

# Fitbit Blaze Instructions

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# Getting Started with My Fitbit Blaze

## What is in the Box?

The Fitbit Blaze includes the following items:

Fitbit Blaze tracker

Charging cable

Additional wristbands sold separately



## About My Fitbit Blaze

Your Blaze contains the following sensors:

- A MEMS 3-axis accelerometer, which tracks your motion patterns.
- An altimeter, which tracks altitude changes.
- An optical heart rate tracker
- Ambient light sensor
- A 3-axis magnetometer

## Materials

The wristband that comes with Blaze is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory wristbands are available in genuine leather and stainless steel. The buckle and frame on Blaze are made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

## Wireless technology

Blaze contains a Bluetooth 4.0 radio transceiver.

## Haptic Feedback

Blaze contains a vibration motor, which allows the tracker to vibrate with alarms, goals, and notifications.

## Battery

Blaze contains a rechargeable lithium-polymer battery.

## Memory

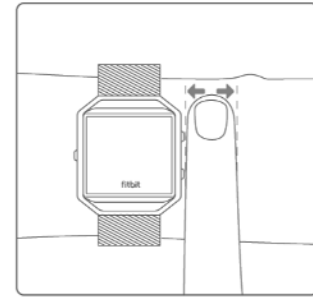
Blaze holds detailed minute-by-minute information for the most recent 7 days, and 30 days of daily summaries. Heart rate data is stored at one-second intervals during exercise tracking and at five-second intervals at all other times. Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, active minutes, heart rate, exercise, and sleep tracked. Sync your Blaze regularly to have the most detailed data available on your Fitbit dashboard.

## Display

The Blaze display is a touch screen with color LCD.

## Wearing My Blaze

For all-day wear when you're not exercising, your Blaze should usually rest a finger's width below your wrist bone and lay flat, as you would normally wear a watch.



For improved heart rate accuracy keep these tips in mind:

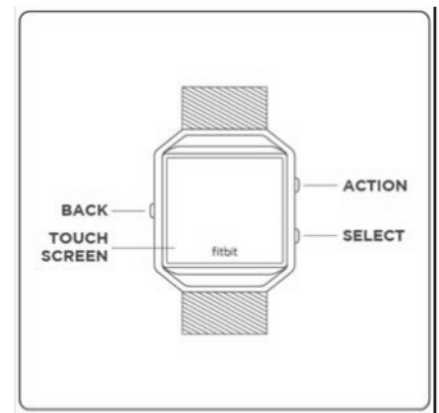
1. Experiment with wearing the tracker higher on your wrist during exercise. Because blood flow in your arm increases the farther up you go, moving the tracker up a couple inches can improve the heart rate signal. Also, many exercises such as push-ups cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on your wrist.
2. Do not wear your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That being said, the tracker should also be slightly tighter (snug but not constricting) during exercise than during all-day wear.
3. With high-intensity interval training or other activities where your wrist is moving vigorously and non-rhythmically, the movement may prevent the sensor from finding an accurate heart rate. Similarly, with exercises such as weight lifting or rowing, your wrist muscles may flex in such a way that the band tightens and loosens during exercise. Try relaxing your wrist and staying still briefly (about 10 seconds), after which you should see an improved heart rate reading.

For greater accuracy, your tracker needs to know which wrist you wear it on. Your non-dominant wrist is the default. If you wear your tracker on your dominant wrist instead (meaning, the hand you write with), you can adjust the setting in the Account section of the Fitbit app or in the Devices section of your [fitbit.com](https://www.fitbit.com) dashboard settings.

## Using My Blaze Display

The Blaze has a touch screen with a colored LCD and three buttons: Action, Select, and Back. You will navigate your Blaze by swiping side to side and up and down. The default or “home” screen is the clock. At any time you can press the Back button to return to the previous screen and eventually the clock. On the clock you can:

- Swipe up to see any notifications.
- Swipe down to control music and turn notifications on and off.
- Swipe left, then tap to open specialized menus.
  - o Today—See your steps taken, heart rate, distance covered, calories burned, and floors climbed (collectively known as all-day stats).
  - o Exercise—Swipe right to find a specific exercise.
  - o FitStar™—Choose from three FitStar workouts.
  - o Timer—Swipe right to choose a stopwatch or countdown.



- o Alarms—Disable or enable any alarms you've set.
- o Settings—Swipe up to see your options.

## Battery Life and Charging

Your fully charged Blaze has a battery life of up to five days. Depending on use and settings, actual results will vary.

