



fitbit blaze™



Product Manual  
Version 1.1

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# Getting Started

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Welcome to Fitbit Blaze™, the smart fitness watch that helps you meet your fitness goals in style.

## 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 devices. If you don't have a compatible mobile device you can use a computer instead, but keep in mind that a mobile device is required for key features such as notifications, music control, and connected GPS.

## Setting up your tracker using a mobile device

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

To get started:

1. Make sure the Fitbit app is compatible with your mobile device 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 Windows® Store for Windows 10 mobile 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 mobile device. Pairing makes sure the tracker and mobile device 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 mobile device, you can set up and sync your tracker on your Windows 10 PC using the same Fitbit app available for Windows mobile devices.

To get the app, click the Start button and open the Windows® 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 mobile device, 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. If the button does not correctly show your type of computer (for example, if it says “Download for Mac”), choose the correct type first.
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 mobile device, 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. If the button does not correctly show your type of computer (for example, if it says "Download for PC"), choose the correct type first.
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 20 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](http://fitbit.com).

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# Getting to know your Fitbit Blaze

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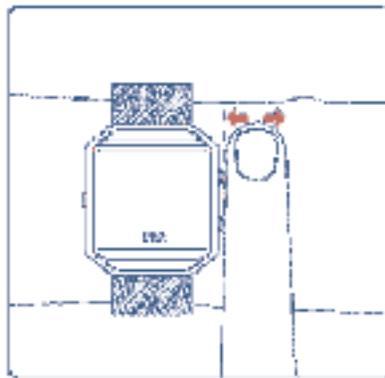
This section tells you how best to wear, navigate, and recharge your tracker. If you bought an accessory wristband, you'll also find instructions for taking the original band off and putting on a different one.

## Wrist placement

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

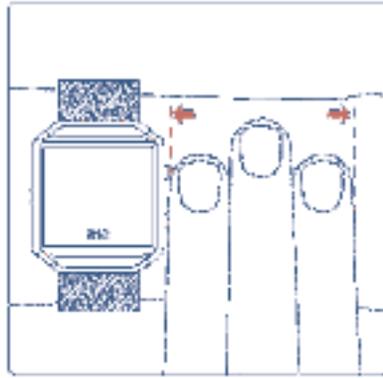
### All-day wear and exercise

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.



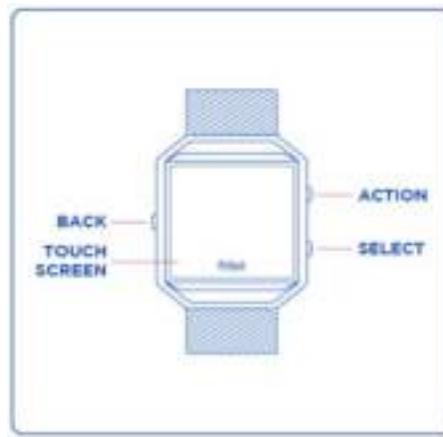
2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.
3. With high-intensity interval training or other activities 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

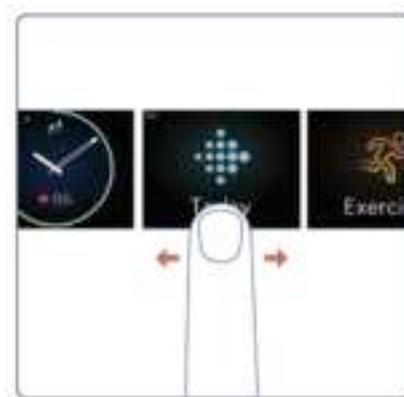
For greater accuracy, your tracker needs to know which wrist you wear it on. Your non-dominant wrist is the default. If you wear your tracker on your dominant wrist instead (meaning, the hand you write with), you can adjust the setting in the Account section of the Fitbit app or in the Devices section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

