fitbit

Model FB523

BC

User Manual

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Get started

Elevate your day with Fitbit Model FB523, the premium health and fitness watch with built-in fitness features, tiles, and more. Take a moment to review our complete safety information at fitbit.com/safety.

What's in the box

Your Model FB523 box includes:

Watch with small wristband (color and material varies)	Charging cable	Additional large wristband

The detachable wristbands on Model FB523 come in a variety of colors and materials, sold separately.

Set up Model FB523

For the best experience, use the Fitbit app for iPhones and iPads or Android phones.

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

Charge your watch

A fully-charged Model FB523 has a battery life of 6+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Model FB523:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Attach Model FB523 to the charging cradle. The cable comes out the opposite side of the button. The percent charged appears on screen.

While the watch charges, tap the screen twice to turn the screen on and check the battery level. Tap again to use Model FB523.

Set up with your phone or tablet

Set up Model FB523 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see fitbit.com/devices.

To get started:

1. Download the Fitbit app:
   - Apple Store for iPhones and iPads
   - Google Play Store for Android phones
2. Install the tile, and open it.
   - If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > **Set Up a Device**.
   - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Model FB523 to your account.

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

See your data in the Fitbit app

Sync Model FB523 to transfer your data to the Fitbit app, where you can view your activity and sleep data, log food and water, participate in challenges, and more. For best results, keep all-day sync turned on, so that Model FB523 syncs periodically with the tile. All-day sync is required for certain features on Model FB523, such as voice assistant support.

Unlock Fitbit Premium

Fitbit Premium helps you build healthy habits by offering tailored workouts, insights into how your behavior impacts your health, and personalized plans to help you reach your goals.

Fitbit Premium includes:

- Detailed programs tailored to your health and fitness goals
- Insights on your activity and progress throughout programs
- Step-by-step workouts with Fitbit Coach

For more information, see help.fitbit.com.

Wear Model FB523

Place Model FB523 around your wrist. If you need to attach a different size wristband, or if you purchased another wristband, see the instructions in "Change the wristband".

Placement for all-day wear vs. exercise

When you're not exercising, wear Model FB523 a finger's width above your wrist bone.

For optimized heart-rate tracking while exercising:

- During a workout, experiment with wearing the device higher on your wrist (2 finger widths) for an improved fit. Many exercises such as bike riding or weight lifting cause you to bend your wrist frequently, which could interfere with the heart-rate signal if the watch is lower on your wrist.

- Wear your Fitbit device on top of your wrist, and make sure the back of the device is in contact with your skin.
- Consider tightening your wristband before a workout and loosening it when you're done. The wristband should be snug but not constricting (a tight wristband restricts blood flow, potentially affecting the heart-rate signal).

Handedness

For greater accuracy, you must specify whether you wear Model FB523 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Model FB523 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab in the Fitbit app, tap your profile picture > Model FB523 tile > **Wrist Placement > Dominant**.

Change the wristband

Model FB523 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 on fitbit.com. For wristband measurements, see "Wristband size" on page . All Versa series wristbands are compatible with all devices in the Fitbit Versa series.

Remove a wristband

1. Turn over Model FB523 and find the quick-release button.
2. While pressing the quick-release button inward, gently pull the wristband away from the watch to release it.
3. Repeat on the other side.

Attach a wristband

1. To attach a wristband, move the band into the notch on the watch.
2. Repeat on the other side.

Basics

Learn how to manage Model FB523's settings, set a personal PIN code, navigate the screen, and more.

Navigate Model FB523

Model FB523 has a color AMOLED touchscreen display and a mechanical button.

Navigate Model FB523 by tapping the screen, swiping side to side and up and down, or pressing the button. To preserve battery, the watch's screen turns off when not in use, unless you turn on the always-on display setting. For more information, see "Adjust Always-On Display".

Basic Navigation

The home screen is a clockface. Here are the basic gestures for the watch:

- Swipe up from the bottom of the screen to see notifications.
- Swipe right or left from the clockface to see tiles, including daily stats, weather and more. Tiles are managed on the Fitbit Mobile tile.
- Press the mechanical button to see the tiles on the watch. While inside a tile, swipe from left to right to go back. More tiles can be installed from the Fitbit mobile tile.
- Swipe down from the top to see your quick settings and device status. Press the button or swipe up to return to the clock face.

