



fitbit ace 3



User Manual
Version 1.0

Table of Contents

Get started	5
What's in the box	5
Set up Ace 3	6
Charge your tracker	6
Set up with your phone or tablet	7
I need to create a Fitbit account:	8
I already have a Fitbit account:	8
See your data in the Fitbit app	9
Wear Ace 3	10
Placement	10
Handedness	10
Wear and care tips	10
Change the band	12
Remove a band	12
Attach a new band	12
Basics	14
Navigate Ace 3	14
Basic navigation	14
Quick settings	15
Adjust settings	17
Check battery level	17
Turn off the screen	18
Change the clock face	19
Notifications from your phone	20
Set up notifications	20
See incoming notifications	20
Turn off notifications	20
Timekeeping	22

Use the Alarms app	22
Dismiss or snooze an alarm	22
Use the Timer app	22
Activity and Wellness	23
See your stats	23
Track a daily activity goal	23
Choose a goal	23
Track your hourly activity	24
Track your sleep	24
Set a sleep goal	24
Learn about your sleep habits	25
Update, Restart, and Erase	26
Update Ace 3	26
Restart Ace 3	26
Erase Ace 3	27
Troubleshooting	28
General Info and Specifications	29
Sensors and Components	29
Materials	29
Wireless technology	29
Haptic feedback	29
Battery	29
Memory	30
Display	30
Band size	30
Environmental conditions	30
Learn more	31
Return policy and warranty	31
Regulatory and Safety Notices	32
USA: Federal Communications Commission (FCC) statement	32
Canada: Industry Canada (IC) statement	33
European Union (EU)	34

IP Rating	35
Argentina	36
Australia and New Zealand	36
Belarus	36
Botswana	37
Customs Union	37
Indonesia	37
Israel	37
Japan	37
Kingdom of Saudi Arabia	38
Mexico	38
Moldova	38
Morocco	39
Nigeria	39
Oman	39
Pakistan	40
Philippines	40
Serbia	40
Singapore	40
South Korea	41
Taiwan	41
United Arab Emirates	44
Zambia	44
Safety Statement	45
Regulatory Markings	45

Get started

Welcome to Fitbit Ace 3, the next generation activity and sleep tracker that makes it fun and easy for kids ages 6+ to get active and helps them build healthy habits with the whole family.

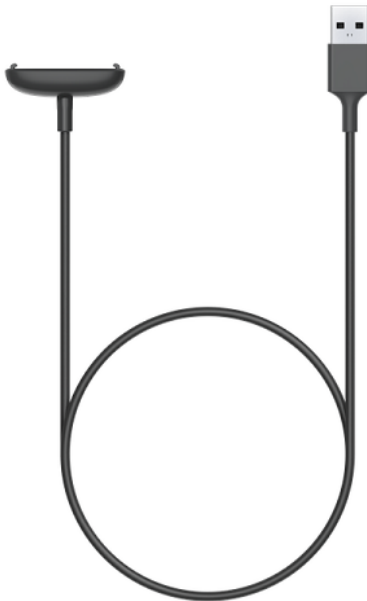
Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety). Ace 3 is not intended to provide medical or scientific data.

What's in the box

Your Ace 3 box includes:



Tracker



Charging cable

Set up Ace 3

Learn how to set up Ace 3. Log in to or create your own Fitbit account, then create a family account and a child account.



To set up an account, you're prompted to enter information such as your child's height to help calculate their activity.

To use certain features and see all data collected by Ace 3, open kid view in the Fitbit app.

Charge your tracker

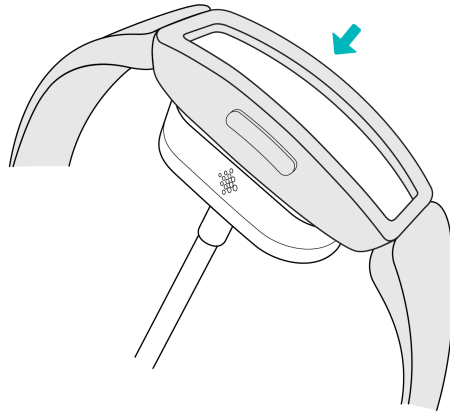
A fully-charged Ace 3 has a battery life of up to 8 days. Battery life varies with use and other factors; animated clock faces require more frequent charging.

