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On the market for a new fitness tracker? You're shopping at the perfect time: Fitbit has just announced an update to its bestselling Charge 2 device. Charge 3, which the company calls their most advanced tracker ever, is available for pre-sale now and officially ships within a few weeks. Pre-order now: \$150 and up; fitbit.com Fitbit Charge 3 has many features that you came to love about the previous charge model: understanding heart rate, distance traveled, and burning calories; Smartphone notifications and a sleek, durable interface. The new model is also waterproof to 50 meters and boasts a significantly larger touchscreen (it's about 40% larger, but 20% lighter thanks to aerospace aluminium). If you have an old Fitbit, you may also notice that the charge 3 feels more like a smartphone: you can easily swipe between apps, and the display's backlight automatically adjusts to different types of light. But our senior fitness editor Rosalynn S. Fraser is probably most excited about the best battery than ever. One charge should last you seven days, which changes the rules of the game, especially for someone like me who always seems to have forgotten to plug in the device at night, she says. Also cool, according to Rose? The ability to easily change lanes. Charge 3 offers three different types: silicone sports stripes in four fun shades for \$30, woven stripes in two colors for \$35, and midnight blue or plum leather stripes for \$50. Different textures make taking your fitness tracker from workout class to dinner and drinks completely seamless. If your Fitbit tracker lasts for a day or a week, you will eventually need to recharge the battery. This is a simple task and requires only a few steps. Here's everything you need to know about how to charge a Fitbit, including what hardware you'll need and how long the process will take. A typical Fitbit device will be fully charged within two hours or less. In most cases, however, the fee can be completed in less time. Some trackers, such as the Fitbit One, can be fully charged in less than 30 minutes. Regardless of your Fitbit model, it's best to check the battery status icon to get an idea of how long the charging process will take. Since many Fitbit models have battery life that can last for days, you usually don't need to fully charge the tracker before you can use it. If you are in a hurry, half the charge should be more than enough to last for the next 24 hours. All Fitbit models require either a charging cable or a charging cradle. All new Fitbits come with their necessary charging equipment, but if you purchased used you may need to buy an aftermarket charger. Here is a list of Fitbit devices that require charging cable against charging cradle: Charging cable: Fitbit Ace, Fitbit Alta, Fitbit Alta HR, Fitbit Charge, Fitbit Charge 2, Fitbit Charge 3, Fitbit Charge HR, HR, Flyer, Fitbit Ionic, and Fitbit Surge Charging Cradle: Fitbit Blaze, Fitbit Flex, Fitbit Flex 2, Fitbit One, Fitbit Zip, and Fitbit Versa. All Fitbit models are charged via USB connection. It can be connected to the computer's USB slot for charging or, if you have one, USB power JACK. If your Fitbit model only requires a charging cable to charge, the process is simple. Find the right charging cable for your Fitbit tracker. Connect the USB end to a USB slot on your computer, charging station, or portable battery. Connect the other end of the charging cable to the Fitbit, usually on the back of the device. The slot on the Fitbit Flyer is hidden by a flap on the cover, while the charging cable for the Fitbit Ionic connects to the back of the tracker magnetically. Charging will start automatically and the charging symbol will appear on the Fitbit display. Now just wait for the charge to complete. Several Fitbit models must be placed in a special charging cradle. These models are usually placed in a bracelet or clip-on case when worn or used. Remove Fitbit from its lane or case. Connect the USB end of the cable connecting to the charging cradle to the USB port. Place the Fitbit in its charging cradle, making sure to align any gold connectors on the device for those in the cradle. The end of the Versa charging cradle must be pinched together in order to open before the Fitbit Versa can be placed inside it. The screen on all models should be turned up to you when placed in a charging cradle. Charging should start automatically. The display on The Fitbit should catch fire and the charging icon will appear if the charging started successfully. Now just wait for the charge to complete. If you've followed these instructions and your Fitbit is still unable to charge, here are some troubleshooting tips to try. Make sure you use the right charging cable or cradle. If you have multiple Fitbit models, you may have picked up the wrong charging equipment. Make sure your computer is on. If you've connected the USB-end cable to your laptop or computer, make sure it's on, since it can't charge Fitbit if it's in sleep mode. Clean the connecting ends of a Fitbit and a cable or cradle. Dirt and oils can affect the connection. Fitbit wet? If you have used a Fitbit while swimming, wait until it dries before trying to charge it. Make sure the cable or cradle is also dry. Is there power? If you use a USB port at an airport or cafe, power can be cut off by staff due to a technical issue. You can check that it is active by charging your smartphone or other electronic devices. If you have your hands on Fitbit Charge 2, you will