



Model FB507



User Manual

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GET STARTED

Welcome to Fitbit FB507, an all-day companion that lasts 4+ days and uses personalized insights, music, and more to help you reach your goals. Take a moment to review our complete safety information at <http://www.fitbit.com/safety>.

WHAT'S IN THE BOX

Your FB507 box includes:

Watch with small wristband
(color and material varies)

Charging cradle

Additional large wristband
(color and material varies)

The detachable wristbands on FB507 come in a variety of colors and materials, sold separately.

SET UP FB507

For the best experience, use the Fitbit app for iPhones and iPads, Android phones, or Windows 10 devices. If you don't have a compatible phone or tablet, use a Bluetooth-enabled Windows 10 PC. Keep in mind that a phone is required for call, text, calendar, and smartphone app notifications.

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

CHARGE YOUR WATCH

A fully-charged FB507 has a battery life of up to 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge FB507:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Pinch the clip and place FB507 in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on screen.

While the watch charges, tap the screen to check the battery level. Tap the screen twice to use FB507 while it charges.

SET UP WITH YOUR PHONE OR TABLET

The free Fitbit app is compatible with most iPhones and iPads, Android phones, and Windows 10 devices. If you're unsure if the Fitbit app is compatible with your device, see fitbit.com/devices.

To get started:

1. Find the Fitbit app in one of the locations below, depending on your device.
 - Apple App Store for iPhones and iPads
 - Google Play Store for Android phones
 - Microsoft Store for Windows 10 devices
2. Install the app.
3. When the app is installed, open it and tap **Join Fitbit** to be guided through a series of questions that help you create an account.

4. Continue to follow the on-screen instructions to connect FB507 to your Fitbit account.

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

SET UP WITH YOUR WINDOWS 10 PC

If you don't have a compatible phone, you can set up and sync FB507 with a Bluetooth-enabled Windows 10 PC and the Fitbit app.

To get the Fitbit app for your computer:

1. Click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app". After you find it, click **Free** to download the app to your computer.
3. Click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. Open the app and log in to your account, or click **Join Fitbit** to be guided through a series of questions that help you create an account.
5. Continue to follow the on-screen instructions to connect FB507 to your Fitbit account.

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

CONNECT TO WI-FI

During setup, you're prompted to connect FB507 to your Wi-Fi network. FB507 uses Wi-Fi to more quickly download playlists and apps from the Fitbit App Gallery, and for faster OS updates.

FB507 can connect to open, WEP, WPA personal, and WPA2 personal Wi-Fi networks. Your watch won't connect to 5GHz, WPA enterprise, or public Wi-Fi networks that require logins, subscriptions, or profiles. If you see fields for a username or domain when connecting to the Wi-Fi network on a computer, the network isn't supported.

For best results, connect FB507 to your home or work Wi-Fi network. Make sure you know the network password before connecting.

For more information, see help.fitbit.com.

SEE YOUR DATA IN THE FITBIT APP

Sync FB507 to transfer your data to the Fitbit app, where you can view your exercise and sleep data, log food and water, participate in challenges, and more.

We recommend turning on the all-day sync feature, so FB507 can periodically sync with the app. To turn on this feature:

From the Fitbit app dashboard, tap the Account icon  > FB507 tile > **All-Day Sync**.

If you turn off the all-day sync feature, we recommend syncing at least once a day. Each time you open the Fitbit app, FB507 syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

WEAR FB507

Place FB507 around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, see the instructions in "[Change the wristband](#)" on page 9.

PLACEMENT FOR ALL-DAY WEAR VS EXERCISE

When you're not exercising, wear FB507 a finger's width above your wrist bone.

For optimized heart-rate tracking while exercising:

- Try wearing FB507 higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.
- Make sure the watch is in contact with your skin.
- Don't wear your watch too tight; a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The watch should be slightly tighter (snug but not constricting) during exercise.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

HANDEDNESS

For greater accuracy, you must specify whether you wear FB507 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. By default, the Wrist setting is set to non-dominant. If you wear FB507 on your dominant hand, change the Wrist setting in the Fitbit app.

CHANGE THE WRISTBAND

FB507 comes with a small wristband attached and an additional large, bottom wristband in the box. Both the top and bottom wristbands can be swapped with

accessory wristbands, sold separately. For wristband measurements, see ["Wristband size"](#) on page 43.

REMOVE A WRISTBAND

To remove the wristband:

1. Turn over FB507 and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the wristband away from the watch to release it.
3. Repeat on the other side.

ATTACH A WRISTBAND

To attach a wristband:

1. Slide the pin (the side opposite the quick-release lever) into the notch on the watch. Attach the wristband with the clasp to the top of the watch.
2. While pressing the quick-release lever inward, slide the other end of the wristband into place.
3. When both ends of the pin are inserted, release the quick-release lever.

BASICS

Learn how to manage FB507's settings, set a personal PIN code, navigate the screen, and more.

NAVIGATE FB507

FB507 has a touch screen with a colored OLED display and one button.

Navigate FB507 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, FB507's screen turns off when not in use. To turn it on, double-tap the screen or press the button.

BASIC NAVIGATION

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left to see the apps on your watch.

BUTTON SHORTCUTS

Press and hold the button on FB507 for a faster way to use Fitbit Pay, control music, see notifications, and open apps. FB507 shows notifications as they come in and also saves them so you can check later.

Music Controls, Fitbit Pay, and Settings

To access music controls, use Fitbit Pay, turn on or turn off notifications, or change your screen wake setting, press and hold the button:

Swipe right to access music controls. For more information, see "[Control music with FB507](#)" on page [33](#).

