fitbit surge™

Fitness Super Watch

BC

User Manual

Version 1.3

APPLE 1019

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Getting Started

Welcome to Fitbit Surge™, the high-performance Fitness Super Watch that helps you meet your fitness goals.

What you'll find in the box

Your Surge box includes:

Surge
Fitness Super Watch

USB charging cable

Wireless sync
dongle

What's in this document

We get you started quickly by creating a Fitbit® account and making sure the tracker can synchronize the data it collects with your Fitbit dashboard. The dashboard is where you can analyze your data, see historical trends, set goals, log food and water, keep up with friends, and much more. As soon as you're done setting up your tracker, you're ready to start moving.

Next, we explain how to find and use the features that interest you and adjust your preferences. To find more information, tips, and troubleshooting, please browse our comprehensive articles at http://help.fitbit.com. Do us a favor and rate the articles you read—it's how we know we're getting you the right information at the right time!

Setting up your Fitbit Surge

To make the most of your Surge, use the free Fitbit app available for iOS®, Android™, and Windows® 10 devices. If you don't have a compatible mobile device you can use a computer instead, but keep in mind that a mobile device is required for key features such as notifications, music control, and GPS.

Setting up your tracker on your mobile device

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

To get started:

1. Make sure the Fitbit app is compatible with your mobile device by checking http://www.fitbit.com/devices.
2. Find the Fitbit app in one of these locations, depending on your device:
    - The Apple® App Store® for iOS devices such as an iPhone® or iPad®.
    - The Google Play™ Store for Android devices such as the Samsung® Galaxy® S5 and Motorola Droid Turbo.
    - The Microsoft® Windows Store for Windows 10 mobile devices such as the Lumia™ phone or Surface™ tablet.
3. Install the app. Note that you'll need an account with the applicable store before you can download even a free app such as Fitbit.
4. When the app is installed, open it and tap Join Fitbit to get started. You'll be guided through the process of creating a Fitbit account and connecting (pairing) your Surge to your mobile device. Pairing makes sure the tracker and mobile device can communicate with one another (sync their data).

    Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

After setup you're ready to get moving.

Setting up your tracker on your PC (Windows 10)

If you don't have a mobile device, you can set up and sync your tracker on your Windows 10 PC using the same Fitbit app available for Windows mobile devices.

To get the app, click the Start button and open the Windows Store (called Store). Search for "Fitbit app." Note that if you've never downloaded an app from the store to your computer, you'll be prompted to create an account.

Open the app and follow the instructions to create a Fitbit account and set up your Surge. To set up and sync you'll need to use the wireless sync dongle that came in the box with your Surge.

Setting up your tracker on your PC (Windows 8.1 and below)

If you don't have a compatible mobile device, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this method you'll first install a free software application called Fitbit Connect that lets Surge sync its data with your fitbit.com dashboard.

To install Fitbit Connect and set up your tracker:

1. Go to http://www.fitbit.com/setup.
2. Scroll down and click the option to download.
3. When prompted, save the file that appears.
4. Double-click the file (FitbitConnect_Win.exe). The Fitbit Connect installer opens.
5. Click Continue to move through the installer.
6. When prompted, choose Set up a New Fitbit Device.
7. Follow the onscreen instructions to create a Fitbit account and connect your tracker. You'll be prompted to plug in the wireless sync dongle that came in the box with your Surge.

   Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height, or weight with Fitbit friends.

Setting up your tracker on your Mac

If you don't have a compatible mobile device, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this setup method you'll first install a free software application called Fitbit Connect that lets Surge sync its data with your fitbit.com dashboard.

To install Fitbit Connect and set up your tracker:

1. Go to http://www.fitbit.com/setup.
2. Scroll down and click the option to download. If the button does not correctly show your type of computer (for example, if it says "Download for Mac"), choose the correct type, then click the button.
3. When prompted, save the file that appears.
4. Double-click the file (Install Fitbit Connect.pkg). The Fitbit Connect installer opens.
5. Click Continue to move through the installer.
6. When prompted, choose Set up a New Fitbit Device.

7. Follow the onscreen instructions to create a Fitbit account and connect your Surge. You should be able to sync wirelessly with your Mac, but if not, plug in the wireless sync dongle that came with your tracker.

   Note that the personal information you're asked during setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share with Fitbit friends.

Syncing your tracker data to your Fitbit account

Once you've set up and started using Surge, you'll need to make sure it regularly transfers (syncs) its data to Fitbit so you can track your progress, see your exercise history, earn badges, analyze your sleep logs, and more on your Fitbit dashboard. A daily sync is recommended but not required.