no doubt aim to start recording your steps, monitoring your heart rate, and tracking your However, first, you have to go go Fitbit Charge 2 installation. This instructions apply to Android or iOS devices. However, if you don't have an Android or iOS device, you can still set up Charge 2 with a Bluetooth-enabled Mac or Windows 10 PC. The process is the same, but you need to install the right application for the operating system. You can download the Fitbit app for Windows 10 or Fitbit Connect for Mac from the Fitbit website. Download the Fitbit mobile app for Android or iOS. Once installed, you'll need to log in to the app. If you already have a Fitbit account, tap in and enter your login details. If this is your first time with Fitbit, click Join Fitbit, then answer a number of questions and create your account. New users will have to choose which device they want to set up before creating an account. If you already have an account, you can access the device you set up when you sign up, and then tap the account icon. Under the devices, click Device Settings. The Fitbit app will search for any nearby Fitbit Charge 2 trackers. For this part of the setup, you must have Bluetooth enabled on your smartphone, and your charge 2 is attached to the charger, connected, and charging. When the Fitbit app detects a nearby device, it will begin the pairing process. The PIN will appear on Charge 2, which you will need to enter into the Fitbit app to confirm the pairing. Once the pairing is complete, your charge 2 is linked to your Fitbit account. The Fitbit app will let you know what your new charge 2 features. Read the information, click Next, and then select your wrist placement when asked, and click Next again. The Fitbit app will open on the dashboard where you can view all the Fitbit data as soon as it syncs with your charging 2. To synchronize Charge 2, tap the account icon in the upper right-right top right to the right of the screen. Under the devices, tap Charge 2. Under sync, you can tap Sync Now to sync charge 2 manually, or you can also turn on All-Day Sync, allowing the Fitbit app to sync charge 2 in the background at intervals throughout the day. Once the setup is complete, Charge 2 is ready to use. However, you can also change some settings to customize your Fitbit experience. Notifications and reminders to move: You can set up a Notifications feature that reflects some of your phone's notifications on Charge 2. Turning on the travel reminders will cause your Fitbit to notify you if you don't reach 250 steps in 10 minutes to an hour. Main Goal: This setting allows you to choose your primary fitness goal, including steps, distance, calories, active minutes, or floors raised. Your will be displayed on the Main Screen Charge 2. Fast view: The Display Your Charge 2 can be set to turn on when you turn your wrist to your body, as if checking the clock. Switch Fast View to enable this feature. Watch Watch Set up the main screen Charge 2, where you can choose from different styles of watches. To find and enable these settings: Tap the account icon in the top right corner of the screen. Click Fitbit under the devices. According to the general, you'll find the above settings allowing you to adjust charge 2. Go to the Charge 2 account and tap Sync Now to apply updated settings to your Fitbit tracker. You've got yourself a Fitbit Charge 2 Activity Tracker, customize it, added some Fitbit friends, and even included notifications. Now, however, you want to start using The Fitbit Charge 2. Here's how to use the Fitbit Charge 2 and some of its best features: Fitbit has made its name with some of the best smart pedometers on the market, so it's no surprise Charge 2 retains its most notable features at the forefront. You can control your steps from the main screen on charging 2, only with the date, time and counting of steps. By default, the step goal is set to 10,000 steps per day. When you reach your goal, your charge 2 will vibrate, and the festive animation will be shown on the screen. You can customize your pitch goal using the Fitbit app. Open the Fitbit app and then tap the account icon in the top right-right top right to the right of the screen. Scroll down to the targets, click Activity Goals, and then click Steps. Enter the desired step target and press OK. To synchronize the new pitch goal with your charging 2, go to the account of the zgt; devices of the charging 2 qgt; synchronization, and then tap Sync Now. Your Charge 2 uses its internal sensors to measure your other activity throughout the day, too. It tracks distance, calories burned, active minutes, hourly activity, and floors rose. You can view your progress by activating the charge 2 screen and clicking on the loop through all available statistics. Fitbit does a lot of activity trackers, all with slightly different features. Charge 2 is one of the few in the Fitbit range to always turn on heart rate monitoring. The optical heart rate sensor at the bottom of the device observes your pulse and charge 2 displays this in real time. To view the pulse, activate the Charge 2 display. Once the main screen is shown, click to see your current pulse measured in beats per minute (BPM). To view the middle and current pulse, click on the tracker side to activate the display. Click again to open the heart rate screen where your current pulse will be shown. Tap the screen to show the average heart rate during the day. Over the years, Fitbit devices have moved from simple pedometers to full-activity trackers, and Charge 2 