**, and follow the on-screen instructions to set up your device.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

For more information, see [the related help article](#).

See your data in the Fitbit app

Open the Fitbit app on your phone to see your health metrics, activity and sleep data, choose a workout or mindfulness session, and more.

Unlock Fitbit Premium

Fitbit Premium is your personalized resource in the Fitbit app that helps you stay active, sleep well, and manage stress. A Premium subscription includes programs tailored to your health and fitness goals, personalized insights, hundreds of workouts from fitness brands, guided meditations, and more.

Customers can redeem a Fitbit Premium trial subscription in the Fitbit app.

For more information, see [the related help article](#).

Wear Inspire 3

Choose to wear Inspire 3 around your wrist or in the clip accessory (sold separately). If you need to remove the band or attach a different band, see the instructions in ["Change the band" on page 14](#).

When you wear Inspire 3 in the band, make sure your tracker is set to **WORN on**

Wrist 

. When you wear Inspire 3 in the accessory clip, make sure it's set to

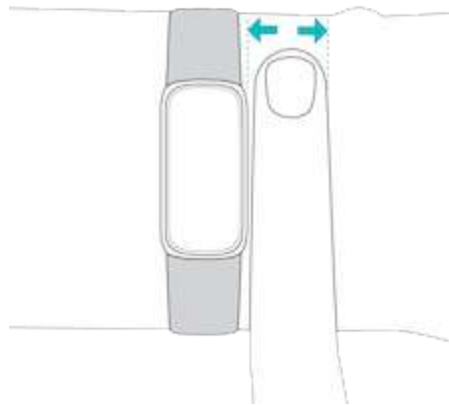
CLIPPED on Body 

. For more information, see ["Navigate Inspire 3" on page 17](#).

Placement for all-day wear vs. exercise

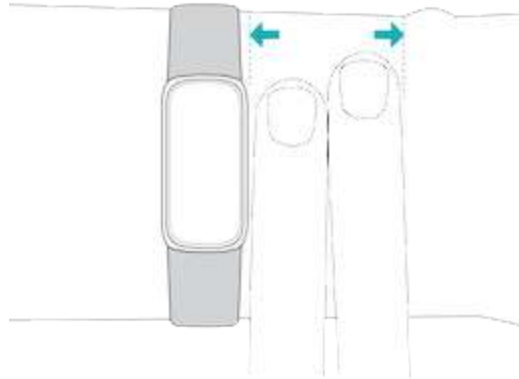
When you're not exercising, wear Inspire 3 a finger's width above your wrist bone.

In general, it's always important to give your wrist a break on a regular basis by removing your tracker for around an hour after extended wear. We recommend removing your tracker while you shower. Although you can shower while wearing your tracker, not doing so reduces the potential for exposure to soaps, shampoos, and conditioners, which can cause long-term damage to your tracker and may cause skin irritation.



For optimized heart-rate tracking while exercising:


- During a workout, experiment with wearing your tracker a bit higher on your wrist for an improved fit. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the tracker is lower on your wrist.



- Wear your tracker on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your band before a workout and loosening it when you're done. The band should be snug but not constricting (a tight band restricts blood flow, potentially affecting the heart-rate signal).


Handedness

For greater accuracy, you must specify whether you wear Inspire 3 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Inspire 3 on your dominant hand, change the Wrist setting in the Fitbit app:



From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire 3 tile > **Wrist** > **Dominant**.

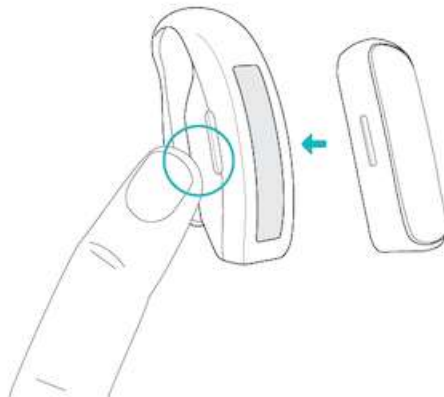
Wear Inspire 3 in a clip

Wear Inspire 3 clipped to your clothing. Remove the bands, and place your tracker in the clip. For more information, see ["Change the band" on the next page](#).

Note that when Inspire 3 is set to **CLIPPED on Body** , certain features are turned off, including heart-rate tracking, automatic exercise tracking, and Active Zone Minutes.

To put Inspire 3 in the clip:

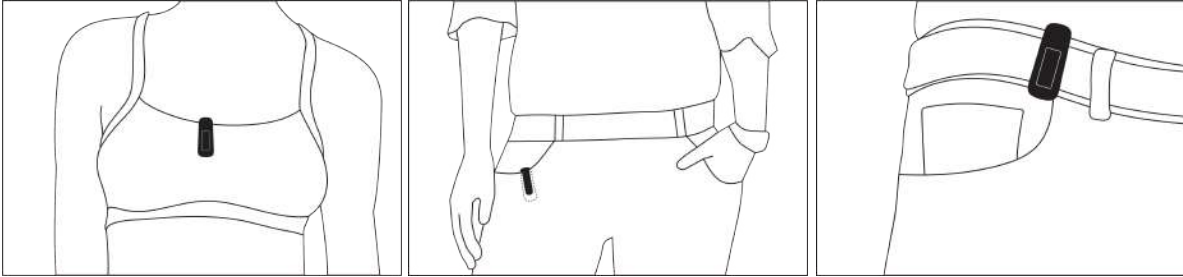
1. If you previously wore Inspire 3 on your wrist, change your device setting to **CLIPPED on Body** . For more information, see ["Navigate Inspire 3" on page 17](#). **Note:** Make sure Inspire 3 is set to **WORN on Wrist**  when you wear your tracker in the band.
2. Hold the tracker with the screen facing you. Make sure the time isn't upside down.
3. Hold the clip accessory with the opening facing you and the clip on the back facing down.
4. Place the top of the tracker into the clip opening and move the bottom of the tracker into place. Inspire 3 is secure when all edges of the clip lie flat against the tracker.



