

fitbit charge 6

Our #1 tracker. Now with Google.

Meet Charge 6—a premium fitness tracker with Google essentials to help you run your day and your routine.¹

Take control of your fitness.

Now you can start, stop, and skip songs from your favourite YouTube Music playlist.² Choose your workout from 20+ new exercise modes. And see your heart rate metrics displayed in real-time on connected gym equipment.³

Make sense of your health.

Check your heart health with the ECG app and get notified when your heart rate changes.⁴ Track sleep and manage stress with daily Sleep Score and EDA scans. And with Fitbit Premium, you get activity recommendations based on your Daily Readiness Score.⁵

Fitbit motivation. Google innovation.

New route? No problem. See turn-by-turn directions on your wrist with Google Maps.⁶ Plus a 7-day battery life means you can leave your charger behind.⁷ *Google account required.*



Advanced fitness and health tracker

TOP FEATURES

- HEART RATE ON GYM EQUIPMENT**
Engage your workout. See your heart rate in real-time when you connect Charge 6 to your favourite compatible exercise machines—like treadmills, ellipticals, rowers, exercise bikes and more.³
- GOOGLE MAPS**
Find your way seamlessly with turn-by-turn directions from Google Maps.⁶
- 40+ EXERCISE MODES**
With over 20 new exercise modes added to Charge 6, you can set personal goals and get key workout stats for everything from daily runs and bike rides to HIIT workouts, strength training and more.
- YOUTUBE MUSIC CONTROLS**
DJ your workouts right from your wrist with YouTube Music controls. Start, stop and skip over 100 million songs.²
- DAILY READINESS SCORE PREMIUM**
Know when your body is ready for a workout or needs recovery so you can dial your exercise up or down.⁵
- ADVANCED HEALTH TOOLS**
The ECG app can monitor your heart health and check for irregular heart rhythms.⁴ The EDA sensor checks stress in your body. And your Sleep Score tells you how well you slept.
- BUILT-IN GPS**
See your pace and distance during outdoor workouts—no phone necessary—using built-in GPS, then see a map of your workout route in the Fitbit mobile app.
- STRESS MANAGEMENT SCORE**
Get a daily score showing your body's physical response to stress. You can see how your exercise routine, mindfulness practice and sleep help to manage your stress levels.
- 6-MONTH FITBIT PREMIUM**
Get thousands of workouts and access to Fitbit's awesome trainers with 6 months of Fitbit Premium. Your Daily Readiness Score can recommend exercises to help optimise your workouts.^{9,5}
- 7-DAY BATTERY LIFE**
Don't miss a beat with a battery that can keep your tracker going for up to 7 days, so you can leave your charger behind on your next long weekend trip.⁷
- EDA SCAN APP**
The app detects electrodermal activity—tiny changes in your skin's sweat level which may indicate your body's response to stress.
- NAVIGATION BUTTON**
Find what you need with an easy-to-use side button—it just takes a quick tap to jump to your home screen or see your stats.
- SPO2 & SKIN TEMPERATURE**
SpO2 tracks the percentage of oxygen in your blood.¹⁰ Skin temperature gets tracked nightly and can vary based on sleep environment, menstrual cycle, or activity level.¹¹
- SLEEK DESIGN**
With a comfortable band, slim shape and easy side button for navigating, Charge 6 is designed to keep up with your routine—from reps to rest—in its smallest profile yet.
- 24/7 HEART RATE TRACKING**
Watching your heart rate during exercise lets you know when you're in fat burn, cardio or peak zones so you can adjust your effort to match your goals.
- SMARTTRACK**
Forget to start tracking? Don't sweat it. SmartTrack automatically recognises and records workouts like elliptical, runs, swims and more.
- ALWAYS-ON DISPLAY MODE**
See real-time workout progress and check the clock with just a glance—even mid plank—when you turn on Always-on display.¹²
- ACTIVE ZONE MINUTES**
Active Zone Minutes tracks the time you spend in your target heart rate zones, so when you work out harder, you get credit. Workouts in cardio or peak zones earn you double the minutes.
- SLEEP SCORE**
See how your day affected your sleep with your daily Sleep Score, plus metrics including your time spent in sleep stages and resting habits.
- NOTIFICATIONS**
Get notifications for calls, texts, and smartphone apps like Google Calendar, Gmail, and WhatsApp—plus send quick replies right from your wrist.¹³

Fitbit Charge 6 Obsidian / Black Aluminium Porcelain / Silver Aluminium Coral / Champagne Gold Aluminium

Show your style with accessories

Give your Fitbit a stylish new look with dozens of clock faces and accessory bands to choose from.¹⁴

Bands shown are compatible with Charge 6 and Charge 5. Bands sold separately.



Infinity Band
Coral



Sport Band
Hazel



Woven Band
Ocean



Adjustable Stretch Band
Obsidian (Coming soon)

1. Fitbit Charge 6 works with most phones running Android 9.0 or iOS 15 (or newer) and requires a Google Account, Fitbit mobile app and internet access. Some features require a Fitbit mobile app and/or a paid subscription. See [Fitbit.com/devices](https://www.fitbit.com/devices) for more information. 2. YouTube Music controls require a compatible phone within Bluetooth range and a paid YouTube Music Premium subscription. YouTube Music controls requires a paid YouTube Music Premium subscription. Try a 1-month free trial to unlock more of the YouTube love. Terms apply. Works with most phones running Android 9 or iOS 15 (or newer). Requires Google Account and internet access. 3. Compatible with select workout machines that support the Bluetooth Heart Rate Profile, and coming soon to more. 4. Irregular heart rhythm notifications are only available in select countries. Data is recorded only when user is still or sleeping. Not intended for use by people under 22 years old or with other known arrhythmias. See [fitbit.com/irregular-rhythm](https://www.fitbit.com/irregular-rhythm) for additional details. 5. Daily Readiness Score requires a Fitbit Premium membership. Premium content recommendations are not available in all locales and may be in English only. 6. Google apps and services require compatible phone within Bluetooth range of your Fitbit device and are not available in all countries or languages. Data rates may apply. Works with most phones running Android 9 or iOS 15 (or newer). Requires Google Account and internet access. 7. Average battery life is approximate and is based on testing conducted in California in mid-2023 on pre-production hardware and software, using default settings with a median Fitbit user battery usage profile across a mix of data, standby, and use of other features. Battery life depends on features enabled, usage, environment and many other factors. Use of certain features will decrease battery life. Actual battery life may be lower. 8. Google apps and services are not available in all countries or languages. Data rates may apply. 9. Fitbit Premium content and features may change. Content recommendations are not available in all countries and may be in English only. 10. Requires Fitbit mobile app. Not available in all countries. The SpO2 feature is not intended to diagnose or treat any medical condition or for any other medical purpose. It is intended to help you manage your well-being and keep track of your information. This feature requires more frequent charging. 11. Only available in the Fitbit app and only displays variation. Not available in all markets. Not intended for medical purposes. Significant changes in ambient temperature may negatively impact skin temperature tracking. 12. Always-on display mode requires more frequent charging. 13. Your compatible phone must be in Bluetooth range of your Fitbit device to use this feature. Quick replies for Android users only. 14. Options may vary by country and retailer. Accessories sold separately.