The Fitbit apps use Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. Each time you open the app it will sync if the tracker is nearby. If you're running the Fitbit app on a Windows 10 PC that doesn't have Bluetooth, you'll need to make sure the wireless sync dongle is installed.

Fitbit Connect on a Mac® also uses Bluetooth for syncing (if available), otherwise you'll need to make sure your dongle is plugged into the computer. Fitbit Connect will sync automatically every 15 minutes if:

- The tracker is within 20 feet of your computer.
- The computer is powered on, awake, and connected to the Internet.

Getting to know your Fitbit Surge

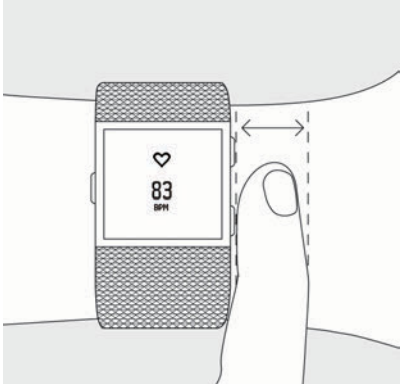
This section tells you how best to wear, navigate, and recharge your tracker.

Wrist placement

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

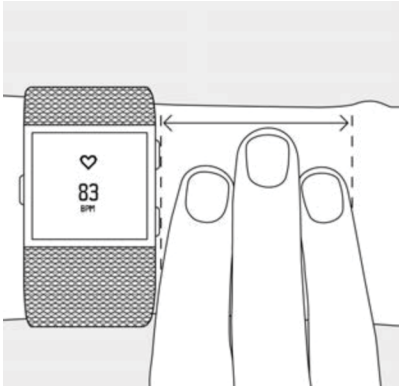
All-day wear and exercise

Your Surge should be worn on your wrist. While it may track stats such as steps and floors when placed in a pocket or backpack, it is most accurate on the wrist. For all-day wear, your Surge should usually rest a finger's width below your wrist bone and lay flat (as you would normally wear a watch).



As with all heart-rate tracking technology, whether a chest strap or a wrist-based sensor, accuracy is affected by personal physiology, location of wear, and type of movement. In other words, not every person will get a perfectly accurate reading with every type of exercise. For best heart rate accuracy keep these tips in mind:

1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as spinning cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.



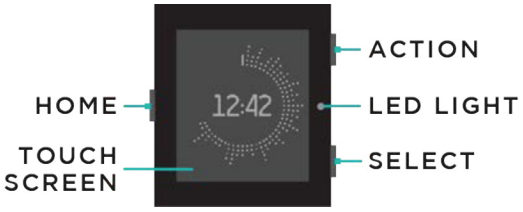
2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.
3. With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may prevent the sensor from finding an accurate heart rate. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and loosens during exercise. Try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see an accurate heart rate reading.

Dominant or non-dominant wrist

To improve the accuracy of your Surge, we ask you to specify whether you're wearing it on your dominant or non-dominant hand. Your dominant hand is the one you use for most day-to-day activities such as writing or brushing your teeth. You can specify this setting in the Account section of the Fitbit app or in the Devices section of your fitbit.com dashboard.

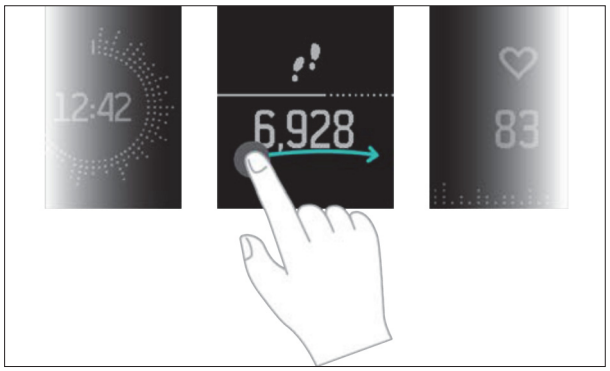
Navigation

The Surge has a touch screen with a backlight and three buttons: Home, Select, and Action. Take a moment to memorize these button names and their location or refer back to this image when reading the tasks in this manual:



Your Surge has two sets of screens: the Clock, where you can see your all-day stats, and the Menu. To switch between the two sets, press the Home button.

- When viewing the Clock, swipe left and right to see:
    - Current heart rate
    - Steps taken
    - Distance covered
    - Calories burned
    - Floors climbed



- When viewing the Menu, swipe left and right to see the different menu items. To choose a menu option, either press the Select button or just tap the screen. To exit the Run, Exercise, Timer, Alarms, or Settings screens, press the Home button.

Double-pressing the Home button displays the music playback control.