Clip Placement

Wear Inspire 3 on or close to your body with the screen facing outward. Secure the clip tightly to a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what's most comfortable and secure for you.

If you experience skin irritation when wearing Inspire 3 on your bra or waistband, clip it to an external piece of clothing instead, such as your belt or pocket.



Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.
- Take your tracker off from time to time.

For more information, visit the [Fitbit Wear & Care page](#).

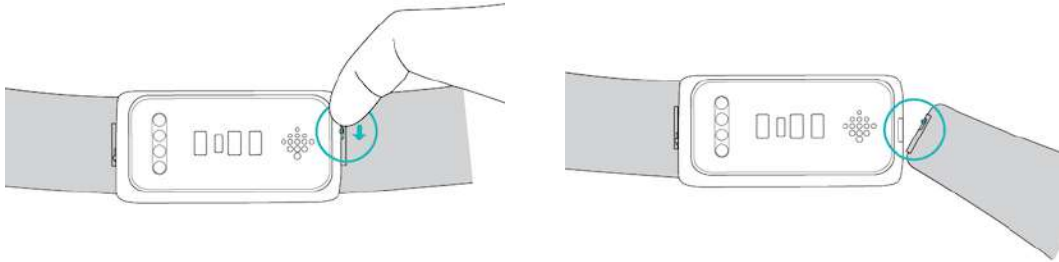
Change the band

Inspire 3 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on [fitbit.com](https://www.fitbit.com). For band measurements, see "[Band size](#)" on [page 53](#).

The Fitbit Inspire 2 bands and clip accessory are not compatible with Inspire 3.

Remove a band

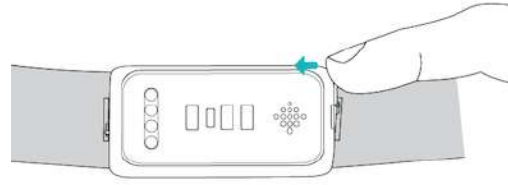
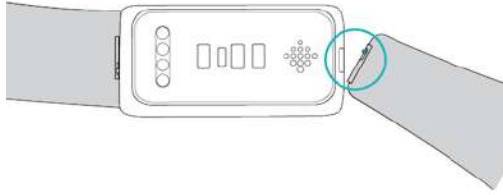
1. Turn over Inspire 3 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.



3. Repeat on the other side.

Attach a band

1. To attach a band, hold the band and slide the pin (the side opposite the quick-release lever) into the notch on the tracker.
2. While pressing the quick-release lever inward, slide the other end of the band into place.
3. When both ends of the pin are inserted, release the quick-release lever.



Basics

Learn how to manage settings, navigate the screen, and check the battery level.



Navigate Inspire 3

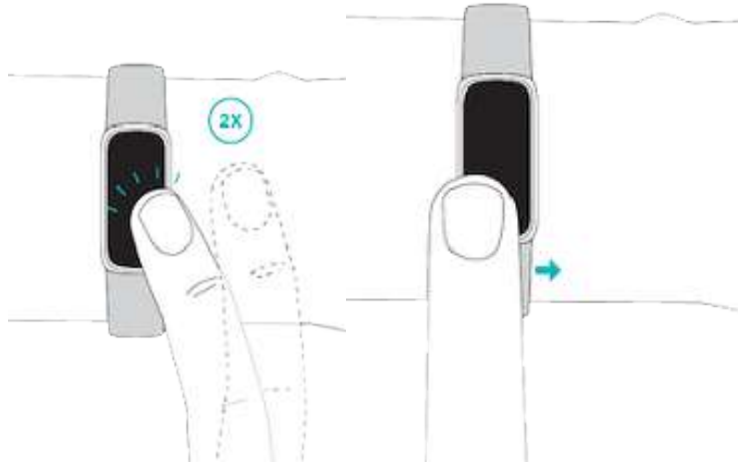
Inspire 3 has a color AMOLED touchscreen display and 2 buttons.

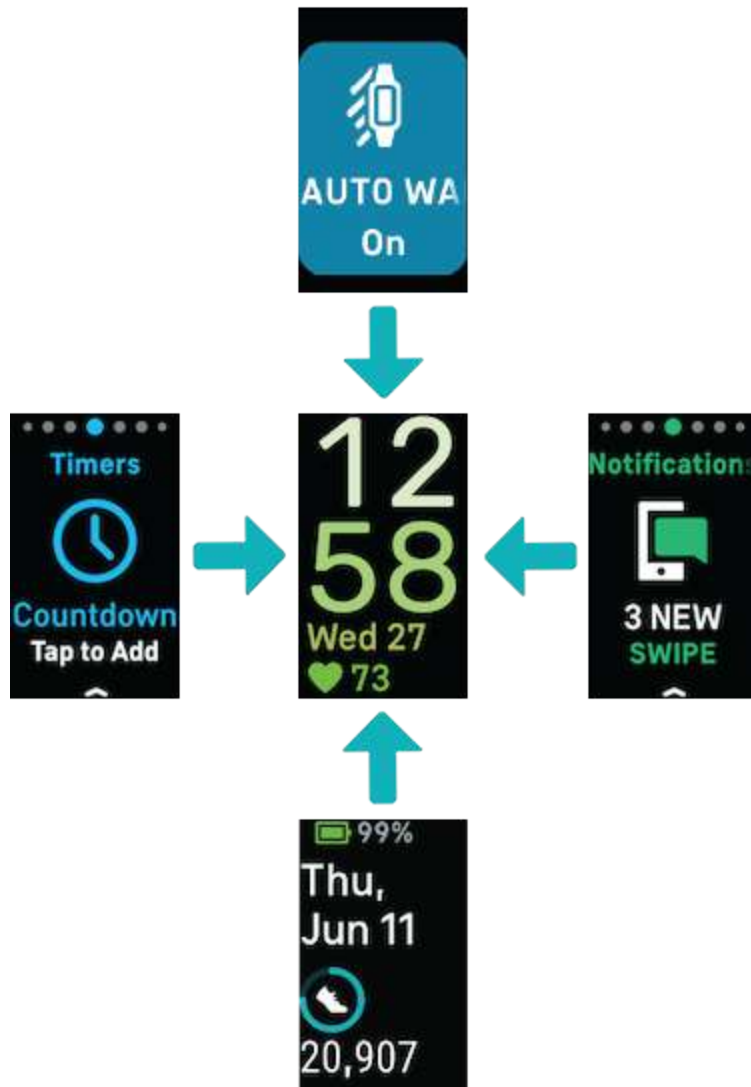
Navigate Inspire 3 by tapping the screen, pressing the buttons, and swiping side to side and up and down. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

The home screen is the clock.