## Navigation

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

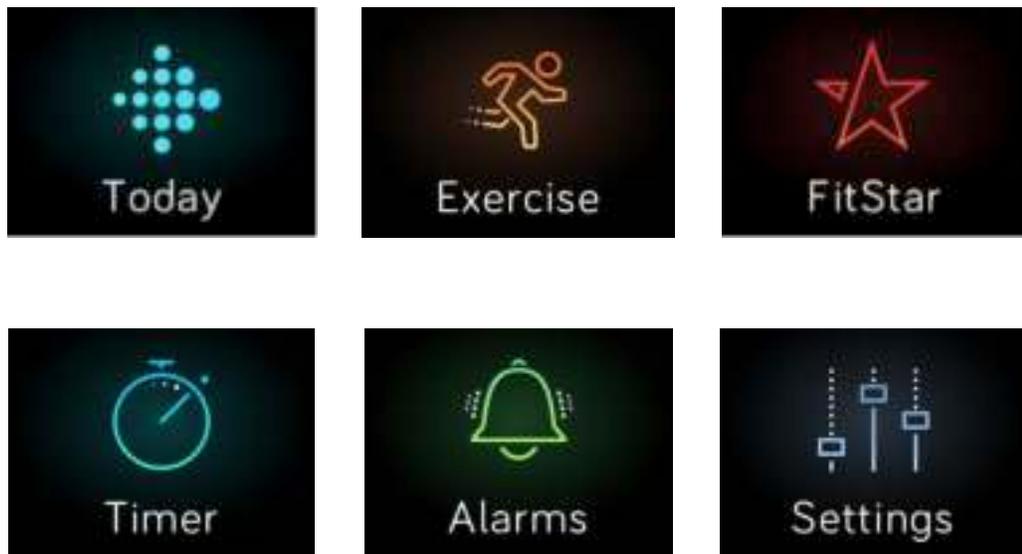


You'll navigate your Blaze by swiping side to side and up and down.



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, heart rate, distance covered, calories burned, and floors climbed (collectively known as all-day stats).
  - Exercise—Swipe right to find a specific exercise.
  - FitStar™—Choose from three FitStar workouts.
  - Timer—Swipe right to choose a stopwatch or countdown.
  - Alarms—Disable or enable 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:

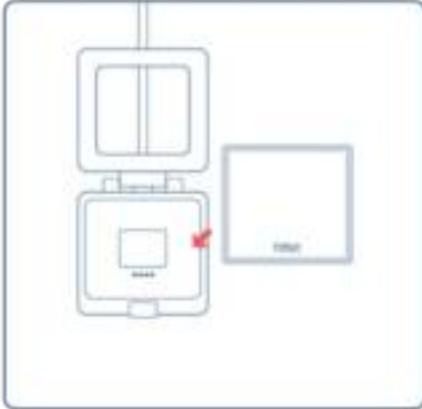
- When looking at any menu screens, a small icon on the top left shows your battery level.
- When looking at the clock, the battery icon will appear if the battery is low.

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

## Charging your tracker

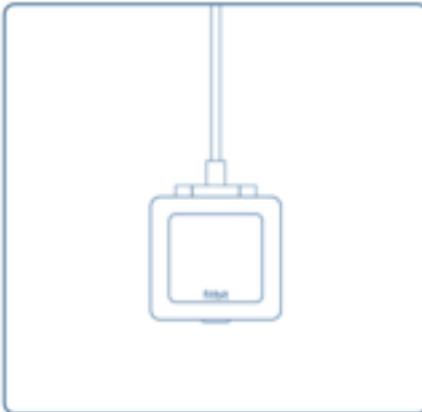
To charge your Blaze:

1. Plug the charging cable into the USB port on your computer or any standard 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.



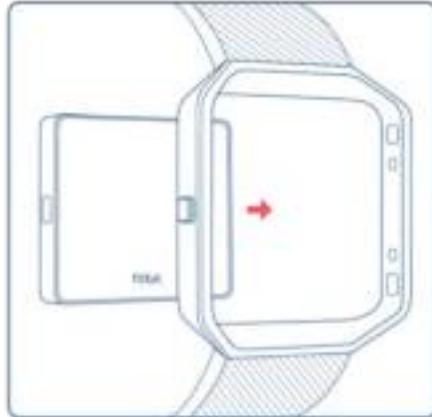
When your tracker is securely in the cradle, a large battery icon appears to let you know charging has started.

