



# fitbit charge 3™

Know your body and understand your health with Fitbit's most advanced fitness tracker—one that uncovers insights you can use to take action to improve.



## A tracker more advanced than ever



### 24/7 HEART RATE

Get heart rate insights day and night to better track calorie burn, optimize workouts and uncover health trends.



### HEART RATE ZONES

Use real-time heart rate zones to see whether you're in the Fat Burn, Cardio or Peak zone and use what you learn to know the impact of your workouts.



### CARDIO FITNESS LEVEL

See a personalized Cardio Fitness Score in the Fitbit app to get a snapshot of your overall fitness and learn how you can improve over time.



### ALL-DAY CALORIE BURN

Know how many calories you're burning all day and during workouts and use what you learn to stay on track toward your goals.



### UP TO 7 DAY BATTERY LIFE

Enjoy a battery life of up to 7 days and access insights and inspiration all day and night. *Varies with use and other factors.*



### REAL-TIME EXERCISE GOAL TRACKING

Choose from 15+ exercise modes like run, bike, swim, yoga, circuit training and more, set goals and get real-time stats.



### AUTOMATIC EXERCISE RECOGNITION

Charge 3 automatically recognizes exercises like runs, swims, elliptical, sports and more and records them in the Fitbit app.



### SLEEP TRACKING & STAGES

Know how long you're in Light, Deep and REM sleep stages, get nightly insights and learn how to get better sleep.



### SWIMPROOF

Water resistant up to 50M, Charge 3 automatically tracks swims and can be worn in the shower, pool and beyond.



### FITBIT TODAY

Get personalized guidance, see friendly reminders, and check your daily health stats all in one place with Fitbit Today.



### APPS

Charge 3 adds more convenience to your schedule with access to everyday apps like the weather—all with a tap, right from your wrist.



### NOTIFICATIONS

Stay connected on the move with call alerts, text notifications and quick replies, plus get updates from everyday apps.

*\*Available when your phone is nearby. Quick replies for Android only.*



### REAL-TIME PACE & DISTANCE

Connect Charge 3 with your phone GPS to see key stats pace and distance during outdoor runs and rides and get motivated to keep improving.



### FEMALE HEALTH

Get insight into your current cycle on-screen, then use Fitbit app to track periods, record symptoms, see a predicted ovulation calendar and more.



### FITBIT PAY

Store your cards to make easy, secure payments with your tracker.

*Fitbit Pay only available on special editions. See availability at [fitbit.com/fitbit-pay/banks](https://fitbit.com/fitbit-pay/banks).*



### ACCESSORIES & CLOCK FACES

Make Charge 3 yours by choosing from a variety of interchangeable bands and unique clock faces that fit your style.



### DASHBOARD

Get personalized insights, set goals, track progress and see a more complete picture of your health and fitness—all on your dashboard in the Fitbit app.



### WIRELESS SYNC

Automatically syncs to computers and 200+ Android, iOS and Windows devices.



### DURABLE, LIGHTWEIGHT DESIGN

Charge 3 features aerospace grade aluminum, a sleek glass panel and a smooth case that seamlessly hugs your wrist for comfort day and night.



### SMARTER, SLEEKER DISPLAY

A large touchscreen and backlit display that automatically adjusts to lighting conditions makes it easier to see stats and notifications all day.



### GUIDED BREATHING SESSIONS

Find moments of calm throughout your day with personalized guided breathing sessions based on your heart rate.

# Find inspiration day and night



## BUILT FOR THE WAY YOU MOVE

With a large touchscreen and backlit display that automatically adjusts to lighting conditions, Fitbit Charge 3 makes it easier to see stats, notifications or the time in sunlight, at night & more.



## A SMART WAY TO STAY CONNECTED

With updates from your favorite smartphone apps, call alerts, text notifications and quick replies, Charge 3 makes sure you never miss a beat on your journey.\*



## MORE WAYS TO KNOW & IMPROVE YOURSELF

Packed with motivating insights on your wrist and in the Fitbit app, Charge 3 helps you better understand your heart health, sleep quality, workouts and more.

*\*Available when your phone is nearby. Quick replies for Android only.*

## Find a style that's right for you

### Fitbit Charge 3

Black with Graphite Aluminum or Blue Gray with Rose Gold Aluminum

**\$149<sup>95</sup>**



SPECIAL EDITION



### Special Editions

Includes extra black band & Fitbit Pay  
Lavender Woven with Rose Gold Aluminum or White Frost Sport Band with Graphite Aluminum

**\$169<sup>95</sup>**

## Accessories

*Trackers sold separately.*



### Sport Bands

Black, Berry, Scarlet or Navy

**\$29<sup>95</sup>**



### Woven Bands

Charcoal or Periwinkle

**\$34<sup>95</sup>**



### Horween Leather Bands

Midnight Blue or Plum

**\$49<sup>95</sup>**