- Firmly tap the screen twice, press the buttons, or turn your wrist to wake Inspire 3.
- Swipe down from the top of the screen to access quick settings, the Find Phone app , and the Settings app . While in quick settings, swipe right or press the buttons to return to the clock screen.
- Swipe up to see your daily stats.
- Swipe left and right to see the apps on your tracker.
- Swipe right to go back to a previous screen. Press the buttons to return to the clock screen.














Quick settings

For a faster way to access certain settings, swipe down from the clock screen. Tap a setting to adjust it. When you turn off a setting, the icon appears dim with a line through it.

<p>DND mode </p>	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders are muted. • The do not disturb icon illuminates  in quick settings. <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
<p>Sleep mode </p>	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders are muted. • The screen's brightness is set to dim. • The screen stays dark when you turn your wrist. To wake Inspire 3, firmly tap the screen twice. • The sleep mode icon illuminates  in quick settings. <p>Sleep mode turns off automatically when you set a sleep schedule. For more information, see "Adjust settings" on page 22</p> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
<p>Auto wake </p>	<p>When the Auto wake setting  is on, the screen turns on each time you turn your wrist.</p>
<p>Find Phone </p>	<p>Tap to open the Find Phone app . For more information, see "Find Phone" on page 26.</p>
<p>WORN on Wrist  / CLIPPED on Body </p>	<p>When Inspire 3 is on your wrist, make sure the tracker is set to WORN on Wrist . When Inspire 3 is in the clip, make sure the tracker is set to CLIPPED on Body</p>

	<p>. To switch between wrist and clip modes, tap the setting > tap YES to confirm.</p> <p>Note that when Inspire 3 is set to CLIPPED on Body , certain features are turned off, including heart-rate tracking, automatic exercise tracking, and Active Zone Minutes.</p>
<p>Water lock </p>	<p>Turn on the water lock setting when you're in water, for example showering or swimming, to prevent the screen and buttons on your tracker from activating. When water lock is on, your screen and buttons lock, and the water lock icon appears at the bottom. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them.</p> <p>To turn on water lock, swipe down from the clock screen > tap Water Lock  > firmly tap your screen twice. To turn off water lock, firmly double-tap the middle of the screen with your finger. If you don't see "Unlocked" appear on screen, try tapping harder. Turning off this feature uses the accelerometer in your device, which takes more force to activate.</p> <p>Note that water lock turns on automatically when you start a swim in the Exercise app .</p>
<p>Settings app </p>	<p>Tap the Settings app  to open it. For more information, see "Adjust settings" on the next page.</p>




Adjust settings

Manage basic settings in the Settings app . Swipe down from the clock screen and tap the Settings app  to open it. Tap a setting to adjust it. Swipe to see the full list of settings.

Display settings

Brightness	Change the screen's brightness.
Auto wake	Change whether the screen turns on when you turn your wrist.
Screen timeout	Adjust the amount of time before the screen turns off or switches to the always-on display clock face.
Always-on display	Turn always-on display on or off. For more information, see " Adjust always-on display " on page 24.

Quiet modes

Exercise focus	Turn off notifications while using the Exercise app  .
Do not disturb	Turn off all notifications.
Sleep mode	<p>Adjust sleep mode  settings, including setting a schedule for the mode to automatically turn on and off.</p> <p>To set a schedule:</p> <ol style="list-style-type: none">1. Open the Settings app  and tap Quiet modes > Sleep Mode > Schedule > Interval.2. Tap the start or end time to adjust when the mode turns on and off. Swipe up or down to change the time, and tap the time to select it. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.

Other settings

Heart rate	Turn heart-rate tracking on or off.
AZM notifications	Turn the heart-zone notifications that you receive during everyday activity on or off. For more information, see the related help article .
Button lock	Turn on Button Lock to prevent the buttons on your tracker from activating while your screen is off. To turn on Button Lock , tap the setting > Turn On .
Vibrations	Adjust your tracker's vibration strength.
Device Info	View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device. Tap Device Info > System Info to see the activation date. For more information, see the related help article .
Restart device	Tap Restart device > Restart to restart your tracker.

Check battery level

From the clock face, swipe up. The battery level is at the top of the screen.

If your tracker's battery is low (fewer than 24 hours remaining), the battery indicator turns red. If your tracker's battery is critically low (fewer than 4 hours remaining), a warning appears on the clock face and the battery indicator flashes. Swipe right to dismiss the warning.




Adjust always-on display

Turn on always-on display to show the time on your tracker, even when you're not interacting with the screen.



To turn always-on display on or off:

1. Swipe down from the clock face to access quick settings.
2. Tap the **Settings app**  > **Display settings** > **Always-on display**.
3. Tap **Always-on display** to turn the setting on or off. To set the display to automatically turn off during certain hours, tap **Off-hours**.

Note that turning on this feature impacts your tracker's battery life. When always-on display is turned on, Inspire 3 requires more frequent charging.

Clock faces without an always-on display mode use a default always-on display clock face.

Always-on display automatically turns off when your tracker's battery is critically low.

For more information, see [the related help article](#).

Turn off the screen

To turn off your tracker's screen when not in use, briefly cover the tracker face with your opposite hand or turn your wrist away from your body.


Note that if you turn on the always-on display setting, the screen won't turn off.