### Determining your current battery level

You can check your battery level on the display in several places:

- When looking at any menu screens, a small icon on the top left shows your battery level.
- When looking at the clock, the battery icon will appear if the battery is low.

You can also see your battery level in the Fitbit app or on your [fitbit.com](http://fitbit.com) dashboard.

### To charge your Blaze:

1. Plug the charging cable into the USB port on your computer or a UL-certified USB wall charger.
2. Remove the tracker from the wristband. To do so, turn the wristband over and push the screen gently so that it detaches from the frame.
3. Put the tracker inside the charging cradle with the screen facing towards you. The four gold prongs should be aligned.
4. Close the cradle cover. When your tracker is securely in the cradle, a large battery icon appears to let you know charging has started.

If your tracker's battery is low, charging fully can take 1 to 2 hours. While the tracker charges, you can check the clock by tapping the screen, use notifications, and control music. A bright battery icon in the top left of the screen shows the battery level. You can also check battery level while charging by opening then closing the cradle cover to see a larger icon. When the battery is full, the tracker will show a green battery indicator.

## Care

It's important to clean and dry your Blaze regularly. For instructions and more information, see <http://www.fitbit.com/productcare>.

**Important Safety Instructions:** Prolonged contact may contribute to skin irritation or allergies in some users. Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.

Consult your doctor before beginning or modifying any exercise program. Consult your doctor before use if you have any preexisting conditions that might be affected.

## Download Fitbit Connect

Getting started with your Fitbit® tracker requires connecting it to your compatible mobile device or computer. After setup your tracker can sync its data to your Fitbit dashboard, which is where you'll see your stats, analyze historical trends, set goals, log food and water, challenge friends, and much more.

In your computer's browser, navigate to [www.Fitbit.com/setup](http://www.Fitbit.com/setup). Choose the appropriate devices. If you have a mobile device, download the Fitbit connect program from Google play, the Apple App Store, or the Windows Store. If you have a Windows PC or Apple Mac, click the "Download for Windows" button. The software will automatically be downloaded to your computer.

If you don't have a compatible mobile device, you can set up your tracker with a computer. To use this setup method you'll first install a free software application called Fitbit Connect that lets your tracker sync its data with your fitbit.com dashboard. For the Blaze, Fitbit recommends upgrading to Windows 10. You can also request a wireless sync dongle from [Fitbit.com/store](http://Fitbit.com/store).

1. Go to [Http://www.fitbit.com/setup](http://www.fitbit.com/setup).
2. Scroll down and click the option to download. If the button does not correctly show your type of computer, choose the correct type, then click the button.
3. When prompted, save the files that appears.
4. Find and double click the file (FitbitConnect\_Win.exe). The Fitbit connect installer opens.
5. Click Continue to move through the installer.
6. When prompted, choose Set up a New Fitbit Device.
7. Follow the onscreen instructions to create a Fitbit account and connect your tracker.  
Note that the personal information you're asked for during account setup is used to calculate your basal metabolic rate (BMR), which helps determine your estimated calorie expenditure. This information is private unless you go into your Privacy settings and opt to share age, height or weight with Fitbit friends.
8. Once you've set up and started using your new tracker, you'll need to regularly transfer (sync) your tracker's data to Fitbit so you can see your activity history, earn badges, analyze your sleep logs, and more. You can sync your tracker using the Fitbit app on your compatible mobile device or Windows 10 PC, or by using a computer with Fitbit Connect installed.
9. Fitbit apps are available for iOS, Android, and Windows mobile devices as well as Windows 10 PCs. To find out if your device is compatible, see <http://www.fitbit.com/devices>.
10. The Fitbit app uses Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. To initiate a sync, just open the Fitbit app.
11. You must have Bluetooth enabled on your mobile device or Windows 10 PC to sync your tracker with the Fitbit app. If your mobile device is in airplane mode, it will not sync until you turn off airplane mode or manually turn Bluetooth back on.

## 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 you start the integration process.

Log in to your rewards account. From your home page menu, click on “Register Your Tracker” as shown in Figure 16 below



Figure 16

Click “Allow” to authenticate the connection shown in Figure 17 below.

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.

You Have Successfully Registered your Fitbit or Jawbone

## You Did It!

Thank you for registering your wearable device. We will now begin pulling your activity data into your rewards account and systematically updating your steps.



The data from your Fitbit or Jawbone account authenticates your steps and awards points when you meet the program guidelines.

To view your Program Guide for details on ways to earn rewards, chose ‘Program Guide’ from the main menu on your home page.

Click the ‘HOME’ link to return to your home page.