The middle screen is used to make contactless payments. For more information, see "[Use credit and debit cards](#)" on page [36](#).

Swipe left to access the quick settings screen. On the quick settings screen:

- When Screen Wake is set to **Auto**, you can turn your wrist toward you to turn the screen on.
- When Notifications is set to **On**, FB507 displays notifications from your phone. For more information, see "[Notifications](#)" on page [16](#).

Notifications

To see your notifications, press and hold the button:

Swipe up or down to scroll through your notifications.

App shortcuts

Press the button on FB507 for quick access to your favorite apps. To access these shortcuts, navigate to the clock screen.

Customize FB507 by reordering your apps. For more information, see "[Organize apps](#)" on page 14.

ADJUST SETTINGS

Manage basic settings including brightness, heart-rate tracking, and paired

Bluetooth devices directly on your watch. Open the Settings app  and tap a setting to adjust it. Swipe up to see the full list of settings.

To turn notifications off so that you don't receive them during exercise and sleep, tap **Notifications** and then tap **During Exercise** or **During Sleep** to adjust the setting.

CHECK BATTERY LEVEL

Check your battery level at any time: from the clock face, swipe up. The battery level icon is in the top-left corner of the screen.

If your battery is low (less than 24 hours remaining), FB507 alerts you with the red battery indicator. If your battery is critically low (less than 4 hours remaining), the red battery indicator flashes.

Wi-Fi won't work on FB507 when the battery is 25% or less.

SET UP DEVICE LOCK

Device lock is available on FB507. To help keep your watch secure, turn on device lock in the Fitbit app, which prompts you to enter a personal 4-digit PIN code to unlock your watch. Device lock is turned on automatically when you set up Fitbit Pay to make contactless payments from your watch. If you choose not to use Fitbit Pay, device lock is optional.

Turn on device lock or reset your PIN code in the Fitbit app:

From the Fitbit app dashboard, tap or click the Account icon  > FB507 tile > **Device Lock**.

For more information, see help.fitbit.com.

TURN OFF THE SCREEN

To turn off FB507's screen when not in use, briefly cover the watch face with your opposite hand.

CARE FOR FB507

It's important to clean and dry FB507 regularly. For more information, see fitbit.com/productcare.

USE FB507 WITHOUT YOUR PHONE

Key functions of the watch are designed to be used without needing your phone nearby:

- "Enable or disable an alarm" on page 19
- "See your stats" on page 21
- "Track your hourly activity" on page 22
- "See your heart rate" on page 23
- "Track and analyze exercise with the Exercise app" on page 25
- "Work out with Fitbit Coach" on page 27
- "Practice guided breathing" on page 23
- "Listen to personal music and podcasts" on page 29
- "Use credit and debit cards" on page 36

After completing an activity, remember to sync FB507 with the Fitbit app to transfer your stats to your dashboard.

APPS AND CLOCK FACES

The Fitbit App Gallery offers apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs. Apps are organized in groups of 4 per screen.

Some apps on FB507 require your paired phone, while other apps for key functions are designed to be used without needing your phone nearby. For more information, see ["Use FB507 without your phone"](#) on page 13.

OPEN APPS

From the clock face, swipe left to see the apps installed on your watch. To open an app, tap it.

ORGANIZE APPS

To change the placement of an app, press and hold an app on FB507 until it's selected, and then drag it to a new location. You know the app is selected when it increases slightly in size and the watch vibrates.

REMOVE APPS

You can remove most apps installed on FB507.

To remove an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to swipe up to find it.
4. Tap the app > **Remove**.

UPDATE APPS

Apps update automatically over Wi-Fi as needed. FB507 searches for updates when plugged into the charger and in range of your Wi-Fi network.

You can also manually update apps. For more information, see help.fitbit.com.

DOWNLOAD ADDITIONAL APPS

Add new apps to FB507 from the Fitbit App Gallery.

To add an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap **Apps > All Apps**.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to FB507.

For more information, see help.fitbit.com.

CHANGE THE CLOCK FACE

A variety of clock faces are available in the Fitbit Clocks Gallery. To update your clock face, you must have fewer than 38 apps installed.

To change your clock face:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap **Clock Faces > All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to FB507.

NOTIFICATIONS

FB507 can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and watch must be within 30 feet of each other to receive notifications.

SET UP NOTIFICATIONS

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

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch. FB507 appears in the list of Bluetooth devices connected to your phone. 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, iPad, or Windows 10 device, FB507 shows notifications from all calendars synced to the Calendar app. If you have an Android phone, FB507 shows calendar notifications from the calendar app you choose during setup.

For more information, see help.fitbit.com.

SEE INCOMING NOTIFICATIONS

When your phone and FB507 are within range, a notification causes the watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down on the clock screen.

MANAGE NOTIFICATIONS

FB507 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification tap to expand it. Then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.

TURN OFF NOTIFICATIONS

Turn off all notifications in the quick settings on FB507, or turn off certain notifications with the Fitbit app.

To turn off all notifications:

1. Press and hold the button on your watch and swipe left until you reach the quick settings screen.
2. Tap **Notifications** to turn them off.

To turn off certain notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile > **Notifications**.
2. Turn off the notifications you no longer want to receive on your watch.
3. Tap **Notifications** > **FB507** in the top left corner to return to device settings. Sync your watch to save your changes.

Note that if you use the Do Not Disturb setting on your phone, you don't receive notifications until you turn off this setting.

ANSWER OR REJECT PHONE CALLS

If paired to an iPhone or Android (8.0+) phone, FB507 lets you accept or reject incoming phone calls. If your phone is running an older version of the Android OS, you can reject, but not accept, calls from your watch.