Clock Faces and Apps

Learn how to change your clock face and access apps on Inspire 3.

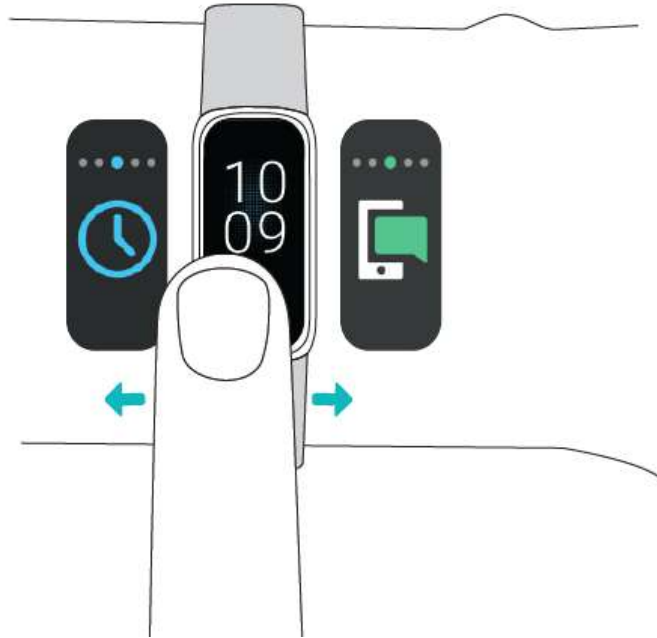
Change the clock face

The Fitbit Gallery offers a variety of clock faces to personalize your tracker.

1. From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire 3 tile.
2. Tap **Gallery** > **Clocks** tab.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Install** to add the clock face to Inspire 3.

Open apps

From the clock face, swipe left and right to see the apps installed on your tracker. Swipe up or tap an app to open it. Swipe right to return to a previous screen, or press the buttons to return to the clock screen.



Find Phone

Use the Find Phone app  to locate your phone.

Requirements:

- Your tracker must be connected (“paired”) to the phone you want to locate.
- Your phone must have Bluetooth turned on and be within 30 feet (10m) of your Fitbit device.
- The Fitbit app must be running in the background on your phone.
- Your phone must be turned on.

To find your phone:


1. Swipe down from the clock face to access quick settings.
2. Open the Find Phone app on your tracker.
3. Tap **Find Phone**. Your phone rings loudly.
4. When you locate your phone, tap **Cancel** to end the ringtone.

Notifications from your phone

Inspire 3 can show call, text, calendar, and app notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:



1. From the Today tab  in the Fitbit app, tap the icon in the top left > Inspire 3 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.

Note that if you have an iPhone, Inspire 3 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire 3 shows calendar notifications from the calendar app you chose during setup.

For more information, see [the related help article](#).

See incoming notifications


A notification causes your tracker to vibrate. Tap the notification to expand the message.

If you don't read the notification when it arrives, you can check it later in the Notifications app . Swipe right or left to the Notifications app , then swipe up to open it. Your tracker shows the first 250 characters of the notification. Check your phone for the full message.



Manage notifications

Inspire 3 stores up to 10 notifications, after which the oldest are replaced as you receive new ones.


Manage notifications in the Notifications app :

- Swipe up to scroll through your notifications, and tap any notification to expand it.
- To delete a notification, tap to expand it, then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe up until you reach the end of your notifications and tap **Clear All**.
- To exit the notifications screen, press the buttons or swipe right.


Turn off notifications

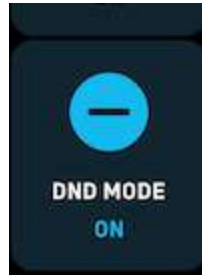
Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Inspire 3. When you turn off all notifications, your tracker won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab  in the Fitbit app on your phone, tap the icon in the top left > Inspire 3 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. From the clock face, swipe down to access quick settings.
2. Turn on **DND Mode** . All notifications and reminders are turned off.



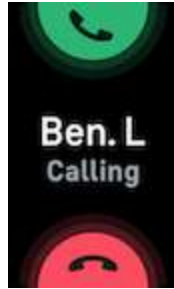
Note that if you use the do not disturb setting on your phone, you don't receive notifications on your tracker until you turn off this setting.

Answer or reject phone calls

If paired to an iPhone or Android phone, Inspire 3 lets you accept or reject incoming phone calls.

To accept a call, tap the green phone icon on your tracker's screen. Note that you can't speak into the tracker—accepting a phone call answers the call on 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.



Respond to messages (Android phones)

Respond directly to text messages and notifications from certain apps on your tracker with preset quick replies. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your tracker.

To respond to a message:


1. Open the notification you want to respond to.
2. Choose how to reply to the message:
 - Tap the text icon  to respond to a message from a list of quick replies.
 - Tap the emoji icon  to respond to the message with an emoji.

For more information, including how to customize quick replies, see [the related help article](#).

Timekeeping

Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.


Set an alarm

Set one-time or recurring alarms with the Alarms app . When an alarm goes off, your tracker vibrates.

When setting an alarm, turn on Smart Wake to allow your tracker to find the best time to wake you starting 30 minutes before the alarm time you set. It avoids waking you during deep sleep so you're more likely to wake up feeling refreshed. If Smart Wake can't find the best time to wake you, your alarm alerts you at the set time.

For more information, see [the related help article](#).


Dismiss or snooze an alarm

When an alarm goes off, your tracker vibrates. To dismiss the alarm, swipe up from the bottom of the screen and tap the dismiss icon . To snooze the alarm for 9 minutes, swipe down from the top of the screen.

Snooze the alarm as many times as you want. Inspire 3 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



Use the timer or stopwatch

Time events with the stopwatch or set a countdown timer with the Timers app  on your tracker. You can run the stopwatch and countdown timer at the same time.

If always-on display is on, the screen continues to display the stopwatch or countdown timer until it ends or you exit the app.

For more information, see [the related help article](#).

