

# fitbit inspire 2



User Manual  
Version 1.9

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## Get started

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Make healthy a habit with Fitbit Inspire 2, the easy-to-use fitness tracker with 24/7 heart rate, Active Zone Minutes, activity and sleep tracking, up to 10 days of battery, and more.

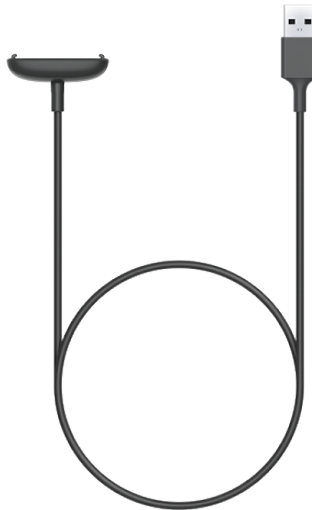
Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Inspire 2 is not intended to provide medical or scientific data.

### What's in the box

Your Inspire 2 box includes:



Tracker with small band  
(color and material vary)



Charging cable



Additional large band  
(color and material vary)

The detachable bands on Inspire 2 come in a variety of colors and materials, sold separately.

## Set up Inspire 2

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For the best experience, use the Fitbit app for iPhones and iPads or Android phones.



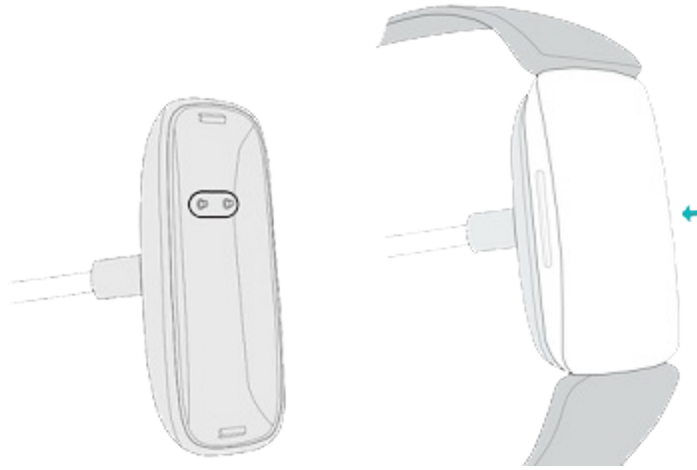
To create a Fitbit account, you're prompted to enter your birthdate, height, weight, and sex to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. After you set up your account, your first name, last initial, and profile picture are visible to all other Fitbit users. You have the option to share other information, but most of the information you provide to create an account is private by default.

## Charge your tracker

A fully-charged Inspire 2 has a battery life of 10 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

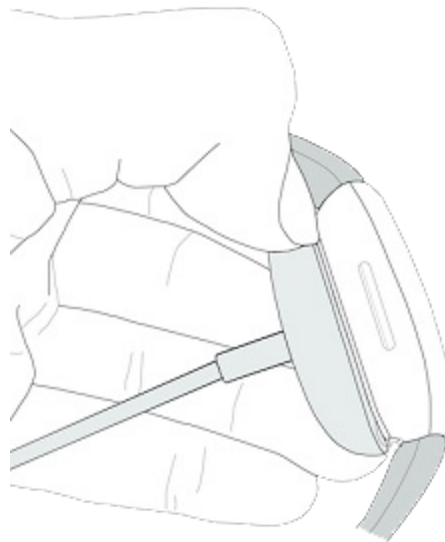
To charge Inspire 2:

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 2. Gently press Inspire 2 into the charger until it snaps into place.



To remove Inspire 2 from the charging cable:

1. Hold Inspire 2 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 the tracker charges, you can press the buttons to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.





## Set up with your phone

Set up Inspire 2 with the Fitbit app. 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.
  - If you already have a Fitbit account, log in to your account ➤ tap the Today tab



> your profile picture > **Set Up a Device.**

- If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Inspire 2 to your account.