To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

The caller's name appears if that person is in your contacts list; otherwise you see a phone number.

RESPOND TO MESSAGES

Respond directly to text messages and notifications from select apps on your watch with preset quick replies. This feature is currently only available on watches paired to an Android phone.

To use quick replies:

1. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, quick replies aren't available for the app that sent the notification.

3. Choose a text reply from the list of quick replies or tap the emoji icon  to choose an emoji.

You can also customize quick replies. For more information, see help.fitbit.com.

TIMEKEEPING

Alarms vibrate to awake 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.

For more information, see help.fitbit.com.

ENABLE OR DISABLE AN ALARM

Set, manage, and delete alarms in the Alarms app .

For more information, see help.fitbit.com.

DISMISS OR SNOOZE AN ALARM

When an alarm goes off, the watch vibrates.

To dismiss the alarm, tap the check mark. To snooze the alarm for 9 minutes, tap the ZZZ icon.

Snooze the alarm as many times as you want. FB507 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

TIME EVENTS WITH THE STOPWATCH

To use the stopwatch:

1. On FB507, open the Timer app .
2. If the watch shows the countdown timer, tap the stopwatch icon at the top.
3. Tap the play icon to start the stopwatch.
4. Tap the pause icon to stop the stopwatch.
5. Tap the reset icon to reset the stopwatch.

SET A TIMER

To use the countdown timer:

1. On FB507, open the Timer app .
2. If the watch shows the stopwatch, tap the hourglass icon at the top.
3. Tap the numbers and swipe up and down to set the timer.
4. Press the button to return to the countdown screen.

5. Tap the play icon to start the timer. FB507 vibrates when the time allotted is done.
6. Tap the check mark icon to stop the alert.

Note that the stopwatch and countdown timer can run at the same time.

For more information, see help.fitbit.com.

ACTIVITY AND SLEEP

FB507 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs to the Fitbit app throughout the day.

SEE YOUR STATS

Swipe up from the clock face on your watch to access Fitbit Today, which tracks up to 7 of these stats:

Core Stats	steps taken today, calories burned, distance covered, floors climbed, active minutes, and goal history over the past 7 days
Hourly Steps	steps taken this hour and the number of hours you met your hourly activity goal
Heart rate	current heart rate and either your heart-rate zone or resting heart rate (if not in a zone), time spent in each heart-rate zone, and your cardio fitness score
Exercise	number of days you met your exercise goal this week and up to 5 of your most recently tracked exercises
Cycle Track	information on the current stage of your menstrual cycle, if applicable
Sleep	time spent asleep, time spent in each sleep stage, and your sleep history over the past 7 days
Water	water intake logged today and history over the past 7 days
Food	calories eaten, calories remaining, and your macronutrient breakdown by percentage
Weight	remaining weight left to lose or gain to reach your goal, your current weight, and your progress since you last set your weight goal
Badges	the next daily and lifetime badges you'll unlock

Swipe left or right on each tile to view the complete set of stats. Tap the+ icon on the water tile or weight tile to log an entry.

To reorder the tiles, press and hold a row, then drag it up or down to change its position.

Note that Fitbit Today shows a maximum of 7 tiles. Tap **Settings** at the bottom of the screen and select up to 7 stats to track.

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

TRACK A DAILY ACTIVITY GOAL

FB507 tracks your progress toward a daily activity goal of your choice. When you reach your goal, the watch 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 taken, or to instead make your goal distance traveled, calories burned, or active minutes.

For more information, see help.fitbit.com.

SEE GOAL PROGRESS

For more information, see "See your stats" on page 21.

TRACK YOUR HOURLY ACTIVITY

FB507 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'll 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'll feel a second vibration and see a congratulatory message.

For more information, see help.fitbit.com.

TRACK YOUR SLEEP

Wear FB507 to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your watch when you wake up and check the app.

For more information, see help.fitbit.com.

SET A SLEEP GOAL

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

For more information, see help.fitbit.com.

SET A BEDTIME REMINDER

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. You can choose to be reminded nightly when it's time to start getting ready for bed.

For more information, see help.fitbit.com.

LEARN ABOUT YOUR SLEEP HABITS

FB507 tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with FB507 and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information, see help.fitbit.com.

SEE YOUR HEART RATE

FB507 tracks your heart rate throughout the day. View your real-time heart rate and your resting heart rate on your watch by swiping up from the clock screen to access your stats. For more information, see "See your stats" on page 21. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, FB507 shows your heart-rate zone to help you target the training intensity of your choice.

For more information, see "Check your heart rate" on page 26.

ADJUST YOUR HEART-RATE SETTING

Track your heart rate day and night with FB507. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

Note that the green LED on the back of FB507 continues to flash even if you turn off heart-rate tracking.

For more information, see help.fitbit.com.

PRACTICE GUIDED BREATHING

The Relax app on FB507 provides personalized guided breathing sessions to help you find moments of calm throughout the day. You can choose between 2-minute and 5-minute sessions.

To begin a session:

1. On FB507, open the Relax app .

2. The 2-minute session is the first option. Tap the gear icon  to choose the 5-minute session or turn off the optional vibration. Then press the button on your watch to return to the Relax screen.
3. Tap the play icon to start the session and follow the on-screen instructions.

After the exercise, you'll see a summary 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.

All notifications are automatically disabled during the session.

For more information, see help.fitbit.com.

FITNESS AND EXERCISE

Track activity with the Exercise app  and complete guided workouts with the Fitbit Coach app  right on your wrist.