Note: The functions of the Select and Action buttons vary depending on what you're doing. An icon next to the button tells you what it does, such as pausing and resuming or selecting an option.

Battery life and charging

Depending on your usage, your battery life may vary:

- If you aren't tracking runs or exercises that use GPS, your fully charged Surge should last up to 7 days as a fitness watch with continuous heart rate tracking and activity tracking.
- Your fully charged Surge can track a maximum of about 10 hours of activities that use GPS before needing a charge. To ensure that you're always tracking your data, we recommend charging your Surge after any activity that uses GPS.

Determining your current battery level

When looking at the Menu, your tracker's battery level appears in the top left.

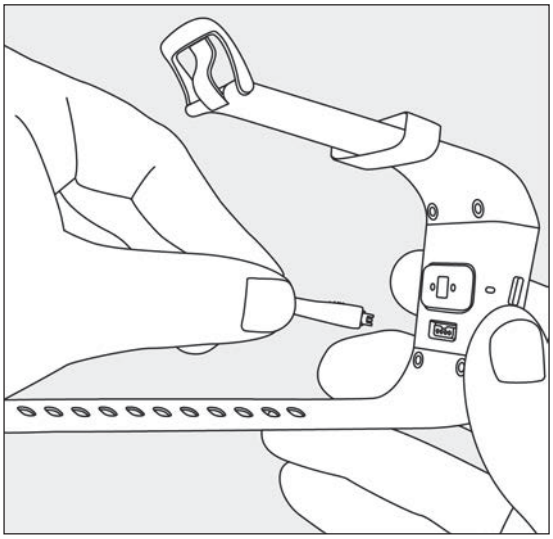
Full | Partially Full | Very Low | Critically Low | Charging

If your battery is critically low, charge your Surge as soon as possible.

You can also check your battery level from the Fitbit app, or by logging into fitbit.com and clicking the gear icon on the top-right corner of the page. In these cases, the battery level shown reflects the last time you synced your Surge. To make sure you are seeing the current battery level, sync your Surge.

Charging your tracker

To charge your Surge, plug the charging cable into the USB port on your computer or a UL-certified USB wall charger and plug the other end into the port on the back of the Surge. Charging completely takes 1 to 2 hours.



Conserving battery life

If you won't be using your Surge for a while, you can conserve battery life by shutting it down. To do so, swipe to the Settings screen and swipe up to find Shutdown. For other tips on maximizing battery life, see help.fitbit.com.

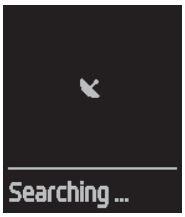
Care

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

Using GPS

The Surge includes a GPS receiver to track your route during several activities, including Free Run, Lap Run, Walk, Bike, and Hike. On your dashboard, GPS data is shown in a map view along with the stats tracked during the activity.

When you select a run or exercise that uses GPS, Surge begins searching for a GPS signal. As with any GPS device, a signal is likely to be discovered more quickly if you are outside in an open area and standing still.



For best results, wait for the signal to be discovered before you start your activity.

If a GPS signal isn't discovered within a few seconds, a Quick Start option appears for all GPS exercises except Bike.

If you don't want to wait for the GPS signal to be discovered, you can press the Select (Quick Start) button to move to the activity screen and get started. Surge will continue to search for a GPS signal, but it will take longer to find than if you were standing still.

If you start moving before the GPS signal is discovered, Surge uses your step count to estimate how far you went before GPS tracking began. Therefore, the total distance calculated for the activity may be slightly less accurate than it would be if you got a GPS fix and then started moving. The Quick Start option does not appear if you're tracking a bike ride because GPS is required for calculating your distance. Wait for a GPS fix before starting your ride.

NOTE: A maximum of 35 hours of GPS data can be stored on your Surge. If you try to track more than 35 hours' worth of GPS data without syncing, older data will be deleted to make room for new data. To ensure that all your GPS data is saved on fitbit.com, sync your Surge regularly.

Using the timer and stopwatch

You can use your Surge both as timer and a stopwatch.

Using the timer

You can use the timer function on your Surge to set a timer of up to 90 minutes.

To use the timer:

1. Show the Menu on your Surge, then swipe to Timer.

2. Press the Select button or tap the screen to show the timer.

3. Tap the gear icon or press the Action button to set the timer.
4. Select the minutes and seconds of the timer duration, then tap the check mark icon or press the Select button to set the timer.
5. To begin the timer, tap the play icon or press the Select button.
6. To pause or stop the timer, tap the pause icon or press the Select button again.

Using the stopwatch

You can use the stopwatch function on your Surge to measure how long it takes you to complete an activity or exercise.