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 view your activity, health metrics, and sleep data; log food and water; participate in challenges; and more.

# Unlock Fitbit Premium

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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.

Inspire 2 includes a 1-year Fitbit Premium membership for eligible customers in certain countries.


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


## Wear Inspire 2

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Choose to wear Inspire 2 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 16](#).

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When you wear Inspire 2 in the band, make sure your tracker is set to **On Wrist** .

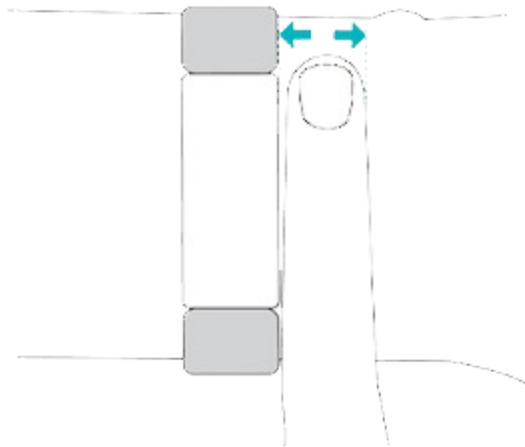
When you wear Inspire 2 in the accessory clip, make sure it's set to **On Clip** . For more information, see ["Navigate Inspire 2" on page 18](#).

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## Placement for all-day wear vs. exercise

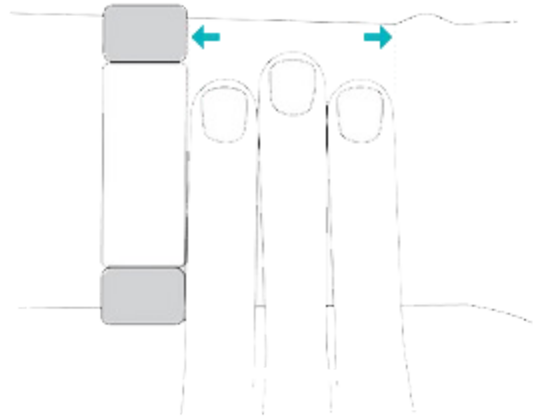
When you're not exercising, wear Inspire 2 a finger's width above your wrist bone.

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 2 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 2 on your dominant hand, change the Wrist setting in the Fitbit app:


From the Today tab  in the Fitbit app, tap your profile picture > Inspire 2 tile > **Wrist** > **Dominant**.

## Wear Inspire 2 in a clip

Wear Inspire 2 clipped to your clothing. Remove the bands, and place your tracker in the clip. For more information, see ["Change the band" on page 16](#).

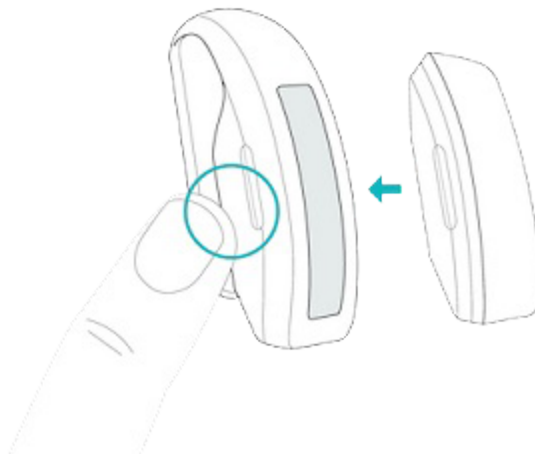
Note that when Inspire 2 is set to **On Clip** , certain features are turned off, including heart-rate tracking, automatic exercise tracking, and Active Zone Minutes.

To put Inspire 2 in the clip:

1. If you previously wore Inspire 2 on your wrist, change your device setting to **On Clip** . For more information, see ["Navigate Inspire 2" on page 18](#).

