

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

- 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.
- 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.
- SLEEP STAGES**
See how much light, deep and REM sleep you get, and get tips in the app that can help improve sleep quality.
- 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.
- 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!
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- ALL-DAY ACTIVITY**
Every part of your day impacts your goals, so Fitbit Inspire 2 tracks all-day steps, distance and calories burned.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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



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



Stainless Steel Mesh
Fitbit.com & Channel.com exclusive: Rose Gold Stainless Steel
Fitbit.com exclusive: Silver Stainless Steel



Clip
Fitbit.com & Channel.com exclusive: Black



Print Band
Bloom



Premium Horween® Leather Double Wrap
Black



Premium Horween® Leather Band
Fitbit.com exclusive: Midnight Blue

***Varies with use and other factors.*