Fitbit Surge Instructions

Getting Started with My Fitbit Surge

What is in the Box?

The Fitbit Surge includes the following items:

Fitbit Surge™ tracker
USB Charging Cord
Wireless sync dongle

The Surge tracker is comprised of a GPS, 3-axis accelerometers, 3-axis gyroscope, digital compass, optical heart rate monitor, altimeter, ambient light sensor, vibration motor, and backlit touch screen monochrome LCD monitor built into a wristband made of a flexible, durable elastomer material similar to that used in many sports watches. Surge also has a surgical-grade stainless steel clasp.

> Surge is sweat, rain and splash proof. Surge is not swim or shower proof. We also recommend removing the Surge before showering because, it's best for your skin if the band stays dry and clean. If the band gets wet or if you sweat in it, remove and completely dry the band before putting it back on. Clean the band with a mild soap-free cleanser.

The Surge syncs automatically and wirelessly to tablets, computers and 150+ leading iOS, Android and Windows smartphones using Bluetooth 4.0 wireless technology. This syncing technology also powers the Surge's ability to link to and update your Rewards program.

The wireless sync dongle is the small USB device that comes with your Surge. The wireless sync dongle should be plugged into your computer's USB port to link your tracker with the Fitbit software called Fitbit Connect.

Once your tracker has been paired to your Fitbit account, the wireless sync dongle is used to sync your data to your online dashboard and update your tracker. The wireless sync dongle must be plugged in if you would like to sync using your computer.

Wearing My Fitbit Surge

Charging My Battery

Your Surge comes equipped with a rechargeable lithium-polymer battery. Depending on your usage, your battery life may vary:

If you aren't tracking runs or exercises that use GPS, your fully charged Surge should last about 7 days as a fitness watch with continuous heart rate monitoring and activity tracking before needing a charge.
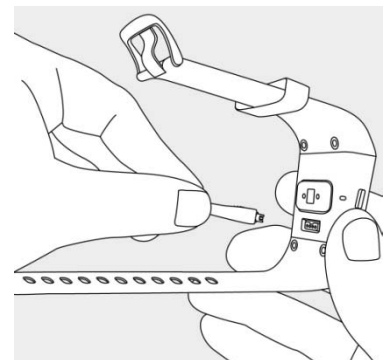
Your fully charged Surge can track up to 5 hours of activities that use GPS. To ensure that you are always tracking your data, we recommend charging your Surge after any activity that uses GPS.

To charge your Surge, plug the charging cable into the USB port on your computer and plug the other end into the port on the back of the Surge. You can also plug your charging cable into any standard USB wall charger. Charging completely takes 1 to 2 two hours.

Battery level is shown at the top left when the Menu is displayed on your Surge. You can also check your battery level from the Fitbit app on your mobile device or by logging into Fitbit.com and clicking the gear icon on the top-right corner of the page. The value shown represents the battery level at the last time you synced your Surge.

Wearing My Surge

Wearing your Surge could not be any easier. You wear it on your arm the same way you would any watch with a simple stainless steel buckle that provides an adjustable fit.

Your Surge should be worn on your wrist. While it may track stats such as steps and floors when placed in a pocket or backpack, it is most accurate on the wrist. For all day wear, your Surge should usually rest a finger's width below your wrist bone and lay flat (as you would normally wear a watch).

> The arm on which you wear your Surge can affect the performance and accuracy of the device. You can adjust the devices settings to match the arm upon which you wear the device by changing the Dominant Hand setting on your Devices page, which can be found by clicking Settings under the gear icon in the upper right corner of your dashboard. Changing this setting to "Dominant" will decrease sensitivity of step counting and should reduce over counting of steps when your body is not moving. Using the "Non Dominant" setting will increase the sensitivity of step counting and can be used if your Surge is not counting enough steps.

