

# fitbit charge 5



Do what's best for your body with Fitbit Charge 5—Fitbit's most advanced fitness & health tracker. Pair it with a 6-month Premium membership to connect the dots between your activity, sleep and stress so you can make the best decisions for your body, mind and health.<sup>1</sup>

## **Redefine your routine**

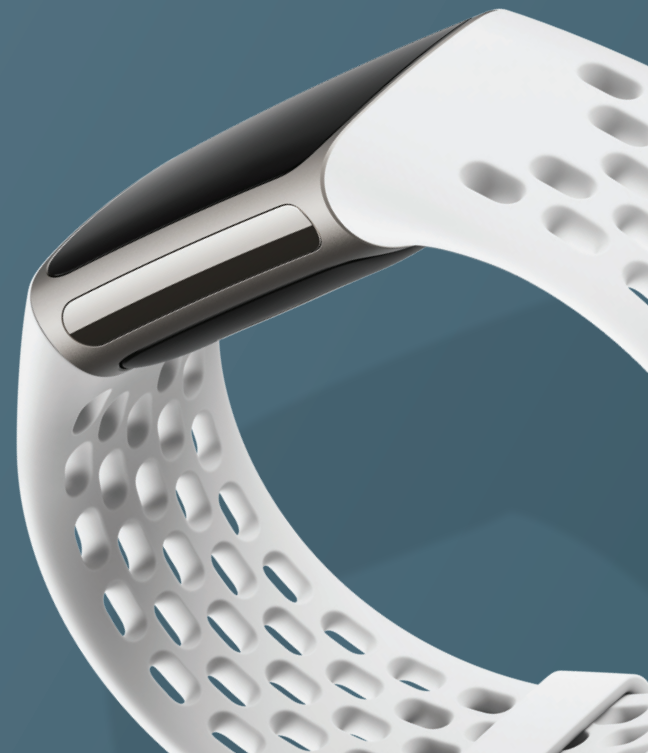
Optimize your routine with Daily Readiness, a score available to Premium members in the Fitbit app that uses insights from your body and reveals if you're ready for a workout or should prioritize recovery.<sup>2</sup>

## **Sweat the smart way**

Take your workouts up a notch with on-wrist features like built-in GPS for real-time pace & distance and Active Zone Minutes to help you reach your optimal intensity level. And check the workout intensity map in the Fitbit app so you can see your pace and heart rate zones throughout your outdoor runs, hikes and rides.<sup>3</sup>

## **Take a deep dive into wellness**

Track trends in your SpO2 levels, skin temperature variation and more with the Health Metrics dashboard in the Fitbit app.<sup>4</sup> Plus, get insightful tools right on your wrist—EDA Scan for stress management, an ECG app and high & low heart rate notifications.<sup>5</sup>