Button Shortcuts

There are two types of button shortcuts on the watch. You can also configure the press and hold shortcut to reach your favorite tiles faster.

- **Press and hold the side button:** Press and hold the button for 2 seconds to activate Voice Assistant (default) or another tile set as the shortcut. The first time you use this shortcut, you select which feature it activates. To edit this shortcut, follow these steps:
    1. Opening the Settings tile on the watch.
    2. Tap **Button Shortcuts.**
    3. Find the **Press & hold** option. Toggle to turn the shortcut on or off. You can also select a new feature for this interaction.
- **Double press the side button:** Bring up a menu of quick shortcuts for easy access

These are the available tiles and features you can select for the press and hold shortcut of the mechanical button:

- **Voice assistant:** For more information on these features, see "Voice Assistant".
- **Fitbit Pay:** For more information see "Use credit and debit cards" on page .
- **Exercise:** Choose to open the tile or an exercise (e.g. run, bike, swim) from the Exercise tile.
- **Quick settings:** Adjust common settings and modes for the watch.
- **Installed tile:** Set any installed tile as a shortcut.
- **Music:** Control the music playing from your phone or other Bluetooth device connected to your watch.

Settings tile

The Settings tile contains all available settings and modes for the watch. Here's the full list of what's available:

Setting or Mode	Description
Display	Brightness, Screen wake, Screen timeout, always-on display
Vibration and Audio	Vibration, microphone, music controls & on-wrist calls
Goal Reminders	Reminders to stay active
Quiet Modes	Do not disturb, focus mode, sleep mode and assistant notifications
Shortcuts	Set a shortcut to quickly reach favorite tiles and features
Voice assistant	Assistant
About FB523	Device info, regulatory info, factory reset
Developer Bridge	Fitbit SDK tools and Fitbit Studio

Quick Settings

Quick Settings only includes the most commonly used settings and modes on the watch.

To reach Quick Settings, swipe right on the clock face. If you configured Quick Settings as a button shortcut, you can also double press the side button and find it there.

Here are what you can adjust from Quick Settings:

Setting or Mode	Description
Do Not Disturb	Do Not Disturb lets you enjoy less disturbance from the watch haptics
Sleep Mode	Sleep Mode lets you sleep without being disturbed by the watch haptics and screen brightness
Screen Wake	You can select one of two options: ● **Auto (Motion):** The screen wakes up each time the motion sensor detects a wrist raise ● **Manual (Button):** The screen wakes up only when you press the side button
Brightness	Allows you to adjust the brightness of your screen
Always-On Display	A special mode that allows the screen to stay on to display the time and certain stats.

Screen shortcuts

A menu of quickly accessible shortcuts to different device features. When listening to music either from the Device or from Mobile (when the device is connected to it), a music player tile for basic controls (play/pause, next and volume) is also available.

Check Device battery level

If your watch's battery is low, a red battery indicator appears on the clock face.

Set up device lock

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. If you set up Fitbit Pay to make contactless payments from your watch, device lock is turned on automatically and you're required to set a code. If you don't use Fitbit Pay, device lock is optional.

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

From the Today tab in the Fitbit app, tap your profile picture > Model FB523 tile > **Device Lock**.

For more information, see help.fitbit.com.

Adjust Always-On Display

Turn on Always-On Display to show the time on your watch, even when you're not interacting with the screen.

For more information, see help.fitbit.com.

Turn off the screen

To turn off Model FB523's screen when not in use, briefly cover the watch face with your opposite hand, press the button, or turn your wrist away (when Screen Wake feature is on) from your body.

Note that if you turn on the always-on display setting, the screen won't turn off.

Care for Model FB523

It's important to clean and dry Model FB523 regularly. For more information, see fitbit.com/productcare.

Tiles and Clock Faces

The Fitbit app Gallery and Clock Gallery offer tiles and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs.

For more information, see help.fitbit.com.