Using My Surge

The Fitbit Surge has a touch screen with a backlight and three buttons: Home, Select, and Action. Your Surge has two sets of screens: the Clock, where you can see your all-day stats, and the Menu. To switch between the two sets, press the Home button. When viewing the Clock, swipe left and right to see:

- Current heart rate
- Steps taken
- Distance covered
- Calories burned
- Floors climbed
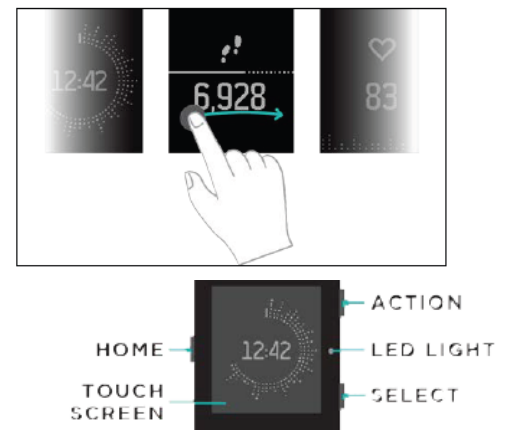
When viewing the Menu, swipe left and right to see the different menu items. To choose a menu option, either press

the Select button or just tap the screen. To exit the Run, Exercise, Alarms, or Settings screens, press the Home button.

The functions of the Select and Action buttons vary depending on what you're doing. An icon next to the button tells you what it does, such as pausing and resuming or selecting an option.

To explore your Surge even further, go online to **Surge 101** at **www.fitbit.com**.

Set up My Fitbit Surge

The Surge will automatically record your activity. There are a few steps needed to automatically report it to the Fitbit Dashboard and report it to your Rewards system. These steps are:

- Download Fitbit Connect
- Install Fitbit Connect
- Connect to the Fitbit Dashboard
- Integrate with my Rewards Program

Download Fitbit Connect

Fitbit Connect is the software application that connects your Surge tracker to your Fitbit.com Dashboard. It is available to download at no cost from Fitbit.com. In your computer's browser, navigate to www.Fitbit.com/setup. Choose the appropriate operating system and click "Download Here" as shown in Figure1 below.
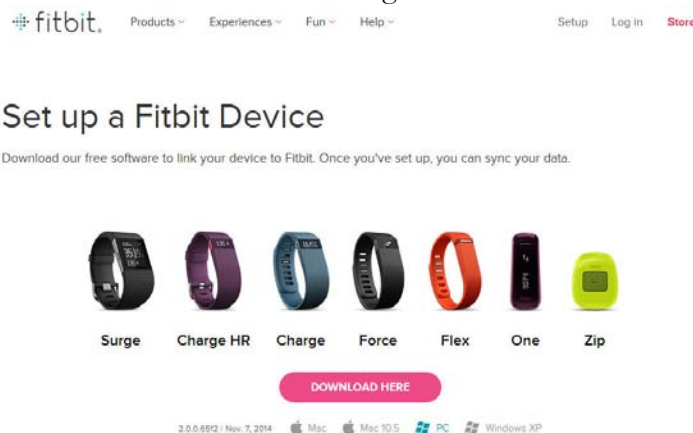
Figure 1

If you already have Fitbit Connect installed on your computer, you will need to download the latest version to set up your Surge. The instructions and screenshots in this guide are based on Windows PC operating system. Apple operating systems will look different but the steps and behavior are similar.

Install Fitbit Connect

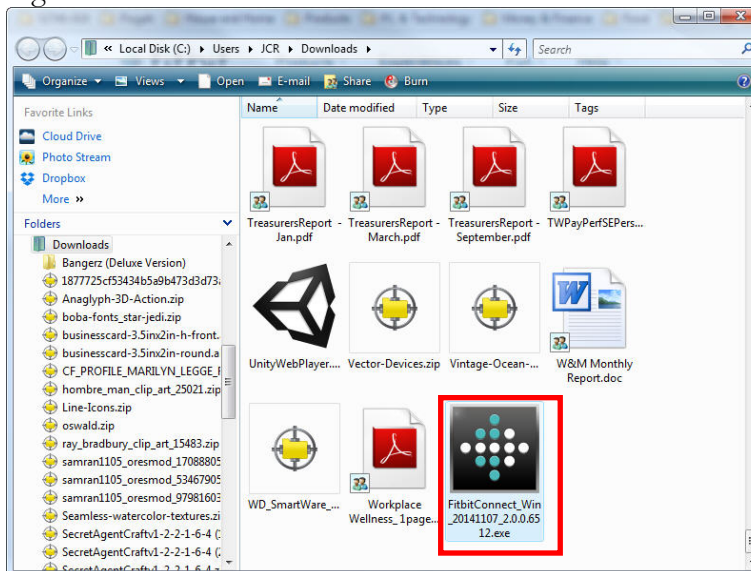Go to your Downloads folder and double-click the FitbitConnect_Win.exe file as shown in Figure 2 below.

