

How to change the time on Fitbit

Modern smartwatches have new problems, making the time and date on the Fitbit health monitoring bracelet out of sync or even displaying it wrong. Here is how to fix this problem.

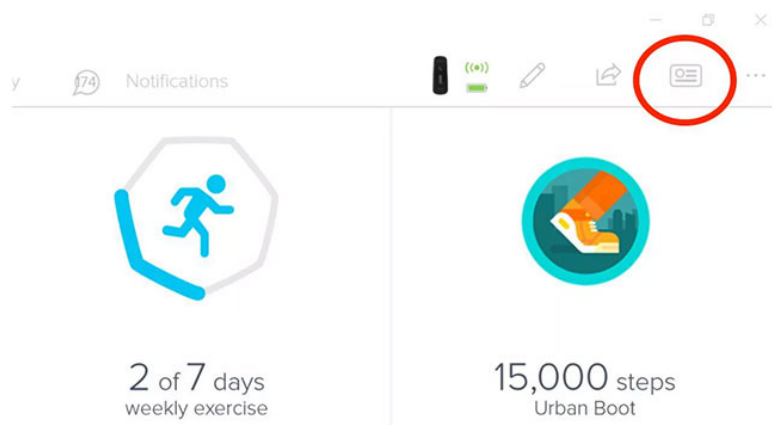
Fitbit is famous for tracking fitness, but can also act as a watch, especially when it comes to smartwatch models like Fitbit Alta and Fitbit Surge.

However, modern smartwatches have new problems, causing the time and date on the Fitbit health monitoring bracelet to be out of sync or even displayed incorrectly. Here is how to fix this problem.

Note : This information applies to all Fitbit smartwatch and fitness tracker models, including Versa, Alta, Charge, Ionic, Inspire, and Ace.

Change the time zone on the Fitbit health monitoring bracelet

Switching to another time zone can also confuse your Fitbit health bracelet. Depending on the time zone you travel, it may cause data to be recorded in the previous day or completely skipped throughout the day.



Change the time zone on Fitbit health tracking bracelets

If you only plan to be in a different time zone for a short period of time, you can force your Fitbit to stay in the original time zone, by turning off automatic time zone updates in the Fitbit app settings.

This is how to disable automatic time zone updates.

1. Open **the free Fitbit app** on Windows, iOS, Android, or Windows 10 phones.

2. Click the icon that looks like a small membership card or a rectangle with a circle and 3 inner lines (see picture above).
3. Scroll down the menu and click **Advanced Settings**.
4. Click **Time Zone**.
5. Time Zone settings will display the current time zone. By default, it is set to automatically change the time zone whenever the device is moved to another area. Click the **Auto** slider to lock the current time zone. From now on, no matter where you go, Fitbit will keep the original time zone and its time zone.

How to change the time on a Fitbit device

All Fitbit health bracelets are programmed to match the time on the device they sync, like a tablet, computer or smartphone. To change the time on your Fitbit fitness tracker, all you need to do is change the time on the device you sync, then perform the sync as usual through the Fitbit app.

1. To change the time on an iOS device like iPhone, iPad or iPod Touch, go to **Settings> General> Date & Time** .
2. To change the time on an Android tablet or smartphone, open **Settings> Date & Time** .
3. To change the time on your Windows phone, go to **All settings> Time & language> Date and time** .
4. Once the time and date on the device have been changed to what you want, open the Fitbit app and click on the icon of the connected Fitbit health bracelet. Force sync immediately by clicking the icon that looks like two arrows forming a circle.

How to reset the time on the bracelet Fitbit health monitoring

If the battery on Fitbit devices like Fitbit Charge 2 or Fitbit Blaze is low, the time and date settings on it may be affected. These settings can be reset very easily just by performing the synchronization through the above method.

The basic synchronization process will fix most major issues on all Fitbit devices.

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