To charge Ace 3:

1. Plug the charging cable into the USB port on your computer, a UL-certified USB wall charger, or another low-energy charging device.
2. Align the pins on the other end of the charging cable with the gold contacts on the back of Ace 3. Gently press Ace 3 into the charger until it snaps into place.

To remove Ace 3 from the charging cable:

1. Hold Ace 3 and slide your thumbnail between the charger and the back of the tracker on one of the corners.
2. Gently press down on the charger until it separates from the tracker.



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



Set up with your phone or tablet

Set up Ace 3 with the Fitbit app. The Fitbit app is compatible with most popular phones and tablets. See fitbit.com/devices to check if your phone or tablet is compatible.




Choose the instructions below based on whether you already have a Fitbit account. Use the primary phone or tablet your child will use with their tracker.

I need to create a Fitbit account:

1. Download and install the Fitbit app on your child's device from one of the following locations:
 - iPhones and iPads—[Apple App Store](#)
 - Android phones—[Google Play Store](#)
2. With the tracker nearby, open the Fitbit app.
3. Tap **Join Fitbit**.
4. When prompted find your device in the list and tap it.
5. Tap **Continue**.
6. Tap **Create Account**, and follow the on-screen instructions to create your Fitbit account.
7. Tap the link in the email you receive to verify your email address.
8. Return to the Fitbit app, and tap **Next**.
9. Tap **Create Family Account**.
10. Follow the on-screen instructions to review the privacy notice.
11. Enter your child's information for their account, and tap **Next**.
12. Confirm you want to connect the tracker to this device. Kid view appears.
13. Tap **Set up** at the top.
14. Continue to follow the on-screen instructions to set up your child's tracker.

I already have a Fitbit account:

1. With the tracker nearby, open the Fitbit app, and log in to your account.
2. On the Today tab , tap your profile picture.
3. Tap **Create Family Account** > **Create Family**. Note that you may be prompted to verify your email address.

4. Tap + **Create Child Account**.
5. When prompted, enter your Fitbit password.
6. Follow the on-screen instructions to review the privacy notice.
7. Enter your child's information for their account, and tap **Next > Finish**.
8. Confirm you want to connect the tracker to this device. Kid view appears.
9. Tap **Set up** at the top.
10. Continue to follow the on-screen instructions to set up your child's tracker.

For more information, see help.fitbit.com.

See your data in the Fitbit app

Open the Fitbit app on your phone or tablet to view your activity and sleep data, participate in challenges, and more.

Each time you open the Fitbit app in kid view, Ace 3 syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

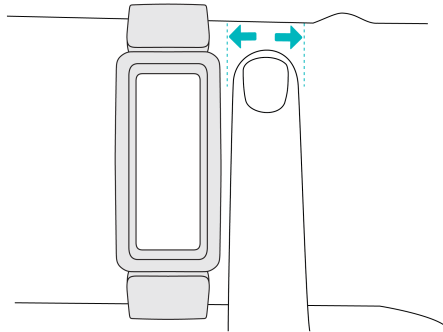
For more information, see help.fitbit.com.

Wear Ace 3

Place Ace 3 around your wrist. If you purchased an accessory band, see the instructions in ["Change the band" on page 12](#).


Placement

Wear Ace 3 a finger's width above your wrist bone.



Handedness

For greater accuracy, you must specify whether you wear Ace 3 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 Ace 3 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > Ace 3 tile > **Wrist** > **Dominant**.

Wear and care tips

- Clean your band and wrist regularly with a soap-free cleanser.
- If your tracker gets wet, remove and dry it completely after your activity.