Figure 2

Confirm that you want to install the file by selecting Run when prompted and select the appropriate region to launch the Fitbit Connect Setup wizard as shown in Figure 3 below.
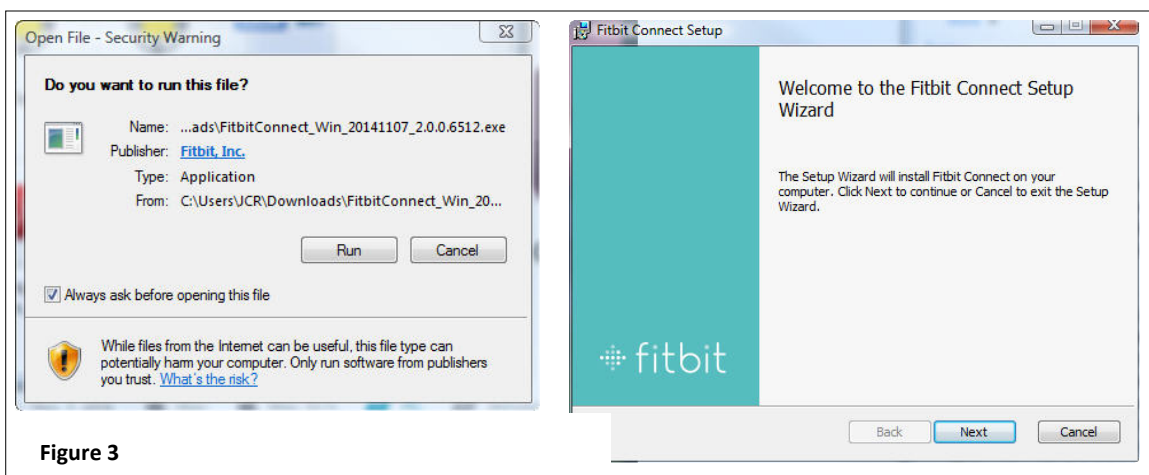
Figure 3

The Setup Wizard will lead you through the installation process, prompting you to accept the license agreement, accept the default installation location or specify a different location, and Follow the step-by-step instructions to finish the installation. As you finish the installation, you have the option to automatically run the Fitbit Connect application and set up your device, Fitbit Connect account and perform an initial sync of your device. If you do not select the option to run Fitbit Connect you can always launch the application manually at a later time.

Figure 4
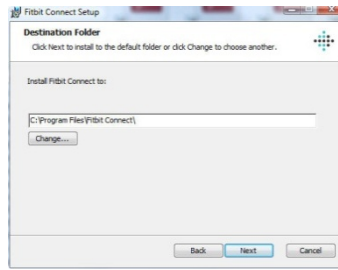
Figure 5
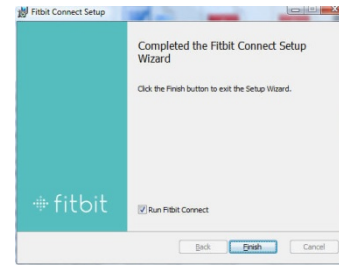
Figure 6

Connect my Device to the Fitbit.com Dashboard

The Fitbit Connect will allow you to complete the setup of your device, establish a Fitbit account, sync your device and deliver results to the Fitbit dashboard, and learn more about your particular device. Connecting to Fitbit.com is necessary for your device to automatically report results to your Rewards program.