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

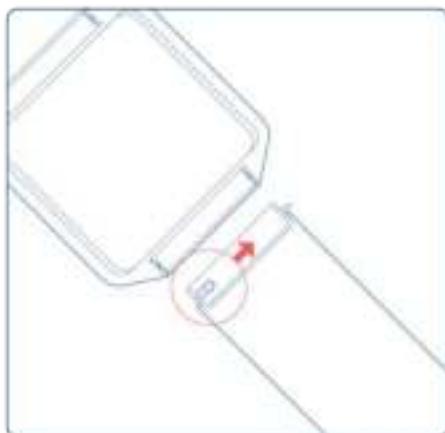
It's important to clean and dry your Blaze regularly. For instructions and more information see <http://www.fitbit.com/productcare>.

## 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 and zone
- Distance covered
- Calories burned
- Floors climbed

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

- Detailed heart rate history, including time spent in heart rate zones
- Active minutes
- Hours slept and sleep patterns

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.

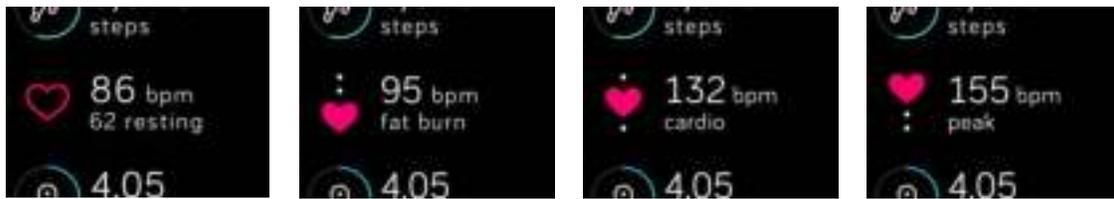
## Using heart-rate zones

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:



Out of zone

Fat burn

Cardio

Peak

- 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).

## Tracking sleep

Your Blaze automatically tracks the time you sleep and your movement during the night to help you understand your sleep patterns. To track sleep, simply wear your Blaze to bed. To help you achieve a healthy sleep cycle, by default you have a sleep goal of 8 hours of sleep per night. 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.

To see your sleep log, sync your tracker when you wake up. On your Fitbit dashboard you can see your sleep log and more detailed information about your sleep patterns and trends.

## Tracking a daily activity goal

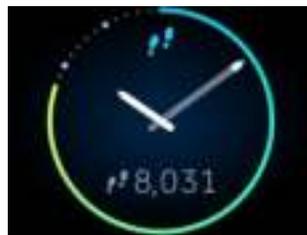
Your Blaze tracks your progress towards a daily goal of your choice. When you reach your goal, the tracker vibrates and flashes in celebration.

### 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

When you use the Exercise menu, Blaze can track your activity for a wide variety of exercises including runs, weights, spinning, elliptical, golf, and many more. If you want to use GPS to track an exercise, bring your phone along. Our connected GPS feature works with your phone to map your routes. Note that connected GPS is currently not available with the Fitbit app for Windows 10.

To track an exercise:

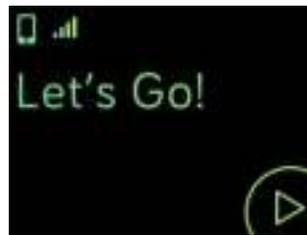
1. If you're going to use connected GPS with an Android device, make sure you've enabled call, text, or calendar notifications.
2. If you're going to use connected GPS, make sure Bluetooth and GPS are both enabled on your phone.
3. On your tracker, swipe to the Exercise screen and tap it, then swipe 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.