To use the stopwatch:

1. Show the Menu on your Surge, then swipe to Timer.

2. Press the Select button or tap the screen to show the timer.
3. Swipe left or right to switch to the stopwatch.

4. To begin the stopwatch, tap the play icon or press the Select button.
5. To pause or stop the timer, tap the pause icon or press the Select button again.
6. To reset the timer, tap the rewind icon or press the Action button.

Automatic Tracking with Fitbit Surge

Your Surge tracks a variety of stats automatically whenever you're wearing it. Your tracker's latest data is uploaded to your Fitbit dashboard whenever you sync.

Viewing all-day stats

On the clock, swipe left or right through the menu items. Tap a menu item to see these all-day stats:

- Steps taken
- Current heart rate
- Distance covered
- Calories burned
- Floors climbed

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

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

Your Surge starts tracking your stats for the next day at midnight based on your time zone. Though your stats reset to zero at midnight, this does not delete the previous day's data; that data will be uploaded to fitbit.com the next time you sync your tracker.

Using heart-rate zones

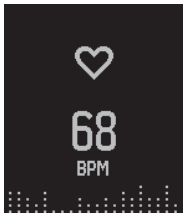
Heart-rate zones help you target the training intensity of your choice. Your tracker shows your current zone next to your heart rate, and on your Fitbit dashboard you can see your time spent in zones during a particular day or exercise. Three zones based on American Heart Association recommendations are available by default, or you can create a custom zone if you have a specific heart rate you're targeting.

When viewing the Clock, swipe to display your current beats per minute and heart rate zone.

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.

To quickly determine what zone you're in, take a look at the heart icon:



Out of zone

Fat burn

Cardio

Peak

- When you're out of zone, which means you're below 50% of maximum, your heart rate may be elevated but not enough to be considered exercise.
- Fat Burn zone, which means your heart rate is 50% to 69% of maximum, is the low-to-medium intensity exercise zone and may be a good place to start for those new to exercise. It's called the fat burn zone because a higher percentage of calories are burned from fat, but the total calorie burn rate is lower.
- Cardio zone, which means your heart rate is 70% to 84% of maximum, is the medium-to-high intensity exercise zone. In this zone you're pushing yourself but not straining. For most people this is the exercise zone to target.
- Peak zone, which means your heart rate is greater than 85% of maximum, is the high-intensity exercise zone. The peak zone is for short intense sessions that improve performance and speed.

Custom heart-rate zones

Instead of using the default heart rate zones you can configure a custom heart rate zone in the Fitbit app or fitbit.com dashboard. When your heart rate is above or below your custom zone you'll see an outline of a heart, and when your heart rate is in your custom zone you'll see a solid heart.

For more details about heart rate tracking, including links to relevant American Heart Association information, see https://help.fitbit.com.

Tracking sleep

Your Surge automatically tracks the time you sleep and your movement during the night to help you understand your sleep patterns. To track sleep, simply wear your Surge to bed. To help you achieve a healthy sleep cycle, by default you have a sleep goal of 8 hours of sleep per night. You can customize your sleep goal in the Fitbit app or on your fitbit.com dashboard to an amount that better suits the amount of sleep you need.

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

Tracking a daily activity goal

Your Surge tracks your progress towards a daily goal of your choice.

Choosing a goal

By default your goal is 10,000 steps per day. On the Fitbit app or fitbit.com dashboard you can choose a different goal, including distance traveled, calories burned, or floors climbed, and select the corresponding value you prefer. For example, you may want to keep steps as your goal but change the target from 10,000 to 20,000 steps.

Seeing goal progress

A progress bar keeps you motivated. For example, the solid portion of the line below shows that you're more than halfway to a goal of 10,000 steps.

When you reach your goal your Fitbit Surge will vibrate and flash to celebrate.

Tracking Exercise with Fitbit Surge

Surge will automatically detect many exercises and record them in your exercise history using our SmartTrack™ feature. You can also tell your tracker when exercise starts and stops if you want to see real-time stats and a workout summary right on your wrist. All workouts appear in your exercise history for deeper analysis and comparison.

Using SmartTrack

Our SmartTrack feature automatically recognizes and records select exercises to ensure you get credit for your most active moments of the day. When you sync your tracker after a SmartTrack-detected exercise, you can find several stats in your exercise history including duration, calories burned, impact on your day, and more.

By default SmartTrack detects continuous movement at least 15 minutes in length. You can increase the minimum duration or disable SmartTrack for one or more exercise types.

For more information about customizing and using SmartTrack, see help.fitbit.com.

