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What are Active Zone Minutes or x +

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MANUALS 

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What are Active Zone Minutes or active minutes on my Fitbit device?

Earn Active Zone Minutes or active minutes based on your device with heart-pumping activity throughout the day.

DOES MY FITBIT DEVICE TRACK ACTIVE ZONE MINUTES OR ACTIVE MINUTES?

These devices track Active Zone Minutes :

- Fitbit Charge 4
- Fitbit Charge 5
- Fitbit Inspire 2
- Fitbit Ionic
- Fitbit Luxe
- Fitbit Sense
- Fitbit Versa series

All other devices track active minutes .

ACTIVE ZONE MINUTES

⤴ How do I earn Active Zone Minutes?

Earn Active Zone Minutes for time spent in the fat burn, cardio, or peak heart-rate zones. To help you maximize your time, you earn 2 Active Zone Minutes for each minute you're in the cardio or peak zones. Heart-rate zones are personalized based on your fitness level and age.

Heart-Rate Zone

Active Zone Minutes 

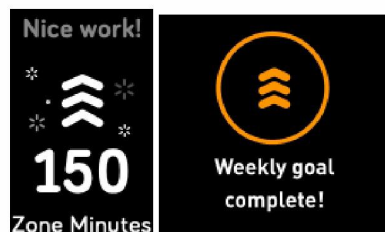
1 minute in the cardio or peak zone = 2 Active Zone Minutes*

For more information about heart-rate zones, see [How do I track heart rate with my Fitbit device?](#)

*Your Fitbit device doesn't track your heart rate during a swim workout. You earn 1 Active Zone Minute for each minute of swimming.

^ What is my Active Zone Minutes goal on my Fitbit device?

To start, your goal is to earn 150 Active Zone Minutes each week. The [American Heart Association](#) and [World Health Organization](#) recommend at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous activity, or a combination of both, each week. If you earn an average of 22 Active Zone Minutes daily, you meet these recommendations, but you can change your goal based on your needs.



^ How do I change my Active Zone Minutes goal?

Update your goal in the Fitbit app. For more information, see [How do I track my health and fitness goals with the Fitbit app?](#)


^ Why did I earn more Active Zone Minutes than my workout time?

For more intense workouts, such as spinning, interval training, or running, the number of Active Zone Minutes you earn might exceed the length of your workout. For example, if you run for a total of 20 minutes and spend 10 minutes in the fat burn zone and 10 minutes in the cardio or peak zones, you earn 30 Active Zone Minutes.

Workout	Heart-Rate Zone	Active Zone Minutes
5-minute warmup	Fat burn zone (1x)	5
10-minute run	Cardio and peak zones (2x)	20
5-minute cool down	Fat burn zone (1x)	5
20-minute workout	TOTAL	30

^ How do I see heart-zone notifications on my Fitbit device?

There are 2 ways your device notifies you about Active Zone Minutes:

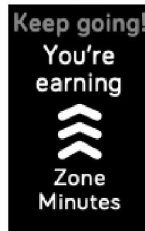
- **Workouts:** A few moments after you enter a different heart-rate zone in the Exercise app , so that you know how hard you're working.



The number of times your device buzzes indicates which zone you're in:


Number of Buzzes	Heart-Rate Zone
1 buzz	Fat burn zone
2 buzzes	Cardio zone
3 buzzes	Peak zone

- **Everyday activity:** 7 minutes after you enter a heart-rate zone during the day (for example, during a brisk walk).



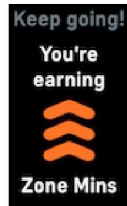
Charge 5 and Luxe

There are 2 ways your device notifies you about Active Zone Minutes:

- **Workouts:** A few moments after you enter a different heart-rate zone while using the Exercise app . The number of times your device buzzes indicates which zone you're in:


Number of Buzzes	Heart-Rate Zone
1 buzz	Fat burn zone
2 buzzes	Cardio zone
3 buzzes	Peak zone




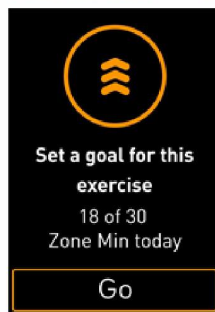




Note: On Luxe, heart-zone notifications are turned off to start. To turn them on, see [Can I turn zone notifications on or off on my Fitbit device?](#)

^ Ionic, Versa, Versa Lite Edition, and Versa 2

There are 2 ways to receive heart-zone notifications after you enter a heart-rate zone during an exercise in the Exercise app :

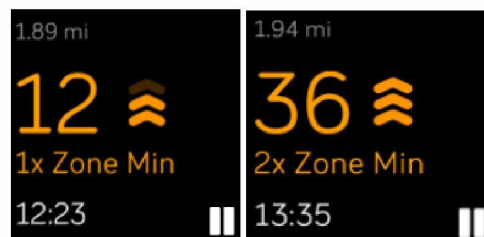
- Set a goal of Active Zone minutes for your workout. On your device, open the Exercise app  > tap an exercise > **Goal** > **Active Zone Minutes** > set a goal, and start the workout.



- Turn on zone notifications for the exercise. On your device, open the Exercise app  > tap an exercise > tap the gear icon  > **Zone Notifications**.

The number of times your device buzzes indicates which heart-rate zone you're in:

Number of Buzzes	Heart-Rate Zone
1 light buzz	Below zones
1 buzz	Fat burn zone
2 buzzes	Cardio zone
3 buzzes	Peak zone



^ Sense and Versa 3

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