Remove tiles

You can remove most tiles installed on Model FB523:

1. From the Today tab in the Fitbit app, tap your profile picture > Model FB523 tile.
2. Tap **tiles**.
3. In the My tiles tab, find the tile you want to remove. You may have to swipe up to find it.
4. Tap the tile > **Remove**.

Update tiles

tiles update over Wi-Fi as needed. Model FB523 searches for updates when plugged into the charger and in range of your Wi-Fi network.

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

Voice Assistant

Check the weather, set timers, alarms, and reminders, control your smart home devices, and more by speaking to your watch.

To set up a Voice Assistant for the watch, go to the Fitbit app. From there, choose the Assistant. Only one voice assistant may be activated at a time.

Interacting with the Voice Assistant

Once setup is complete, use your watch to interact with the Assistant. Depending on how you configure you watch, you can activate the voice assistant in three ways:

- Swipe left to find the Assistant tile on your watch. Only the voice assistant you set up within the Fitbit mobile tile will show up on the watch.
- If you chose the voice assistant as your button shortcut, hold the button on your watch for 2 seconds.
- If you added the voice assistant to your menu of shortcuts, double press the side button.

Once activated, say your request.

- Set a timer for 10 minutes.
- Set an alarm for 8:00 a.m.
- What's the temperature outside?
- Remind me to make dinner at 6:00 p.m.
- How much protein is in an egg?

Notifications

Model FB523 can show call, text, calendar, and health and fitness notifications from your phone to keep you informed. Keep your watch within 30 feet of your phone 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. From the Today tab in the Fitbit app, tap your profile picture > Model FB523 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch if you haven't already. Call, text, and calendar notifications are turned on automatically.
4. To change "Reminders to move" and "High and low heart rate" notifications, go to account setting and find those two settings

Note that if you have an iPhone or iPad, Model FB523 shows notifications from all calendars synced to the Calendar tile. If you have an Android phone, Model FB523 shows calendar notifications from the calendar tile you choose during setup.

For more information, see help.fitbit.com.

See incoming notifications

A notification causes your watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping up from the top of the screen.

If your watch's battery level is critically low, notifications won't cause Model FB523 to vibrate or the screen to turn on.

Manage notifications

Model FB523 stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- Swipe up from the top of the screen to see your notifications and tap any notification to expand it.

- To delete a notification, swipe from left or right and tap the delete button. Or tap to expand it, and scroll to the bottom and tap Clear..
- To delete all notifications at once, swipe to the bottom of your notifications and tap **Clear All**.

Turn off notifications

Turn off all notifications in the quick settings on Model FB523. When all notifications are turned off, your watch won't vibrate and the screen won't turn on when your phone receives a notification.

To turn off certain notifications:

1. From the Today tab in the Fitbit app on your phone, tap your profile picture > Model FB523 tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your watch.
3. Sync your watch to save your changes.

To turn off all notifications:

1. Swipe down from the top of the screen.
2. Tap the Do Not Disturb icon. All notifications, including goal celebrations and reminders to move, are turned off.

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

Respond to messages

Respond directly to text messages on your watch with preset quick replies or by speaking your reply into Model FB523. This feature is currently available on watches paired to an Android phone. Keep your phone nearby with the Fitbit app running in the background to respond to messages from your watch.

To respond to a message:

1. Tap the notification on your watch. To see recent messages, swipe up from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, replies aren't available for the tile that sent the notification.
3. Choose a text reply from the list of quick replies or tap the emoji icon to choose an emoji. To reply to a message with your voice, tap the microphone icon and say your message. If the message is correct, tap **Send**, or tap **Retry** to try again. To change the language recognized by the microphone, tap the language button at the top of the voice reply screen and select a different language.

For more information, including how to customize quick replies, see help.fitbit.com.

Timekeeping

Alarms vibrate to wake 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.

Use the Alarms tile

Set one-time or recurring alarms with the Alarms tile. When an alarm goes off, your watch vibrates. For more information, see help.fitbit.com.

Dismiss or snooze an alarm

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. Model FB523 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.

Use the Timer tile

Time events with the stopwatch or set a countdown timer with the Timer tile. You can run the stopwatch and countdown timer at the same time.

