



User Manual
Version 1.1

Table of Contents

Get Started	5
What's in the box	5
Set up Inspire	6
Charge your tracker	6
Set up with your phone or tablet	7
Set up with your Windows 10 PC	8
See your data in the Fitbit app	8
Wear Inspire	9
Wear Inspire on your wrist	9
Secure the wristband	9
Handedness	11
Wear Inspire in a clip	11
Clip Placement	12
Change the wristband	13
Remove a wristband	13
Attach a wristband	13
Basics	15
Navigate Inspire	15
Basic navigation	15
Quick settings	17
Care for Inspire	17
Change the clock face	18
Notifications	19
Set up notifications	19
See incoming notifications	19
Turn off notifications	20
Timekeeping	21

Enable or disable an alarm	21
Dismiss or snooze an alarm	22
Time events with the stopwatch	23
Set a timer	23
Activity and Sleep	25
See your stats	25
Track a daily activity goal	25
Choose a goal	25
See goal progress	26
Track your hourly activity	26
Track your exercise automatically	26
Track your sleep	27
Set a sleep goal	27
Set a bedtime reminder	27
Learn about your sleep habits	27
Update, Restart, and Erase	28
Update Inspire	28
Restart Inspire	28
Erase Inspire	29
Troubleshooting	30
Unresponsive device	30
General Info and Specifications	31
Sensors	31
Materials	31
Wireless technology	31
Haptic feedback	31
Battery	31
Memory	32
Display	32
Wristband size	32
Environmental conditions	32
Learn more	32

Return policy and warranty	33
Regulatory & Safety Notices	34
USA: Federal Communications Commission (FCC) statement	34
Canada: Industry Canada (IC) statement	35
Australia and New Zealand	36
Japan	36
Safety Statement	36

Get Started

Fitbit Inspire is a friendly fitness tracker for every day that helps you build healthy habits. Take a moment to review our complete safety information at fitbit.com/safety. Inspire is not intended to provide medical or scientific data.

What's in the box

Your Inspire box includes:



Tracker with small wristband (color and material vary)



Charging cable



Additional large band (color and material vary)

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

Set up Inspire

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

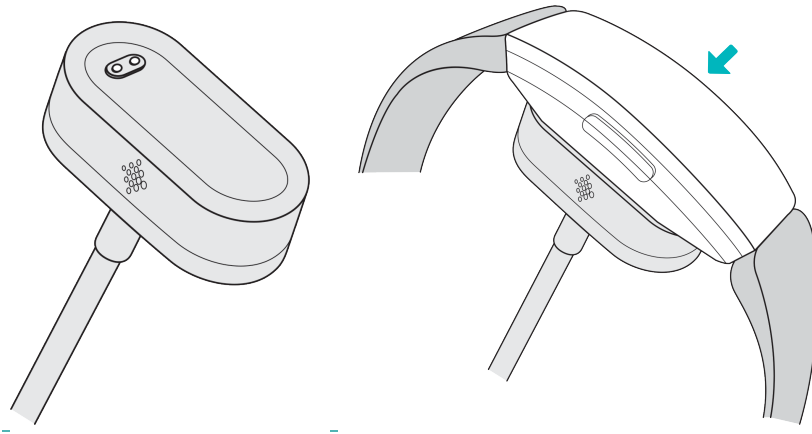
To create a Fitbit account, enter your height, weight, and sex when prompted to calculate your stride length and to estimate distance, basal metabolic rate, and calorie burn. When you set up your account, your first name, last initial, and photos are visible to all other Fitbit users. You have the option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

Charge your tracker

A fully-charged Inspire has a battery life of up to 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Inspire:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. Make sure the pins on the charging cable align with the port on the back of your tracker.



Charging fully takes about 1-2 hours. While the tracker charges, you can press the button to check the battery level. A fully-charged tracker shows a solid battery icon with a smile.

Set up with your phone or tablet

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

To get started:

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

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

Set up with your Windows 10 PC

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

To get the Fitbit app for your computer:


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

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

See your data in the Fitbit app

Sync Inspire to transfer your data to the Fitbit app, where you can view your exercise and sleep data, log food and water, participate in challenges, and more. We recommend syncing at least once a day.

Each time you open the Fitbit app, Inspire syncs automatically when it's nearby. Inspire also syncs with the app periodically if All-Day Sync is on. To turn on this feature:

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

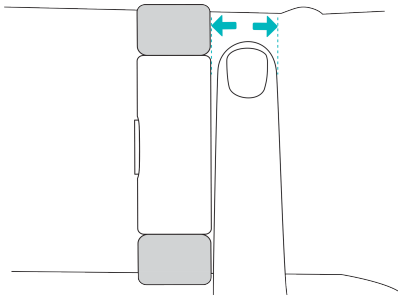
You can also use the **Sync Now** option in the app at any time.

