



fitbit charge 3™

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



A tracker more advanced than ever



24/7 HEART RATE

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



HEART RATE ZONES

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



CARDIO FITNESS LEVEL

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



ALL-DAY CALORIE BURN

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



UP TO 7 DAY BATTERY LIFE

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



REAL-TIME EXERCISE GOAL TRACKING

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



AUTOMATIC EXERCISE RECOGNITION

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



SLEEP TRACKING & STAGES

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



SWIMPROOF

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



FITBIT TODAY

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



APPS

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



NOTIFICATIONS

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

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



REAL-TIME PACE & DISTANCE

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



FEMALE HEALTH

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



FITBIT PAY

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

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



ACCESSORIES & CLOCK FACES

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



DASHBOARD

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



WIRELESS SYNC

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



DURABLE, LIGHTWEIGHT DESIGN

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



SMARTER, SLEEKER DISPLAY

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



GUIDED BREATHING SESSIONS

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

Find inspiration day and night



BUILT FOR THE WAY YOU MOVE

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



A SMART WAY TO STAY CONNECTED

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



MORE WAYS TO KNOW & IMPROVE YOURSELF

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

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

Find a style that's right for you

Fitbit Charge 3

Black with Graphite Aluminum or
Blue Gray with
Rose Gold Aluminum

\$149⁹⁵



SPECIAL
EDITION



Special Editions

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

\$169⁹⁵

Accessories

Trackers sold separately.



Sport Bands

Black or Berry

\$29⁹⁵



Woven Bands

Charcoal

\$34⁹⁵