Sync FB507 with the Fitbit app and share your activity with friends and family, see how your overall fitness level compares to your peers, and more.

TRACK YOUR EXERCISE AUTOMATICALLY

FB507 automatically recognizes and records high-movement activities at least 15 minutes long—including run, elliptical, and swim. Sync your device to see basic stats about your activity in your exercise history.

For more information, see help.fitbit.com.

TRACK AND ANALYZE EXERCISE WITH THE EXERCISE APP

Track specific exercises—such as run, bike, swim, or weights—with the Exercise app on FB507 to see real-time stats, including heart-rate data, calories burned, elapsed time, and a post-workout summary on your wrist. For complete workout stats, and route and pace information if you used GPS, review your exercise history in the Fitbit app.

TRACK AN EXERCISE

To track an exercise:

1. On your watch, open the Exercise app .
2. Swipe to find an exercise, and tap to choose it.
3. Tap the play icon to begin the exercise, or tap the flag icon to choose a time, distance, or calorie goal depending on the activity.
4. When you're done with your workout or want to pause, tap the pause icon.
5. Tap the play icon to resume your workout, or tap the flag icon to finish.
6. When prompted, confirm you want to end the workout. Your workout summary appears.
7. Tap **Done** to close the summary screen.

Note:

- FB507 shows 3 real-time stats of your choice. Swipe the middle stat to scroll through your real-time stats. You can adjust the stats you see in the settings for each exercise.

- If you set an exercise goal, your watch vibrates when you're halfway to your goal and when you reach the goal.

CUSTOMIZE YOUR EXERCISE SETTINGS AND SHORTCUTS

Customize various settings for each exercise type right on your watch. For example, you can turn connected GPS on or off, automatically pause an activity when you stop moving (known as Auto-Pause), receive alerts when you reach certain milestones during your workout (known as Cues), and track runs automatically without opening the Exercise app (known as Run Detect). You can also choose to keep the screen on during exercise (known as Always-on Screen).

To customize an exercise setting:

1. On FB507, tap the Exercise app .
2. Swipe through the list of exercises until you find the one you want to customize.
3. Tap the gear icon  in the top left and scroll through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise screen and then tap the play icon to start the workout.

CHECK YOUR WORKOUT SUMMARY

After you complete a workout, FB507 shows a summary of your stats.

Sync your watch to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

CHECK YOUR HEART RATE

Heart-rate zones help you target the training intensity of your choice. FB507 shows your current zone and progress toward your maximum heart rate next to your heart-rate reading. In the Fitbit app, 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.

Zone	Calculation	Description
Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
Fat Burn	Between 50% and 69% of your maximum heart rate	This is a low-to-medium intensity exercise zone. This zone 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	Between 70% and 84% of your maximum heart rate	This is a 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	Greater than 85% of your maximum heart rate	This is a high-intensity exercise zone. This zone is for short intense sessions that improve performance and speed.

Note that the heart-rate value appears gray if your watch is searching for a stronger reading.

CUSTOM HEART-RATE ZONES

Configure a custom heart-rate zone or a custom max heart rate in the Fitbit app if you have a specific target in mind. For example, elite athletes might have a target that differs from the American Heart Association's recommendations for most people.

For more information, see help.fitbit.com.

WORK OUT WITH FITBIT COACH

The Fitbit Coach app  provides guided bodyweight workouts on your wrist to help you stay fit anywhere.

To start a workout:

1. On FB507, tap the Fitbit Coach app .
2. Scroll through the list of workouts.

3. Tap a workout and then press the play button to start. To preview the workout first, tap the menu icon in the top right.

For more information, see help.fitbit.com.

During a workout, you can play music through the Music app , Pandora app , or Deezer app  on your watch or control music playing on your phone. To play music stored on your watch, first open the Music, Pandora, or Deezer app and choose a playlist. Then go back to the Fitbit Coach app and start a workout. Note that you need to pair a Bluetooth audio device, such as headphones or a speaker, to FB507 to hear music stored on your watch.

For more information, see "Music and Podcasts" on page 29.

SHARE YOUR ACTIVITY

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

For more information, see help.fitbit.com.

TRACK YOUR CARDIO FITNESS SCORE

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

On your watch swipe up to Fitbit Today and scroll to the heart-rate tile. Swipe left to see your time spent in each heart-rate zone for the day. Swipe left again to see your cardio fitness score and cardio fitness level.

From the Fitbit app dashboard, tap the heart rate tile and then swipe left to see your cardio fitness stats.

For more information, see help.fitbit.com.

MUSIC AND PODCASTS

Store your favorite playlists on FB507 and then listen to music and podcasts with Bluetooth headphones or another audio device without needing your phone. For instructions on how to pair a Bluetooth audio device to FB507, see "[Connect Bluetooth headphones or speakers](#)" on page 29.

CONNECT BLUETOOTH HEADPHONES OR SPEAKERS

Connect up to 8 Bluetooth audio devices, including Fitbit Flyer headphones, to listen to playlists on your watch. When you add a new Bluetooth audio device for the first time, make sure both the device and FB507 are in pairing mode.

To pair a new Bluetooth audio device:

1. Start by activating pairing mode on your Bluetooth headphones, speaker, or other audio device.
2. On FB507, open the **Settings** app  and then scroll down and tap **Bluetooth**.
3. Tap + **Audio Device**. FB507 searches for nearby devices.
4. When FB507 finds nearby Bluetooth audio devices, it shows a list on the screen. Tap the name of the device you want to pair.

When pairing is complete, a check mark appears on the screen.