**Note:** Make sure Inspire 2 is set to **On Wrist**  when you wear your tracker in the band.

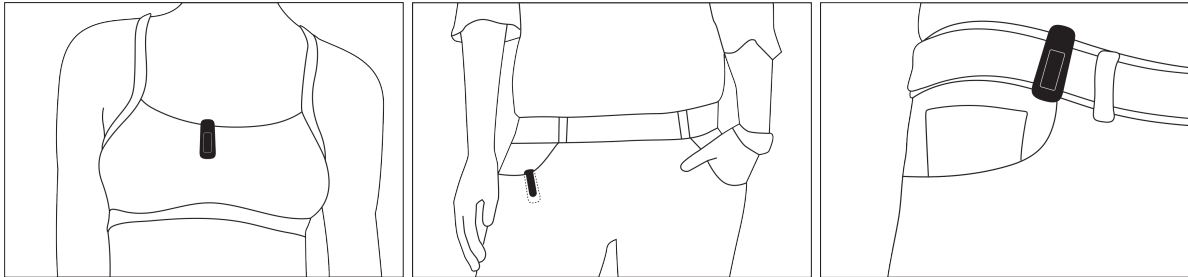
2. Hold the tracker with the screen facing you. Make sure the time isn't upside down.
3. Hold the clip accessory with the opening facing you and the clip on the back facing down.
4. Place the top of the tracker into the clip opening and move the bottom of the tracker into place. Inspire 2 is secure when all edges of the clip lie flat against the tracker.



## Clip Placement

Wear Inspire 2 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 2 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.

## Change the band

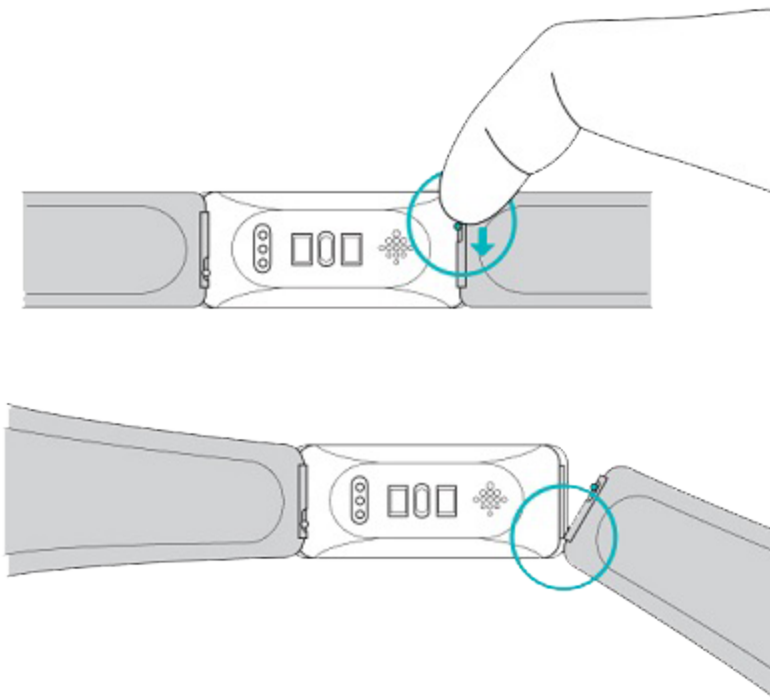
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Inspire 2 comes with a small band attached and an additional large, bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately on [fitbit.com](https://www.fitbit.com). For band measurements, see "[Band size](#)" on page 47.

Most bands for Inspire and Inspire HR don't fit Inspire 2. Check [fitbit.com](https://www.fitbit.com) for certain bands that are compatible with the Inspire series. The Inspire clip accessory isn't compatible with Inspire 2.

