What's Included with my Fitbit Flex?

Your Fitbit Flex Wireless Activity Tracker package includes:

1. Flex tracker
2. Charging cable
3. Wireless Synch Dongle
4. 1 small and 1 large wristband

Flex tracker   Charging cable   Wireless sync dongle   Wristband s

How do I put my Flex on?

Your Flex comes with a large and a small wristband. Choose the wristband that fits most comfortably on your wrist. If you choose the small wristband, please note you will need to remove the clasp from the large wristband and put it into the small wristband. If so, push the clasp out with one thumb from the inside of the wristband, then pull out the clasp.

Inset the clasp into the wristband and press a few times with both thumbs to ensure that the clasp is flat and in line with the wristband.

How do I insert the tracker into the wristband?
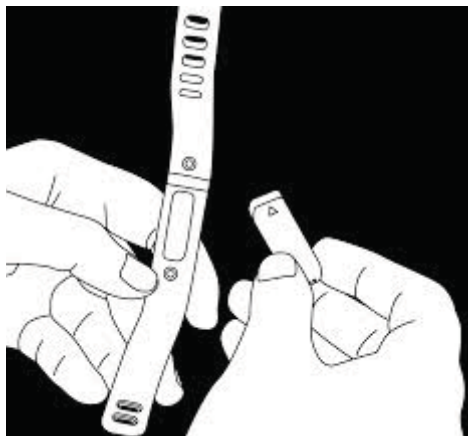
Hold the tracker in your hand with the grey arrow facing up. Insert the arrow end in first into the wristband, with the arrow pointing toward the holes in the wristband.

How do I secure the wristband?

1. Put on the wristband so the windows of lights are closest to the outside of your wrist and facing you.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.
3. Squeeze both the clasp and the wristband between your thumb and forefinger until you hear a click. You will know your Flex wristband is securely fastened if both ends of the wristband are fully inserted.
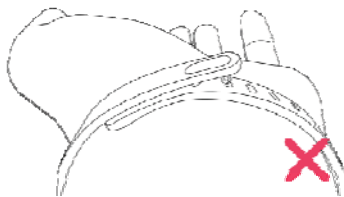
NOTE: If you are having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

What is a Dongle?

The wireless sync dongle is the small USB device that comes with your Flex. 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.

Your Flex is also capable of setting up and synching with select mobile devices that support Bluetooth 4.0 technology.To see if your mobile device is compatible with your Flex, visit http://www.fitbit.com/devices. **NOTE** : If your mobile device is not compatible to sync via Bluetooth, you can still use the Fitbit App on your computer.

How long will my battery last?

Your Flex comes equipped with a rechargeable lithium-polymer battery. With normal use, your Flex should last about five days before needing a charge. You can check the level of your battery by logging on to Fitbit.com and clicking on the gear icon on the top-right corner of the page. You can also view the battery level using the i)S or Android app on the Devices screen.
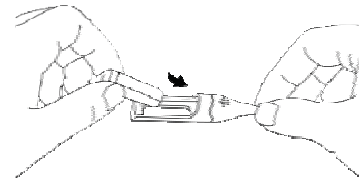
How do I charge my Flex?

Fitbit Flex has a rechargeable battery that generally lasts for 5 days. To charge your Flex, do the following:

- Remove your tracker from the wristband:
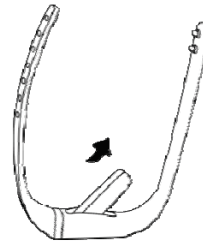
- Insert your tracker into the charging cable. Line up the tracker with the charging cable, putting the rounded end of the tracker into the charging cable at a slight angle. Use your thumb to push the tracker in and down into the charging cable until you hear a click.
- Insert the charging cable into a USB port or UL-certified USB wall charger.
- Your Flex's LED indicator lights will pulse to show the battery level every few seconds. Each solid indicator light represents progress towards the total charge. It may take up to 3 hours to fully charge your Flex. When it's charged, all 5 indicator lights will blink.

- You can then take the Flex out of the charger and replace it in your wristband.
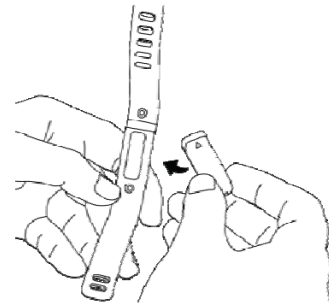
How do I download Fitbit Flex to my computer?