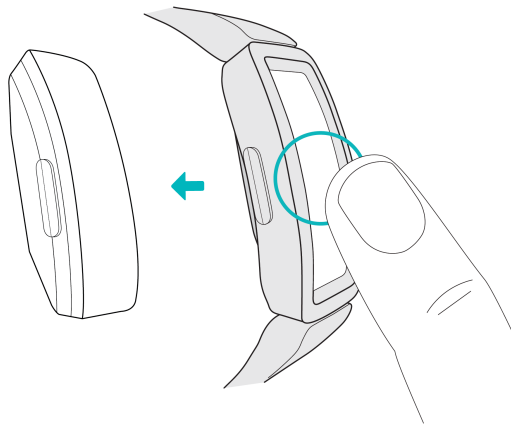
- Take your tracker off from time to time.

Change the band

Ace 3 comes with a kid's band attached. The band can be swapped with accessory bands, sold separately on [fitbit.com](https://www.fitbit.com). For band measurements, see "Band size" on [page 30](#). Note that for larger sizes or different styles, Ace 3 is compatible with Inspire 2 classic accessory bands.

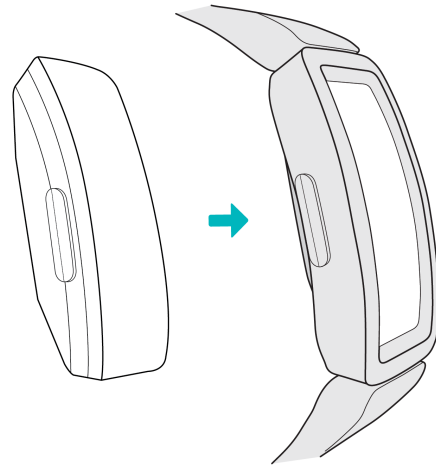
Remove a band

1. Hold the tracker with the screen facing you.
2. Gently push the top of the tracker through the back opening in the band.



Attach a new band

1. Hold the tracker with the back facing you. Make sure the time isn't upside down.
2. Hold the band with the back opening facing you and the strap buckle on the top.
3. Place the top of the tracker into the flexible band opening and gently push the bottom of the tracker into place. Ace 3 is secure when all edges of the band lie flat against the tracker.



Basics

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

Navigate Ace 3

Ace 3 has a PMOLED touchscreen display and 2 buttons.

Navigate Ace 3 by tapping the screen, swiping up and down, or pressing the buttons. To preserve battery, the tracker's screen turns off when not in use.

Basic navigation

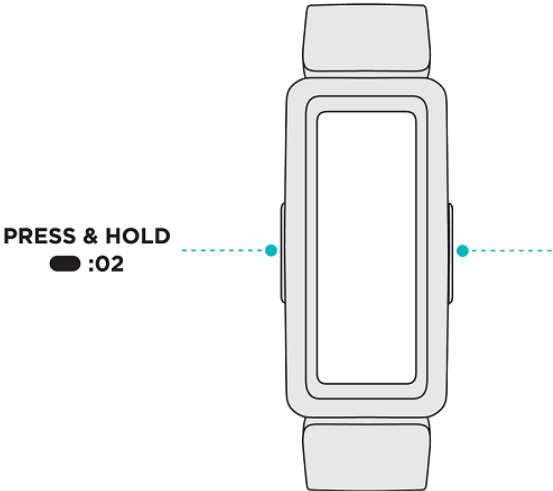
The home screen is the clock.

- Swipe down to scroll through the apps on Ace 3. Tap an app to open it.
- Swipe up to see your daily stats.










Quick settings

Press and hold the buttons on Ace 3 for a faster way to access certain settings. Tap a setting to turn it on or off. When you turn off the setting, the icon appears dim with a line through it.




