fitbit versa™

LITE EDITION

BC

User Manual
Version 1.1

Table of Contents

Get started

Live boldly and get inspired to reach your goals with the colorful, easy-to-use Fitbit Versa Lite Edition. Take a moment to review our complete safety information at fitbit.com/safety. Versa Lite Edition is not intended to provide medical or scientific data.

What's in the box

Your Versa Lite Edition box includes:

Watch with small wristband
(color and material varies)

Charging cable

Additional large wristband

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

Set up Versa Lite Edition

For the best experience, use the Fitbit app for iPhones and iPads or Android phones. You can also set up Versa Lite Edition on 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, you're prompted to enter your 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 photos 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 Versa Lite Edition has a battery life of 4+ days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Versa Lite Edition:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Pinch the clip and place Versa Lite Edition in the charging cradle. The pins on the charging cradle must align with the gold contacts on the back of the watch. The percent charged appears on screen.
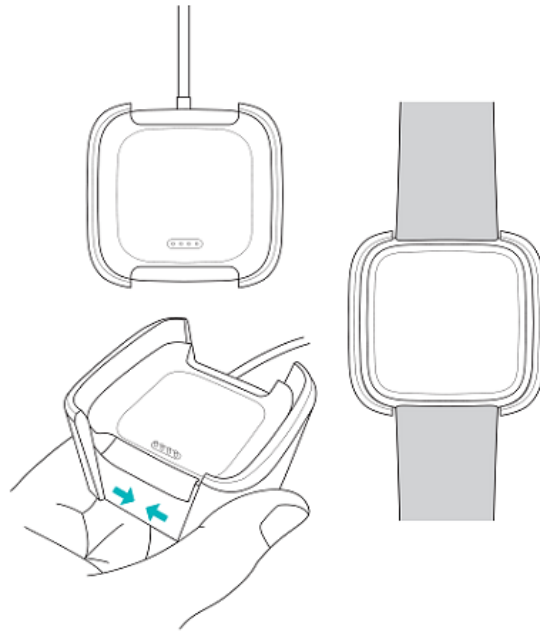
While the watch charges, tap the screen twice to check the battery level. Tap again to use Versa Lite Edition.
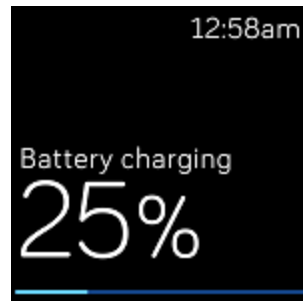
Set up with your phone or tablet

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, and open it.
   - If you already have a Fitbit account, log in to your account, and tap the account icon ⊡ > **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 Versa Lite Edition 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.

Set up with your Windows 10 PC

If you don't have a compatible phone, you can set up and sync Versa Lite Edition 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.
   - If you already have a Fitbit account, log in to your account, and tap the account icon ⊡ > **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.
5. Continue to follow the on-screen instructions to connect Versa Lite Edition 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 Versa Lite Edition 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 Versa Lite Edition syncs periodically with the app.

If you turn off all-day sync, we recommend syncing at least once a day. Each time you open the Fitbit app, Versa Lite Edition syncs automatically when it's nearby. You can also use the **Sync Now** option in the app at any time.

Wear Versa Lite Edition

Place Versa Lite Edition around your wrist. If you need to attach a different size wristband, or if you purchased an accessory wristband, see the instructions in "Change the wristband" on page 13.

Placement for all-day wear vs exercise

When you're not exercising, wear Versa Lite Edition a finger's width above your wrist bone.
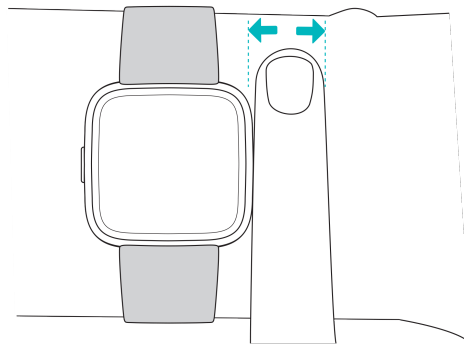
For optimized heart-rate tracking while exercising:

- Try wearing Versa Lite Edition higher on your wrist during exercise for an improved fit and more accurate heart-rate reading. Many exercises, such as bike riding or weight lifting, cause you to bend your wrist frequently, which can interfere with the heart-rate signal if the watch is lower on your wrist.
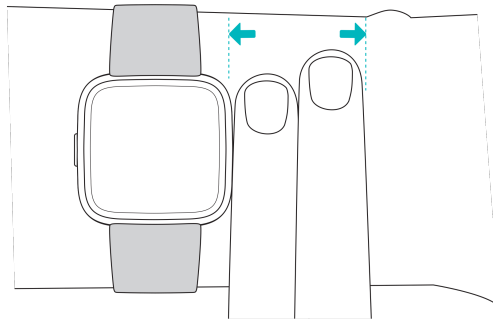
- Make sure the watch is in contact with your skin.
- Don't wear your watch too tight; a tight wristband restricts blood flow, potentially affecting the heart-rate signal. The watch should be slightly tighter (snug but not constricting) during exercise.
- With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may limit the sensor's ability to provide a heart-rate reading. If your watch doesn't show a heart-rate reading, try relaxing your wrist and staying still briefly.

Handedness

For greater accuracy, you must specify whether you wear Versa Lite Edition 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 Versa Lite Edition on your dominant hand, change the Wrist setting in the Fitbit app.

Change the wristband

Versa Lite Edition 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. For wristband measurements, see "Wristband size" on page 50.

Remove a wristband

To remove the wristband:

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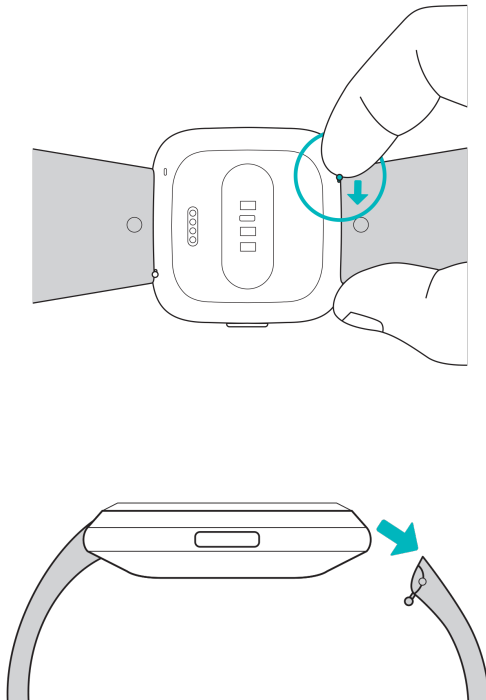
3. Repeat on the other side.

Attach a wristband

To attach a wristband:

1. Attach the wristband with the clasp to the top of the watch. Slide the pin (the side opposite the quick-release lever) into the notch on the watch.
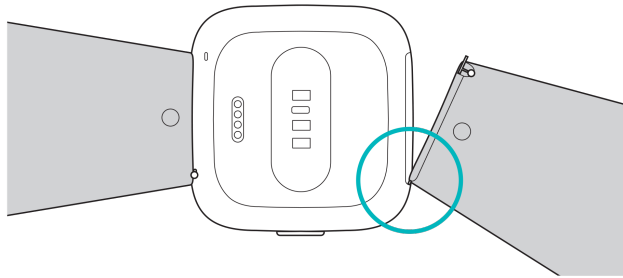
2. While pressing the quick-release lever inward, slide the other end of the wristband into place.
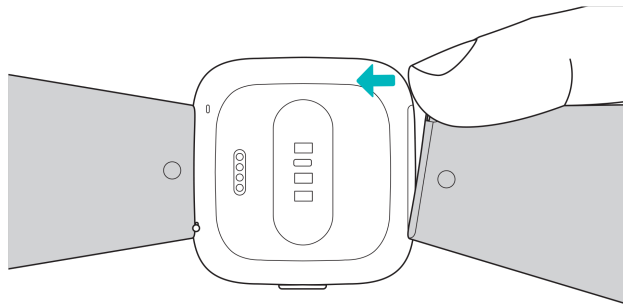
3. When both ends of the pin are inserted, release the quick-release lever.

Basics

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

Navigate Versa Lite Edition

Versa Lite Edition has a touch screen with a color LCD and 1 back button.

Navigate Versa Lite Edition by tapping the screen, swiping side to side and up and down, or pressing the back button. To preserve battery, the watch's screen turns off when not in use.

Basic navigation

The home screen is the clock. On the clock:

- Swipe down to see notifications.
- Swipe up to see your daily stats.
- Swipe left to see the apps on your watch.

💬 Heron
What time are you leaving tonight?

✉ Kim N
Dinner tonight
Looking forward to seeing you at 7pm

Fri, Mar 15

12:58

89 | ♥ 👟 🔥

Exercise   Alarms
Relax   Weather

🔋 100%   Feb 1

Welcome
Congrats on taking the next step towards your goals! Use your Fitbit to track your progress...