Using the Exercise menu

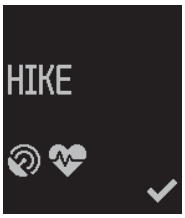
Your Surge lets you track your activity for a wide variety of exercises, including Hiking, Yoga, Bike, and many others. Some types of exercise automatically use GPS.

For more information about customizing your Exercise menu, see help.fitbit.com.

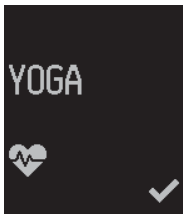
To track an exercise:

1. Display the Menu on your Surge, then swipe to Exercise.

2. Press the Select button or tap the screen, then swipe to find the exercise you want to track. If the exercise supports GPS, a GPS icon appears to the left of the heart rate tracker icon.



Uses GPS

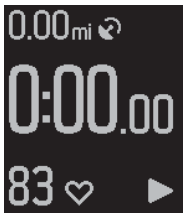


Doesn't use GPS

3. When you find the exercise you want to track, press the Select button or tap the screen. If you change your mind, press the Home button to exit.

   If your exercise uses GPS, the GPS searching screen appears. For best results, wait for the signal to be discovered before you start your exercise.

   A stopwatch screen appears with stats at the top and bottom of the screen.



4. Press the Select button to start your exercise.
5. While you are exercising, you can swipe to see various stats or the time of day. Stats vary depending on the type of exercise.

Pace

Heart Rate

Calories

Clock (time of day)

6. Press the Select button to pause or resume your exercise.
7. When your exercise is done, press the Select button to pause, then press the Action button to see a summary. You may have to scroll down to view all the stats tracked during your exercise.

8. Press the Action button to exit.

Using the Run menu

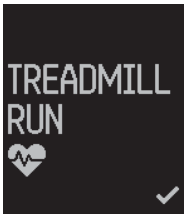
You can track runs on your Surge with or without GPS tracking. You should manually track runs using the run tracking features on your Surge when you want to track your route with GPS, or if you want more detailed run data, including real-time stats and workout summaries, on your Surge.

To track a run:

1. Display the Menu on your Surge, then swipe to Run.

2. Press the Select button or tap the screen, then swipe to find the type of run you want to track. If the run supports GPS, a GPS icon appears to the left of the heart rate tracker icon.

Uses GPS

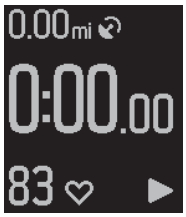


Doesn't use GPS

3. When the run you want appears, press the Select button or tap the screen. If you change your mind, press the Home button to exit.

   If your run uses GPS, the GPS searching screen appears. For best results, wait for the signal before you start your run.

   A stopwatch screen appears with stats at the top and bottom of the screen.



4. Press the Select button to start your run.
5. While you are running, you can swipe to see various stats or the time of day. Stats vary depending on the type of run.

Pace

Heart Rate

Calories

Clock (time of day)

6. Press the Select button to pause or resume your run.
7. If you're on a lap run, press the Action button while you're running to start a new lap. A summary of the lap you just completed appears for a few seconds.
8. When you're done with your run, press the Select button to pause, then press the Action button to see a summary. For a Lap Run, a summary of each lap is shown before the summary for the entire run. Press the Action button on the Laps screen to see the run summary.

9. Press the Action button to exit.

After you sync your tracker, your stats appear on your fitbit.com dashboard or in the Fitbit app.

Tracking your splits during a run

You can track your splits when you run so that Fitbit Surge notifies you each time you meet a predetermined time or distance. This run tracking feature, known as "run cues," helps you better track your progress during a run. Use the Free Run exercise to take advantage of the ability to track splits in real time.

1. Log in to your fitbit.com dashboard.
2. Click the gear icon in the top right corner of the page and select Settings.
3. Using the navigation tabs on the left, find Run Cues.
4. Specify whether you want to track distance or time and the distance or duration.
5. Sync your Surge to update your tracker with the next setting. To force your Surge to sync, complete these steps:
    a. Click the Fitbit Connect icon located near the date and time on your computer.
    b. With your Surge nearby, click Sync Now.

2. When you're ready to track a run, display the Menu on your Surge, then swipe to Run.

3. Press the Select button or tap the screen, then swipe to Free Run.

4. While you are running, your Surge will notify you when you meet the time or distance you specified.

Viewing stats during exercise

While exercising you can swipe to display various stats and the time of day. The stats tracked vary depending on the type of exercise.

After you sync your Surge, your stats appear on your fitbit.com dashboard and in the Fitbit app.

Receiving notifications and controlling music

You can receive call and text notifications or control music while exercising. Press the Action button to view notifications while they're incoming, and double-press the Home button to start music control.