On the quick settings screen:

<p>DND (Do not disturb)</p> 	<p>When the do not disturb setting is on:</p> <ul style="list-style-type: none"> • Notifications, goal celebrations, and reminders are muted. • The do not disturb icon  illuminates in quick settings. <p>You can't turn on do not disturb and sleep mode at the same time.</p>
<p>Sleep </p>	<p>When the sleep mode setting is on:</p> <ul style="list-style-type: none"> • Notifications and reminders are muted. • The screen's brightness is set to dim. • The screen stays dark when you turn your wrist. <p>Sleep mode turns off automatically when you set a schedule. To set a schedule:</p> <ol style="list-style-type: none"> 1. Open the Settings app  and tap Sleep Mode. 2. Tap Schedule to turn it on. 3. Tap Sleep Interval and set your sleep mode schedule. Sleep mode automatically turns off at the time you schedule, even if you manually turned it on. <p>You can't turn on do not disturb and sleep mode at the same time.</p>
<p>Screen Wake </p>	<p>When the screen wake setting is on, turn your wrist toward you to turn on the screen.</p>
<p>Water Lock </p>	<p>Turn on the water lock setting when you're in water, for example showering or swimming, to prevent the buttons on your tracker from activating. When water lock is on, your screen and buttons are locked. Notifications and alarms still appear on your tracker, but you must unlock your screen to interact with them.</p>

	To turn on water lock, press and hold the buttons on your tracker > tap Water Lock  > firmly tap your screen twice. To turn off water lock, double-tap your screen again.
--	---

Adjust settings

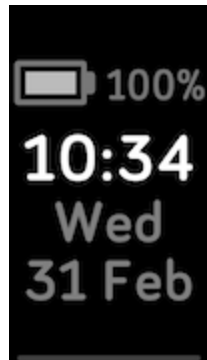
Manage basic settings in the Settings app :

Dim Screen	Turn on the dim screen setting to lower your screen's brightness.
Double Tap	Turn on or off the ability to wake your tracker with a firm double tap. Note that your screen must be off for at least 10 seconds for this setting to take effect.
Sleep Mode	Adjust sleep mode settings, including setting a schedule for the mode to automatically turn on and off.
Device Info	View your tracker's regulatory information and activation date, which is the day your tracker's warranty begins. The activation date is the day you set up your device. For more information, see help.fitbit.com .

Tap a setting to adjust it. Swipe up to see the full list of settings.

Check battery level

From the clock face, swipe up. The battery level icon is at the top of the screen.




Turn off the screen

To turn off your tracker's screen when not in use, briefly cover the tracker face with your opposite hand, press the buttons, or turn your wrist away from your body.

Change the clock face

The Fitbit Clock Gallery offers a variety of clock faces to personalize your tracker.

Choose from several kid-friendly clock faces. Note that animated clock faces require more frequent charging.


1. From the Today tab  in the Fitbit app, tap your profile picture > Ace 3 tile.
2. Tap **Clock Faces** > **All Clocks**.
3. Browse the available clock faces. Tap a clock face to see a detailed view.
4. Tap **Select** to add the clock face to Ace 3.

Notifications from your phone

Ace 3 can show call notifications from your phone to keep you informed. Keep your tracker 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 > Ace 3 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already.
Call notifications are turned on automatically.

For more information, see help.fitbit.com.



See incoming notifications

When your phone and Ace 3 are within range, a call causes the tracker to vibrate. The name or number of the caller scrolls once. Press the buttons to dismiss the notification.



Turn off notifications

Turn off notifications in quick settings on Ace 3:

1. Press and hold the buttons on your tracker.
2. Tap **DND**  to turn on do not disturb. The DND icon  illuminates to indicate that all notifications, goal celebrations, and reminders are turned off.



Note that if you use the do not disturb setting on your phone, you don't receive notifications on your tracker until you turn off this setting.

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 app

Set one-time or recurring alarms with the Alarms app . When an alarm goes off, your tracker vibrates.

For more information, see help.fitbit.com.