If Always-On Display is on, the screen continues to display the stopwatch or countdown timer until it ends or you exit the tile.

Note that alarms and timers you set with the Voice Assistant are separate from the ones you set in the Alarms tile and Timer tiles. For more information, see "Voice Assistant".

Activity, Sleep & Other Stats

Model FB523 continuously tracks a variety of stats whenever you wear it, including hourly activity, heart rate, and sleep. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

See a summary of your stats as a Tile or go to the Today tile to see all your stats in a list.

See stats in a tile

Swipe right or left to see all your Tiles. To see the Stats Tile on a list of all your stats, tap on it to access the Fitbit Today app.

Track a daily activity goal

Model FB523 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your watch vibrates and shows a celebration.

Each stat will get subtle goal celebrations within its daily progress stat tiles. A person can tap on a Tile or daily progress stat tile to get a full celebration on the detail page.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your primary goal to Active Zone Minutes, distance traveled, floors climbed, or calories burned.

For more information, see help.fitbit.com.

Track progress toward your goal on Model FB523. For more information, see "See your stats" on page .

Track your hourly activity

Model FB523 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 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 feel a second vibration and see a congratulatory message.

For more information, see help.fitbit.com.

Track your sleep

Wear Model FB523 to bed to automatically track your time asleep, sleep stages (time spent in REM, light sleep, and deep sleep), and Sleep Score (the quality of your sleep). To see your sleep stats, sync your watch when you wake up and check the Sleep Tile if available in the carousel. You may need to wait a few moments to see your sleep stats while the Fitbit app analyzes your sleep data.

For more information, see help.fitbit.com.

Set a sleep goal

To start, 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. Turn on bedtime reminders 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

Model FB523 tracks several sleep metrics including when you go to bed, how long you're asleep, your time spent in each sleep stage, and the overall quality of your sleep. Track your sleep with Model FB523 and check the Fitbit app to understand how your sleep patterns compare to your peers. With a Fitbit Premium subscription, see more details about your sleep score to help you build a better sleep routine and wake up feeling refreshed.

For more information, see help.fitbit.com.

See your heart rate

Model FB523 tracks your heart rate throughout the day. Swipe up from the clock face to see your real-time heart rate and your resting heart rate in a Tile. You can also view heart rate stats from the Today tile on this watch. For more information, see "See your stats" on page. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Model FB523 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.

Practice guided breathing

The Relax tile on Model FB523 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.

1. On Model FB523, open the Relax tile.
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. 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, a summary appears 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 your exercise automatically

Model FB523 automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.

For more information, including how to change the minimum duration before an activity is tracked, see help.fitbit.com.

Track and analyze exercise with the Exercise tile

Track specific exercises with the Exercise tile on Model FB523 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.

Note: Model FB523 uses the GPS sensors on your nearby phone to capture GPS data.

GPS requirements

Atlas uses a built-in GPS sensor to track the user's location while in-activity. To use it, make sure:

1. GPS is turned on for the exercise.
   a. Open the Exercise and tap on the activity to start. On the Start screen, if GPS is On, a status at the top indicates the connection status.
   b. If no status is displayed at the top and it is a GPS enabled activity (i.e. Running, Walking, etc.), swipe up to access the Action Menu, and on the GPS section make sure it is set to **On**. You may have to swipe up to find this option.

Customize your exercise settings and shortcuts

Customize various settings for each exercise type on your watch. Settings include:

Zone Notifications	Alert with buzzes when entering new heart rate zones in Exercise.
Show Laps	Displays visual cues when reaching laps milestones, either automatically or manually.
Customize Stats	Customize the stats displayed on the main activity window at the top and bottom, as well as the stats cycled on the middle or at the Live View on the Action Menu.

Pool Length	Select the pool's length for tracking.
Run Detect	Track runs automatically without opening the Exercise tile
Auto Pause	Pauses activity automatically when not in movement.
Always-on Screen	Keep the screen on during exercise

1. On Model FB523, open the Exercise tile.
2. Scroll through the exercises until you find the one you want to customize and tap to open it.
3. On the Start screen, swipe up to access the Action Menu and scroll up through the list of available settings.
4. Tap a setting to adjust it.
5. When you're done, press the button to return to the exercise Start screen, and tap the play icon to start the workout.