Wear Inspire

Choose to wear Inspire around your wrist or in the clip accessory (sold separately). If you need to attach a different size wristband, remove the wristbands, or if you purchased an accessory wristband, you'll find instructions in "[Change the wristband](#)" on page 13.

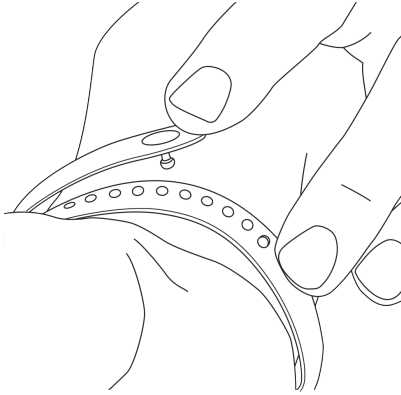
Wear Inspire on your wrist

Wear Inspire a finger's width above your wrist bone. Attach the wristbands, and then securely fasten your tracker on your wrist. For more information, see "[Change the wristband](#)" on page 13.

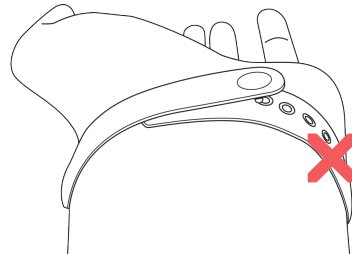
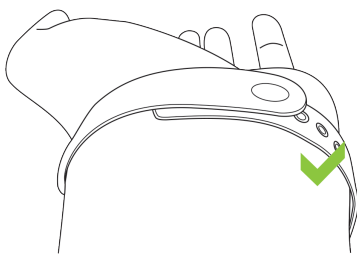
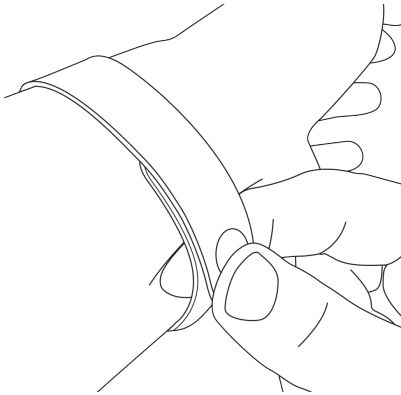


Secure the wristband

1. If you previously wore Inspire in a clip, change your device setting to On Wrist. For more information, see "[Navigate Inspire](#)" on page 15.
2. Place Inspire around your wrist.
3. Slide the end of the band with the peg through the loop.
4. Align both ends of the wristband so they directly overlap, and choose the hole that best fits your wrist.



5. Squeeze the peg and wristband between your thumb and forefinger until you feel the band snap into place. Don't wear your tracker too tightly.



Handedness

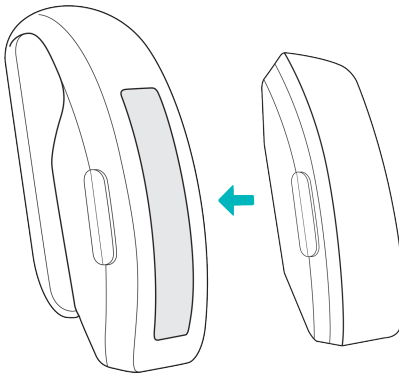
For greater accuracy, you must specify whether you wear Inspire on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. By default, the Wrist setting is set to non-dominant. If you wear Inspire on your dominant hand, change the Wrist setting in the Fitbit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

Wear Inspire in a clip

Wear Inspire clipped to your clothing. Remove the wristbands, and then place your tracker in the clip. For more information, see ["Change the wristband" on page 13](#).

To put Inspire in the clip:

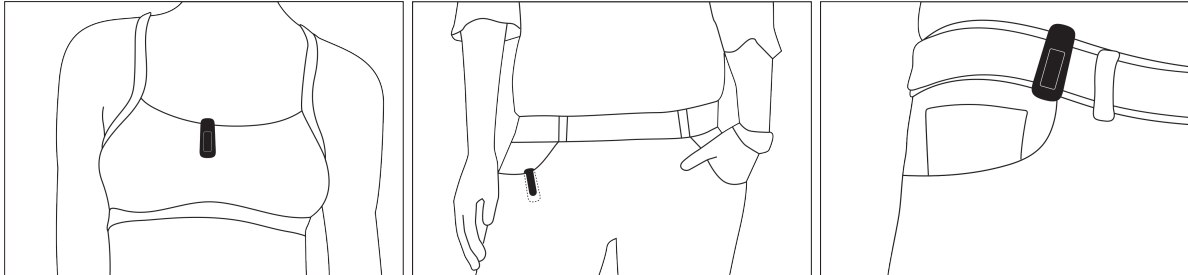
1. If you previously wore Inspire on your wrist, change your device setting to On Clip. For more information, see ["Navigate Inspire" on page 15](#).
2. Hold the tracker with the screen facing you and the button on the left.
3. Hold the clip with the opening facing you and the button insert on the left.
4. Place the top of the tracker into the clip opening and move the bottom of the tracker into place. Inspire is secure when all edges of the clip lie flat against the tracker.



Clip Placement

Wear Inspire on or close to your body with the screen facing outward. Secure the clip tightly to a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what's most comfortable and secure for you.

If you experience skin irritation when wearing Inspire on your bra or waistband, clip it to an external piece of clothing instead, such as your belt or pocket.



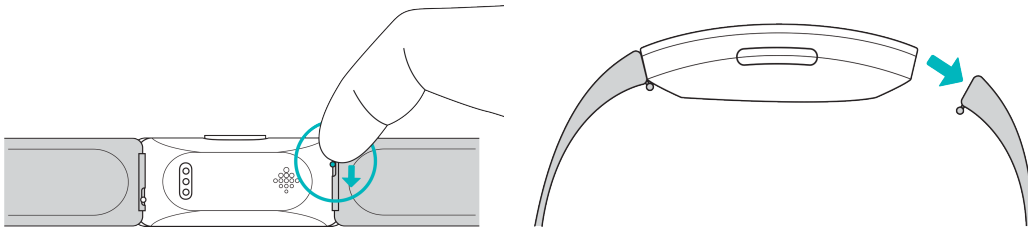
Change the wristband

Inspire comes with a small wristband attached and an additional large bottom band in the box. Both the top and bottom bands can be swapped with accessory bands, sold separately. For wristband measurements, see "[Wristband size](#)" on [page 32](#).

Remove a wristband

To remove the wristband:

1. Turn over Inspire and find the quick-release lever.
2. While pressing the quick-release lever inward, gently pull the band away from the tracker to release it.

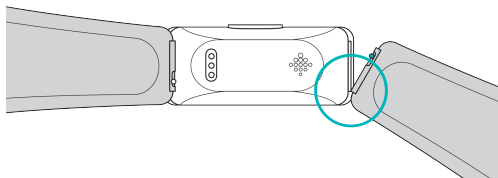


3. Repeat on the other side.

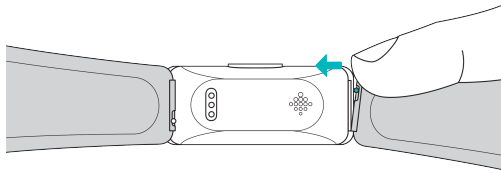
Attach a wristband

To attach a wristband:

1. Slide the pin (the side opposite the quick-release lever) into the notch on the tracker. Attach the band with the clasp to the top of the tracker.



2. While pressing the quick-release lever inward, slide the other end of the band into place.



3. When both ends of the pin are inserted, release the quick-release lever.

Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Inspire

Inspire has an OLED touchscreen display and 1 button.

Navigate Inspire by tapping the screen, swiping up and down, or pressing the button. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

The home screen is the clock. On the clock:

- Swipe down to scroll through the apps on your tracker. To open an app, swipe to find the app and then tap it.
- Swipe up to see your daily stats.



Settings



Alarms



Timers



12

58

 2,000





8,605



1,817 cal



35 min



4.2 mi

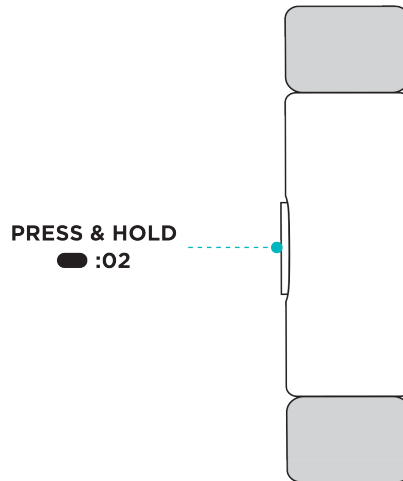


63 steps

10:50

Quick settings

Press and hold the button on Inspire for a faster way to access certain settings. Tap a setting to change it. The icon dims when the setting is turned off.