7,514 steps

106 bpm
fat burn

6h 52m
asleep

138 steps
this hour

Settings

16
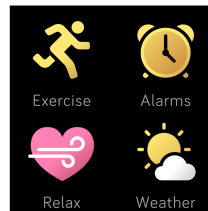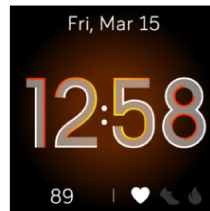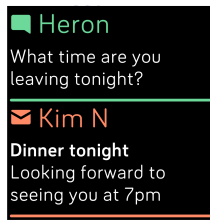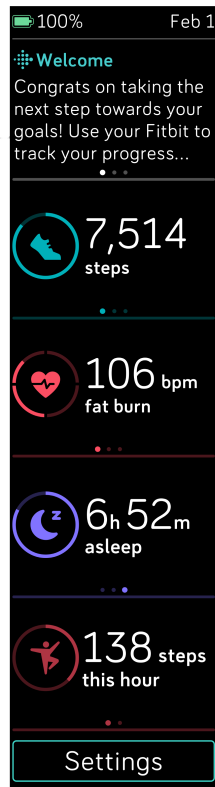
Quick settings

Press and hold the back button on Versa Lite Edition 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:

- Adjust your Screen Wake setting. When the Screen Wake setting is on, turn your wrist toward you to turn on the screen.
- Turn notifications on or off. When the Notifications setting is on, Versa Lite Edition displays notifications from your phone when your phone is nearby. For more information, see "Notifications" on page 25.

Swipe right to access music controls. For more information, see "Control Music and Podcasts" on page 44.

Adjust settings

Manage basic settings including brightness, heart-rate tracking, and vibration strength directly on your watch. Open the Settings app and tap a setting to adjust it. Swipe up to see the full list of settings.

To turn off notifications so that you don't receive them during exercise and sleep, tap **Notifications** and then tap **During Exercise** or **During Sleep** to adjust the setting.
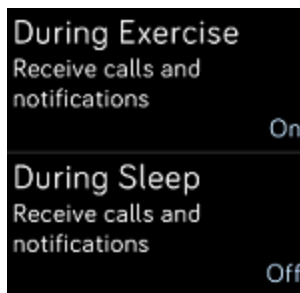
Check battery level

Check your battery level at any time: from the clock face, swipe up. The battery level icon is in the top left of the screen.

If your battery is low (less than 24 hours remaining), you'll see a red battery indicator on the clock face. If your battery is critically low (less than 4 hours remaining), the battery indicator flashes.
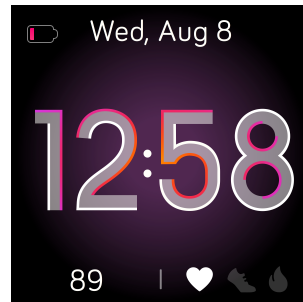
Turn off the screen

To turn off Versa Lite Edition's screen when not in use, briefly cover the watch face with your opposite hand.
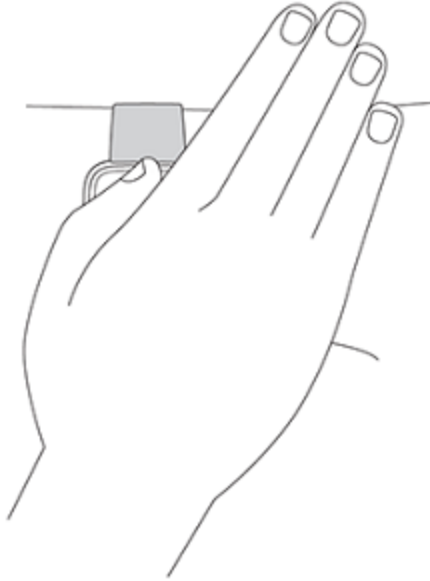
Care for Versa Lite Edition

It's important to clean and dry Versa Lite Edition regularly. For more information, see fitbit.com/productcare.

Apps and Clock Faces

The Fitbit App Gallery and Clock Gallery offer apps and clock faces to personalize your watch and meet a variety of health, fitness, timekeeping, and everyday needs. Apps are organized in groups of 4 per screen.
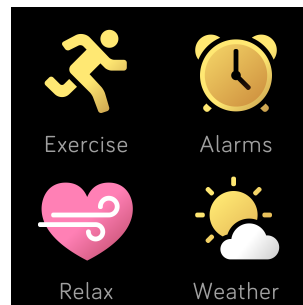
Change the clock face

A variety of clock faces are available in the Fitbit Clock Gallery. To update your clock face, you must have no more than 38 apps installed.