Check your workout summary

After you complete a workout, Model FB523 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 GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Model FB523 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, 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

Set 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.

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.

Control music with Model FB523

Control music and podcasts playing on Model FB523 or on your phone.

For instructions, see help.fitbit.com.

Fitbit Pay

Model FB523 includes a built-in NFC chip, which lets you use your credit and debit cards on your watch.

Use credit and debit cards

Set up Fitbit Pay in the Wallet section of the Fitbit app, and 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.

Set up Contactless Payment / Fitbit Pay

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.

1. From the Today tab in the Fitbit app, tap your profile picture > Model FB523 tile.
2. Tap the **Wallet** tile.
3. Follow the on-screen instructions to add a payment card. In some cases, your bank might require additional verification. If you're adding a card for the first time, you might 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 Contactless Payment / Fitbit Pay, look for the symbol below on the payment terminal:

All customers except those in Australia:

1. Activate Fitbit Pay.
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 hold your wrist near the payment terminal.

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).

When the payment succeeds, your watch vibrates and you 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.

For added security, you must wear Model FB523 on your wrist to use Fitbit Pay.

For more information, see help.fitbit.com.

Pay for transit

Use Fitbit Pay to tap on and off at transit readers that accept contactless credit or debit card payments. To pay with your watch, follow the steps listed in "Use credit and debit cards" on page.

Pay with the same card on your Fitbit watch when you tap the transit reader at the start and end of your trip. Make sure your device is charged before beginning your trip.

Update, Restart, and Erase

Some troubleshooting steps may require you to restart your watch, while erasing it is useful if you want to give Model FB523 to another person. Update your watch to receive new Fitbit OS updates.

Update Model FB523

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

When an update is ready to install, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Model FB523 and in the Fitbit app as the update downloads, and then installs. Keep your watch and phone close to each other during the update.

Note: Updating Model FB523 may be demanding on the battery. We recommend plugging your watch into the charger before starting an update.

For more information, see help.fitbit.com.

Restart Model FB523

To restart your watch, press and hold the button for 10 seconds until you see the Fitbit logo on the screen.

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

Model FB523 has small holes on the device for the altimeter and microphone. Don't attempt to restart your device by inserting any items, such as paper clips, into these holes as you can damage Model FB523.

Shutdown Model FB523

To turn off your watch, open the Settings tile and tap the **Shutdown** option.

To turn on your watch, press the button.

For information about how to store Model FB523 long term, see help.fitbit.com.

Erase Model FB523

If you want to give Model FB523 to another person or wish to return it, first clear your personal data:

On Model FB523, open the Settings tile > **Device Info** > **Factory Reset**.

Troubleshooting

If Model FB523 isn't working properly, see our troubleshooting steps below. Visit help.fitbit.com for more information.

Heart-rate signal missing

Model FB523 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 tile 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. Model FB523 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.

For more information, see help.fitbit.com.

GPS signal missing

Environmental factors, including tall buildings, dense forest, steep hills, and even thick cloud cover, can interfere with your phone's ability to connect to GPS satellites. If your phone is searching for a GPS signal during an exercise, "GPS connecting" appears at the top of the screen.

For best results, wait for your phone to find the signal before you start your workout.

Other issues

If you experience any of the following issues, restart your device:

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

See "Restart Model FB523" on page for instructions on how to restart your watch.

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

General Info and Specifications

Sensors

Fitbit Model FB523 contains the following sensors and motors:

- A 3-axis accelerometer
- An altimeter, which tracks altitude changes
- Built-in GPS receiver + GLONASS
- An optical heart-rate tracker
- On-wrist skin temperature sensor
- An ambient light sensor
- A microphone
- A speaker
- A vibration motor

Materials

The housing and buckle on Model FB523 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 Model FB523 classic wristband is made of a premium, comfortable silicone similar to that used in many sport watches.

Wireless technology

Model FB523 contains a Bluetooth 4.0 radio receiver and NFC chip.

