

fitbit inspire 3

This is Inspire 3—the tracker that helps you find your energy, do what you love and feel your best. All you have to do is wear it.

Move more

The best exercise is the one you already love, and if you're unsure whether to go hard today or take it easy, your Daily Readiness Score lets you know.¹

Stress less

Everyone feels stress—how you respond to it makes the difference. Stress Management Score and guided breathing sessions can teach you healthier ways to handle it all.

























Sleep better

Better energy starts with better rest. Track your Sleep Score, light, deep & REM sleep, sleeping heart rate and how consistent your schedule is. Your included Premium membership gives you access to your Sleep Profile—get matched with a sleep animal and see your personalized sleep analysis each month.²



All you have to do is wear it

TOP FEATURES

-  **ALWAYS-ON WELLNESS TRACKING**
Know your body better and do what's best by watching for changes in your resting heart rate, blood oxygen, skin temperature & more.³
-  **UP TO 10 DAY BATTERY LIFE**
Over a week of battery life for more go, more flow, more whoa. *Battery life varies with use & other factors.*
-  **DAILY READINESS SCORE PREMIUM**
This score tells you if your body's ready for a workout or needs recovery, so you can dial your exercise up or down.¹
-  **SLEEP PROFILE PREMIUM**
Get matched with a sleep animal and see a personalized analysis of your sleep every month.²
-  **STRESS MANAGEMENT SCORE**
See how well your body is handling stress with a daily personalized score. A high score means you're ready to tackle big things, while a low score is your body asking for some self-care.
-  **ACTIVE ZONE MINUTES**
Tracks your heart rate to know when you're in fat burn, cardio or peak zones and can adjust your effort to match your goals.
-  **24/7 HEART RATE**
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.
-  **SLEEP SCORE**
Wake up to a daily Sleep Score that shows how you slept last night. With Premium you'll see what impacts your score and whether you're not sleeping long enough or not getting enough restorative sleep.
-  **MINDFULNESS SESSIONS**
Fitbit's mindfulness sessions teach you healthier ways to respond to stress so you feel cool, calm and in control.¹
-  **BLOOD OXYGEN (SPO2)**
Track the oxygen level in your blood to help you learn when there may be an indication of important changes in your well-being.⁴
-  **SMART WAKE ALARM**
A vibrating alarm wakes you during the optimal sleep stage, so you feel refreshed and on your game.
-  **STEPS, DISTANCE & CALORIES**
It doesn't matter what you're doing—if you're moving, it's exercise. Inspire 3 tracks your steps, distance, calories burned & Active Zone Minutes 24/7.
-  **IRREGULAR HEART RHYTHM NOTIFICATIONS**
Check for signs of an irregular heart rhythm that may be atrial fibrillation (AFib), and share any notable results with your doctor.⁵
-  **RELAX BREATHING SESSIONS**
The Relax app is like a mindfulness teacher on your wrist—guiding you through calming breathing sessions so you can find your happy place.
-  **EXERCISE MODES + SMARTTRACK®**
Choose from 20 exercise modes to get real-time stats like pace and calorie burn during a workout. If you forget to hit start, no sweat—SmartTrack® automatically records common exercises.
-  **HIGH & LOW HEART RATE NOTIFICATIONS**
If your heart rate goes above or below your usual range while you're at rest, your Fitbit will send you a notification because it could mean something's up.
-  **MENSTRUAL HEALTH TRACKING**
Log periods, record symptoms, estimate ovulation & find patterns in your cycle using Inspire 3 and the Fitbit app.⁶
-  **CALL & TEXT NOTIFICATIONS**
Just glance down to see what's up. When your phone's in your pocket, you can be more present. *Works when phone is nearby.*
-  **SWIMPROOF & COMFORTABLE**
The super lightweight, swimproof band hugs your wrist naturally for comfort day & night.
-  **CLOCK FACES & ACCESSORIES**
With so many clock faces and accessories choices, your looks stay new. Be discreet and clip it to your shirt, pocket or bra.⁷ *Accessories sold separately.*
-  **WORKS WITH iOS & ANDROID**
Compatible with most popular phones running on the latest versions of Android and iOS. See fitbit.com/devices for more information.
-  **CONNECTED GPS**
Connect to your phone's GPS to see pace and distance on your wrist during jogs, hikes or bike rides and see a map of your effort post-workout. *Works when phone is nearby.*
-  **ALWAYS-ON DISPLAY MODE**
Keep your display a glance away—great for working out or when you want that clock face to complete your look. *Requires more frequent charging.*
-  **6-MONTH PREMIUM MEMBERSHIP**
Inspire 3 includes 6 months of Premium, giving you access to key features like Daily Readiness Score & Sleep Profile plus hundreds of workouts, meditation sessions and more.⁸

*Blood oxygen, Health Metrics and voice assistant are not available in all markets. 1. Fitbit Premium membership required to access Daily Readiness, Sleep Profile and most in-app mindfulness sessions. Premium content recommendations are not available in all locales and may be in English only. 2. Requires Fitbit Premium membership. Not intended for medical purposes. Consult your healthcare professional for questions about your health. 3. Only available in select countries. Not intended for medical purposes or to diagnose or treat any medical condition. This feature is only intended to provide information to assist you with managing your well-being. 4. Not intended to diagnose or treat any medical condition or for any other medical purpose. Intended to help you manage your well-being and keep track of your information. Requires more frequent charging. 5. Only available in select countries; not intended for use by people under 22 years old or with known atrial fibrillation. 6. Not intended to be used for contraceptive or other medical purposes. May not accurately predict your menstrual cycles or related information. Intended only to help you monitor and keep track of certain information. 7. While using the clip, heart rate-enabled features such as heart rate tracking, sleep tracking and Stress Management Score will not function. 8. New and returning Premium members only. Must activate membership within 60 days of device activation (requires valid payment). This membership cannot be gifted. Cancel before end of membership to avoid recurring fees. Content and features may change. T&C apply.

A Google account is required. To set up and use your Fitbit products and services, you must install the Fitbit app on a compatible device running Android OS 9.0 or higher or iOS 15 or higher. See fitbit.com/devices for more information. Each purchased device will come with a 6-month membership to Fitbit Premium on us. This membership cannot be gifted. You can cancel at any time. Your Premium Membership will automatically renew at \$9.99/month after the expiration of the 6-month trial membership. Cancel before the end of the trial membership to avoid recurring fees. Premium content and features may change, and are not available in all regions. T&C apply. See g.co/fitbitpremium/tos for more details.