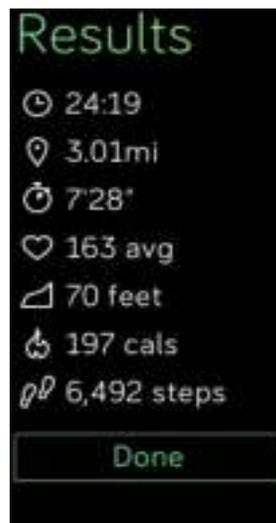
The dots mean your tracker is looking for the GPS signal. When the phone icon turns bright and the tracker vibrates, you know GPS is connected.



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.



6. When you're done with your workout or want to pause, tap the pause icon or the Select button (lower right).
7. To see a summary of your results, tap the flag icon or press the Action button (upper right).



8. 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 call, text, and calendar 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).

## Customizing the options on your Exercise menu

By default, your Exercise menu provides six types of exercise to choose from. You can add or remove exercises or change the order in which they appear.

To change the Exercise menu using the Fitbit app for iOS:

1. From the Fitbit app dashboard, tap the Blaze tile.
2. Tap **Exercise Shortcuts**.
3. To add a new shortcut, tap **Exercise Shortcut** and select an exercise.
4. To remove a shortcut, swipe left on an exercise name, then tap **Delete**.

To change the Exercise menu using the Fitbit app for Android:

1. From the Fitbit app dashboard, tap the tracker tile.
2. Tap the Blaze tile.
3. Tap **Exercise Shortcuts**.
4. To add a new shortcut, tap **More Exercises** and make your selection.
5. To remove a shortcut, press and hold an exercise, then drag to the “Remove from Blaze” area at the top of your screen.

To change the Exercise menu using the Fitbit app for Windows 10:

1. From the Fitbit app dashboard, tap **Account**.
2. Tap the Blaze tile.
3. Tap **Exercise Shortcuts**.
4. To add a new shortcut, tap the **+** icon and tap on your selection.
5. To remove a shortcut, tap the trashcan icon.

Sync your Blaze to update it with the new exercise list.

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**Tip:** If a specific exercise you’re looking for isn’t available, use the generic “Workout” option. In your exercise history afterward you’ll be able to change the name to something from our large database (Rowing, Pilates, etc).

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# 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.

## Setting silent alarms

Use the instructions below to set a silent alarm. You can also set a silent alarm on your fitbit.com dashboard. Just click the gear icon and go to your device settings.

### Fitbit app for iOS

1. From the Fitbit app dashboard, tap the tracker tile.
2. Tap the Blaze tile.
3. Tap **Silent Alarms** > **Set a New Alarm**.
4. Select the alarm time then tap **Save**.

To set the alarm for more than one day, tap **Repeat** and select the day(s) you prefer.

### Fitbit app for Android

1. From the Fitbit app dashboard, tap the tracker tile.
2. Tap the Blaze tile.
3. Tap **Silent Alarm**.
4. Tap the **+** icon.
5. Make your time and alarm setting selections.
6. Tap **Save**.

### Fitbit app for Windows 10

1. On the Fitbit app dashboard, tap **Account**.
2. Tap the Blaze tile.
3. Tap **Silent Alarms** > **Add Alarm**.
4. Select your alarm time and tap the checkmark icon.
5. Select your repeating/day preference and tap **Save**.

## Enabling or disabling silent alarms

Once an alarm has been set, you can disable or re-enable it directly on your Blaze without opening the Fitbit app.

1. Swipe to the Alarms screen and tap it.



2. Swipe up until you find the alarm you're looking for.



3. Tap the bell icon to disable or enable the alarm.

## 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 Call, Text, & Calendar Notifications

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Over 200 compatible iOS and Android mobile devices let you receive incoming phone call, text, and calendar notifications on your Blaze. To determine whether your device supports this feature, go to <http://www.fitbit.com/devices>. Note that notifications are not available on Windows 10 devices.