Haptic feedback

Model FB523 contains a vibration motor for alarms, goals, notifications, reminders, and tiles.

Battery

Model FB523 contains a rechargeable lithium-polymer battery.

Memory

Model FB523 stores your data, including daily stats, sleep information, and exercise history, for 7 days. Sync your watch with the Fitbit app to access your historical data. Make sure the all-day sync option is turned on.

Display

Model FB523 has a color AMOLED 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 113° F (-10° to 45° C)

Non-operating Temperature	-4° to 14° F (-20° to -10° C) 113° to 140°F (45° to 60° C)
Charging Temperature	32° to 113°F (0° to 45° 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, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

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 FB523** > **Regulatory Info**

USA: Federal Communications Commission (FCC) statement

Model FB523

FCC ID: XRAFB523

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

Settings > **About FB523** > **Regulatory Info**

Supplier's Declaration of Conformity

Unique Identifier: FB523

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 FB523

IC: 8542A-FB523

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

Settings > **About FB523** > **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 FB523> 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)

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

>   **Settings** > **About FB523** > **Regulatory Info**

Simplified EU Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB523 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 LLC erklärt hiermit, dass die Funkgerättypen Modell FB523 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 LLC declara que el tipo de dispositivo de radio Modelo FB523 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 LLC déclare par la présente que les modèles d'appareils radio FB523 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 LLC dichiara che il tipo di apparecchiatura radio Modello FB523 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

$$C\kern-0.3em\epsilon$$

Argentina

R!

RAMATEL

C-XXXXX

Australia and New Zealand

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

Settings > **About FB523** > **Regulatory Info**

Belarus

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

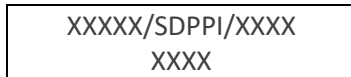**Settings** > **About FB523** > **Regulatory Info**

TP BY

Customs Union

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

Settings > **About FB523** > **Regulatory Info**

EAC

Indonesia

```
XXXXX/SDPPI/XXXX
XXXX
```

Israel

מספר אישור אלחוטי של משרד התקשורת הוא . XX-XXXXX
אסור להחליף את האנטנה המקורית של המכשיר ולא לעשות בו כל שינוי טכני אחר

Japan

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

   Settings > **About FB523** > **Regulatory Info**

R   XXX-XXXXXX

Kingdom of Saudi Arabia

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

   Settings > **About FB523** > **Regulatory Info**

Mexico

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

   Settings > **About FB523** > **Regulatory Info**

NOM **NYCE**

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

IFT#: XXXXXXX-XXXX

Morocco

AGREE PAR L'ANRT MAROC
Numéro d'agrément: MR XXXXX ANRT XXXX Date d'agrément: XX/XX/XXXX

Nigeria

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

Oman

TRA/TA-R/XXXX/XX

D090258

Philippines

NTC

Type Accepted
No: ESD-XXXXXXXX

Thailand

Serbia

Singapore

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

Settings > **About FB523** > **Regulatory Info**

South Korea

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

Settings > **About FB523** > **Regulatory Info**

본 제품의 전자파흡수율은 과학기술정보통신부의 「전자파 인체보호기준」 을 만족합니다. 본 제품은 국립전파연구원의 「전자파흡수율 측정기준」 에 따라 최대출력 조건에서 머리에 근접하여 시험되었으며, 최대 전자파흡수율 측정값은 다음과같습니다.

모델명 (Model)	머리 전자파흡수율 (Head SAR)
FB523	X.XXX W/kg

Taiwan

用戶注意：某些地區的法規內容也可以在您的設備上查看。要查看內容：

設置 > 關於 FB523> 法規信息

Translation:

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

Settings > **About FB523** > **Regulatory Info**

低功率警語：

- 取得審驗證明之低功率射頻器材，非經核准，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。

- 低功率射頻器材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。前述合法通信，指依電信管理法規定作業之無線電通信。低功率射頻器材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:

Warning Statement for Low Power Radios:

- Without permission granted by the NCC, no company, enterprise, or user is allowed to change the frequency of an approved low power radio-frequency device, enhance its transmitting power or alter original characteristics or performance.