### Remove a band

1. Turn over Inspire 2 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.

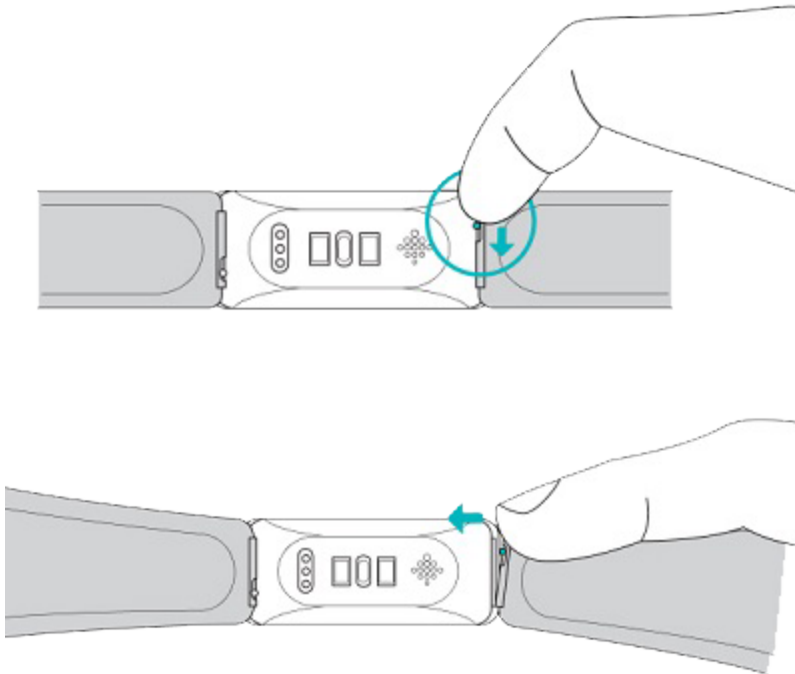




3. Repeat on the other side.

## 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

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

## Navigate Inspire 2

Inspire 2 has a PMOLED touchscreen display and 2 buttons.

Navigate Inspire 2 by tapping the screen, swiping up and down, or pressing the buttons. To preserve battery, the tracker's screen turns off when not in use.

### Basic navigation

The home screen is the clock.

- Swipe down to scroll through the apps on Inspire 2. Tap an app to open it.
- Swipe up to see your daily stats.

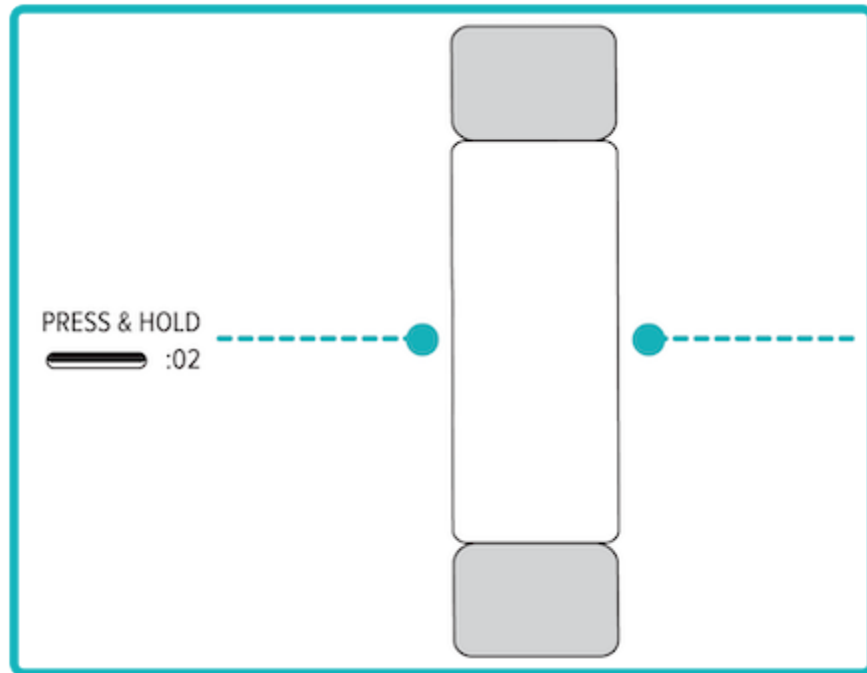
SWIPE DOWN TO  
SEE APPS















SWIPE UP TO  
SEE FITBIT TODAY




## Quick settings

Press and hold the buttons on Inspire 2 for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.