Activity and Wellness

Inspire 3 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

See your stats

Swipe up from the clock face to see your daily stats, including:

Core stats	Steps taken today, distance covered, calories burned, and Active Zone Minutes
Exercise	Number of days you met your exercise goal this week
Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Hourly activity	The number of hours today you met your hourly activity goal
Menstrual health	Information on the current stage of your menstrual cycle, if applicable
Oxygen Saturation (SpO2)	Your most recent resting SpO2 average
Readiness (Premium only)	Your daily readiness score
Sleep	Sleep duration and sleep score

Find your complete history and other information detected by your tracker in the Fitbit app.

Track a daily activity goal

Inspire 3 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal.

For more information, see [the related help article](#).

Track progress toward your goal on Inspire 3. For more information, see "[See your stats](#)" on the previous page.

Track your hourly activity

Inspire 3 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a congratulatory message.



For more information, see [the related help article](#).

Track your sleep

Wear Inspire 3 to bed to automatically track basic stats about your sleep, including your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and sleep score (the quality of your sleep).

Inspire 3 also tracks your estimated oxygen variation throughout the night to help you uncover potential breathing disturbances, as well as your skin temperature to see how it varies from your personal baseline and SpO2 levels, which estimate the amount of oxygen in your blood

To see your sleep stats, sync your tracker when you wake up and check the Fitbit app, or swipe up from the clock face on your tracker.

For more information, see [the related help article](#).

Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see [the related help article](#).

Get insights into your long-term sleep behaviors

With a Premium subscription, understand and take steps to help improve your sleeping habits with a monthly sleep profile. Each month, wear your Fitbit device to sleep for at least 14 days out of the month. On the 1st of each month, check the Fitbit app to receive a breakdown of your sleep with 10 monthly metrics, along with a sleep animal that reflects long-term trends in your sleep behaviors.

For more information, see [the related help article](#).

Learn about your sleep habits


With a Fitbit Premium subscription, see more details about your sleep score and how you compare to your peers, which can help you build a better sleep routine and wake up feeling refreshed.


For more information, see [the related help article](#).

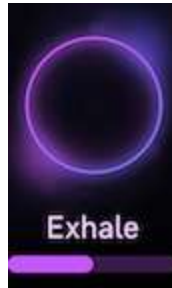
Manage stress

Track and manage your stress with mindfulness features.

Practice guided breathing

The Relax app  on Inspire 3 provides personalized guided breathing sessions to help you find moments of calm throughout the day. All notifications are automatically disabled during the session.


1. On Inspire 3, swipe left or right to the Relax app  and tap to open it.
2. To begin a session the same length as your previous session, tap **Start**. To set a custom length of time for the session:
 1. Swipe up and tap **Custom**.
 2. Swipe up or down to choose the number of minutes, then tap to set the minutes.
 3. Tap **Start**.
3. Follow the on-screen instructions. When you're done, view your summary, and tap **Done** to close the app.



For more information, see [the related help article](#).

Check your stress management score

Based on your heart rate, exercise, and sleep data, your stress management score helps you see if your body is showing signs of stress on a daily basis. The score ranges from 1 to 100, where a higher number means your body is showing fewer signs of physical stress. To see your daily stress management score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the

Today tab , tap the Stress Management tile.

Log how you feel throughout the day to get a clearer picture of how your mind and body respond to stress. With a Fitbit Premium subscription, see details about your score breakdown.

For more information, see [the related help article](#).

Advanced health metrics

Know your body better with health metrics in the Fitbit app. This feature helps you view key metrics tracked by your Fitbit device over time so that you can see trends and assess what's changed.


Metrics include:

- Oxygen saturation (SpO2)
- Skin temperature variation
- Heart-rate variability
- Resting heart rate
- Breathing rate

Note: This feature is not intended to diagnose or treat any medical condition and should not be relied on for any medical purposes. It is intended to provide information that can help you manage your well-being. If you have any concerns about your health, please talk to a healthcare provider. If you believe you are experiencing a medical emergency, call emergency services.

For more information, see [the related help article](#).



Exercise and Heart Health

Automatically track exercise or track activity with the Exercise app  to see real-time stats and a post-workout summary.

Check the Fitbit app to share your activity with friends and family, see how your overall fitness level compares to your peers, and more.


Track your exercise automatically

Inspire 3 automatically recognizes and records many high-movement activities which are at least 15 minutes long. See basic stats about your activity in the Fitbit

app on your phone. From the Today tab , tap the Exercise tile .

For more information, see [the related help article](#).

Track and analyze exercise with the Exercise app


Track specific exercises with the Exercise app  on Inspire 3 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

Inspire 3 uses the GPS sensors on your nearby phone to capture GPS data.






GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more information, see [the related help article](#).

1. Turn on Bluetooth and GPS on your phone.
2. Make sure Inspire 3 is paired to your phone.
3. Make sure the Fitbit app has permission to use GPS or location services.
4. Check that GPS is turned on for the exercise.

1. Open the Exercise app  and swipe up to find an exercise.
2. Tap the exercise, then swipe up and make sure **GPS** is turned on.
5. Keep your phone with you while you exercise.

To track an exercise:

1. On Inspire 3, swipe left or right to the Exercise app , then swipe up to find an exercise. Your most recently used exercises and exercise shortcuts appear at the top. Tap **More** to find a complete list of exercises.
2. Tap the exercise to choose it. If the exercise uses GPS, you can wait for the signal to connect, or start the exercise and GPS will connect when a signal is available. Note that GPS can take a few minutes to connect.
3. Tap the play icon  to begin the exercise, or swipe up to choose an exercise goal or adjust the settings. For more information on the settings, see ["Customize your exercise settings" on the next page.](#)
4. Tap the middle of the screen to scroll through your real-time stats. To pause your workout, swipe up and tap **Pause** .
5. When you're done with your workout, swipe up and tap **Pause**  > **Finish** . Your workout summary appears.
6. Swipe up and tap **Done** to close the summary screen.