If Fitbit Connect was not launched at the conclusion of installation, launch it now and look for the welcome screen as shown in Figure 7 below. Be sure that the wireless sync dongle is plugged into an available USB port on your computer. If it is not, Fitbit Connect will provide a warning. The absence of the dongle will prevent communication between your device and your computer. Once plugged in, Fitbit Connect will update and prepare you to set up your new device as shown in figures 7,8 &9 below.
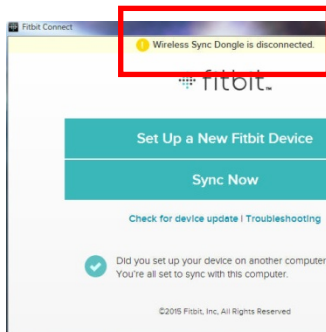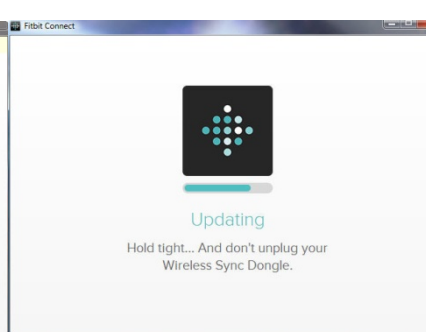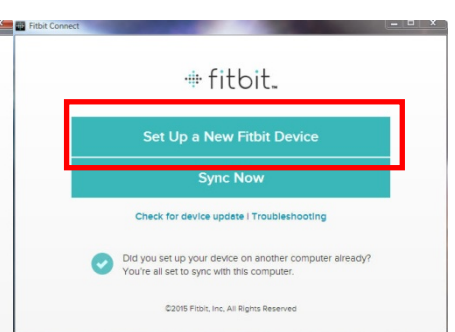

Figure 7

Figure 8

Figure 9

Choose "Set Up a New Fitbit Device." You will be given the option to create a new account or log into an existing account to update your device. We will be creating a new account for your device. Select "New to Fitbit" as shown is Figure 10 below.
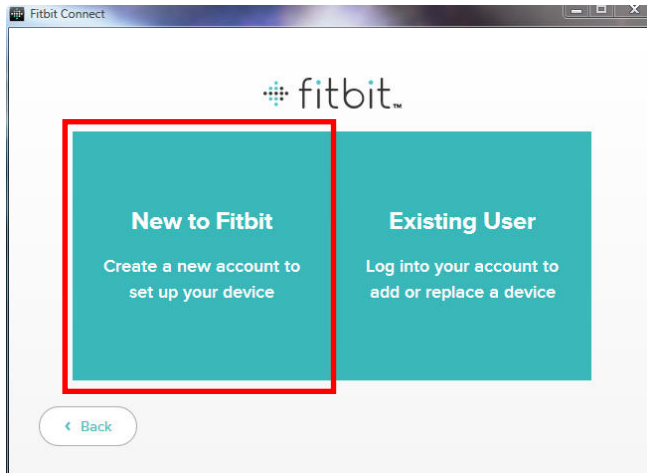
Figure 10

You have three options with which to set up your Fitbit account. The most basic is to establish a new account with your email address and the login and a password created by you for that account. You may also create an account based on your existing Facebook or Google+ credentials
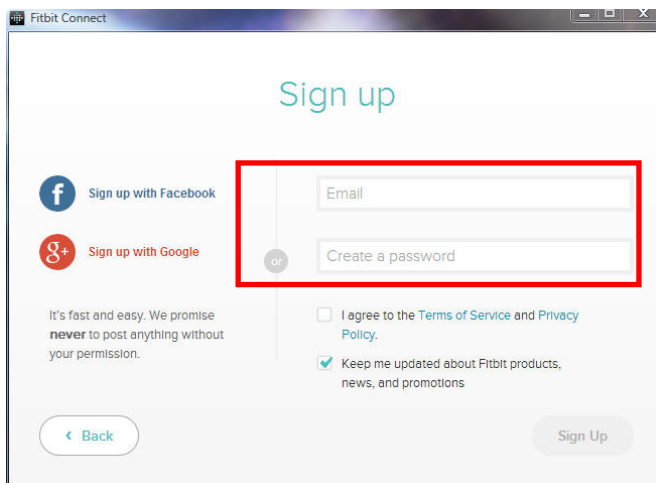