- The use of low power RF devices must not affect flight safety or interfere with legal communications: when interference is found, it should be immediately stopped and ameliorated not to interfere before continuing to use it. The legal communications mentioned here refer to radio communications operating in accordance with the provisions of the Telecommunication Law. Low power RF devices need to bear with interference from legal communications or industrial, scientific and medical radio wave radiating equipment

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

Vision Warning

使用過度恐傷害視力

警語
- 使用過度恐傷害視力
注意事項

- 使用30分鐘請休息10分鐘。未滿2歲幼兒不看屏幕，2歲以上每天看屏幕不要超過1小時

Translation:

Excessive use may damage vision

Warning:
- Excessive use may damage vision

Attention:
- 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 a day.

Taiwan RoHS

設備名稱: 智慧型手錶 Part Name: Smartwatch	限用物質及其化學符號 Restricted Substances and its chemical symbols					
Model FB523	鉛 (Pb)	汞 (Hg)	鎘 (Cd)	六價鉻 (Cr^{+6})	多溴聯苯 (PBB)	多溴二苯醚 (PBDE)
錶帶和錶扣 (Strap and Buckle)	O	O	O	O	O	O
電子 (Electronics)	--	O	O	O	O	O
外殼 (Housing)	O	O	O	O	O	O
充電線 (Charging Cable)	O	O	O	O	O	O
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。 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。 備考3.〝－〞係指該項限用物質為排除項目。						

United Arab Emirates

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

      Settings > **About FB523** > **Regulatory Info**

TDRA – United Arab Emirates

Dealer ID: DA35294/14
TA RTTE: ERXXXXX/XX

Model: FB523
Type: Smartwatch

United Kingdom

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

Settings > **About FB523** > **Regulatory Info**

Simplified UK Declaration of Conformity

Hereby, Fitbit LLC declares that the radio equipment type Model FB203 is in compliance with Radio Equipment Regulations 2017. The full text of the UK declaration of conformity is available at the following internet address: www.fitbit.com/legal/safety-instructions

Vietnam

About the Battery

This unit contains a non-replaceable internal lithium-ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture or dispose of in fire or water

CAUTION: Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.

- The battery must be recycled or disposed of properly
- Use the battery only in the specified equipment

- Do not leave the battery in an extremely high temperature environment that may result in an explosion or the leakage of flammable liquid or gas
- Do not subject battery to extremely low air pressure that may result in an explosion or the leakage of flammable liquid or gas

IP Rating

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

Settings > **About FB523** > **Regulatory Info**

Model FB523 has a water ingress rating of IPX3 under IEC standard 60529, which indicates spraying water shall have no harmful effects.

Model FB523 has a water resistance rating of IPX6 under IEC standard 60529, up to a depth of 50 meters.
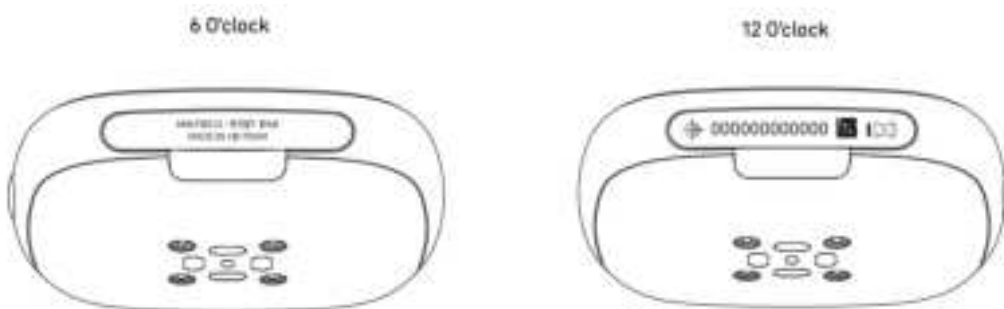
Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of: IEC 62368-1: 2014, EN62368-1:2014 + A11:2017, BS EN62368-1:2014 + A11:2017.

Regulatory Markings

Device regulatory markings can be viewed on the back of your device by removing the band. Additional markings are located in the band attach area.

Band Pocket View

Back View