## Calendar requirements

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

If you have an iOS device, your Blaze shows notifications from all calendars synced to the default iOS Calendar app. If you have a third-party calendar app that is not synced to your default app, you won't see notifications from that 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 mobile device or several third-party calendar apps.

## Enabling notifications

Notifications are not enabled by default when you set up your tracker, so use the steps below. Before set up, make sure:

- Bluetooth is enabled on your mobile device.
- Your mobile device can display notifications (often under Settings > Notifications).
- Your Blaze is nearby.

## Fitbit app for iOS

To set up notifications on your iOS device:

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. Open the Fitbit app and tap the Blaze tile.
3. Tap **Notifications** and turn on any combination of text, call, or calendar notifications.
4. Follow the onscreen instructions to bond (connect) your mobile device with your tracker.

## Fitbit app for Android

Before getting started, go into your Settings on your mobile device and make sure it can display notifications.

1. Open the Fitbit app and tap the Blaze tile.
2. Tap the Blaze tile again.
3. Tap **Notifications** and turn on any combination of text, call, or calendar notifications.
4. Follow the onscreen instructions to bond (connect) your mobile device with your tracker. For step-by-step instructions, see [help.fitbit.com](http://help.fitbit.com)

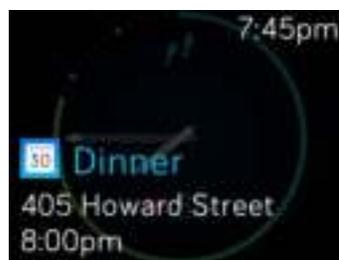
When your Blaze has been successfully paired for notifications, it appears as a connected device named “Blaze” in your list of Bluetooth devices.

## Seeing incoming notifications

If your tracker and mobile device are within 20 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

## 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 and whenever your tracker is restarted. 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.

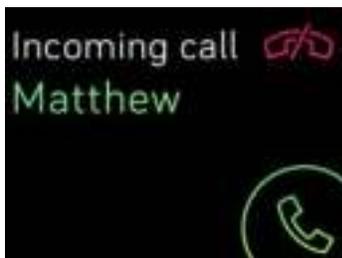
Note that if you use the Do not Disturb setting on your phone, notifications are disabled until Do Not Disturb is turned off.

## 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 mobile device.) 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

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With a compatible iOS, Android, or Windows 10 mobile device 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 mobile device.

## 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 mobile device:
  - a. Navigate to the Bluetooth Setting screen where paired devices are listed.
  - b. Make sure your mobile device 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 mobile device, select Pair.

## Controlling music with your Fitbit Blaze

To control music from your Blaze:

1. Start a song or track on your mobile device.

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 dashboard.

### Fitbit app for iOS

1. On the dashboard, tap the Blaze tile.
2. Tap **Clock Face**.
3. Select your clock style.

### Fitbit app for Android

1. On the dashboard, tap the tracker tile.
2. Tap the Blaze tile.
3. Tap **Clock Face**.
4. Select your clock style.

## Fitbit app for Windows 10

1. On the dashboard, tap **Account**.
2. Tap the Blaze tile.
3. Tap **Clock Face**.
4. Select your clock style.

You'll see the change after you sync your tracker.

## 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.

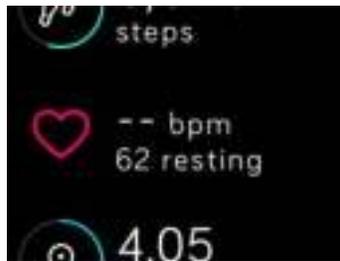
# Troubleshooting your Fitbit Blaze

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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 except call, text, and calendar notifications.

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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
- A 3-axis magnetometer

## 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.

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.

## 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
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Large wristband	Fits a wrist between 6.7 and 8.1 inches in circumference
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Extra large wristband	Fits a wrist between 8.1 and 9.3 inches in circumference
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## Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
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Non-operating Temperature	-4° to 113° F (-20° to 45° C)
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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

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

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

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on BLAZE, Model FB502, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.