On the quick settings screen:

<p>DND (Do not disturb)</p> 	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications, goal celebrations, and reminders are muted.</li> <li>• The do not disturb icon  illuminates in quick settings.</li> </ul> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
<p>On Wrist  / On Clip  setting</p>	<p>When Inspire 2 is on your wrist, make sure the tracker is set to <b>On Wrist</b> . When Inspire 2 is in the clip, make sure the tracker is set to <b>On Clip</b> . To switch between <b>On Wrist</b>  and <b>On Clip</b>  mode, tap the setting &gt; tap  to confirm.</p> <p>Note that when Inspire 2 is set to <b>On Clip</b> , certain features are turned off, including heart-rate tracking, automatic exercise tracking, and Active Zone Minutes.</p>
<p>Sleep </p>	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> <li>• Notifications and reminders are muted.</li> <li>• The screen's brightness is set to dim.</li> <li>• The screen stays dark when you turn your wrist.</li> </ul> <p>Sleep mode turns off automatically when you set a schedule. For more information, see <a href="#">"Adjust settings" on the next page</a>.</p> <p>You can't turn on the do not disturb setting and sleep mode at the same time.</p>
<p>Screen Wake </p>	<p>When the screen wake setting is on, turn your wrist toward you to turn on the screen.</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 buttons on your tracker from activating. When water lock is on, your screen and buttons are locked. 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, press and hold the buttons on your tracker &gt; tap <b>Water Lock</b>  &gt; 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>
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## Adjust settings

Manage basic settings in the Settings app :

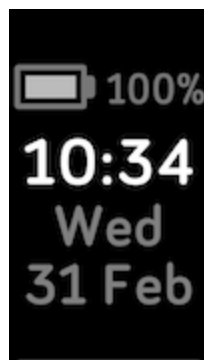
Button Lock	<p>Turn on <b>Button Lock</b> to prevent the buttons on your tracker from activating while your screen is off. To turn <b>Button Lock</b> on or off, tap the setting &gt; tap  to confirm.</p> <p>Tip: Use this setting to avoid unintended button presses while you exercise, especially if you wear Inspire 2 lower on your wrist or you tighten the band to be extra snug. For more information, see <a href="#">"Wear Inspire 2" on page 12</a></p> <p>Note: Using the <b>Button Lock</b> setting on Inspire 2 may require more frequent charging.</p>
Dim Screen	Turn on the dim screen setting to lower your screen's brightness.
Do Not Disturb	Turn off all notifications or choose to automatically turn on do not disturb while using the Exercise app  .
Double Tap	Turn on or off the ability to wake your tracker with a firm double tap. Note that your screen must be off for at least 10 seconds for this setting to take effect.
Heart Rate	Turn heart-rate tracking on or off. Note that this setting is only available when Inspire 2 is set to <b>On Wrist</b>  .
Heart Zone Notifications	Turn heart zone notifications on or off. For more information, see <a href="#">the related help article</a> .
Phone GPS	Turn connected GPS on or off.
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"> <li>1. Open the Settings app  and tap <b>Sleep Mode</b>.</li> <li>2. Tap <b>Schedule</b> to turn it on.</li> <li>3. Tap <b>Sleep Interval</b> and set your sleep mode schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on.</li> </ol>

Device Info	<p>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.</p> <p>For more information, see <a href="#">the related help article</a>.</p>
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Tap a setting to adjust it. Swipe up to see the full list of settings.

## Check battery level

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



## Turn off the screen

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



# Apps and Clock Faces


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Learn how to change your clock face and access apps on Inspire 2.


Learn how to change your clock face and use the Tile app  on Inspire 2.

## 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 your profile picture > Inspire 2 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 2.


## Use the Tile app

If you can't find Inspire 2, use the Tile app to find it. You can also use the Tile app on Inspire 2  to locate your phone. For more information, see [the related help article](#).




