



Surge 101

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Navigating Surge

Swipe the Clock to see your all-day stats.

Press Home to switch between Clock and Menu.

Swipe to flip through.

Tap to select.

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Charging

Surge battery life lasts up to 7 days.

When tracking GPS, Surge will last about 5 hours.

Surge takes about 1-2 hours to charge.

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Keep it clean & dry

After activities where you sweat or your wrist gets wet, clean and completely dry both your wrist and the band before re-wearing.

Clean your Surge regularly with a mild soap-free cleanser like Cetaphil or Aquanil.

If you notice skin irritation, please remove the device. For more information, read the full [Wear and Care Tips](#).

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Wearing



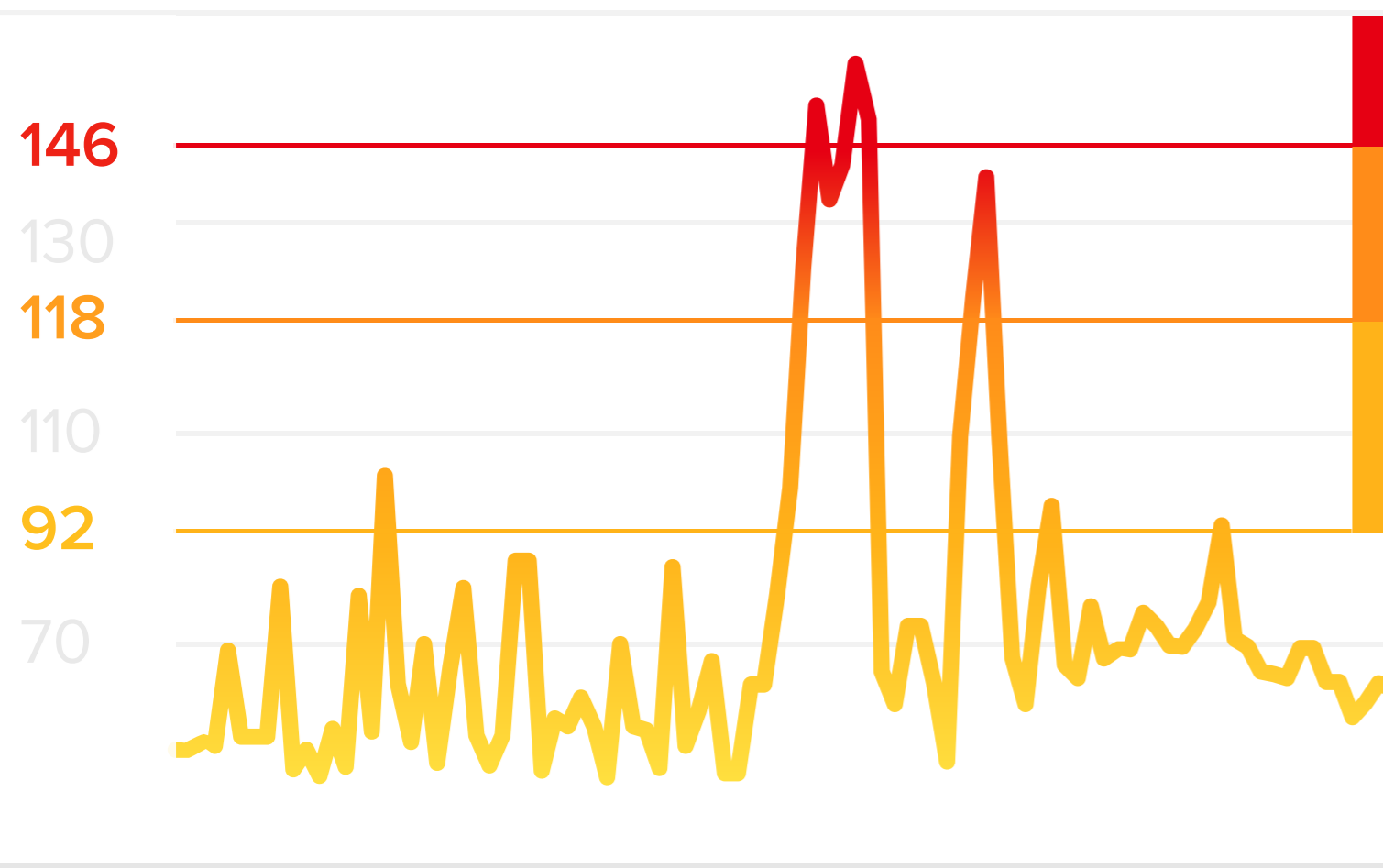
Surge is water resistant. It is splash, rain, and sweat-proof. It's important to keep any wearable device clean and dry, so we don't recommend showering with Surge. Surge is not swim-proof.