To see the current time during a workout, swipe through the stats.

Using Silent Alarms

Surge can gently vibrate to wake or alert you with a silent alarm. You can set up to eight alarms to recur every day or on particular days of the week only. When the alarm goes off, press the Action button to dismiss.

For more information about customizing and using silent alarms, see help.fitbit.com.

Receiving Call and Text Notifications

Over 200 compatible mobile devices let you receive incoming phone call and text notifications on your Surge. To determine whether your device supports this feature, go to http://www.fitbit.com/devices. When you receive a notification, your Surge vibrates and caller information is shown in a banner across the top of the screen.

Enabling call and text notifications

To enable call and text notifications on your Surge, you connect ("pair") your Surge to the Fitbit app:

1. From the Surge menu, swipe to Settings and make sure Notifications is set to On.
2. Make sure Bluetooth is enabled on your mobile device.
3. Make sure your Surge is within 20 feet of your mobile device.
4. Open the Fitbit app on your mobile device and tap the Surge tile at the top of the mobile dashboard.
5. Enable Notifications and follow the onscreen instructions.

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

Seeing call and text notifications

Surge receives notifications when you are within about 20 feet of your mobile device. When you receive a call or text, your Surge vibrates and a notification appears at the top of the screen for 7 seconds. If the caller or sender is in the contacts list on your mobile device, the name is shown. Otherwise, the phone number of the caller or sender appears instead. The icon indicates whether you are receiving a call or a text.

After 7 seconds, the name or number disappears but an icon in the upper right corner of the screen indicates that you have received a text or a call.

To view and manage notifications:

- If you have more than one notification, swipe left and right to see them all.
- Swipe down to scroll through the entire contents of a text. A maximum of 32 characters of a subject and 160 characters of a text message are shown.
- Press the Action button or Home button to exit the notification screen.

Surge stores a maximum of 20 notifications. If you receive more than 20 notifications, the oldest notifications are deleted as new ones come in. Each notification is deleted after 24 hours.

Disabling call and text notifications

If you want to stop receiving notifications either temporarily or permanently, you can do one of the following:

- In the Fitbit app, disable Notifications.
- On your Surge, change the Notifications setting to Off.

If you want to start receiving notifications again, simply change the setting.

Controlling Music

With a compatible iOS or Android device you can use Surge to pause and resume music and skip to the next track. To determine whether your device supports this feature, go to http://www.fitbit.com/devices. The Surge uses the AVRCP Bluetooth profile to control music; therefore, the app providing your music must be compatible with AVRCP. Some streaming music apps do not broadcast track information and therefore the track title won't appear on your Surge display. However, if an app supports AVRCP you can still pause or skip a track, just not see its title on your Surge.

Enabling music control

To control music from your Surge, you use the Bluetooth feature on your phone to connect ("pair") your Surge with your mobile device. Pairing your Surge requires that you perform steps on both your Surge and your mobile device in quick succession. Have them both close at hand before continuing.

To enable music control:

1. If you have not already done so, confirm that your device is compatible for music control at http://www.fitbit.com/devices.
2. On your Surge:
    a. Display the Menu, then swipe to Settings.
    b. Scroll to Bluetooth Classic.
    c. If the setting is Off or On, press the Select button until the setting is Pair.
3. On your mobile device:
    a. Navigate to the Bluetooth Settings screen where paired devices are listed.
    b. Make sure your mobile device is discoverable and is scanning for devices.
    c. When "Surge (Classic)" is shown as an available device, select it.
    d. Wait for a message displaying a six-digit number.
4. Perform the following two steps in close succession.
    a. When the same six-digit number appears on your Surge, press the Action button.
    b. On your mobile device, select Pair.

After successfully pairing your device, the Bluetooth Classic setting on your Surge should automatically be reset to On.

Controlling music with your Surge

After you have paired your device for music control, you can access the music control screen at any time.

To control music playback on your Surge:

1. Open a music app on your mobile device and begin playback.
2. Double-press the Home button on your Surge to see information about the track currently playing. If the app you're using does not broadcast track information, it won't appear on your Surge.
3. Use the Select button to pause, or use the Action button to skip to the next track.

4. Press the Home button to return to the previous screen.

NOTE: As with other Bluetooth devices, if you disconnect your Surge (Classic) so you can connect another Bluetooth device, the next time you want to use it to control music you will have to connect it again in your Bluetooth devices list.

Customizing your Fitbit Surge

This section explains how to adjust your display and modify certain tracker behaviors.

Changing the clock face

Surge comes with several clock faces. Some examples include:

Orbit

Analog

Digital

Flare

You can change your clock face using the Fitbit app or the fitbit.com dashboard. For more information, see help.fitbit.com.