The CE DoC for this product can be found at [fitbit.com/safety](http://fitbit.com/safety).



Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

## Australia and New Zealand



## Israel

אישור התאמה 51-51909

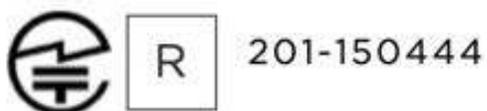
אי לבצע כל שינוי טכני בחלק המודולארי של המוצר.

## Mexico



IFETEL: RCPFIFB15-1706

## Japan



## Oman

OMAN-TRA/TA-R/2932/15

# Singapore



# South Africa



TA-2015/2025  
Approved

# South Korea

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다  
업음이 장치.

**“ 해당 무선설비는 전파효율 과용성이 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



## Taiwan



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。

# 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.

## Important Safety Instructions



### Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users.
- The device contains electrical equipment that could cause injury if not handled properly.
- If you feel soreness, tingling, numbness, burning or stiffness in your hands or wrists while or after wearing the product, please discontinue use.
- Do not dispose of your Fitbit product in a fire. The battery could explode.
- Consult your doctor before beginning or modifying any exercise program.
- Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this Fitbit product.
- Do not check call or other notifications, or other applications on the product's display while driving or in other situations where distractions could be hazardous. Always be aware of your surroundings when exercising.
- This product is not a toy. Do not allow children or pets to play with your Fitbit product. The product contains small components that can be a choking hazard.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease. With regard to accuracy, Fitbit has developed leading hardware and algorithms to track fitness information and is constantly

improving its products to calculate measurements as accurately as possible. The accuracy of Fitbit devices is not intended to match medical devices or scientific measurement devices, but is intended to give you the best information available in a wearable activity tracker.

- Special notice for devices with PurePulse Technology: PurePulse products have a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:
  - Have a medical or heart condition
  - Are taking any photosensitive medicine
  - Have epilepsy or are sensitive to flashing lights
  - Have reduced circulation or bruise easily
  - Have tendonitis, carpal tunnel syndrome, or other musculoskeletal disorders

## Care and wearing tips

- To reduce skin irritation, follow four simple wear and care tips: (1) Keep it clean; (2) keep it dry; (3) don't wear it too tight, and (4) give your wrist a rest by removing the band for an hour after extended wear. Use skin care products sparingly on the areas of the skin covered by your Fitbit product. For more information visit <http://www.fitbit.com/productcare>. If you notice any skin irritation, remove your device. If symptoms persist longer than 2-3 days after removing the device, consult your doctor.
- Please refer to fitbit.com for specific information regarding water resistance.
- Do not use abrasive cleaners to clean your Fitbit product.
- Remove your Fitbit product if it feels warm or hot.
- Do not wear your Fitbit product while charging it.
- Do not charge your Fitbit product while it is wet.
- Do not place your Fitbit product in a dishwasher, washing machine, or dryer.
- Do not leave your Fitbit product in direct sunlight for an extended period of time.
- Do not expose your Fitbit product to extremely high or low temperatures.
- Do not use your Fitbit product in a sauna or steam room.
- Do not use your Fitbit product if your display is cracked.

## Built-in battery precautions

- Do not attempt to replace the battery or open the enclosure or disassemble your Fitbit product. Doing so will void the warranty and can result in a safety hazard.
- Charge the battery in accordance with the instructions provided during setup. Only use a computer, powered hub or power supply that is certified by a recognized testing laboratory and an authorized Fitbit charging cable.

- Your Fitbit uses a California Energy Commission battery charger.



## Disposal and recycling information



The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life because it contains a battery and is electronic equipment. Ensure that you dispose of your Fitbit product at a recycling center.

Each country in the European Union has its own collection centers for batteries and electronic equipment recycling. For information about where to recycle your Fitbit product, contact your local waste management authority or the retailer where you bought the product.

- Do not dispose of your Fitbit product with household waste.
- Disposal of the packaging and your Fitbit product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.