Notes:

- If you set an exercise goal, your tracker alerts you when you're halfway to your goal and when you reach the goal.
- If the exercise uses GPS, "GPS connecting..." appears at the top of the screen. When the screen says "GPS connected" and Inspire 3 vibrates, GPS is connected.





Customize your exercise settings


Customize settings for each exercise type on your device or in the Fitbit app. Change or reorder exercise shortcuts in the Fitbit app.




Settings include:

Always-on Display	Keep the screen on during exercise
Auto-Pause	Automatically pause a run when you stop moving
GPS	Track your route using GPS
Heart Zone Notifications	Receive notifications when you hit target heart-rate zones during your workout. For more information, see the related help article
Interval	Adjust the move and rest intervals used during interval training
Pool Length	Set the length of your pool
Run Detect	Automatically open the exercise app when your tracker detects a run.
Laps	Receive notifications when you reach certain milestones during your workout
Unit	Change the unit of measurement you use for pool length

To customize the settings for each exercise type on your tracker:

1. Swipe to the Exercise app , then swipe up to find an exercise.
2. Tap the exercise to choose it.
3. Swipe up through the exercise settings. Tap a setting to adjust it.
4. When you're done, swipe down until you see the play icon .

To customize certain exercise settings and change or reorder Exercise app  shortcuts in the Fitbit app:

1. From the Today tab  in the Fitbit app, tap the icon in the top left  Inspire 3 tile.
2. Tap **Exercise Shortcuts**.
 - To add a new exercise shortcut, tap the **+** icon and select an exercise.
 - To remove an exercise shortcut, swipe left on a shortcut.
 - To reorder an exercise shortcut, tap **Edit** (iPhones only), and press and hold the menu icon , then drag it up or down.
 - To customize an exercise setting, tap an exercise and adjust your settings.

You can have up to 6 exercise shortcuts on Inspire 3.

For more information, see [the related help article](#).

Check your workout summary

After you complete a workout, Inspire 3 shows a summary of your stats.

Check the Exercise tile in the Fitbit app to see additional stats and a workout intensity map if you used GPS.

Check your heart rate





Inspire 3 personalizes your heart-rate zones using your heart rate reserve, which is the difference between your maximum heart rate and your resting heart rate. To help you target the training intensity of your choice, check your heart rate and

heart-rate zone on your tracker during exercise. Inspire 3 notifies you when you enter a heart-rate zone.

Heart-rate zones help you target the training intensity of your choice. Three zones based on American Heart Association recommendations are available, 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.

Icon	Zone	Calculation	Description
 <p>Conn... ↗ 78 Heart Ra 00:00.01 ⤴</p>	Below Zone	Below 50% of your maximum heart rate	Below the fat burn zone, your heart beats at a slower pace.
 <p>Conn... ↗ 121 Heart Ra 00:00.01 ⤴</p>	Fat Burn Zone	Between 50% and 69% of your maximum heart rate	In the fat burn zone, you're likely in a moderate activity such as a brisk walk. Your heart rate and breathing might be elevated, but you can still carry on a conversation.
 <p>Conn... ↗ 132 Heart Ra 00:00.01 ⤴</p>	Cardio Zone	Between 70% and 84% of your maximum heart rate	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
 <p>Conn... ↗ 166 Heart Ra 00:00.01 ⤴</p>	Peak Zone	Greater than 85% of your maximum heart rate	In the peak zone, you're likely doing a short, intense activity that improves performance and speed, such as sprinting or high-intensity interval training.

Custom heart-rate zones

Instead of using these heart-rate zones, you can create a custom zone in the Fitbit app to target a specific heart-rate range.


For more information, see [the related help article](#).

Earn Active Zone Minutes

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you're in the cardio or peak zones.

1 minute in the fat burn zone = 1 Active Zone Minute
1 minute in the cardio or peak zones = 2 Active Zone Minutes

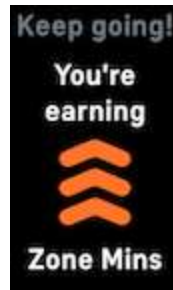
There are 2 ways Inspire 3 notifies you about Active Zone Minutes:

- A few moments after you enter a different heart-rate zone during your exercise using the Exercise app , so that you know how hard you're working. The number of times your tracker vibrates indicates which zone you're in:


1 buzz = fat burn zone
2 buzzes = cardio zone
3 buzzes = peak zone



- 7 minutes after you enter a heart-rate zone throughout the day (for example, during a brisk walk).



Heart-zone notifications are turned off to start. To turn them on:

- Heart-zone notifications during exercise in the Exercise app  —see ["Track and analyze exercise with the Exercise app" on page 38](#)
- Heart-zone notifications during everyday activity—see ["Adjust settings" on page 22](#)

To start, your weekly goal is set to 150 Active Zone Minutes. You'll receive notifications as you reach your goal.


For more information, see [the related help article](#).

Receive heart-rate notifications

Stay informed when Inspire 3 detects that your heart rate is outside of your high or low thresholds when you appear to be inactive for at least 10 minutes.



To turn this feature off or adjust the thresholds:

1. From the Today tab  in the Fitbit app on your phone, tap the icon in the top left > Inspire 3 tile.

2. Tap **High & low heart rate**.
3. Turn **High heart rate notification** or **Low heart rate notification** on or off, or tap **Custom** to adjust the threshold.

View past heart-rate notifications, log possible symptoms and causes, or delete notifications in the Fitbit app. For more information, see [the related help article](#).

Check your daily readiness score

Understand what's best for your body with the daily readiness score, available with a Fitbit Premium subscription. Your score ranges from 1 to 100, based on your activity, sleep, and heart-rate variability. A high score means you're ready to exercise, while a low score suggests you should focus on recovery.

When you check your score, you also see a breakdown of what impacted your score, a personalized activity goal for the day, and recommended workouts or recovery sessions.

Wear your tracker for a full day (at least 14 hours), including to sleep at night, and then swipe up from the clock face to find your readiness score in your daily stats.

For more information, see the [related help article](#).