To change your clock face:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon
   ⬚ > Versa Lite Edition 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 Versa Lite Edition.

Open apps

From the clock face, swipe left to see the apps installed on your watch. To open an app, tap it.

Organize apps

To change the placement of an app on Versa Lite Edition, press and hold an app until it's selected, and then drag it to a new location. The app is selected when it increases slightly in size and the watch vibrates.

Download additional apps

Add new apps to Versa Lite Edition from the Fitbit App Gallery.

To add an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon
    > Versa Lite Edition tile.
2. Tap **Apps** > **All Apps**.
3. Browse the available apps. When you find one you want to install, tap it.
4. Tap **Install** to add the app to Versa Lite Edition.

For more information, see help.fitbit.com.

Remove apps

You can remove most apps installed on Versa Lite Edition.

To remove an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon
    > Versa Lite Edition tile.
2. Tap **Apps**.
3. In the My Apps tab, find the app you want to remove. You may have to swipe up to find it.
4. Tap the app > **Remove**.

Update apps

Occasionally, you need to update apps installed on Versa Lite Edition.

To update an app:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon
   ![account icon] > Versa Lite Edition tile.
2. Tap **Apps**.
3. In the My Apps tab, find the app you want to update. You may have to swipe up to find it.
4. Tap the pink **Update** button next to the app.

Lifestyle

Load Versa Lite Edition with apps like Starbucks , Strava , and Weather to stay connected to what you care about most. See for instructions on how to add and delete apps.

For more information, see help.fitbit.com.

Starbucks

Add your Starbucks card or Starbucks Rewards program number in the Fitbit App Gallery in the Fitbit app and sync your watch. Then use the Starbucks app to pay from your wrist.

For more information, see help.fitbit.com.

Strava

Connect your Strava and Fitbit accounts in the Fitbit app to see your run and bike data in the Strava app on your watch.

For more information, see help.fitbit.com.

Weather

See the weather in your current location, as well as 2 additional locations you choose in the Weather app on your watch.

Check the weather

To check the current weather, open the Weather app on your watch. By default, the
Weather app ☀️ shows your current location. Swipe left to view the weather in
other locations you added.

If the weather for your current location doesn't appear, check that you turned on
location services for the Fitbit app. If you change locations, sync your watch to see
your new location in the Weather app.

Choose your unit of temperature in the Fitbit app. For more information, see
help.fitbit.com.

Add or remove a city

To add or remove a city:

1. Open the Fitbit app and tap the account icon 🪪 > Versa Lite Edition tile.
2. Tap **Apps**.
3. Tap the gear icon ⚙️ next to **Weather**. You may need to swipe up to find the
    app.
4. Tap **Add City** to add up to 2 additional locations or tap **Edit** > the **X** icon to
    delete a location. Note that you can't delete your current location.
5. Sync your watch with the Fitbit app to see the updated list of locations on
    your watch.

Notifications

Versa Lite Edition can display call, text, calendar, and app notifications from your phone to keep you informed. The phone and watch 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 watch nearby, from the Fitbit app dashboard, tap the account icon ⬚ > Versa Lite Edition tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your watch. Versa Lite Edition 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.

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

For more information, see help.fitbit.com.

See incoming notifications

When your phone and Versa Lite Edition are within range, a notification causes the watch to vibrate. If you don't read the notification when it arrives, you can check it later by swiping down on the clock screen.
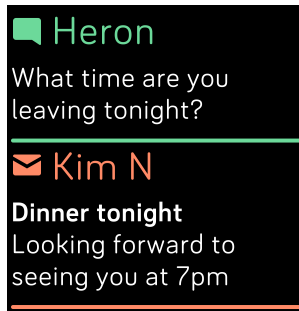
Manage notifications

Versa Lite Edition stores up to 30 notifications, after which the oldest are replaced as you receive new ones.

To manage notifications:

- From the clock, swipe down to see your notifications and tap any notification to expand it.
- To delete a notification tap to expand it. Then swipe to the bottom and tap **Clear**.
- To delete all notifications at once, swipe to the top of your notifications and tap **Clear All**.

Turn off notifications

Turn off all notifications in the quick settings on Versa Lite Edition, or turn off certain notifications in the Fitbit app.