# Notifications from your phone

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Inspire 2 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. Up to 10 notifications are stored in the Notifications app  on your tracker.

## 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 your profile picture > Inspire 2 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 2 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire 2 shows calendar notifications from the calendar app you chose during setup.

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

## See incoming notifications

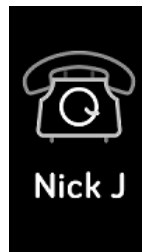
When your phone and Inspire 2 are within range, a notification causes the tracker to vibrate.

- Phone calls—the name or number of the caller scrolls once. Press the buttons to dismiss the notification.

- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once above the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

To read a notification later, swipe down from the clock face, and tap the

Notifications app . Tap a notification to expand the message.




Note: Your tracker shows the first 250 characters of the notification. Check your phone for the full message.



## Turn off notifications

Turn off certain notifications in the Fitbit app, or turn off all notifications in quick settings on Inspire 2. 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 your profile picture > Inspire 2 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your tracker.

To turn off all notifications:

1. Press and hold the buttons on your tracker.
2. Tap **DND**  to turn on do not disturb. The DND icon  illuminates to indicate that all notifications, goal celebrations, 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.

# Timekeeping

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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.

## Use the Alarms app

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

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


## Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To dismiss the alarm, press the buttons. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Inspire 2 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



## Use the Timers app

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.

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

## Activity and Wellness

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Inspire 2 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
Heart rate	Current heart rate and heart-rate zone, and resting heart rate
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Exercise	Number of days you met your exercise goal this week
Sleep	Sleep duration and sleep score
Menstrual health	Information on the current stage of your menstrual cycle, if applicable
Water	Water intake logged today and progress toward your daily goal
Weight	Current weight, progress toward your weight goal, or where your weight falls within a healthy range if your goal is to maintain your weight

If you set a goal in the Fitbit app, a ring shows your progress toward that goal.

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

## Track a daily activity goal

Inspire 2 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 depending on your device.

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

Track progress toward your goal on Inspire 2. For more information, see "[See your stats](#)" on the previous page.

## Track your hourly activity

Inspire 2 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 2 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).

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](#).

### 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](#).

## See your heart rate


Inspire 2 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate. For more information, see ["See your stats" on page 30](#). Certain clock faces show your real-time heart rate on the clock screen.



During a workout, Inspire 2 shows your heart-rate zone and vibrates each time you enter a different zone to help you target the training intensity of your choice.

For more information, see ["Check your heart rate" on page 37](#).



## Practice guided breathing

The Relax app  on Inspire 2 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 2, open the Relax app .
2. The 2-minute session is the first option. Swipe to choose the 5-minute session.
3. Tap the play icon  to start the session and follow the on-screen instructions.

After the exercise, a summary appears that shows your alignment (how closely you followed the breathing prompt), your heart rate at the start and end of the session, and how many days you completed a guided breathing session this week.

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:


- 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 2 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 2 to see real-time stats, receive heart zone notifications, and review a post-workout summary on your wrist. For additional stats and a workout intensity map if you used GPS, tap the Exercise tile in the Fitbit app.

---

Inspire 2 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 2 is paired to your phone.



3. Make sure the Fitbit app has permission to use GPS or location services.
4. Make sure connected GPS on Inspire 2 is turned on (open the Settings app




> **Phone GPS).**

5. Keep your phone with you while you exercise.

To track an exercise:

1. On Inspire 2, open the Exercise app  and swipe to find an exercise.
2. Tap the exercise to choose it.
3. Tap the play icon  to begin the exercise, or swipe up to set a goal for time, distance, zone minutes, or calories, depending on the activity. 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.
4. Tap the middle of the screen to scroll through your real-time stats.
5. When you're done with your workout or want to pause, press the buttons.
6. To end the workout, press the buttons again and tap **Finish**. Swipe up to see your workout summary. Press the buttons to close the summary screen.
7. To see your GPS data, tap the Exercise tile in the Fitbit app.