Adjusting the backlight

This setting controls the conditions under which your Surge lights up. Available options are:

- Auto (the default) – When you tap the screen, press a button, or turn your wrist to view the time, Surge uses ambient light to determine whether the backlight comes on.
- On – Whenever you tap the screen or press a button, the backlight comes on.
- Off – The backlight does not come on under any circumstances.

To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Brightness.

Adjusting the heart-rate tracker

Your Surge uses PurePulse™ technology to track heart rate automatically and continuously when the heart-rate tracker is on. The Heart Rate Tracking setting has three options:

- Auto (the default) – The heart rate tracker is generally active only when you are wearing your Fitbit Surge.
- Off – The heart rate tracker is never active.
- On – The heart rate tracker is always active; you may want to choose this option if your heart rate isn't being tracked even though you are wearing your tracker.

If you remove your Fitbit Surge but it keeps moving, for example if you put it in a pocket or backpack, it may record an erroneous heart rate reading. You can prevent this by changing the setting to Off.

To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Heart Rate Tracking.

Updating your Fitbit Surge

Free feature enhancements and product improvements are occasionally made available through firmware updates. We recommend keeping your Surge up to date.

You'll be notified in the Fitbit app when an update is available. After you start the update, you'll see a progress bar on your tracker until the process is complete, followed by a confirmation message.

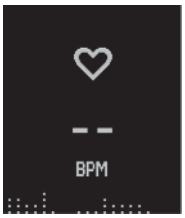
Note that updating your Surge takes several minutes and may be demanding on the battery. For this reason we recommend putting your charger in the charging cradle before updating.

Troubleshooting your Fitbit Surge

If your tracker is not working properly, review our troubleshooting information below. For other problems or more details, visit http://help.fitbit.com.

Heart-rate signal missing

Surge continuously tracks your heart rate while you're exercising and throughout the day. However, occasionally the heart rate tracker may have difficulty getting a strong signal. In those cases, you'll see this screen:



If you don't see your heart rate on your Surge, first make sure you're wearing it correctly. Experiment with placing the tracker higher on your wrist; because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can be helpful. Also, make sure you're not wearing your tracker too tightly; a tight band restricts blood flow, potentially affecting the heart rate signal. After a short wait, you should see your correct heart rate again.

Unexpected behavior

If you experience one of the following problems with your Surge, it may be fixed by restarting your tracker:

- It is not syncing.
- It is not responding to movement.
- It doesn't respond even when in a charger.
- It has a battery charge but is not lighting up.
- It isn't tracking your steps or other data.
- It's not responding to button presses, taps, or swipes.

Restarting your Surge does not delete any data except text and call notifications.

To restart your Surge:

1. Press and hold the Home and Select buttons (left and bottom right) for 10 to 15 seconds until you see the screen flash or start to dim.

2. Let go of the buttons.

3. After your screen turns completely off, wait 10 seconds and then press the Home button to turn your Surge back on.

Your Surge should now work normally.

For additional troubleshooting or to contact Customer Support, see https://help.fitbit.com.

Fitbit Surge General Info & Specifications

Sensors and motors

Your Surge contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which measures your motion patterns and determines your steps taken, distance traveled, calories burned, active minutes, and sleep quality
- An altimeter, which measures floors climbed
- A GPS receiver, which tracks your location during a workout
- A Bluetooth 4.0 radio transceiver
- A vibration motor, which allows the Surge to vibrate when alarms go off, when you reach a goal, when a GPS signal is found, and when you receive call or text notifications
- An optical heart rate tracker, which measures your BPM at rest and when you are exercising
- An ambient light sensor, which turns on the backlight in low-light conditions

Battery

Surge contains a rechargeable lithium-polymer battery.

Memory

Surge holds detailed minute-by-minute information for the most recent 7 days, and 30 days of daily summaries. Heart rate data is stored at one-second intervals during exercise tracking and at five-second intervals at all other times.

Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, active minutes, heart rate, and sleep tracked.

Sync your Surge regularly to have the most detailed data available to view on your fitbit.com dashboard.

Display

The Surge display is a touch screen, monochrome LCD with backlight for low-light visibility.

Environmental conditions

Operating Temperature	-4° to 113° F (-20° to 45° C)
Non-operating Temperature	-22° to 140° F (-30° to 60° C)
Water Resistant	Splash proof. Do not shower or swim with the device.
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Surge can be found at http://help.fitbit.com.

Return policy and warranty

Warranty information and the fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.