To turn off all notifications:

1. Press and hold the back button on your watch to reach the quick settings screen.
2. Tap **Notifications** to turn them off.
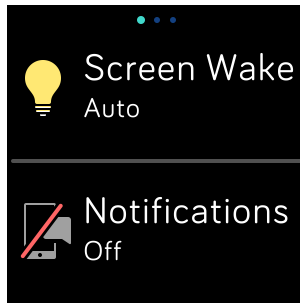
To turn off certain notifications:

1. With your watch nearby, from the Fitbit app dashboard, tap the account icon
    > Versa Lite Edition tile > **Notifications.**
2. Turn off the notifications you no longer want to receive on your watch.
3. Tap **Notifications** > **Versa Lite Edition** in the top left to return to device settings. Sync your watch 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.

Answer or reject phone calls

If paired to an iPhone or Android (8.0+) phone, Versa Lite Edition lets you accept or reject incoming phone calls. If your phone is running an older version of the Android OS, you can reject, but not accept, calls from your watch.

To accept a call, tap the green phone icon on your watch's screen. Note that you can't speak into the watch—accepting a phone call answers the call on your nearby phone. To reject a call, tap the red phone icon to send the caller to voicemail.

Respond to messages

Respond directly to text messages and notifications from select apps on your watch with preset quick replies. This feature is currently only available on watches paired to an Android phone.

To use quick replies:

1. Tap the notification on your watch. To see recent messages, swipe down from the clock face.
2. Tap **Reply**. If you don't see an option to reply to the message, quick replies aren't available for the app that sent the notification.
3. Choose a text reply from the list of quick replies or tap the emoji icon 😇 to choose an emoji.

You can also customize quick replies. For more information, see help.fitbit.com.

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.

Set an alarm

Set, manage, and delete alarms in the Alarms app 🕐 .

For more information, see help.fitbit.com.

Dismiss or snooze an alarm

When an alarm goes off, the watch vibrates.

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. Versa Lite Edition automatically goes into snooze mode if you ignore the alarm for more than 1 minute.
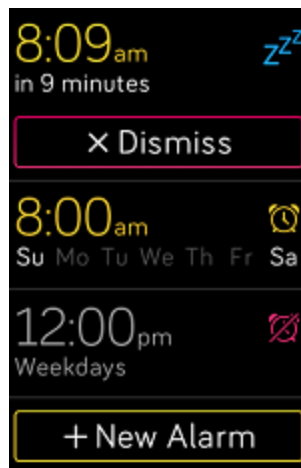
Use the Timer app

Time events with the stopwatch or set a countdown timer with the Timer app
on your watch. Note that the stopwatch and countdown timer can run at the same
time.

For more information, see help.fitbit.com.

Activity and Sleep

Versa Lite Edition 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

Swipe up from the clock face on your watch to access Fitbit Today, which shows up to 7 of these stats:

Core stats	Steps taken today, calories burned, distance covered, active minutes, and goal history over the past 7 days
Hourly steps	Steps taken this hour and the number of hours you met your hourly activity goal
Heart rate	Current heart rate and either your heart-rate zone or resting heart rate (if not in a zone), time spent in each heart-rate zone, and your cardio fitness score
Exercise	Number of days you met your exercise goal this week and up to 5 of your most recently tracked exercises
Cycle track	Information on the current stage of your menstrual cycle, if applicable
Sleep	Time spent asleep, time spent in each sleep stage, and your sleep history over the past 7 days
Water	Water intake logged today and history over the past 7 days
Food	Calories eaten, calories remaining, and your macronutrient breakdown by percentage
Weight	Remaining weight left to lose or gain to reach your goal, your current weight, and your progress since you last set your weight goal
Badges	The next daily and lifetime badges you'll unlock

Swipe left or right on each tile to view the complete set of stats. Tap the **+** icon on the water tile or weight tile to log an entry.

To reorder the tiles, press and hold a row, then drag it up or down to change its position. Tap **Settings** at the bottom of the screen to choose which stats are shown.

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

Track a daily activity goal

Versa Lite Edition tracks your progress toward a daily activity goal of your choice. When you reach your goal, the watch 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 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to active minutes, distance traveled, or calories burned.

For more information, see help.fitbit.com.

Track progress toward your goal on Versa Lite Edition. For more information, see "See your stats" on page 31.

Track your hourly activity

Versa Lite Edition 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.
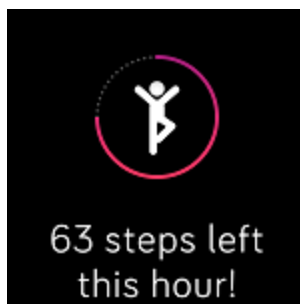
For more information, see help.fitbit.com.