On the quick settings screen:

- Check your battery level.
- Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist towards you to turn on the screen.
- Turn notifications on or off. When the Notifications setting is on, Inspire displays notifications from your phone when your phone is nearby. For more information on how to manage notifications, see "[Notifications](#)" on page 19.
- Adjust your On Wrist setting. When Inspire is on your wrist, make sure the tracker is set to On Wrist. When Inspire is in the clip, make sure the tracker is set to On Clip.


Care for Inspire

It's important to clean and dry Inspire regularly. For instructions and more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

Change the clock face

A variety of clock faces are available in the Fitbit Clocks Gallery.

To change your clock face:


1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Inspire tile.
2. Tap **Clock Faces > All Clocks**.
3. Browse the available clock faces. Find the clock face you want and tap to install it.
4. Tap **Select** to add the clock face to Inspire.

Notifications

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

Set up notifications

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

1. With your tracker nearby, from the Fitbit app dashboard, tap the Account icon () > Inspire tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker. Inspire appears in the list of Bluetooth devices connected to your phone. Call, text, and calendar notifications are turned on automatically.
4. To turn on notifications from apps installed on your phone, including Fitbit and WhatsApp, tap **App Notifications** and turn on the notifications you want to see.
5. Tap **Notifications > Inspire** in the top left corner to return to device settings.

Note that if you have an iPhone, iPad, or Windows 10 device, Inspire shows notifications from all calendars synced to the Calendar app. If you have an Android phone, Inspire shows calendar notifications from the calendar app you choose during setup.

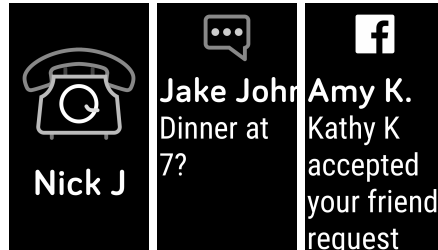
See incoming notifications

When your phone and Inspire are within range, a notification causes the tracker to vibrate:

- Phone calls—the name or number of the caller scrolls once. To dismiss the notification, press the button.

- Text messages—the name of the sender scrolls once above the message. Swipe up to read the full message.
- Calendar alerts—the name of the event scrolls once below the time and location.
- App notifications—the name of the app or sender scrolls once above the message. Swipe up to read the full message.

Note: Your device shows the first 250 characters of the notification. Check your phone for the full message.



Turn off notifications

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

To turn off all notifications:

1. Press and hold the button on your tracker to reach the quick settings screen.
2. Tap **Notifications** to turn them off.

To turn off certain notifications:

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

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

Timekeeping


Alarms vibrate to awake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week. You can also time events with the stopwatch or set a countdown timer.

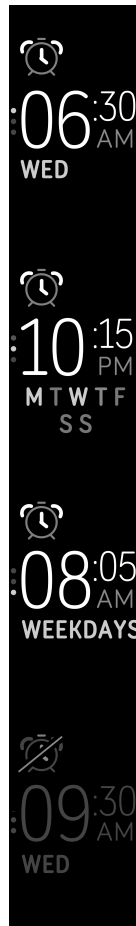
For more information about setting and managing alarms, see help.fitbit.com.

Enable or disable an alarm

After you create an alarm, you can disable or re-enable it directly on Inspire without opening the Fitbit app. You can only create an alarm in the Fitbit app.

To enable or disable alarms:

1. On Inspire, open the Alarms app ().
2. Swipe until you find the alarm you want to enable or disable.
3. Tap to enable or disable the alarm.



Dismiss or snooze an alarm

When your alarm goes off, the tracker vibrates.




To dismiss the alarm, press the button. To snooze the alarm for 9 minutes, swipe down.

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






Time events with the stopwatch

To use the stopwatch:

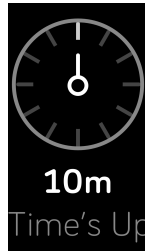
1. On Inspire, open the Timers app (.
2. If you used the countdown timer previously, swipe down and tap the stopwatch icon (.
3. Tap the play icon () to start the stopwatch.
4. Tap the pause icon to stop the stopwatch.
5. Swipe down to reset the stopwatch, or press the button to exit.

Set a timer

To use the countdown timer:

1. On Inspire, open the Timers app (.
2. If you used the stopwatch previously, swipe up and tap the countdown icon (.
3. Swipe to choose the number of hours, and then tap to set the hours. To set a timer for less than an hour, choose **00 hr**.
4. Swipe to choose the number of minutes, and then tap to set the minutes.
5. Tap the play icon () to start the timer. Inspire vibrates when the time allotted is done.