Figure 11

Once your account has been created, you will be prompted to tell Fitbit a few facts about yourself to help Fitbit customize your experience. Simply complete the fields and click "Sign Up" to establish your account and proceed to linking your specific device. Select your device from the screen illustrated in Figure 12 below.
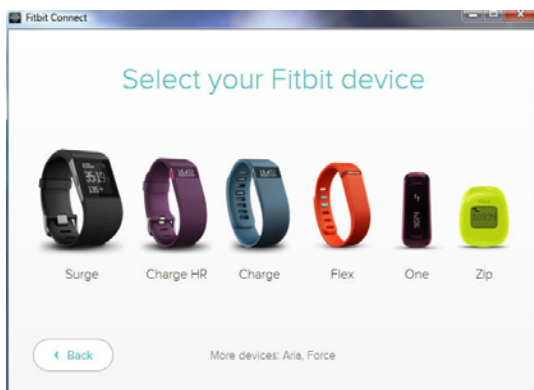
Figure 12

Once selected, you will be prompted with device specific instructions to pair your device to your Fitbit account. The screens shown below illustrate the pairing of a Fitbit Surge. Depending on your particular device, your screen may appear different.
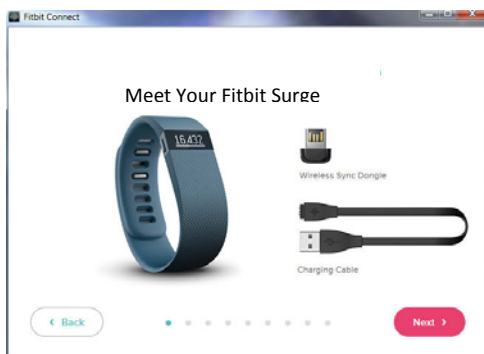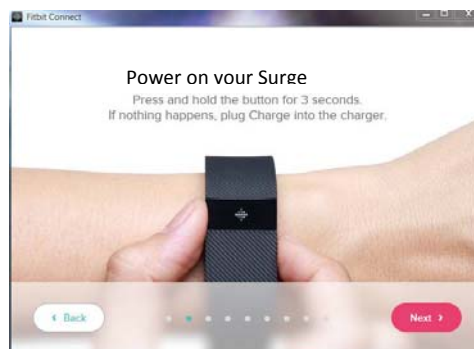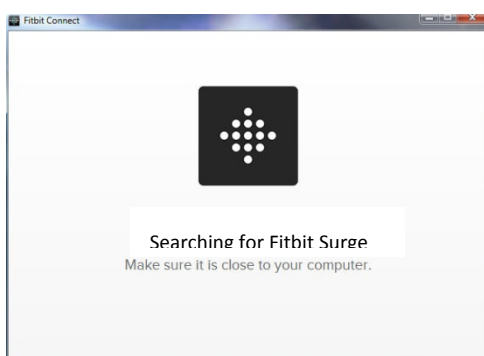