# Do what's best for your body

Fitbit Premium Only

- 6-MONTH PREMIUM MEMBERSHIP**  
Premium connects your activity, sleep & stress and personalizes your insights so you can make smarter choices about your health.<sup>1</sup>
- HEALTH METRICS DASHBOARD**  
Track changes in your well-being with the Health Metrics dashboard that gives you a view of your trends and changes from the past month.<sup>4</sup>
- DAILY READINESS**  
Optimize your routine with Daily Readiness, a score using insights from your body so you can see whether you are ready to work out or should prioritize recovery.<sup>2</sup>
- GUIDED VIDEO & AUDIO WORKOUTS**  
Enjoy an ever-growing collection of fresh workout options from Fitbit and other leading brands in one convenient app. Plus, mix fun and fitness by playing games and challenges.
- MINDFULNESS TOOLS**  
Improve your mental well-being, relax and unwind with a library of sleep sounds and guided meditations from Fitbit and popular brands to help you reduce stress, get better rest and more.
- SLEEP TOOLS**  
Uncover new opportunities to improve your night with your Sleep Score breakdown, then enjoy better rest with a collection of sleep sounds, guided meditations and programs.
- EDA SCAN APP**  
Take steps to improve your stress levels with an on-wrist EDA Scan app mindfulness session to help measure your body's response to stress.
- ECG APP**  
Keep track of your heart health with a compatible ECG app that assesses your heart for atrial fibrillation—a heart rhythm irregularity—and share the results with your doctor.<sup>5</sup>
- OXYGEN SATURATION (SPO2) MONITORING**  
Measure oxygen saturation (SpO2)—the level of oxygen in your blood—to help you learn when there may be an indication of important changes in your overall wellness.<sup>4</sup>
- STRESS MANAGEMENT SCORE**  
Get a daily score showing your body's physical response to stress. You can see how your exercise routine, mindfulness practice and sleep help to manage your stress levels.
- SKIN TEMPERATURE TRACKING**  
Track nightly skin temperature variation to spot changes from your baseline that could be related to changes in your environment or well-being.<sup>6</sup>
- HIGH & LOW HEART RATE NOTIFICATIONS**  
Your heart rate is a key indicator of health, so stay informed when Charge 5 detects that your heart rate is above or below your threshold.
- BUILT-IN GPS**  
See your real-time pace & distance without your phone using built-in GPS during outdoor activity, then see a map of your workout route afterward in the Fitbit app.<sup>3</sup>
- ACTIVE ZONE MINUTES**  
Get the results you want from every workout. Active Zone Minutes uses your heart rate to guide you toward your desired intensity level—then helps keep you there.
- 24/7 HEART RATE TRACKING WITH PUREPULSE®**  
Track calorie burn and optimize workouts with PurePulse continuous heart rate tracking, then see your resting heart rate trends and cardio fitness level in the Fitbit app.
- 20 EXERCISE MODES & SMARTTRACK®**  
Set goals for runs, rides and more, then get real-time stats. Forget to start an exercise mode? SmartTrack will automatically recognize and record your activity.
- WORKOUT INTENSITY MAP**  
After outdoor exercise using built-in GPS, check your workout intensity map in the Fitbit app to see your pace and heart rate zones throughout your route and learn where you put in the most effort.
- UP TO 7-DAY BATTERY LIFE**  
Keep going all week with up to 7 days of battery life.<sup>3</sup>
- FITBIT PAY™**  
Load your credit and debit cards to your Wallet in the Fitbit app, then use Charge 5 to make contactless purchases on the go—no phone or wallet needed.<sup>7</sup>
- COLOR DISPLAY & ALWAYS ON DISPLAY MODE**  
See real-time exercise stats come to life with a new vibrant color touchscreen and check your progress with just a glance when you turn on always-on display.<sup>3</sup>
- NOTIFICATIONS**  
Get notifications for calls, texts, calendar events & apps like Gmail, WhatsApp & Facebook—plus send quick replies from your wrist. *When phone is nearby; quick replies for Android users only.*
- SLEEP SCORE & SLEEP STAGES**  
Get a better understanding of your sleep quality with a daily Sleep Score and graphs of your time in light, deep and REM sleep.
- SILENT ALARMS & SMART WAKE**  
Wake up to peaceful mornings at your optimal sleep stage with a quiet vibration on your wrist.
- GOOGLE FAST PAIR**  
Android users can use Google Fast Pair to help streamline setup and get going on their goals.

**Fitbit Charge 5**  
Steel Blue/Platinum  
Black/Graphite  
Lunar White/Gold  
**\$179<sup>95</sup>**



## Switch it up from work to workout

Sold separately. Charge 5 accessories are not compatible with Charge 4.



**Infinity Bands**  
Channel online & Fitbit.com:  
Black  
Fitbit.com exclusive:  
Lunar White, Steel Blue  
**\$29<sup>95</sup>**



**Horween® Leather Bands**  
Channel online & Fitbit.com:  
Black  
Fitbit.com exclusive:  
Plum  
**\$49<sup>95</sup>**



**Hook & Loop Bands**  
Channel online & Fitbit.com:  
Charcoal  
Fitbit.com exclusive:  
Coastal Blue  
**\$34<sup>95</sup>**



**Sport Bands**  
Black, Frost White  
Channel online & Fitbit.com:  
Deep Sea, Frosted Lilac  
Fitbit.com exclusive:  
Black Cherry  
**\$29<sup>95</sup>**

<sup>1</sup> New and returning Premium users only. Valid payment method required. Free trial must be activated within 60 days of device activation. Cancel before free trial ends to avoid subscription fees. Terms and conditions apply. Premium content and features subject to change. <sup>2</sup> COMING SOON. Daily Readiness requires a Fitbit Premium membership. Premium content recommendations are not available in all locales and may be in English only. <sup>3</sup> Battery life varies with use and other factors. Up to 5 hours with continuous GPS. Always-on display mode requires more frequent charging. <sup>4</sup> The Health Metrics dashboard and the metrics displayed in the dashboard are not available in all countries. This feature should not be relied on for any medical purposes. The SpO2 feature requires more frequent charging. <sup>5</sup> The Fitbit ECG app will be available soon on Charge 5 in select countries. Not intended for use by people under 22 years old. See fitbit.com/ecg for additional details. <sup>6</sup> Not available in all markets. Significant changes in ambient temperature may negatively impact skin temperature tracking. <sup>7</sup> See bank and transit availability at fitbit.com/fitbit-pay/banks.