Track your sleep

Wear Versa Lite Edition to bed to automatically track your time asleep and sleep stages (time spent in REM, light sleep, and deep sleep). To see your sleep stats, sync your watch when you wake up and check the app. You may need to wait a few minutes 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. You can choose 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

Versa Lite Edition tracks several sleep metrics including when you go to bed, how long you're asleep, and your time spent in each sleep stage. Track your sleep with Versa Lite Edition and check the Fitbit app to understand how your sleep patterns compare to your peers.

For more information, see help.fitbit.com.

See your heart rate

Versa Lite Edition 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. For more information, see "See your stats" on page 31. Certain clock faces show your real-time heart rate on the clock screen.

During a workout, Versa Lite Edition 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 40.

Adjust your heart-rate setting

Track your heart rate day and night with Versa Lite Edition. To preserve battery life, turn off heart-rate tracking in the Settings app > **Heart Rate**.

Note that the green LED on the back of Versa Lite Edition continues to flash even if you turn off heart-rate tracking.

For more information, see help.fitbit.com.

Practice guided breathing

The Relax app on Versa Lite Edition 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.

To begin a session:

1. On Versa Lite Edition, open the Relax app .

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. Then press the back button on your watch to return to the Relax screen.
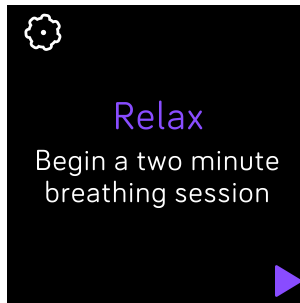
3. Tap the play icon to start the session and follow the on-screen instructions.

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

Choose to automatically track exercise, or to track activity with the Exercise app 🏃
and set goals based on distance, time, or calories.

Sync Versa Lite Edition with the Fitbit app and share your activity with friends and
family, see how your overall fitness level compares to your peers, and more.

Track your exercise automatically

Versa Lite Edition 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, see help.fitbit.com.

Track and analyze exercise with the Exercise app

Note: The connected GPS feature on Versa Lite Edition uses the GPS sensors on
your nearby phone.

GPS requirements

Connected GPS is available for all supported phones with GPS sensors. For more
information, see help.fitbit.com.

To use connected GPS:

1. Turn on Bluetooth and GPS on your phone.
2. Make sure the Fitbit app has permission to use GPS or location services.

3. Check that connected GPS is turned on for the exercise.
   a. Open the Exercise app and swipe to find the exercise you want to track.
   b. Tap the gear icon ⚙ and make sure connected GPS is set to **On**. You may have to swipe up to find this option.
4. Keep your phone with you while you exercise.

Track an exercise

To track an exercise:

1. On your watch, open the Exercise app 🏃.
2. Swipe to find an exercise, and tap to choose it.
3. Tap the play icon to begin the exercise, or tap the flag icon to choose a time, distance, or calorie goal depending on the activity.
4. When you're done with your workout or want to pause, tap the pause icon.
5. Tap the play icon to resume your workout, or tap the flag icon to finish.
6. When prompted, confirm you want to end the workout. Your workout summary appears.
7. Tap **Done** to close the summary screen.

Note:

- Versa Lite Edition shows 3 real-time stats of your choice. Swipe the middle stat to see all of your real-time stats. You can adjust the stats you see in the settings for each exercise.
- If you set an exercise goal, your watch vibrates when you're halfway to your goal and when you reach the goal.

- If the exercise uses GPS, an icon appears in the top left as your watch connects to your phone's GPS sensors. When the screen says "connected" and Versa Lite Edition vibrates, GPS is connected.
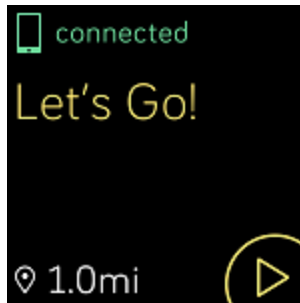
Customize your exercise settings and shortcuts

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

- Connected GPS: track your route with your phone's GPS sensors
- Auto-Pause: automatically pause an activity when you stop moving
- Show Laps: receive alerts when you reach certain milestones during your workout
- Run Detect: track runs automatically without opening the Exercise app
- Always-on Screen: keep the screen on during exercise

To customize an exercise setting:

1. On Versa Lite Edition, tap the Exercise app .
2. Swipe through the list of exercises until you find the one you want to customize.
3. Tap the gear icon and swipe through the list of settings.
4. Tap a setting to adjust it.
5. When you're done, press the back button to return to the exercise screen, and tap the play icon to start the workout.