Fitbit Connect is the software application that connects your Flex tracker to your Fitbit.com Dashboard. It is available to download at no cost from Fitbit.com. NOTE: If you already have Fitbit Connect installed on your computer, you will need to download the latest version to set up your Flex.

Mac installation
1. Go to http://www.fitbit.com/setup.
2. Verify that Mac is highlighted and click the Download Here button below Flex.
3. Double-click the .dmg file in your Downloads folder. **NOTE:** If the file does not appear on your

desktop, search for "Fitbit Connect" using the Spotlight search feature.

4. Run the Fitbit Connect installation package by double-clicking Install Fitbit Connect.pkg.
5. Follow the onscreen instructions to complete setup.

PC Installation

1. Go to http://www.fitbit.com/setup.
2. Verify that PC is highlighted and click the Download Here button below Flex.
3. Go to your Downloads folder and double-click the FitbitConnect_Win.exe file.
4. Choose your language and follow the onscreen instructions.

How do I install Fitbit Connect on my computer?

Once Fitbit Connect is installed on your computer, you can pair your Flex to your account. This will sync your data, allow you to manage device settings, and set goals.

1. Click (or right-click on a PC) the Fitbit Connect icon, located near the time and date on your computer, and choose **Open Main Menu**.

2. From the Main Menu, select **Set Up a New Fitbit Device**.

3. Account Setup:
    Select **New to Fitbit** if you don't already have a Fitbit.com account.
    Select **Existing User** to log into your existing Fitbit.com account.
    *Only one Fitbit tracker can be paired to an account. If you currently have another Fitbit tracker paired to your account and want to continue using it, choose **Don't Replace** to continue setup using a different email address. Choose **Replace Tracker** to remove your other tracker from the account, and replace it with your Flex.*

4. Enter or confirm your personal information and then click **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. This personal information is, by default, only visible to your friends, but you can adjust your privacy settings on the Fitbit website to control what information is shared with others, including viewed only by yourself.

5. Choose **Flex** as the device you're setting up.

6. Follow the onscreen instructions to remove the Flex tracker from the wristband, charge the tracker, and reinsert the tracker into your preferred wristband.

7. Once you've inserted the Wireless Sync Dongle, click **Next** to start pairing your Flex to Fitbit.

8. Fitbit Connect will search for your Flex. Once found, the lights on your tracker will begin to blink. Tap the window of your Flex two times with your finger until it vibrates.

9. Once Fitbit Connect shows that linking is complete, click **Next**.

10. You're all set. Click **Go to Dashboard** to track your activity and configure your account settings. If you have trouble setting up your Flex, contact Fitbit customer service at http://help.fitbit.com/?cu=1.

How do I set up my mobile device?

The Fitbit Flex is capable of setting up and syncing with select mobile devices that support Bluetooth 4.0 technology. Check http://www.fitbit.com/devices to see if your device is compatible. If it is not you can still view your data and track your progress using your Mac or PC.

Before you begin

Your Flex must be charged before you can set up your mobile device.

1. Remove your Flex from the wristband.
2. Plug your charging cable into your computer's USB port.
3. Inset your Flex into the charging cable. You can begin setup once your Flex displays four lights during charging.

Installing the Fitbit App on your mobile device

You can find the Fitbit App on the iOS App store or Google Play store by searching for "Fitbit". If you already have the Fitbit App installed, check for available updates to make sure you have the latest version.

Pairing Bluetooth

Unlike most Bluetooth accessories, you must pair your Flex directly through the Fitbit app, not through the settings app on the Mac or on the Android devices' Bluetooth preferences.

1. Open the Fitbit app.
2. Tap Set up.
3. Choose your device.
4. Enter your email address and password, and tap Next.
5. Enter your basic profile information, and tap Save.
6. Follow the onscreen instructions to proceed.

How do I access my activity data?

There are 3 easy ways to access your Fitbit data:

The first (and quickest) is by using your iphone or android. When you sync wirelessly to these select smart phones, you can see your stats updated, set a goal, and track your progress with our free Fitbit App. Because you are syncing wherever you are, you can also receive notifications on your phone when you are close to your goals to keep you motivated and, when you meet your goals, celebrate your achievements. To ensure that your phone has this capability, visit http://www.fitbit.com/devices.

The next easiest and most convenient way to access your data is through an app on your computer. You need to download the application to your computer, and then 'pair' your device with your Fitbit account with a Wireless Synch Dongle. For details on the process, visit http://help.fitbit.com/articles/en_US/Help_article/How-do-I-set-up-my-Flex-on-a-computer

Your Flex data can be synched with your computer account by placing the Flex band/device close to the Dongle.

