

# General Info and Specifications

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## Sensors and Components

Fitbit Charge 5 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Built-in GPS receiver + GLONASS, which tracks your location during a workout
- Optical heart-rate tracker
- Multipurpose electrical sensors compatible with the EDA Scan app
- Ambient light sensor
- Vibration motor

## Materials

The housing on Charge 5 is made of anodized aluminum and surgical-grade stainless steel. The band that comes with Charge 5 is made of a flexible, durable silicone similar to that used in many sports watches. While all stainless steel and anodized aluminum can contain traces of nickel, which 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

Charge 5 contains a Bluetooth 5.0 radio transceiver and NFC chip.

## Haptic feedback

Charge 5 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

## Battery

Charge 5 contains a rechargeable lithium-polymer battery.

## Memory

Charge 5 stores your data, including daily stats, sleep information, and exercise history, for 7 days. See your historical data in the Fitbit app.

## Display

Charge 5 has a color AMOLED 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)
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](#).