Check your workout summary

After you complete a workout, Versa Lite Edition shows a summary of your stats.
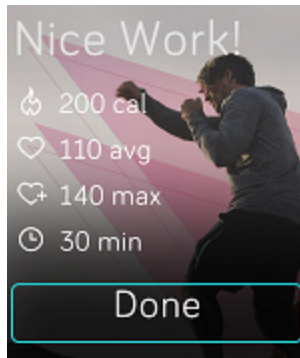
Sync your watch to save the workout in your exercise history, where you can find additional stats and see your route and pace if you used connected GPS.

Check your heart rate

Heart-rate zones help you target the training intensity of your choice. Versa Lite Edition 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.

Icon	Zone	Calculation	Description
273 cal 68 ♥ heart rate 30:01.4 ⏸	Out of Zone	Below 50% of your maximum heart rate	Your heart rate may be elevated, but not enough to be considered exercise.
303 cal 110 ♥ fat burn 27:31.9 ⏸	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.
346 cal 135 ♥ cardio 32:18.4 ⏸	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.
556 cal 162 ♥ peak 35:19.7 ⏸	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.
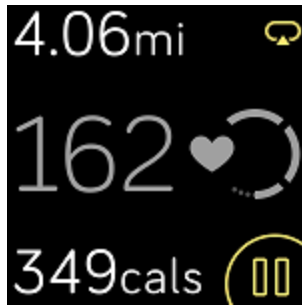
Custom heart-rate zones

Configure 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.

Track your cardio fitness score

Track your overall cardiovascular fitness on your wrist or in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

Track your overall cardiovascular fitness in the Fitbit app. See your cardio fitness score and cardio fitness level, which shows how you compare to your peers.

On your watch, swipe up to Fitbit Today and find the heart-rate tile. Swipe left to see your time spent in each heart-rate zone for the day. Swipe left again to see your cardio fitness score and cardio fitness level.

From the Fitbit app dashboard, tap the heart rate tile, and then swipe left to see your cardio fitness stats.

For more information, see help.fitbit.com.

Control Music and Podcasts

Use Versa Lite Edition to control music and podcasts playing on your phone.

To control music and podcasts:

1. While music is playing, press and hold the back button and swipe to the Music Controls screen.
2. Play, pause, or tap the arrow icons to skip to the next track or previous track. Tap the + and - icons to control the volume.
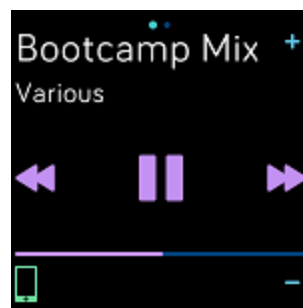
Update, Restart, and Erase

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

Update Versa Lite Edition

Update your watch 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, a progress bar appears on Versa Lite Edition and in the Fitbit app until the update is complete. Keep your watch and phone close to each other during the update.

Note: Updating Versa Lite Edition 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 Versa Lite Edition

To restart your watch, press and hold the back 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.

Shutdown Versa Lite Edition

To turn off your watch, open the Settings app > **About** > **Shutdown**.

To turn on your watch, press the button.

Erase Versa Lite Edition

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

On Versa Lite Edition, open the Settings app > **About** > **Factory Reset**.

Troubleshooting

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

Heart-rate signal missing

Versa Lite Edition 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 app 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. Versa Lite Edition 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.

If the heart-rate signal is still missing, open the Settings app on your watch and make sure **Heart Rate** is set to On.

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, "connecting" appears at the top of the screen.
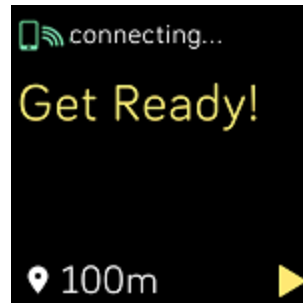
For best results, wait for your phone to find the signal before you start your workout.

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 Versa Lite Edition" on page 45 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 Versa Lite Edition contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- An optical heart-rate tracker
- An ambient light sensor

Materials

The housing and buckle on Versa Lite Edition 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 Versa Lite Edition classic wristband is made of a flexible, durable elastomer material similar to that used in many sports watches.

Wireless technology

Versa Lite Edition contains a Bluetooth 4.0 radio transceiver.