View your cardio fitness score

View your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

In the Fitbit app, tap the Heart-rate tile and swipe left on your heart-rate graph to see your detailed cardio fitness stats.

For more information, see [the related help article](#).

Share your activity

After you complete a workout, open the Fitbit app to share your stats with friends and family.

For more information, see [the related help article](#).

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your tracker, while erasing it is useful if you want to give Inspire 3 to another person. Update your tracker to receive the latest firmware.

Update Inspire 3

Update your tracker to get the latest feature enhancements and product updates.



When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Inspire 3 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

To update Inspire 3, your tracker's battery must be at least 20% charged. Updating Inspire 3 may be demanding on the battery. We recommend plugging your tracker into the charger before starting an update.

For more information, see [the related help article](#).

Restart Inspire 3

If you can't sync Inspire 3 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

1. Swipe down from the clock screen to find the Settings app .
2. Open the Settings app  > **Restart Device** > **Restart**.



If Inspire 3 is unresponsive:

1. Connect Inspire 3 to the charging cable. For instructions, see "[Charge your tracker](#)" on page 6.

2. Press and hold the buttons on your tracker for 10 seconds. Release the buttons. When Inspire 3 vibrates and you see the Fitbit logo, the tracker restarted.

Erase Inspire 3

If you want to give Inspire 3 to another person or wish to return it, first clear your personal data:

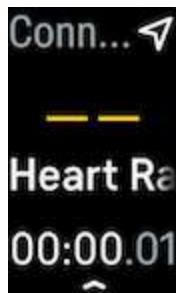
1. Swipe down from the clock screen to find the Settings app .
2. Open the Settings app  > **Device Info** > **Clear User Data**.
3. Swipe up, then press **Hold 3 Sec** for 3 seconds and release.
4. When you see the Fitbit logo and Inspire 3 vibrates, your data is erased.


Troubleshooting

If Inspire 3 isn't working properly, see our troubleshooting steps below.

Heart-rate signal missing

Inspire 3 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your tracker has difficulty detecting a signal, dashed lines appear.

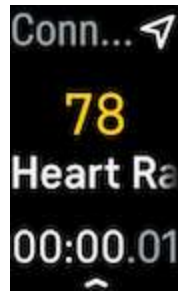


If your tracker doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app  on your tracker and Inspire 3 is set to **WORN on Wrist**. Next, make sure you're wearing your tracker correctly, either by moving it higher or lower on your wrist or by tightening or loosening the band. Inspire 3 should be in contact with your skin. After holding your arm still and straight for a short time, you should see your heart rate again.

For more information, see [the related help article](#).

GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, **connecting** appears at the top of the screen.



For best results, wait for your phone to find the signal before you start your workout.

Other issues

If you experience any of the following issues, restart your tracker:

- Won't sync
- Won't respond to taps, swipes, or button press
- Won't track steps or other data
- Won't show notifications

For instructions, see "[Restart Inspire 3](#)" on page 48.

General Info and Specifications

Sensors and Components

Fitbit Inspire 3 contains the following sensors and motors:

- Optical heart-rate tracker
- Red and infrared sensors for oxygen saturation (SpO2) monitoring
- 3-axis accelerometer, which tracks motion patterns
- Ambient light sensor
- Vibration motor

Materials

The Inspire 3 classic band is made of a flexible, durable silicone similar to that used in many sports watches. The housing and buckle on Inspire 3 are plastic.

Wireless technology

Inspire 3 contains a Bluetooth 5.0 radio transceiver.

Haptic feedback

Inspire 3 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Inspire 3 contains a rechargeable lithium-polymer battery.

Memory

Inspire 3 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

Display

Inspire 3 has a color AMOLED display.

Band size

Small band	Fits a wrist between 5.5 - 7.1 inches (140 mm - 180 mm) in circumference
Large band	Fits a wrist between 7.1 - 8.7 inches (180 mm - 220 mm) in circumference

Environmental conditions

Operating temperature	32° to 104° F (0° to 40° C)
Storage temperature for 3 months	-4° to 104° F (-20° to 40° C)
Water resistance	Water resistant up to 50 meters
Maximum operating altitude	28,000 feet (8,534 m)

Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

Regulatory and Safety Notices

Notice to the User: Regulatory content for certain regions can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB424

FCC ID: XRAFB424

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Supplier's Declaration of Conformity

Unique Identifier: FB424

Responsible Party – U.S. Contact Information

Google LLC
1600 Amphitheatre Parkway
Mountain View, CA 94043

FCC Compliance Statement (for products subject to Part 15)

This device complies with Part 15 of the 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, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance 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 and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement

Model/Modèle FB424

IC: 8542A-FB424

Notice to the User: The IC ID can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Avis à l'utilisateur: L'ID de l'IC peut également être consulté sur votre appareil. Pour voir le contenu:

Paramètres > Informations sur l'appareil > Informations réglementaires

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 English/French in accordance with current issue of RSS GEN:

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

European Union (EU)

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Frequency Bands and Power

Data given here is the maximum radio-frequency power transmitted in the frequency band(s) in which the radio equipment operates.

Bluetooth 2400-2483.5 MHz < 13 dBm EIRP

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB424 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit LLC erklärt hiermit, dass die Funkgerätytypen Modell FB424 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit LLC declara que el tipo de dispositivo de radio Modelo FB424 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

Déclaration UE de conformité simplifiée

Fitbit LLC déclare par la présente que les modèles d'appareils radio FB424 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

Dichiarazione di conformità UE semplificata

Fitbit LLC dichiara che il tipo di apparecchiatura radio Modello FB424 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



Argentina



C-27775

Australia and New Zealand

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info



Ghana

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Indonesia

83422/SDPPI/2022 3788

82710/SDPPI/2022 3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא 55-13659.
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

[Settings](#) > [Device Info](#) > [Regulatory Info](#)



Kingdom of Saudi Arabia

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

[Settings](#) > [Device Info](#) > [Regulatory Info](#)

Malaysia

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

[Settings](#) > [Device Info](#) > [Regulatory Info](#)

Mexico

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info



La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

IFT#: RCPFIFB22-3947

Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR00033173ANRT2022

Date d'agrément: 27/05/2022

Nigeria

Connection and use of this communications equipment is permitted by the Nigerian Communications Commission.