is no exception. With just a few You can track your workouts right from your wrist. Charge 2 can record runs, weight sessions, treadmill workouts, elliptical sessions, bike rides, interval workouts, and all categories of workouts. Click button on the side of Charge 2 to activate the display. Click two more times to reach the exercise tracking screen. The first exercise shown will be Run. Tap the screen to loop through the available activities. When the correct exercise is shown, press and hold the button on the side of Charge 2 to start training. Run and Bike exercises can also track GPS location via a connected smartphone. If you want to use this feature, your phone should be within 5 meters and bluetooth-enabled. To pause and resume training in the process, click The Charge 2 button. When you are ready to finish your workout, press the charge 2 button for a long time. A summary of the workout will be shown on the screen. While The Main Charge 2 features are designed to track your activities, Fitbit also wants to help you stay active throughout the day. Your charge 2 can vibrate for 10 minutes to an hour so you know if you haven't reached 250 steps in the previous fifty minutes. To view the current progress within an hour, activate the main screen on Charge 2 and tap the screen five times. Travel reminders are enabled by default, but you can disable or customize them from the Fitbit app. Open the Fitbit app and then tap the account icon in the top right-right top right to the right of the screen. Under the devices, tap Charge 2. Under the common, click Reminders to move. To turn the feature on or off, use the switch at the top of the page. Click Start and End of Time to set up the Reminder clock to move to be active. You can also click the days of the week at the bottom of the page to edit active days. As Fitbits have replaced wristwatches, you may find yourself missing some of these more traditional features such as alarms. Fortunately, you can set a quiet alarm to get a vibrating alert about Charge 2 anytime you want. Open the Fitbit app and tap the account icon in the upper right-right top right to the top right of the screen. Under the devices, tap Charge 2. Under the general, click Silent Alarm. To create an alarm clock, click Add a new alarm at the bottom of the page. Set the time and whether to repeat the alarm. When you're done, click Save in the top right of the screen. Tap Sync Tracker to save alarms to synchronize new alarms with Charge 2. When the alarm goes off, your charge 2 lights up and vibrates. You can deflect the alarm by pressing the charge 2 button, or walking 50 steps. Modern life can be stressful, and while it may be helpful to use meditation apps, your Charge 2 has its own controlled breathing function called Relax. Click on the side of Charge 2, activate the display. Click the button four more times to display the Relax screen. Tap the screen to switch between two and five minutes of exercise length. Once you have chosen the desired time, press and hold the charge 2 button to start. Relax using your yours Speed to determine your breathing, so make sure your charge 2 is securely positioned on your wrist. Once Relax has determined the speed of breathing, you will be instructed to inhale and exhale in time with the expansion and decrease of the circle. If you don't want to look at the screen during exercise, your Charge 2 will also vibrate to help you save time. Previous Fitbit trackers have required you to manually start tracking your sleep, but not charge 2. The device will automatically start tracking your sleep when you haven't moved for more than an hour. It also uses your pulse to assess if you fell asleep. Charge 2 will stop tracking your sleep when it detects movement in the morning. You can view your sleep data in the Fitbit app. Open the Fitbit app to display the Fitbit dashboard. Scroll down and touch the Sleep tiles. Your shared clock, which slept every day, will be shown on the graph. Swipe left on the graph to show the time you went to sleep against your target sleep schedule. Swipe left again to show a schedule of your sleep every day, broken down at the REM, Light, and Deep sleep stage. You can also change your sleep tracking settings from the Fitbit app. Open the Fitbit app to display Fitbit Dashboard. Scroll down and click on the sleep tile. Click on the Settings button in the top right top right to the right of the screen. In sleep goals settings, you can customize your goal of sleeping, targeting before bed, and waking up time. Your Charge 2 can notify you when to start folding for sleep. You can enable Bedtime Reminder using the switch in your sleep goal settings. The main screen of the Fitbit Charge 2 is known as the Watch Display, and you can adjust Charge 2 by changing the face of the watch using the Fitbit app. The default watch person shows the date, time, and number of steps. The alternate hands of the watch can display a variety of data. Open the Fitbit app and tap the account icon in the upper right-right top right to the top right of the screen. Under the devices, tap Charge 2. Under the general, click the Watch display. Swipe left to scroll through the available facets of the watch. Once you've made your choice, click Select at the bottom of the screen. Your new watch face must be automatically synchronized with Charge 2. To start manual synchronization, go to the account of the zgt; the devices of zgt; 2 zgt; synchronization, and then tap Sync Now. Nwo.

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