

# fitbit inspire 2

Get twice the motivation with Fitbit Inspire 2. Pair this slim, easy-to-use tracker with the personalized guidance of Fitbit Premium and you have all you need for a healthier you.

## **Make healthy a habit**

Track all your activity and challenge yourself to do more with 24/7 heart rate and Active Zone Minutes, plus take advantage of Premium's step-by-step nutrition and fitness programs in the Fitbit app.

## **Get a better night's rest**






















See how well you slept & spot your nighttime trends with Sleep Score, then view a detailed breakdown with Premium so you can get more out of each night's sleep.

## **Stay motivated & on track**

With a 10-day battery\*\*, on-wrist celebrations and personalized insights from Premium, you always have the info and inspiration to keep you on track as you reach for your health and fitness goals.



# Your first move toward a healthier you

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**ACTIVE ZONE MINUTES**  
 Earn Active Zone Minutes whenever you reach your target heart rate zones, and track if you're getting the recommended 150 minutes of heart-pumping activity each week.
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**HEART RATE ZONES**  
 Inspire 2 personalizes your heart rate zones based on your age and resting heart rate to show whether you're in fat burn, cardio or peak zone.
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**SLEEP STAGES**  
 See how much light, deep and REM sleep you get, and get tips in the app that can help improve sleep quality.
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**20+ EXERCISE MODES + SMARTTRACK™**  
 Choose from 20+ exercise modes to get real-time stats during your workouts—or let SmartTrack™ automatically recognize and record your exercises.
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**REMINDERS TO MOVE**  
 Get friendly reminders that encourage you to stretch your legs and take 250 steps every hour—and get recognition when you hit that 250!
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**10 DAYS OF BATTERY**  
 Fitbit Inspire 2 keeps the inspiration coming day and night without having to stop for a charge. *Varies with use and other factors.*
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**CARDIO FITNESS LEVEL**  
 Check your Cardio Fitness Score in the Fitbit app to see how fit you are, and get tips on how to improve it.
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**SLEEP SCORE**  
 Sleep Score is a quick, easy way to see how well you slept, watch your trends over time & celebrate your progress when you wake more energized.
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**NOTIFICATIONS**  
 Get call, text, calendar and smartphone app notifications right on your wrist. Plus, send quick replies to messages. *(Android only.) Available when phone is nearby.*
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**MENSTRUAL HEALTH TRACKING**  
 Understand your body on a deeper level by using your tracker with the Fitbit app to follow your cycle, record symptoms and more.
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**24/7 HEART RATE**  
 24/7 heart rate helps you maximize your exercise sessions, see heart rate zones, track sleep stages and better estimate calorie burn.
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**ALL-DAY ACTIVITY**  
 Every part of your day impacts your goals, so Fitbit Inspire 2 tracks all-day steps, distance and calories burned.
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**SWIMPROOF + SWIM TRACKING**  
 Inspire 2 is swimproof, so you can wear it in the shower, pool and beyond. Plus, it automatically tracks how long you've been swimming. *Water resistant to 50m.*
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**REAL-TIME PACE & DISTANCE**  
 Connect Inspire 2 to your phone's GPS to see real-time pace and distance on your wrist during walks, jogs, hikes and bike rides.
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**GUIDED BREATHING SESSIONS**  
 Fitbit Inspire 2 helps you find moments of calm throughout your day with personalized guided breathing sessions based on your heart rate.
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**ADVANCED INSIGHTS**  
 Receive deeper, personalized insights that connect the dots across your activity, sleep and heart rate, then get specific guidance on what you can do to improve.
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**GUIDED PROGRAMS**  
 Follow step-by-step programs that help you improve your nutrition, exercise and sleep, and use guided workout plans to help you build strength in different areas.
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**SLEEP TOOLS**  
 See your Sleep Score breakdown to understand which aspects of your sleep need to improve, receive personalized insights about your sleep and follow guided programs to help improve your rest.
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**VIDEO AND AUDIO WORKOUTS**  
 Stay motivated and mix up your routine with hundreds of workouts from Fitbit plus popular brands like Daily Burn, POPSUGAR, barre3 and more.
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**MINDFULNESS TOOLS**  
 Relax and unwind with a library of sleep sounds and guided meditations for stress reduction, restful sleep and body positivity from Fitbit, Ten Percent Happier and more.
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**GAMES AND CHALLENGES**  
 Invite any Fitbit friends (not just Premium members) to compete in special, all-levels challenges that make reaching your goals more fun.

Fitbit Premium Only

**Fitbit Inspire 2**  
 Black/Black  
 Black/Lunar White  
 Black/Desert Rose  
**\$99<sup>95</sup>**



## Personalize your style with accessories

*Sold separately.*

*For Inspire 2 only*

*For Inspire 2, Inspire HR and Inspire*



**Classic Bands**  
 Fitbit.com & Channel.com exclusive:  
 Black  
 Fitbit.com exclusives:  
 Lunar White, Desert Rose  
**\$24<sup>95</sup>**



**Stainless Steel Mesh**  
 Fitbit.com & Channel.com exclusive:  
 Rose Gold Stainless Steel  
 Fitbit.com exclusive:  
 Silver Stainless Steel  
**\$69<sup>95</sup>**



**Clip**  
 Fitbit.com & Channel.com exclusive:  
 Black  
**\$19<sup>95</sup>**



**Print Band Bloom**  
**\$29<sup>95</sup>**



**Premium Horween® Leather Double Wrap**  
 Black  
**\$39<sup>95</sup>**



**Premium Horween® Leather Band**  
 Fitbit.com exclusive:  
 Midnight Blue  
**\$34<sup>95</sup>**

\*\*Varies with use and other factors.