The third (and somewhat less convenient) is through the Fitbit website. When you are logged in, you can access your "dashboard", which provides easy access to a goldmine of all the data-tracking to help you set and meet your goals. Visit Fitbit helps at http://help.fitbit.com/.

On which arm do I wear my Flex?

Your Flex is designed to be most accurate when worn on your wrist. To get the most accurate reading from your Flex, you can configure whether you are wearing the wristband on your dominant or non-dominate wrist. NOTE: Your dominant wrist is that which you use for most day-to-day activities. To configure this setting:

1. Log in to Fitbit.com
2. Click the gear in the top-right corner of the Dashboard.
3. Click Settings
4. Click Device Settings on the left sidebar.
5. Under Dominant Hand, choose the correct setting. NOTE: Changes to this setting will not appear until you sync your Flex.
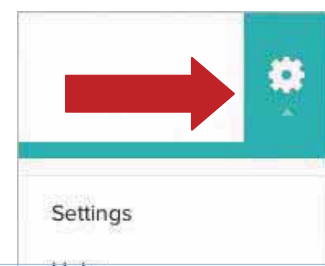
What do the light patterns mean on my Flex?

The Fitbit Flex wristband interaction only shows a line of 5 LED lights and gives you vibration feedback. The lights behave differently depending on what the tracker is doing. Knowing the tapping sequences helps you to get information from the tiny display and to turn on/off modes on the Flex.

1. **Goal Tracking**

Double taping the band will show the percent daily achievement of your steps goal. Most people default to a 10,000 daily steps goal. When you double tap the Flex wristband, you'll get some or all of 5 possible horizontal lights. Each light represents 20% of your steps goal. For example, if you double tap the wristband, and see 2 solid lights and one blinking light, you have completed 40% of your steps goals, and are making progress on completing the next 20% of your goal. You can tap the flex at any time to see your goal. When you reach your goal, Flex will celebrate by buzzing and flashing its lights. For more information, visit http://help.fitbit.com/articles/en_US/Help_article/How-do-I-change-the-primary-goal-on-my-Flex. **NOTE**: You will need to synch via Bluetooth to your phone or the website to see your most recent steps.
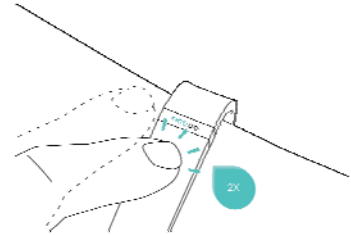
2. **Sleep Mode**

When you tap your Flex rapidly for one or two seconds to enter sleep mode, it will vibrate and display two slowly dimming lights to indicate that you have entered sleep mode. **Do this tap when you get into bed.**

During sleep mode, two blinking lights alternate. After you tap your Flex rapidly to exit sleep mode, it will vibrate and flash all five lights three times and then display a spinning light pattern. NOTE: You will need to synch via Bluetooth to your phone or the website to see your most recent sleep stats. For more information, see http://help.fitbit.com/?l=en_US&c=Topics%3ASleep

3. **Charging**

You must remove your Flex from the band and place it in the dongle to charge. While your Flex is charging, an indicator lights will pulse every few seconds to show the battery level. Each indicator light represents progress towards the total charge. When the Flex has charged completely, all 5 indicator lights will blink. For more information, see http://help.fitbit.com/articles/en_US/Help_article/How-do-I-charge-my-Flex

4. **Updating**

If an update fails to complete, your Flex's LED indicator lights may cycle back and forth repeatedly, from left to right, and your Flex may no longer respond to taps, charging, or resets. For more information, see How do I update my tracker using a computer?
http://help.fitbit.com/articles/en_US/Help_article/How-do-I-update-my-tracker-using-a-computer.

5. Alarms

One of the cool features on the Flex is the silent alarm. You can set up to 8 different silent alarms and when it's time to wake up, the Flex vibrates. It has a built in snooze, too. It will automatically vibrate again after 9 minutes, with a total of 3 vibrations unless you dismiss the alarm. You can also use the alarm to remind you of daily tasks or a time to walk, etc. You will find more information about setting alarms under the Fitbit help section, http://help.fitbit.com/articles/en_US/Help_article/How-do-I-set-silent-alarms-from-my-computer

Will water hurt my Flex?

Your Flex can be worn while you are in the shower, or working out. It is sweat-proof, rain-proof, water resistant and can be submerged in water up to ten meters.