Figure 13
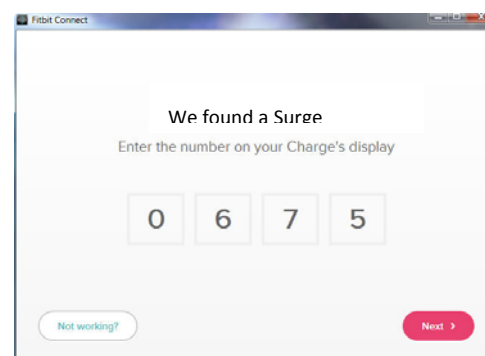

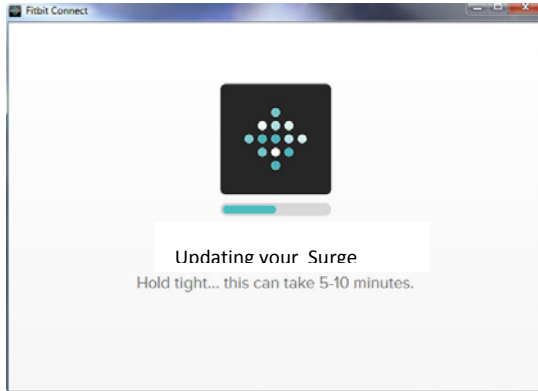**Figure 14**

Figure 15

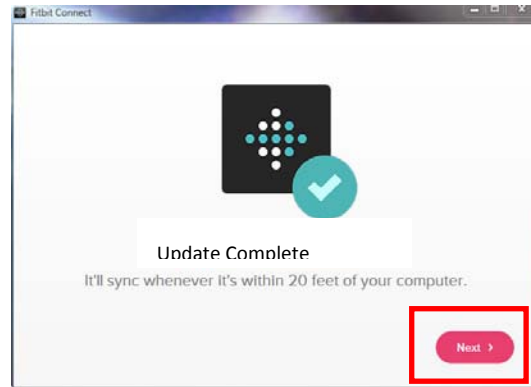**Figure 16**

Figure 17

Figure 18

Your device is now paired to your Fitbit account. Click "Next" to learn more about the care and use of your device. You will now be able to view your dashboard by logging in to your account atFitbit.com.

Synch My Device with My Rewards Account

Your Fitbit stats and dashboard can integrate with your rewards account to exchange your exercise and food diary records. When you link your Fitbit device to your rewards account, the program will automatically sync your exercise and food diary data with your activity profile (you will no longer need to self-report your exercise/steps). Integrating your Fitbit is easy. Just follow these steps to get started.

You must have a Fitbit Connect account before you can complete this process. If you have not registered your device, you must complete this step before your start the integration process.

Log in to your rewards account. From your home page menu, click on "Register Your Tracker" as shown in Figure 19 below

Figure 19

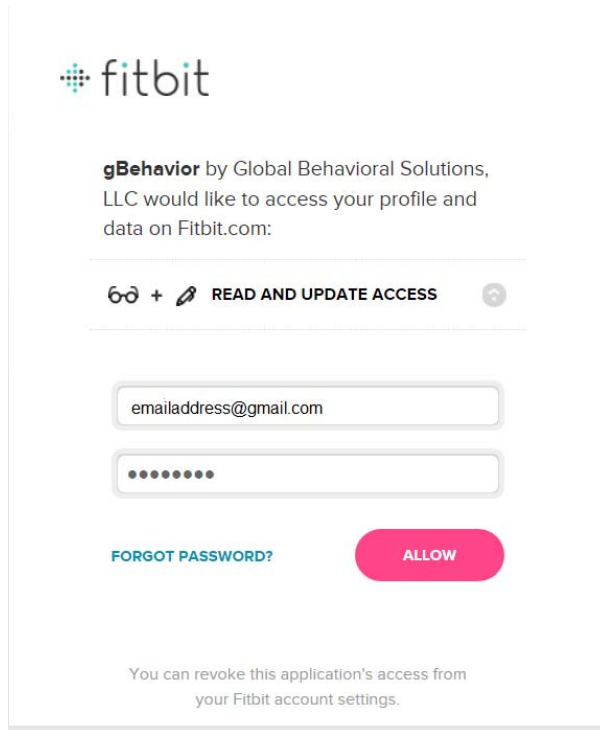Click to authenticate the connection shown in Figure 20 below.

Figure 20

Once you click 'ALLOW' to integrate the two programs, you will receive the 'YOU DID IT!' message. Congratulations! Your device will automatically update your account with your exercise activity every 10 minutes. If you do not see this message, call customer service at 1-888-949-1001 for assistance.

Figure 21