Haptic feedback

Versa Lite Edition contains a vibration motor for alarms, goals, notifications, reminders, and apps.

Battery

Versa Lite Edition contains a rechargeable lithium-polymer battery.

Charging cable

Versa Lite Edition comes with a charging cradle to recharge the watch battery. In certain situations, you may use the charger to restore watch functionality with the specific direction of Customer Support.

Memory

Versa Lite Edition 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. For best results, make sure the all-day sync option is turned on.

Display

Versa Lite Edition has a color LCD 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)
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 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.

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 > Regulatory Info

USA: Federal Communications Commission (FCC) statement

Model FB415

>FCC ID: XRAFB415

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

>Settings > About > Regulatory Info

>Supplier's Declaration of Conformity

>Unique Identifier: FB415

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 FB415:

IC: 8542A-FB415

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

Settings > About > 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> 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)

Model FB415

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB415 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 Funkgerättypen Modell FB415 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 FB415 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 FB415 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 FB415 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

Customs Union

EAC

Argentina

Model FB415:

CNC COMISIÓN NACIONAL DE COMUNICACIONES C-22585

Australia and New Zealand

Belarus

China

Model FB415

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

Settings > About > Regulatory Info

Frequency band: 2400-2483.5

Transmitted power: Max EIRP, 3.63dBm

Occupied bandwidth: BLE: 2MHz, BT: 1MHz

Modulation system: BLE: GFSK, BT: GFSK, ◼/4-DQPSK, 8PSK

CMIIT ID displayed: On packaging

CMIIT ID: 2019DJ0335

China RoHS

部件名称 Part Name	有毒和危险品 Toxic and Hazardous Substances or Elements					
Model FB415	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣 (Strap and Buckle)	O	O	O	O	O	O
电子 (Electronics)	--	O	O	O	O	O
电池 (Battery)	O	O	O	O	O	O
充电线 (Charging Cable)	O	O	O	O	O	O

本表格依据 SJ/T 11364 的规定编制

O = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下 (indicates that the content of the toxic and hazardous substance in all the Homogeneous Materials of the part is below the concentration limit requirement as described in GB/T 26572).

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求 (indicates that the content of the toxic and hazardous substance in at least one Homogeneous Material of the part exceeds the concentration limit requirement as described in GB/T 26572).

India

Model FB415

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

Settings > About > Regulatory Info

Israel

Model FB415

התאמה אישור 01280-55

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan

Model FB415

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

Settings > About > Regulatory Info

208-190026

Mexico

Model FB415

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

Morocco

Model FB415

AGREE PAR L'ANRT MAROC
Numéro d'agrément: MR 18386 ANRT 2018 Date d'agrément: 26/12/2018

Nigeria

Model Name FB415

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

Oman

D100428

Model FB415

TRA/TA-R/6711/18

Pakistan

Model FB415

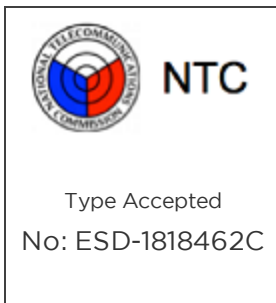TAC No.: 9.6090/2018

Approved by PTA 2019

PTA
Pakistan Telecom Authority

Model: FB415
Serial No: Refer to retail box
Year of Manufacture: 2018

Philippines

Model FB415

NTC

Type Accepted
No: ESD-1818462C

Serbia

Model FB415

И 005 18

South Korea

Model FB415

클래스 B 장치 (가정 사용을위한 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. "

Taiwan

Model FB415

CCAI19LP0170T1

低功率警語:

依據 低功率電波輻射性電機管理辦法

　　第十二條

　　經型式認證合格之低功率射頻電機，非經許可，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

　　第十四條

低功率射頻電機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。

前項合法通信，指依電信法規定作業之無線電通信。低功率射頻電機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:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

Article 14

The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.

Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

使用過度恐傷害視力」

使用30分鐘請休息10分鐘。 2歲以下幼兒不看螢幕，2歲以上每天看螢幕不要超過1小時。

Translation:

"Excessive use may cause damage to vision"

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.

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

United Arab Emirates

Model FB415

TRA Registered No.: ER68014/18
Dealer No.: DA35294/14

Zambia

Model FB415

ZMB/ZICTA/TA/2019/1/10

Glossary

A

apnea

A pause in breathing lasting for 10 seconds or longer.

Apnea Hypopnea Index

The number of apnea and hypopnea events per hour.

H

hypopnea

Shallow breathing that results in a partial loss of breath lasting for 10 seconds or longer.