6. Press the button to dismiss the alert.



Activity and Sleep

Inspire continuously tracks a variety of stats whenever you wear it. The information is transferred to the Fitbit app every time you sync your tracker.

See your stats

From the clock face, swipe up to see your daily stats, including:

- Steps taken
- Calories burned
- Active minutes
- Distance covered
- Steps taken this hour and the number of hours you met your hourly activity goal

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

Track a daily activity goal

Inspire tracks your progress towards a daily activity goal of your choice. When you reach your goal, the tracker vibrates and shows a celebration.

Choose a goal

Set a goal to help you get started on your health and fitness journey. To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps taken, or to instead make your goal distance traveled, calories burned, or active minutes.

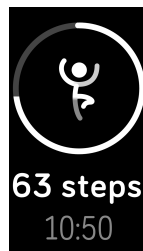
See goal progress

For information on how to see detailed progress toward your goal, see ["See your stats" on the previous page](#).

Track your hourly activity

Inspire helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You'll feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps. When you meet the 250-step goal after receiving the reminder, you'll feel a second vibration and see a congratulatory message.



For more information on hourly activity, including how to customize the hours you receive reminders, see help.fitbit.com.

Track your exercise automatically

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

For more information about tracking activity, see help.fitbit.com.

Track your sleep

Wear Inspire to bed to automatically track your time asleep and movement during the night to help you understand your sleep patterns. To see your sleep stats, sync your tracker when you wake up and check the app.

For more information about sleep tracking, see help.fitbit.com.

Set a sleep goal

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

For more information about your sleep goal, including how to change it, see help.fitbit.com.

Set a bedtime reminder

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

For more information about how to set bedtime reminders, see help.fitbit.com.

Learn about your sleep habits

Inspire tracks several sleep metrics including when you go to bed, how long you're asleep, and how long you spend awake or restless. Track your sleep with Inspire and check the Fitbit app to see your sleep patterns.

Update, Restart, and Erase

Learn how to update, restart, and erase Inspire.

Update Inspire

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

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

Note: Updating Inspire takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

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

Restart Inspire

If you can't sync Inspire, don't see your stats, or your tracker is unresponsive, restart your device:

1. Plug the charging cable into the USB port on a computer or a UL-certified USB wall charger.
2. Hold the other end of the charging cable near the port on the back of the tracker until it attaches magnetically. The pins on the charging cable must connect securely with the port.
3. Press and hold the button on your tracker for 5 seconds. Release the button. When you see a smiley face and Inspire vibrates, the tracker restarted.

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

Erase Inspire

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

On Inspire, open the Settings app > **Clear User Data**.

Troubleshooting

If your tracker isn't working properly, review our troubleshooting guidance below. Visit help.fitbit.com for more information.

Unresponsive device

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

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

For instructions on how to restart your tracker, see "[Restart Inspire](#)" on page 28.

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

General Info and Specifications

Sensors

Fitbit Inspire contains a MEMS 3-axis accelerometer, which tracks motion patterns.

Materials

The housing on Inspire is plastic. The Inspire classic band is made of a flexible, durable elastomer material similar to that used in many sports watches, and the peg is 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.

Wireless technology

Inspire contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

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

Battery

Inspire contains a rechargeable lithium-polymer battery.

Memory

Inspire stores your data, including daily stats, sleep information, and exercise history, for 7 days. For best results, sync your tracker daily.

Display

Inspire has an OLED display.

Wristband size

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

Small wristband	Fits a wrist between 5.5 - 7.1 inches (140 - 180 mm) in circumference
Large wristband	Fits a wrist between 7.1 - 8.7 inches (180 - 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)
Water Resistance	Water resistant up to 50 meters
Maximum Operating Altitude	28,000 feet (8,534 m)

Learn more

To learn more about your tracker and dashboard, visit help.fitbit.com.

Return policy and warranty

You can find warranty information and the fitbit.com return policy at [fitbit.com/legal/returns-and-warranty](https://www.fitbit.com/legal/returns-and-warranty).

Regulatory & Safety Notices

Notice to the User: Regulatory content for select regions for FB412 can also be viewed on your device. To view the content: Settings > Device Info

USA: Federal Communications Commission (FCC) statement

Model FB412

FCC ID: XRAFB412

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

Settings > Device Info

Responsible Party – U.S. Contact Information

199 Fremont Street, 14th Floor
San Francisco, CA
94105

www.fitbit.com

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 FB412:

IC: 8542A-FB412

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

Settings > Device Info

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

Paramètres> Informations sur l'appareil

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

Australia and New Zealand



Japan

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

Settings > Device Info

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.