Dismiss or snooze an alarm

When an alarm goes off, the tracker vibrates. To dismiss the alarm, press the buttons. To snooze the alarm for 9 minutes, swipe down.

Snooze the alarm as many times as you want. Ace 3 automatically goes into snooze mode if you ignore the alarm for more than 1 minute.



Use the Timer app

For more information, see help.fitbit.com.

Activity and Wellness

Ace 3 continuously tracks a variety of stats whenever you wear it. Data automatically syncs with the Fitbit app throughout the day.

See your stats

Swipe up from the clock face on your tracker to see your daily stats, including:

Core stats	Steps taken today and active minutes
Hourly steps	Steps taken this hour, and the number of hours you met your hourly activity goal
Sleep	Sleep duration

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

Track a daily activity goal

Ace 3 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

To begin, your goal is to take 10,000 steps per day. Choose to change the number of steps, or pick a different activity goal depending on your device.

For more information, see help.fitbit.com.

Track progress toward your goal on Ace 3. For more information, see "[See your stats](#)" above.

Track your hourly activity

Ace 3 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 Ace 3 to bed to automatically track your time asleep and movement during the night to help you understand your sleep patterns. Sync your tracker when you wake up and check the Fitbit app to see your sleep stats, including when you go to bed, how long you're asleep, and how long you spend awake or restless.

For more information, see help.fitbit.com.

Set a sleep goal

To start, you have a sleep goal of 9 hours of sleep per night. Customize this goal to meet your needs.

For more information, see help.fitbit.com.

Learn about your sleep habits

Ace 3 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 Ace 3 and check the Fitbit app to see your sleep patterns.

Update, Restart, and Erase

Learn how to update, restart, and erase Ace 3.

Update Ace 3

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


When an update is available, a notification appears in the Fitbit app. After you start the update, follow the progress bars on Ace 3 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

Updating Ace 3 takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

For more information, see help.fitbit.com.

Restart Ace 3

If you can't sync Ace 3 or you have trouble with tracking your stats or receiving notifications, restart your tracker from your wrist:


1. Open the Settings app  and tap **Reboot Device**.
2. Press and hold the screen for 3 seconds, then release. When you see a smiley face, the tracker restarted.

If Ace 3 is unresponsive:

1. Connect Ace 3 to the charging cable. For instructions, see "[Charge your tracker](#)" on page 6.
2. Press and hold the buttons on your tracker for 5 seconds. Release the buttons. When you see a smiley face, the tracker restarted.

Erase Ace 3

If you want to give Ace 3 to another person or wish to return it, first clear your personal data:

1. On Ace 3, open the Settings app  > **Clear User Data**.
2. When prompted, press the screen for 3 seconds, then release. When you see a smiley face and your tracker vibrates, your data is erased.

Troubleshooting

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

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

For instructions, see "[Restart Ace 3](#)" on page 26.

For more information, see help.fitbit.com.

General Info and Specifications

Sensors and Components

Fitbit Ace 3 contains the following sensors and motors:

- 3-axis accelerometer, which tracks motion patterns
- Vibration motor

Materials

The Ace 3 classic band is made of a flexible, durable elastomer material similar to that used in many sports watches. The housing and buckle on Ace 3 are plastic.

The Ace 3 classic band is made of a flexible, silicone similar to that used in many sports watches. The housing and buckle on Ace 3 are plastic.

Wireless technology

Ace 3 contains a Bluetooth 4.2 radio transceiver.

Haptic feedback

Ace 3 contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Ace 3 contains a rechargeable lithium-polymer battery.

Memory

Ace 3 stores your data, including daily stats, sleep information, and activity history, for 7 days. See your historical data in the Fitbit app.

Display

Ace 3 has a PMOLED display.

Band size

One-size band	Fits a wrist between 4.8 and 6.8 inches (121 mm - 172 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 109° F (0° to 43° 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, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy on [our website](#).