Oman

TRA/TA-R/13912/22
D202897

Paraguay



NR: 2022-06-I-0382

Philippines



Serbia



Singapore

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

South Korea

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Taiwan

用戶注意：您可以透過下面步驟取得臺灣NCC審驗合格標籤號碼及警

設置 > 設備信息 > 法規信息

Translation:

Notice to the User: You can obtain the Taiwan NCC verification label number and warnings through the following steps:

Settings > Device Info > Regulatory Info

低功率警語：

取得審驗證明之低功率射頻器材，非經核准，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。低功率射頻器材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。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材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。

Translation:

Low Power Warning:

For the low-power radio frequency equipment that has obtained the verification certificate, the company, organization or user shall not change the frequency, increase the power or change the features and functions of the original design without approval. The use of low-power radio frequency equipment shall not affect flight safety or interfere with legal communications. If any interference is detected, the device should be disabled immediately and the interference removed before continuing use. The aforesaid legal communication refers to the radio communication operated in accordance with the provisions of the Telecommunications Management Act. Low power radio frequency equipment must accept interference from legal communication or radio wave radiated electrical equipment for industrial, scientific and medical use.

電池警語：

此裝置使用鋰電池。

若未遵照下列準則，則裝置內的鋰離子電池壽命可能會縮短或有損壞裝置、發生火災、化學品灼傷、電解液洩漏及 / 或受傷的風險。

- 請勿拆解、鑿孔或損壞裝置或電池。
- 請勿取出或嘗試取出使用者不可自行更換的電池。
- 請勿將電池曝露於火焰、爆炸或其他危險中。
- 請勿使用尖銳物品取出電池。

Translation:

Battery warning:

This device uses a lithium-ion battery.

If the following guidelines are not followed, the life of the lithium-ion battery in the device may be shortened or there is a risk of damage to the device, fire, chemical burn, electrolyte leakage and / or injury.

- Do not disassemble, puncture or damage the device or battery.
- Do not remove or try to remove the battery that the user cannot replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Vision Warning

使用過度恐傷害視力

警語

- 使用過度恐傷害視力

注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看螢幕, 2歲以上每天看螢幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:

- Excessive use may damage vision

Attention:

- Rest for 10 minutes after every 30 minutes.
- Children under 2 years old should stay away from this product. Children 2 years old or more should not see the screen for more than 1 hour a day.

Taiwan RoHS

設備名稱：無線活動追蹤器 Part Name: Wireless Activity Tracker		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB424	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr ⁺⁶)	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○
備考1. “超出0.1 wt %” 及 “超出0.01 wt %” 係指限用物質之百分比含量超出百分比含量基準值。 備考2. “○” 係指該項限用物質之百分比含量未超出百分比含量基準值。 備考3. “--” 係指該項限用物質為排除項目。						

Thailand



United Arab Emirates



United Kingdom

Notice to the User: Regulatory content for this region can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB424 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address:

www.fitbit.com/legal/safety-instructions



About the Battery

This unit contains a non-replaceable internal lithium-ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture or dispose of in fire or water.

CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly
- Use the battery only in the specified equipment
- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

IP Rating

Notice to the User: Regulatory content can also be viewed on your device. To view the content:

Settings > Device Info > Regulatory Info

Model FB424 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB424 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Safety Statement

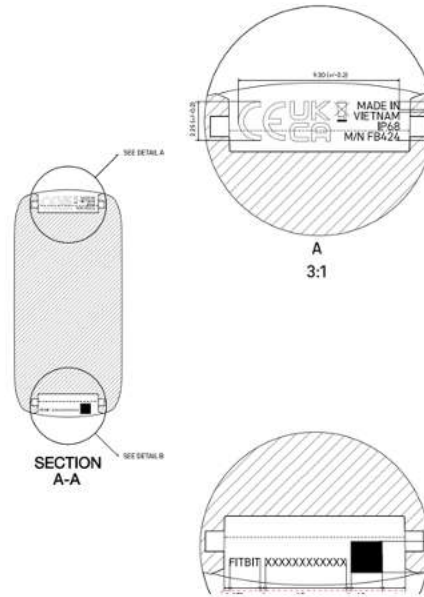
This equipment has been tested to comply with safety certification in accordance with the specifications of: IEC 60950-1:2005 + A1:2009 + A1:2013, EN 60950-1:2006 + A11:2009 + A1:2010 + A12: 2011 + A2: 2013; IEC 62368-1:2014, EN 62368-1:2014 + A11:2017; BS EN 62368-1:2014 + A11:2017; IEC 62368-1:2018, EN IEC 62368-1:2020 + A11:2020; BS EN IEC 62368-1:2020 +A11:2020.

Regulatory Markings

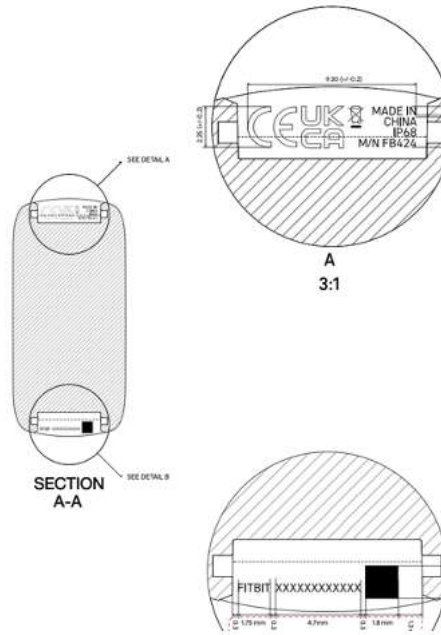
Device regulatory markings can be viewed on your device by removing the band. Markings are located in the band attach area.

Band Pocket View

Made in Vietnam



Made in China



Back View



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