To listen to music with a different Bluetooth audio device:

1. On FB507, open the **Settings** app .
2. Tap **Bluetooth**.
3. Tap the audio device you want to use or pair a new device. Then wait a moment for the device to connect.

For more information, see help.fitbit.com.

LISTEN TO PERSONAL MUSIC AND PODCASTS

With the Music app  on FB507, you can store several hours worth of your favorite songs and podcasts to play right from your wrist. To download playlists to your watch, you need a computer with a Wi-Fi connection and the free Fitbit desktop app. Keep in mind you can only transfer files that you own or that don't require a license. Songs from music subscription services are not supported for download to the Music app. For information on supported subscription services, see "[Use Deezer on FB507](#)" on page 34 and "[Use Pandora on FB507 \(United States only\)](#)" on page 33.

See below for instructions on how to download playlists with a Windows 10 PC or Mac. For Windows 7/8 PC instructions, see help.fitbit.com.

ADD MUSIC AND PODCASTS WITH YOUR WINDOWS 10 PC

Download playlists of your personal music and podcasts from your iTunes Library or Windows Media Player to FB507. Note that you can also create playlists in the Fitbit desktop app using the drag-and-drop feature to add your tracks.

Create a playlist

Create at least 1 playlist of songs or podcasts to download to your watch.

If you use iTunes, make sure you approve the app to share your playlists with your watch:

Open iTunes on your computer > **Edit > Preferences > Advanced > Share iTunes Library XML with other applications > OK.**

Install the Fitbit app

If you haven't already done so, install the Fitbit app on your computer:

1. Tap or click the Start button on your PC and open the Microsoft Store.
2. Search for "Fitbit app." When you find it, tap or click **Free** to download the app.
3. Tap or click **Microsoft account** to sign in with your existing Microsoft account. If you don't already have an account with Microsoft, follow the on-screen instructions to create a new account.
4. When the app is installed, open it and log in to your Fitbit account.

Connect to Wi-Fi

Make sure FB507 and your PC are able to connect to the same Wi-Fi network:

1. From the Fitbit app dashboard, tap or click the Account icon  > FB507 tile.
2. Tap or click **Wi-Fi Settings**.
3. Tap or click **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Tap the network name > **Connect**.
5. To see which network your computer is connected to, tap or click the Wi-Fi symbol  on your screen. Connect to the same Wi-Fi network as your watch.

Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on FB507. For more information, see help.fitbit.com.

Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. On your PC, open the Fitbit app and tap or click the Music icon .
4. Tap or click **Personal Music**.
5. On FB507, open the Music app  and then tap **Transfer Music**. Note that you may need to scroll down to see the transfer button.
6. Wait a few moments for FB507 to connect. Note it can sometimes take a minute or two to connect.
7. When prompted, follow the on-screen instructions on your computer to choose the playlists you want to download to your watch. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to FB507 and open the Music app  to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

For more information, see help.fitbit.com.

ADD MUSIC AND PODCASTS WITH YOUR MAC

Download playlists of your personal music and podcasts from your iTunes Library to FB507.

Create a playlist

Within iTunes, create at least 1 playlist of songs or podcasts to download to your watch.

Make sure you approve the iTunes app to share your playlists with your watch:

Open iTunes on your computer > **Edit** > **Preferences** > **Advanced** > **Share iTunes Library XML with other applications** > **OK**.

Connect to Wi-Fi

Make sure FB507 and your Mac are able to connect to the same Wi-Fi network:

1. From the Fitbit app dashboard, tap or click the Account icon  > FB507 tile.
2. Tap or click **Wi-Fi Settings**

3. Tap or click **Add Network** and follow the on-screen instructions to add your Wi-Fi network or check the Network list to make sure it's already listed.
4. Tap the network name > **Connect**.
5. To see which network your computer is connected to, tap or click the Wi-Fi symbol  on your screen. Connect to the same Wi-Fi network as your watch.

Note that if your Wi-Fi network requires you to log on through a browser, it's not supported on FB507. For more information, see help.fitbit.com.

Install Fitbit Connect

Install a free software application called Fitbit Connect that lets you download music from your iTunes Library to FB507.

1. On your Mac, go to <https://www.fitbit.com/setup>.
2. Scroll down and click the option to **Download for Mac**.
3. Double-click **Install Fitbit Connect.pkg**. The Fitbit Connect installer opens.
4. Click **Continue** to move through the installer.

Download your playlists

1. For best results, sync your watch in the Fitbit app, and then disable Bluetooth temporarily on your phone and computer.
2. Plug your watch into the charger.
3. In the Fitbit Connect window on your computer, click **Manage My Music**.
4. Log in to your Fitbit account.
5. On FB507, open the Music app  and then tap **Transfer Music**. Note that you may need to scroll down to see the transfer button.
6. Wait a few moments for FB507 to connect via Wi-Fi. Note this can sometimes take a minute or two.
7. When prompted, follow the on-screen instructions to choose the playlists you want to download to FB507. After you choose a playlist, the download starts automatically.
8. Note that if you take several minutes to pick your first playlist, Wi-Fi may disconnect to preserve your battery. Tap the **Transfer Music** button again to reconnect and continue choosing your playlists.
9. After the download is complete, pair Bluetooth headphones or a speaker to FB507 and open the Music app  to listen to your playlists. Your phone and computer don't need to be nearby in order to listen to music from the Music app.

For more information, see help.fitbit.com.

CONTROL MUSIC WITH FB507

Control music and podcasts playing on FB507 or on your phone, or change the Bluetooth audio output device.