Regulatory and Safety Notices

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

Settings > Device Info

USA: Federal Communications Commission (FCC) statement

Model FB418

FCC ID: XRAFB418

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

Settings > Device Info

Supplier's Declaration of Conformity

Unique Identifier: FB418

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 FB418

IC: 8542A-FB418

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

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB418 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, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB418 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB418 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, Inc. déclare par la présente que les modèles d'appareils radio FB418 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB418 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



IP Rating

Model FB418 has a water resistance rating of IPX8 under IEC standard 60529, up to a depth of 50 meters.

Model FB418 has a dust ingress rating of IP6X under IEC standard 60529 which indicates the device is dust-tight.

Please refer to the beginning of this section for instructions on how to access your product's IP rating.

Argentina



C-25001

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 > Device Info



Belarus

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

Settings > Device Info



Botswana

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

Settings > Device Info

Customs Union

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

Settings > Device Info



Indonesia

69640/SDPPI/2020 3788

Israel

מספר אישור אלחוטי של משרד התקשורת הוא . 51-74957
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 > Device Info



201-200527

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 > Device Info

Mexico

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

Settings > Device Info



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

Moldova

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

Settings > Device Info

Morocco



AGREE PAR L'ANRT MAROC

Numéro d'agrément: MR 00025260ANRT2020

Date d'agrément: 25/08/2020

Nigeria

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

Oman

TRA/TA-R/9827/20

D090258

Pakistan

PTA Approved

Model No.: FB418

TAC No.: 9.775/2020

Device Type: Bluetooth

Philippines



Serbia



Singapore

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

Settings > Device Info

South Korea

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

Settings > Device Info

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

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

Translation:

Class B devices (broadcast communications equipment for home use): EMC registration is mainly for household use (B class) and can be used in all areas get this device.

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 > 設備信息

Translation:

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

Settings > Device 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歲幼兒不看螢幕，2歲以上每天看螢幕不要超過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：無線活動追蹤器 Part Name: Wireless Activity Tracker		限用物質及其化學符號 Restricted Substances and its chemical symbols				
Model FB418	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)	○	○	○	○	○	○
電子 (Electronics)	--	○	○	○	○	○
外殼 (Housing)	○	○	○	○	○	○
充電線 (Charging Cable)	○	○	○	○	○	○
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 > Device Info

TRA - United Arab Emirates

Dealer ID: DA35294/14

TA RTTE: ER88845/ 20

Model: FB418

Type: Wireless Activity Tracker

Zambia

ZMB / ZICTA / TA / 2020 / 10 / 13



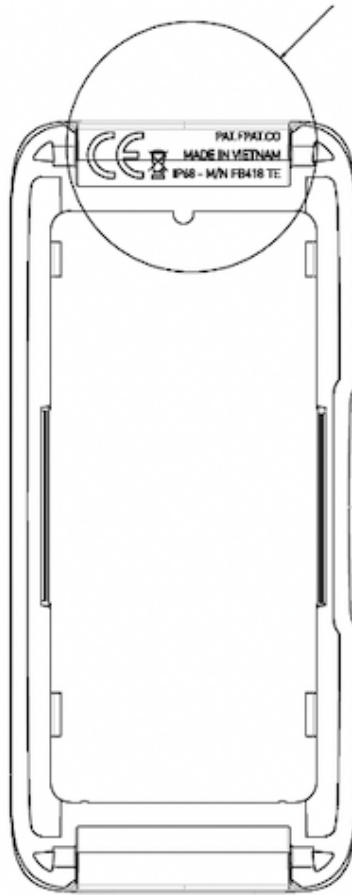
Safety Statement

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 & EN62368-1:2014 + A11:2017.

Regulatory Markings

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

Band Pocket View



©2021 Fitbit, Inc. All rights reserved. Fitbit and the Fitbit logo are trademarks or registered trademarks of Fitbit in the US and other countries. A more complete list of Fitbit trademarks can be found at the [Fitbit Trademark List](#). Third-party trademarks mentioned are the property of their respective owners.