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, an icon appears in the top left as your tracker connects to your phone's GPS sensors. When the screen says " connected" and Inspire 2 vibrates, GPS is connected.

## Customize your exercise settings and shortcuts




Customize settings for each exercise type and change or reorder exercise shortcuts in the Fitbit app. For example, turn connected GPS and cues on or off or add a yoga shortcut to Inspire 2.

To customize an exercise setting:

1. From the Today tab  in the Fitbit app, tap your profile picture > Inspire 2 tile > **Exercise Shortcuts**.

2. Tap an exercise and adjust your settings.

To change or reorder the exercise shortcuts in the Exercise app :

1. From the Today tab  in the Fitbit app, tap your profile picture  Inspire 2 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.

You can have up to 6 exercise shortcuts on Inspire 2.

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





## Check your workout summary

After you complete a workout, Inspire 2 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 2 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 2 notifies you when you enter a heart-rate zone.

Icon	Zone	Calculation	Description
	Below Zone	Below 40% of your heart rate reserve	Below the fat burn zone, your heart beats at a slower pace.
	Fat Burn Zone	Between 40% and 59% of your heart rate reserve	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.
	Cardio Zone	Between 60% and 84% of your heart rate reserve	In the cardio zone, you're likely doing a vigorous activity such as running or spinning.
	Peak Zone	Greater than 85% of your heart rate reserve	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 2 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:

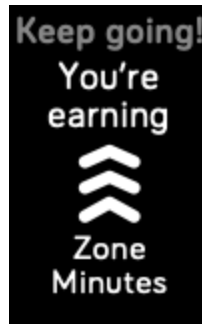
1 buzz = fat burn zone

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).





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. Check the Fitbit app each morning to see your score, ranging 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.

To see your daily readiness score, wear your tracker to sleep, and open the Fitbit app on your phone the next morning. From the Today tab , tap the Readiness tile .

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](#).



## 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](#).

# Update, Restart, and Erase

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Learn how to update, restart, and erase Inspire 2.

## Update Inspire 2

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 2 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 2, your tracker's battery must be at least 40% charged. Updating Inspire 2 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 2

If you can't sync Inspire 2 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:

Open the Settings app  and tap **Reboot Device**.


If Inspire 2 is unresponsive:

1. Connect Inspire 2 to the charging cable. For instructions, see "[Charge your tracker](#)" on page 7.
2. Press and hold the buttons on your tracker for 5 seconds. Release the buttons. When you see a smiley face and Inspire 2 vibrates, the tracker restarted.

Restarting your tracker doesn't delete any data.

## Erase Inspire 2

If you want to give Inspire 2 to another person or wish to return it, first clear your personal data:

1. On Inspire 2, open the Settings app  > **Clear User Data**.
2. When prompted, press the screen for 3 seconds, then release. When Inspire 2 vibrates and you see the clock screen, your data is erased.

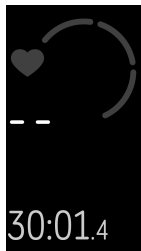
# Troubleshooting


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If Inspire 2 isn't working properly, see our troubleshooting steps below.

## Heart-rate signal missing


Inspire 2 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. 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 2 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 2" on page 42](#).

# General Info and Specifications

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## Sensors and Components

Fitbit Inspire 2 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Optical heart-rate tracker
- Vibration motor

## Materials

The Inspire 2 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches. The housing and buckle on Inspire 2 are plastic.

## Wireless technology

Inspire 2 contains a Bluetooth 4.2 radio transceiver.

## Haptic feedback

Inspire 2 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

## Battery

Inspire 2 contains a rechargeable lithium-polymer battery.

## Memory

Inspire 2 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

## Display

Inspire 2 has a PMOLED display.

## Band size

Band sizes are shown below. Note that accessory bands sold separately may vary slightly.

