Product specification sheet

Product	Google Fitbit Air (Fog)
SKU	cm-50573374455906
Brand	Google
Category	Smart Electronics
Minimum order quantity	1
Unit	—
Unit price	$145.00
Available quantity	100

Description

Google Fitbit Air Google Fitbit Air is a lightweight health and fitness tracker designed for users who want continuous wellness insights without wearing a bulky smartwatch. Its strongest selling point is not only the slim design. The real advantage is the combination of 24/7 health tracking, sleep insights, readiness guidance, Gemini-powered coaching through Google Health Premium, and up to 7 days of battery life in an ultra-light wearable Key Features Ultra-lightweight fitness and health tracker Built with Google Health and Gemini-powered coaching Google Health Premium membership support 24/7 heart rate tracking Sleep Score and Sleep Stages SpO2 tracking Heart rate variability tracking Breathing rate and skin temperature variation AFib rhythm monitoring support Cardio Load and Readiness score Up to 7 days battery life Quick charge: 5 minutes for 1 day battery Water resistant up to 50 meters Bluetooth 5.0 connectivity Compatible with Android and iOS Health & Fitness Tracking 24/7 Heart Rate Tracking Google Fitbit Air automatically tracks heart rate, steps, active zone minutes, distance, and calories burned throughout the day Daily Wellness Metrics Users can view key health indicators such as SpO2, heart rate variability, breathing rate, skin temperature variation, and resting heart rate. AFib Monitoring Support The tracker can monitor heart rhythm while the user is still or sleeping and look out for signs of atrial fibrillation. Sleep & Recovery Sleep Score and Sleep Stages Advanced sleep tracking helps users better understand sleep quality, sleep patterns, and sleep stages. Readiness Score Readiness guidance helps users understand whether their body may be better prepared for activity or recovery. Cardio Load Cardio Load helps users track training strain and daily activity intensity more intelligently. Google Health Coaching Built with Gemini Google Fitbit Air supports personalized fitness, sleep, and health coaching through Google Health Premium membership. Adaptive Guidance Users can receive coaching that adjusts based on goals, routines, sleep, recovery, and daily progress. Important Note Google Health Premium membership may be required for the full coaching experience. Comfort & Design Thin and Lightweight The tracker weighs only 5.2g without the band and 12g with the band, making it suitable for all-day wear, workouts, and sleep tracking. Micro-Adjustable Fit Designed to sit comfortably and quietly on the wrist without disrupting daily routines. Materials The housing is made from recycled polycarbonate and PBT plastics, while the band uses textile material with a stainless steel buckle. Battery Life Battery Runtime Up to 7 days battery life. Charging Time 0–100% charge in approximately 90 minutes. Quick Charge 5 minutes of charging provides up to 1 day of battery life. Battery Type Lithium-polymer battery. Waterproof Rating Water Resistance Water resistant up to 50 meters. This makes it suitable for sweat, moisture, and water exposure during daily use, but users should dry the band after it gets wet for better skin comfort. Connectivity & Compatibility Bluetooth Version Bluetooth 5.0. Syncing Range Up to 30ft. Device Requirements Requires a Google Account and the Google Health App. Compatible with: Android 11.0 or higher iOS 16.4 or higher Technical Specifications Product Type Health and fitness tracker Battery Life Up to 7 days Charge Time 90 minutes Quick Charge 5 minutes = up to 1 day battery Battery Type Lithium-polymer Bluetooth Bluetooth 5.0 Water Resistance Up to 50 meters Memory Saves 7 days of detailed motion data and daily totals for 30 days Heart Rate Storage Stores heart rate data at 2-second intervals Sensors Optical heart rate monitor, accelerometer, gyroscope, SpO2 sensors, device temperature sensor, vibration motor Dimensions Without Band 34.9 × 17 × 8.3mm Weight 5.2g without band, 12g with band Wrist Size 130–210mm depending on band type Compatibility Android 11.0+ and iOS 16.4+