CHOOSE THE MUSIC SOURCE

To choose whether FB507 controls music playing on your watch or phone:

1. Press and hold the button and swipe to the Music Controls screen.
2. Tap the 3 dots ... icon.
3. Tap the phone or watch icon to switch the source.

If you have an Android or Windows 10 phone, turn on Bluetooth Classic to control music on your phone:

CONTROL MUSIC

1. While music is playing, press and hold the button and swipe to the Music Controls screen.
2. Play, pause, or tap the arrow icons to skip to the next track or previous track (if the audio source permits it). Tap the + and – icons to control the volume.
3. To open additional controls, tap the 3 dots ... icon. Here, you can change the Bluetooth audio output device.

USE PANDORA ON FB507 (UNITED STATES ONLY)

With the Pandora app  for FB507, you can download up to 3 of your most-played Pandora stations or popular curated Workout stations directly to your watch. Note that you need a paid subscription to Pandora and a Wi-Fi connection to download stations. For more information about Pandora subscriptions, see help.pandora.com.

To download Pandora stations:

1. If you haven't already done so, make sure FB507 can connect to your Wi-Fi network:
 - a. From the Fitbit app dashboard, tap or click the Account icon  > FB507 tile.
 - b. Tap or click **Wi-Fi Settings**.
 - c. Tap or click **Add Network** and follow the on-screen instructions to connect to your Wi-Fi network. For more information, see help.fitbit.com.
2. Go back to the dashboard and tap or click **Media**.
3. Tap or click **Pandora**.
4. Follow the on-screen instructions to log in to your Pandora account. If you don't have a paid Pandora subscription, upgrade your existing account or create a new account and then return to the Fitbit app to complete setup.

5. In the Fitbit app, choose to auto-sync up to 3 of your most-played Pandora stations or manually select up to 3 Workout stations. If you have Thumbprint Radio on your Pandora account, it also downloads to your watch regardless of which option you choose.
6. Plug your watch into the charger. Stations download automatically when the watch is charging and in range of your Wi-Fi network, or tap the three dots icon  > **Force Sync Now** in the Pandora section of the Fitbit app to start a download without your charger. Depending on the amount of music being downloaded, this process can take at least 15 minutes per station. Check the progress of the download on the watch's screen or in the Fitbit app.

After the stations download, connect Bluetooth headphones or a Bluetooth

speaker to FB507 and open the Pandora app  on your watch to listen to music. Note that you don't need to be connected to Wi-Fi or have your phone or computer nearby.

For more information, see help.fitbit.com.

USE DEEZER ON FB507

With the Deezer app  for FB507, you can download your Deezer playlists and Flow directly to your watch. Note that you need a paid subscription to Deezer and a Wi-Fi connection to download music. For more information about Deezer subscriptions, see support.deezer.com.

To download your Deezer playlists or Flow:

1. If you haven't already done so, make sure FB507 can connect to your Wi-Fi network:
 - a. From the Fitbit app dashboard, tap or click the Account icon  > FB507 tile.
 - b. Tap or click **Wi-Fi Settings**.
 - c. Tap or click **Add Network** and follow the on-screen instructions to connect to your Wi-Fi network. For more information, see help.fitbit.com.
2. On your Fitbit watch, open the Deezer app . If you don't have the Deezer app, download it from the Fitbit App Gallery.
3. Using a web browser on your phone, tablet, or computer, open <https://www.fitbit.com/deezer>.
4. Enter the activation code shown on your watch.
5. If requested, follow the on-screen instructions to log in to your Fitbit account. If you don't see this step, skip to step 6.
6. Follow the on-screen instructions to log in to your Deezer account or create a new account. You will need to subscribe to Deezer if you haven't done so already.

7. Once your activation succeeds, return to the Fitbit app and tap or click the Account icon  > FB507 tile > **Media** > **Deezer**.
8. Tap or click **Add Music** to see your Flow, featured playlists, and any personal playlists you've created in Deezer. If you haven't favorited or created any playlists, visit the Deezer mobile app or website to do so.
9. Tap or click playlists or the Flow header to queue for download.
10. Plug your watch into the charger. Music downloads automatically when the watch is charging and in range of your Wi-Fi network, or tap the three dots icon  > **Force Sync Now** in the Deezer section of the Fitbit app to start a download without your charger. Depending on the amount of music being downloaded, this process can take several minutes or more. Check the progress of the download on the watch's screen or in the Fitbit app (if your phone is within Bluetooth range).

After the music downloads, connect Bluetooth headphones or a Bluetooth speaker

to FB507 and open the Deezer app  on your watch to listen to your playlists. Note that you don't need to be connected to Wi-Fi or have your phone or computer nearby.

For more information, see help.fitbit.com.

FITBIT PAY

FB507 includes a built-in NFC chip, which lets you use the Fitbit Pay feature to make contactless payments by tapping your watch.

USE CREDIT AND DEBIT CARDS

Set up Fitbit Pay in the Wallet section of the Fitbit app and then use your watch to make purchases in stores that accept contactless payments.

We're always adding new locations and card issuers to our list of partners. To see if your payment card works with Fitbit Pay, see fitbit.com/fitbit-pay/banks.

ADD CREDIT AND DEBIT CARDS

To use Fitbit Pay, add at least 1 credit or debit card from a participating bank to the Wallet section of the Fitbit app. The Wallet is where you add and remove payment cards, set a default card for your watch, edit a payment method, and review recent purchases.

To set up Fitbit Pay:

1. With your watch nearby, from the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank may require additional verification. If you're adding a card for the first time, you may be prompted to set a 4-digit PIN code for your watch. Note that you also need passcode protection enabled for your phone.
4. After you add a card, follow the on-screen instructions to turn on notifications for your phone (if you haven't already done so) to complete the setup.