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	14° to 113° F (-10° to 45° C)
Non-operating temperature	-4° to 14° F (-20° to -10° C)  113° to 140°F (45° to 60° C)
Charging temperature	32° to 109° F  (0° to 43° 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](https://help.fitbit.com).

## Return policy and warranty

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



# Regulatory and Safety Notices

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

**Settings > Device Info**

## USA: Federal Communications Commission (FCC) statement

Model FB418

FCC ID: XRAFB418

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

**Settings > Device Info**

### Supplier's Declaration of Conformity

Unique Identifier: FB418

#### Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor  
San Francisco, CA  
94105  
United States  
877-623-4997

#### 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 FB418

IC: 8542A-FB418

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

Settings > Device 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**

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)

### **Simplified EU Declaration of Conformity**

Hereby, Fitbit LLC declares that the radio equipment type Model FB418 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](http://www.fitbit.com/safety)

### **Vereinfachte EU-Konformitätserklärung**

Fitbit LLC erklärt hiermit, dass die Funkgerätypen Modell FB418 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Declaración UE de Conformidad simplificada**

Por la presente, Fitbit LLC declara que el tipo de dispositivo de radio Modelo FB418 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Déclaration UE de conformité simplifiée**

Fitbit LLC déclare par la présente que les modèles d'appareils radio FB418 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : [www.fitbit.com/safety](http://www.fitbit.com/safety)

#### **Dichiarazione di conformità UE semplificata**

Fitbit LLC dichiara che il tipo di apparecchiatura radio Modello FB418 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: [www.fitbit.com/safety](http://www.fitbit.com/safety)



## IP Rating

Model FB418 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB418 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Please refer to the beginning of this section for instructions on how to access your product's IP rating.

## Argentina



## 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



## Belarus

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

Settings > Device Info



## Botswana

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

**Settings** > **Device Info**

## Customs Union

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

**Settings** > **Device Info**



## China

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

**Settings** > **Device Info**

## China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB418	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	○	○	○	○	○	○
电子 (Electronics)	--	○	○	○	○	○
电池 (Battery)	○	○	○	○	○	○
充电线 (Charging Cable)	○	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下(indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).



CMIIT ID 2020DJ10432

Frequency band: 2400-2483.5 MHz  
Transmitted power: Max EIRP, 4.64dBm  
Occupied bandwidth: BLE: 2MHz  
Modulation system: BLE: GFSK  
CMIIT ID displayed: On packaging and Device Electronic Labeling

## Indonesia

69640/SDPPI/2020  
3788

## Israel

מספר אישור אלחוטי של משרד התקשורת הוא . 51-74957  
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



201-200527

## 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



## Mexico

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

Settings > Device 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

## Moldova

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

Settings > Device Info

## Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 00025260ANRT2020

Date d'agrément: 25/08/2020

## Nigeria

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

## Oman

TRA/TA-R/9827/20  
D090258

## Pakistan

PTA Approved  
Model No.: FB418  
TAC No.: 9.775/2020  
Device Type: Bluetooth

## Paraguay



NR: 2022-01-I-0061

## 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**

## 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**

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

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

Translation:

Class B devices (broadcast communications equipment for home use): EMC registration is mainly for household use (B class) and can be used in all areas get this device.

## Taiwan

用戶注意: 某些地區的法規內容也可以在您的設備上查看。要查看內容:

設置 > 設備信息

Translation:

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

Settings > Device 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:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or

performance.

- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

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 FB418	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr <sup>+6</sup> )	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。						

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 FB421	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr <sup>6+</sup> )	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。						

## United Arab Emirates

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

**Settings** > **Device Info**

TRA - United Arab Emirates

Dealer ID: DA35294/14

TA RTTE: ER88845/ 20

Model: FB418

Type: Wireless Activity Tracker

## United Kingdom

### Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB418 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](http://www.fitbit.com/legal/safety-instructions)



## Zambia

ZMB / ZICTA / TA / 2020 / 10 / 13



## 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 & EN62368-1:2014 + A11:2017.