To track heart rate, your band should lay flat, a finger's width above your wrist bone.

For better readings during exercise, wear the band higher up on your wrist—about 2-3 finger widths above your wrist bone.




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Heart rate

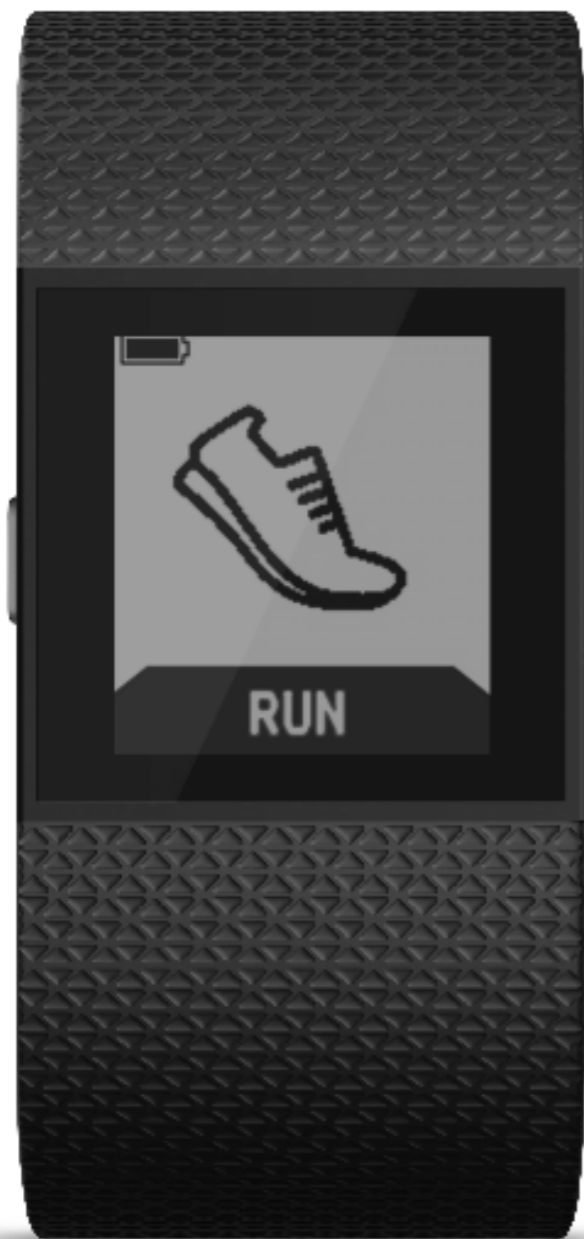
Surge tracks your heart rate all day and during exercise.

See your heart rate on display. When you exercise, the heart icon shows which zone you are in.

-  In Peak zone
-  In Cardio zone
-  In Fat Burn zone

You can also set a custom heart rate zone under your Account Settings.

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Track a run

Tap on Run to launch.

Swipe to your run type and tap ✓ to select.

