



Google Fitbit Air
Technical Specifications
April 2026

Spec Category	Google Fitbit Air
Memory ¹	<ul style="list-style-type: none"> ● Saves 7 days of detailed motion data, minute by minute¹ ● Saves 1 day of workout data ● Saves daily totals for the last 30 days ● Stores heart rate data at 2-second intervals
Battery and Power ^{5,11}	<ul style="list-style-type: none"> ● Battery life of up to 7 days. We recommend charging your tracker every few days to ensure you are always tracking. ● Battery type: Lithium-polymer⁵ ● Charge time (0-100%): about 90 min¹¹ ● Quick Charging: up to 1 day of battery life in 5 min¹¹ ● Radio transceiver: Bluetooth 5.0³
Materials	<ul style="list-style-type: none"> ● The housing is made of recycled polycarbonate and PBT plastics.² The band is made of textile and has a stainless steel buckle. ● Packaging uses 100% plastic-free materials.
Sensors & components	<ul style="list-style-type: none"> ● Optical heart rate monitor⁶ ● 3-axis accelerometer + gyroscope ● Red and infrared sensors for oxygen saturation (SpO2) monitoring⁷ ● Device temperature sensor (skin temperature variation available in the Google Health app)⁸ ● Vibration motor
Band size	<ul style="list-style-type: none"> ● Textile and polyurethane: <ul style="list-style-type: none"> ○ One size ○ Wrist size: 130-210 mm around ● Silicone <ul style="list-style-type: none"> ○ Small wrist size: 130-175 mm around ○ Large wrist size: 165-210 mm around
Water resistance	<ul style="list-style-type: none"> ● Water resistant up to 50 meters. After getting the band wet, we recommend drying the band because, as with any wearable device, it's best for your skin if the band is clean and dry.⁹
Heart rate ⁶	<ul style="list-style-type: none"> ● Like all heart rate tracking technologies, accuracy is affected by physiology, location of device and different movements.
Care	<ul style="list-style-type: none"> ● Give your wrist a rest by taking the band off every now and then. If the band gets wet or you sweat in it, remove and completely dry the band before putting it back on.

Dimensions (without band)	<ul style="list-style-type: none"> • Length: 1.4 in (34.9 mm) • Width: 0.7 in (17 mm) • Height: 0.3 in (8.3 mm)
Weight	<ul style="list-style-type: none"> • 0.01 lb (5.2 g) without band • 0.03 lb (12 g) with band
Special Edition Stephen Curry Band only	<ul style="list-style-type: none"> • Water-resistant coating¹⁰
Compatibility	<ul style="list-style-type: none"> • Google Account required and Google Health App. See g.co/fitbit/airsupport¹² The Google Health app is compatible with most smartphones. To set up and use your Fitbit products and services, you must install the Google Health app on a compatible device running one of the following operating systems: <ul style="list-style-type: none"> ◦ Android 11.0 or higher ◦ Apple iOS 16.4 or higher • Syncing range: Up to 30 ft <ul style="list-style-type: none"> ◦ Syncing requires Bluetooth® LE, an internet connection, and location permissions granted on the phone³
Colors⁴	<ul style="list-style-type: none"> • Obsidian Band, Matte Black Stainless Steel Buckle • Fog Band, Polished Silver Stainless Steel Buckle • Lavender Band, Polished Silver Stainless Steel Buckle • Berry Band, Polished Champagne Gold Stainless Steel Buckle
Safety information	<ul style="list-style-type: none"> • See Regulatory and Safety documentation at support.google.com/product-documentation/answer/13888283

¹ Storage specifications refer to capacity before formatting. Actual formatted capacity will be less.

2 These recycled materials are at least 19% of products based on weight.

3 The Bluetooth® word mark and logo are registered trademarks owned by Bluetooth SIG, Inc. IOS is a trademark or registered trademark of Cisco in the US and other countries and is used under license.

4 Colors may vary and change over time with use. Not all colors are available in all areas.

5 Maximum battery life is approximate and is based on testing conducted in 2025 on pre-production hardware and software, using default settings with a median Google Fitbit Air user battery usage profile across features. Battery life depends on features enabled, usage, environment and many other factors. Use of certain features will decrease battery life. Actual battery life may be lower. Over time, Fitbit software will manage battery performance to help maintain battery health as your battery ages. See , [g.co/fitbit/battery](https://www.google.com/fitbit/battery) for more information on battery life.

6 Like all heart rate tracking technologies, accuracy is affected by physiology, location of device, and your movements and activity. Some uses may require the mobile app.

7 Not available in all countries. The SpO2 feature is not intended to diagnose or treat any medical condition or for any other medical purpose. It is intended to help you manage your well-being and keep track of your information. This feature requires more frequent charging.

8 Not available in all markets. Significant changes in ambient temperature may negatively impact skin temperature tracking.

9 Google Fitbit Air is designed to comply with a water protection rating of 5 ATM under ISO standard 22810:2010 when manufactured, but it is not waterproof. Water resistance is not a permanent condition and decreases or is lost over time due to normal wear and tear, repair, disassembly or damage. Dropping your Google Fitbit Air may result in loss of water resistance. Google Fitbit Air is designed to be used in shallow water and should not be used for activities involving water at high velocity or high temperature. See [g.co/fitbit/waterproof](https://www.google.com/fitbit/waterproof) for details. After any exposure to liquid, we recommend drying the Google Fitbit Air because, as with any wearable device, it's best for your skin if the band is clean and dry.

10 While this product is designed to be water-resistant, this resistance is achieved through a specialized surface coating/treatment. This protection is not permanent. The protective water-resistant coating may diminish or be completely removed over time due to normal wear and tear, environmental exposure, and regular use. Google does not guarantee continued water resistance for the lifespan of the product and excludes liability for any damage resulting from moisture exposure following the natural degradation of the coating.

11 Charging speed based on use of in-box USB-C® at 22 to 30 degrees C. Actual results may be slower Based on testing, charging speed with fully drained device batteries. Charging testing conducted in 2025 on pre-production hardware and software using default settings with the device powered on. Charging speed depends upon many factors including battery age and ambient temperature. Testing conducted in 2025 on pre-production hardware and software using default settings with the device powered on. Charging speed depends upon many factors including battery age and ambient temperature.

12 Requires Google Account and Google Health app. Feature availability varies and some require Google Health Premium membership. See [fitbit.com/devices](https://www.fitbit.com/devices), [g.co/health/fitbit-air](https://www.google.com/health/fitbit-air) and [g.co/fitbit/compatibility](https://www.google.com/fitbit/compatibility).