

Fitbit Flex 101

What is Fitbit Flex?

- Fitbit Flex is an electronic device that you wear on your wrist like a watch, 24/7 (it's water resistant, so you can even wear it in the shower)
- It's used to help you track your health: activity, food, weight, sleep, and more

What can you do with a Fitbit?

- Your device connects to a dashboard on your smartphone or computer where your stats can get synced wirelessly and automatically
- On that dashboard, you can log additional information, track your progress with charts and graphs, earn achievement badges, and connect with other people using Fitbit

Getting Started with your Fitbit Flex

- First, charge your tracker . take the tracker out of the back of the large wristband and plug it into the included USB charger. Plug that into your computer to charge.
- Plug the small USB dongle into your computer as well . this will be what syncs the data from your band wirelessly
- Choose the small or large wristband. You'll have to use the small metal piece with whichever wristband you choose.
- On your computer, go to www.fitbit.com/setup to download the software, set up an account, and sync your tracker to the account. The installation will guide you through the process, and end by taking you to your dashboard online.
- You can also download the app for your iPhone or Android phone, log into your account, and access your dashboard there

Using the Wristband

- For best results, place the tracker inside the included wristband and wear it on your non-dominant hand.
- Your tracker battery lasts for about 5 days. To charge it, remove the tracker from the band and place it in the charger until all 5 lights are blinking.
- When your Fitbit Flex comes within 20 feet of the Wireless Sync dongle, it should sync your data automatically to your Fitbit account. You can also sync if you have the app on your smartphone and activate Bluetooth.
- When you double tap it, the tracker will show a light for every 20% of your steps goal progress you've made each day. If you reach your goal, it will buzz and flash.
- You can turn on sleep tracking by tapping the top of the Flex display area until it vibrates and the 2 outer lights turn on. If you tap it during sleep mode, the Flex will show two lights moving side-to-side. To stop tracking, tap it quickly until it vibrates and all the lights flash. The smartphone app also has an option for starting and stopping sleep recording.

The Fitbit Dashboard

- All of Fitbit's capabilities are shown on the dashboard. You can see a quick view of everything in one page, or click through to see them in more detail
- The content includes:
 - *Steps* . the tracker is set with a goal of 10,000 steps per day, but you can change this to what is right for you
 - *Exercise* . you can log recent activities
 - *Sleep* . when you track your sleep, the dashboard will give you a graph of sleeping vs. wakefulness
 - *Weight* . you can keep track of your weight and make a weight goal to work towards
 - *Calories Burned* . a chart of calories burned today based on your steps and activity
 - *Active Minutes* . calculated when you do a high intensity activity, based on the step and activity tracker
 - *Distance* . given in miles and based on your steps walked
 - *Food Plan* . you can set up a daily calorie intake plan based on your weight and weight goal, and log the food you've eaten in a day
 - *Calories In vs. Out Graph* . graphs calories burned vs. eaten
 - *Water Log* . you can log how much water you've had to drink in a day



Created with some information from:

www.fitbit.com