You can add up to 6 payment cards to the Wallet and choose which card to set as the default payment option on your watch.

MAKE PURCHASES

Make purchases using Fitbit Pay at any store that accepts contactless payments. To determine if the store accepts Fitbit Pay, look for the symbol below on the payment terminal:



To pay with FB507:

All customers except those in Australia:

1. When you're ready to pay, press and hold the button on your watch for 2 seconds. Swipe to the Payments screen if it's not shown.
2. If prompted, enter your 4-digit watch PIN code. Your default card appears on the screen.
3. To pay with your default card, hold your wrist near the payment terminal. To pay with a different card, swipe to find the card you want to use and then hold your wrist near the payment terminal.

When the payment succeeds, your watch vibrates and you'll see a confirmation on the screen.

If the payment terminal doesn't recognize Fitbit Pay, make sure the watch face is near the reader and that the cashier knows you're using a contactless payment.

Customers in Australia:

1. If you have a credit or debit card from an Australian bank, hold your watch near the payment terminal to pay. If your card is from a bank outside of Australia, or if you wish to pay with a card that is not your default card, complete steps 1–3 in the section above.
2. If prompted, enter your 4-digit watch PIN code.
3. If the purchase amount exceeds \$100 AU, follow the instructions on the payment terminal. If prompted for a PIN code, enter the PIN code for your card (not your watch).

If the payment terminal doesn't recognize Fitbit Pay, make sure the watch face is near the reader and that the cashier knows you're using a contactless payment.

For added security, you must wear FB507 on your wrist to use Fitbit Pay.

For more information, see help.fitbit.com.

CHANGE YOUR DEFAULT CARD

When you're ready to pay, your default card appears first on your watch's screen. To change your default card:

1. From the Fitbit app dashboard, tap the Account icon  > FB507 tile.
2. Tap the **Wallet** tile.
3. Find the card you want to set as the default option.
4. Tap **Set as Default**.

WEATHER

The Weather app  on FB507 displays the weather in your current location, as well as 2 additional locations you choose.

CHECK THE WEATHER

To check the current weather, open the Weather app on your watch. By default, the Weather app shows your current location. Swipe left to view the weather in any additional locations you added.

If the weather for your current location doesn't appear, check that you turned on location services for the Fitbit app. If you change locations, sync your watch to see your new location in the Weather app.

ADD OR REMOVE A CITY

To add or remove a city:

1. Open the Fitbit app and tap the Account icon  > FB507 tile.
2. Tap **Apps**.
3. Tap the gear icon  next to **Weather**. You may need to scroll down to find the app.
4. Tap **Add City** to add up to 2 additional locations or tap **Edit** > the **X** icon to delete a location. Note that you can't delete your current location.
5. Sync your watch with the Fitbit app to see the updated list of locations on your watch.

For more information, see help.fitbit.com.

UPDATE, RESTART, AND ERASE

Some troubleshooting steps may ask you to restart your watch, while erasing it is useful if you want to give FB507 to another person. Update your watch to receive any new Fitbit OS updates.

RESTART FB507

To restart your watch, press and hold the button for a few seconds until you see the Fitbit logo on the screen.

Restarting your watch reboots the device but doesn't delete any data.

FB507 has a small hole (altimeter sensor) on the back of the device. Don't attempt to restart your device by inserting any items, such as paper clips, into this hole as you can damage your FB507.

ERASE FB507

If you want to give FB507 to another person or wish to return it, first clear your personal data:

On FB507, open the Settings app  > **About** > **Factory Reset**.

UPDATE FB507

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

When an update is available, you'll see a notification in the Fitbit app. When the update starts, a progress bar appears on FB507 and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update process.

For best results, make sure your watch is charged and can connect to your Wi-Fi network.

Note: Updating FB507 can take an hour or longer and may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

If you have trouble updating your watch, see help.fitbit.com.

TROUBLESHOOTING

If FB507 isn't working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

HEART-RATE SIGNAL MISSING

FB507 continuously tracks your heart rate while you're exercising and throughout the day. If the heart-rate sensor on your watch has difficulty detecting a signal, dashed lines appear.

If your device doesn't detect a heart-rate signal, first make sure heart-rate tracking is turned on in the Settings app on your device. Next, make sure you're wearing your watch correctly, either by moving it higher or lower on your wrist or by tightening or loosening the wristband. FB507 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.

If the heart-rate signal is still missing, open the Settings app  on your watch and make sure **Heart Rate** is set to On.

CAN'T CONNECT TO WI-FI

If FB507 can't connect to Wi-Fi, first make sure that you're attempting to connect your watch to a compatible network. For best results, use your home or work Wi-Fi network. FB507 can't connect to 5GHz Wi-Fi, WPA enterprise, or public networks that require logins, subscriptions, or profiles. For a list of compatible network types, see "[Connect to Wi-Fi](#)" on page 8.

After verifying the network is compatible, restart your watch and try connecting to Wi-Fi again. If you see other networks appear in the list of available networks, but not your preferred network, move your watch closer to your router.

If you're trying to download personal music or podcasts, make sure FB507 and your computer are connected to the same Wi-Fi network. To do so, review the steps in "[Music and Podcasts](#)" on page 29. For a stronger Wi-Fi connection, keep your watch close to your router.

If you're trying to download Pandora stations or Deezer playlists, first make sure your Wi-Fi network is working correctly. Connect another device to your network; if it connects successfully, try again to download your station or playlist. Note that stations and playlists download automatically when the watch is charging and in range of your Wi-Fi network, or tap **Force Sync Now** in the Fitbit app to add the stations to your watch.