Press ▶ to start

Pause || and resume ▶

Press 🏁 to finish your run

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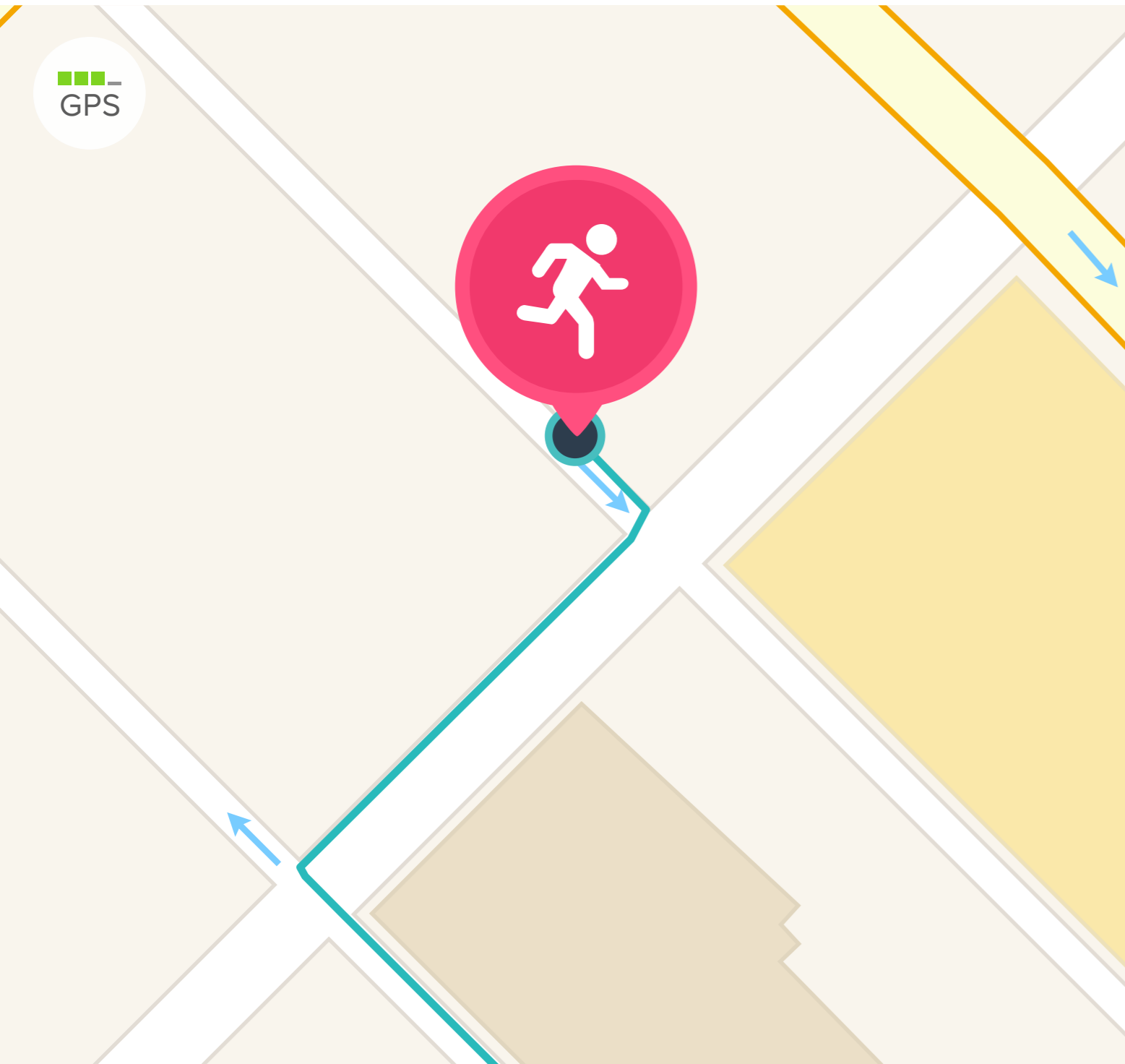
Track exercise

Tap Exercise in the menu and swipe to view exercise types.

You can choose up to 7 exercise shortcuts to track real-time on your Surge. Go to Account Settings to customize.

During your workout, swipe to view real-time stats relevant to your exercise type.

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GPS tracking

Surge can track your GPS route for activities such as run, walk and hike.



For best results, wait for GPS satellites to lock in on your location before you start.



Use Quick Start to continue without a GPS location lock. Surge will keep trying!

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Notifications

Surge can receive notifications for phone calls and text messages.

Notifications appear when your phone receives them.

To access them later, press the upper right button while in the menu.

Turn notifications on or off from your Account Settings.

See a list of [compatible mobile devices](#).

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Clock face style



Exercise shortcuts



Heart rate zones



Silent alarms

Customizing

Start customizing your Surge by going to your Account Settings on the web or the Fitbit app.

For more information, ask the [Community](#) or visit [Fitbit Help](#).