Regulatory & Safety Notices

Model Name: FB501

USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation

FCC Warning

Changes or modifications not approved by Fitbit, Inc. could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

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

FCC ID: XRAFB501

Canada: Industry Canada (IC) statement

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

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

IC Notice to Users in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device

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

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

IC ID: 8542A-FB501

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB501 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: http://www.fitbit.com/safety.

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB501 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 FB501 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.

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB501 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 FB501 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.

CE

Australia and New Zealand

R-NZ

China

Wireless sync dongle

部件名称	有毒和危险品					
Dongle Model FB150	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	O	O	O	O	O	O
电子	X	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O: 表示该项目中涉及的所有物料, 其包含的有害物质的含量低于 GB/T 26572. 标准的限制要求.

X: 表示该项目中涉及的所有物料中至少有一种, 其包含的有害物质的含量高于 GB/T 26572. 标准的限制要求.

Surge

部件名称	有毒和危险品					
Surge Model FB501	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	O	O	O	O	O	O
电子	X	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O: 表示该项目中涉及的所有物料, 其包含的有害物质的含量低于 GB/T 26572. 标准的限制要求.

X: 表示该项目中涉及的所有物料中至少有一种, 其包含的有害物质的含量高于 GB/T 26572. 标准的限制要求.

Mexico

NOM NYCE

IFETEL: RCPFIFB14-1757

Israel

אישור התאמה 51-45135
אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

Oman

OMAN-TRA/
TA-R/2176/14

Philippines

NTC

Type Accepted
No: ESD-1510666C

Serbia

И005 15

South Africa

TA-2014/1755

APPROVED

South Korea

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

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

-. 사용 주파수 (Used frequency): 2402 MHz-2480 MHz

-. 채널수 (The number of channels): 40

-. 공중선전계강도 (Antenna power): -2.22dBi

-. 변조방식 (Type of the modulation): Digital

-. 안테나타입 (Antenna type): Vertical

-. 출력 (Output power): -2.22dBm

-. 안테나 종류 (Type of Antenna): Stamped Metal

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB501

2) Certificate number : MSIP-CMM-XRA-FB501

3) Applicant : Fitbit, Inc.

4) Manufacture: Fitbit, Inc.

5) Manufacture / Country of origin: P.R.C.

5) Manufacture / Country of origin: P.R.C.

Singapore

Complies with IDA
Standards DA00006A

Taiwan

Wireless sync dongle

CCAJ15LP1150T4

Surge

CCAJ14LP4110T2

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

United Arab Emirates

TRA
REGISTERED NO:
ER35200/14

DEALER No:
DA35294/14

Safety statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011, + A2:2013.

Important safety instructions

Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue use or wear the product clipped over a piece of clothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.
- The device contains electrical equipment that could cause injury if not handled properly.
- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.
- Maps, directions, and other GPS or navigation data, including data relating to your current location, may be unavailable, inaccurate, or incomplete.
- Consult your doctor before beginning or modifying any exercise program.
- Consult your doctor before use if you have any preexisting conditions that might be affected by your use of this Fitbit product.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.

- This product is not a toy. Do not allow children or pets to play with your Fitbit product. The product contains small components that can be a choking hazard.
- Your Surge is sweat-proof, rain-proof, and water-resistant. You can wear it while working out and doing activities such as washing your hands or doing the dishes. Remove your Surge before showering or swimming.
- PurePulse™ products have a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:
    - Have a medical or heart condition.
    - Are taking any photosensitive medicine.
    - Have epilepsy or are sensitive to flashing lights.
    - Have reduced circulation or bruise easily.

Care and wearing tips

- Clean and dry your Fitbit product regularly, particularly in areas in contact with the skin. Use a clean, damp cloth. Do not wash the product under a faucet.
- Wear your Fitbit product loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the skin covered by your Fitbit product.
- Take the product off from time to time to clean it and allow for your skin to be uncovered.
- Do not open the enclosure or disassemble your Fitbit product.
- Do not use your Fitbit product if the display is cracked.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- Do not place your Fitbit product in a dishwasher, washing machine, or dryer.
- Do not expose your Fitbit product to extremely high or low temperatures.
- Do not use your Fitbit product in a sauna or steam room.
- Do not leave your Fitbit product in direct sunlight for an extended period of time.
- Do not dispose of your Fitbit product in a fire. The battery could explode.
- Do not use abrasive cleaners to clean your Fitbit product.
- Do not wear your Fitbit product while charging it.
- Do not charge your Fitbit product while it is wet.
- Remove your Fitbit product if it feels warm or hot.

Built-in battery precautions

- Your Fitbit product features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.

- Charge the battery in accordance with the instructions supplied with this guide.
- Your product uses a California Energy Commission battery charger.

Disposal and recycling information

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

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