For more information, see help.fitbit.com.

OTHER ISSUES

If your watch experiences any of the following problems, restart it:

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

For instructions on how to restart your watch, see "[Restart FB507](#)" on page 39.

For more information or to contact Customer Support, see help.fitbit.com.

GENERAL INFO AND SPECIFICATIONS

SENSORS

Fitbit FB507 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An altimeter, which tracks altitude changes
- An optical heart-rate tracker
- An ambient light sensor

MATERIALS

The housing and buckle on FB507 are made of anodized aluminum. While 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.

The FB507 classic wristband is made of a flexible, durable elastomer material similar to that used in many sports watches.

WIRELESS TECHNOLOGY

FB507 contains a Bluetooth 5.0 radio transceiver and an NFC chip.

HAPTIC FEEDBACK

FB507 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

BATTERY

FB507 contains a rechargeable lithium-polymer battery.

MEMORY

FB507 stores your data, including daily stats, sleep information, and exercise history, for 7 days. For best results, make sure the All-Day Sync option is turned on.

DISPLAY

FB507 has a color OLED display.

WRISTBAND SIZE

Wristband sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

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

ENVIRONMENTAL CONDITIONS

Operating Temperature	14° to 112.2° F (-10° to 44° 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 watch and dashboard, visit help.fitbit.com.

RETURN POLICY AND WARRANTY

You can find warranty information and the fitbit.com return policy at fitbit.com/legal/returns-and-warranty.

REGULATORY & SAFETY NOTICES

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

Settings > About > Regulatory Info

USA: FEDERAL COMMUNICATIONS COMMISSION (FCC) STATEMENT

Model FB507

FCC ID: XRAFB507

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

Settings > About > Regulatory Info

Supplier's Declaration of Conformity

Unique Identifier: FB507

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 FB507

IC: 8542A-FB507

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

Settings > About > Regulatory Info

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

Paramètres > À propos > Informations réglementaires

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. this device may not cause interference, and

2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

EUROPEAN UNION (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model *FB507* is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB507 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB507 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB507 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB507 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

IP RATING

Model FB507 has a water resistance rating of IP X8 under IEC standard 60529, up to a depth of 50 meters.

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

ARGENTINA



AUSTRALIA AND NEW ZEALAND



BELARUS



CUSTOMS UNION



CHINA

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

Settings > About > Regulatory Info

China RoHS

部件名称		有毒和危险品				
Part Name		Toxic and Hazardous Substances or Elements				
Model FB507	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)	0	0	0	0	0	0
电子 (Electronics)	--	0	0	0	0	0

部件名称	有毒和危险品					
Part Name	Toxic and Hazardous Substances or Elements					
Model FB507	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二 苯醚 (PBDE)
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 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 XXXXXXXXXX

Frequency band: 2400–2483.5 MHz
Transmitted power: Max EIRP, xxxdBm
Occupied bandwidth: BLE: xMHz, BT: xMHz, NFC: xMHz
Modulation system: BLE: xxxx, BT: xxxx, NFC: xxxx
CMIIT ID displayed: On packaging

INDIA

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

Settings > About > Regulatory Info

INDONESIA

XXXXX/SDPPI/XXXX
XXXX

ISRAEL

התאמה אישור XX-XXXXX

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

JAPAN

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

Settings > About > Regulatory Info



R 201-190454

MEXICO



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

MOROCCO



AGREE PAR L'ANRT MAROC

Numéro d'agrément: XXXXX XXXXXXXXX
Date d'agrément: XX/XX/XXXX

NIGERIA

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

OMAN

OMAN-TRA/TA-R/XXXX/XX

XXXXXXX

PAKISTAN

TAC No: X.XXXX/Year



Model: FB507
Serial No: Refer to retail box
Year of Manufacture: 2019

PHILIPPINES



SERBIA



SOUTH KOREA

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. "



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。

Translation:

Article 12

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

使用過度恐傷害視力」

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

Translation:

“Excessive use may cause damage to vision”

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. see the screen for more than 1 hour.

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 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 can not replace.
- Do not expose the battery to flames, explosions or other hazards.
- Do not use sharp objects to remove the battery.

Taiwan RoHS

設備名稱：智慧型手錶 , 型號 (型式) : FB507 Equipment name Type designation (Type)						
單元Unit	限用物質及其化學符號 Restricted substances and its chemical symbols					
	鉛Lead (Pb)	汞Mercury (Hg)	鎘Cadmium (Cd)	六價鉻 Hexavalent chromium (Cr ⁺⁶)	多溴聯苯 Polybrominated biphenyls (PBB)	多溴二苯醚 Polybrominated diphenyl ethers (PBDE)
錶帶和錶扣	○	○	○	○	○	○
電子	-	○	○	○	○	○
電池	○	○	○	○	○	○
充電線	○	○	○	○	○	○
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。 Note 1 : “Exceeding 0.1 wt %” and “exceeding 0.01 wt %” indicate that the percentage content of the restricted substance exceeds the reference percentage value of presence condition. 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。 Note 2 : “○” indicates that the percentage content of the restricted substance does not exceed the percentage of reference value of presence. 備考3. “-” 係指該項限用物質為排除項目。 Note 3 : The “-” indicates that the restricted substance corresponds to the exemption.						

UNITED ARAB EMIRATES

TRA Registered No: XX/XXXXX/XX
Dealer No: xxxxx/XX

ZAMBIA



ZMB/ZICTA/TA/XXXX/X/XX

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.