

Features Specs

What's included:

- Fitbit Charge 5
- Infinity band (small & large)
- Charging cable

Memory

- Saves 7 days of detailed motion data, minute by minute
- Saves daily totals for the last 30 days
- Stores heart rate data at one-second intervals during exercise tracking and at five-second intervals all other times

Materials

The Charge 5 housing is made of aluminium, glass and resin. The band is made of silicone and has an aluminium buckle.

Compatibility

Google account will be required. See [fitbit.com/devices](https://www.fitbit.com/devices).

The Fitbit app is compatible with most popular phones. To set up and use your Fitbit products and services, you must install the Fitbit app on a compatible device running one of the following operating systems:

- Apple iOS 14 or higher.
- Android OS 8 or higher. See additional tips for Android phones [here](#).

Syncing range: Up to 9m

- Certain features like smartphone notifications may require Android 8+. [Check your device compatibility](#).
- Syncing requires Bluetooth® LE, an internet connection and location permissions granted on the phone

Sensors & Components

- Optical heart rate monitor
- 3-axis accelerometer
- Built-in GPS + GLONASS
- Red and infrared sensors for oxygen saturation (SpO2) monitoring
- Device temperature sensor (skin temperature variation available in the Fitbit app)
- Vibration motor
- Ambient light sensor
- NFC
- Multipurpose electrical sensors compatible with ECG app & EDA Scan app

Water Resistance

Water resistant to 50 metres. After getting the band wet, we recommend drying the band because, as with any wearable device, it's best for your skin if the band is clean and dry. [Learn more](#).

Heart Rate

Like all heart rate tracking technologies, accuracy is affected by physiology, location of device and different movements.

Band Size

Print [this guide](#) to find the right size for you. Both small and large sizes included in box.

Small: Fits wrist 130mm - 170mm in circumference

Large: Fits wrist 170mm - 210mm in circumference

Battery & Power

- Battery life of up to 7 days. Use of the always-on display and SpO2 features will require more frequent charging. We recommend charging your tracker every few days to ensure you are always tracking.
- Battery type: Lithium-polymer
- Charge time (0-100%): Two hours
- Radio transceiver: Bluetooth

Care

Give your wrist a rest by taking the band off every now and then. If the band gets wet or you sweat in it, remove and completely dry the band before putting it back on. [Learn more](#).

Environmental Requirements

- Operating temperature: -10° to 45°C
- Maximum operating altitude: 8535m

Window Size

- Viewing area: 26.43mm diagonal
- Screen height: 21.93mm
- Screen width: 14.75mm