

# Fitbit Flex User Guide

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## **Fitbit Flex User Guide**

If you don't have a compatible mobile device, you can set up your tracker with a computer and see your Fitbit stats on fitbit.com. To use this setup method you'll first install a free software application called Fitbit Connect that lets Flex sync its data with your fitbit.com dashboard. To install Fitbit Connect and set up your tracker: 1.!

## **Fitbit Flex User Manual**

Your Fitbit Flex 2 box includes: Tracker Charging cable Small & large wristbands Visit the fitbit.com store to find Flex 2 accessories in other styles and colors sold separately. What's in this document We get you started quickly by creating a Fitbit account and ensuring your tracker can transfer the data it collects to your Fitbit dashboard.

## **Fitbit Flex 2 User Manual**

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Push the clasp out with one thumb from the inside of the wristband. Pull out the clasp. Insert the clasp into the small wristband by pressing a few times with both thumbs to ensure that the clasp is flat and...

### **Fitbit Flex 2 Setup Instructions and ... - Fitbit User Guide**

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Fitbit Flex uses an accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a motor that allows it to vibrate. Page 30: Help

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Apri l'app e segui le istruzioni per creare un account Fitbit e configurare il tuo Flex. Puoi configurare e sincronizzare in modo wireless il dispositivo se il tuo computer dispone di funzionalità Bluetooth ®, altrimenti, dovrai utilizzare la chiavetta di sincronizzazione wireless fornita con Fitbit Flex.

### **Fitbit Flex User Manual**

User manual instruction guide for Wireless Activity Tracker FB401 Fitbit, Inc.. Setup instructions, pairing guide, and how to reset. Fitbit FB401 Wireless Activity Tracker User Manual Fitbit

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Flex

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Fitbit User Guide, Discover the ultimate Fitbit Manual, everything you need to know about Fitbit, with free tutorial, tips and more.--> ... How to Charge Fitbit Flex 2 - While your Flex is charging, an indicator light will pulse to show the battery level every few seconds. Lea...

## **Fitbit User Guide**

Using Bluetooth LE wireless technology, Fitbit Flex 2 sends smartphone notifications and syncs automatically to computers and 200+ mobile devices. Smartphone notifications may require Android 5.0+. Look up your device to check compatibility. Syncing range: Up to 6.1 m; Syncing requires Bluetooth LE and Internet connection.

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## **Fitbit Flex 2™ Fitness Wristband**

Find your fit with Fitbit's family of fitness products that help you stay motivated and improve your health by tracking your activity, exercise, food, weight and sleep. Get tools for heart health, stress management, skin temperature trends and more with new Fitbit Sense.

## **Fitbit Official Site for Activity Trackers & More**

Putting on your Fitbit Flex Your Flex comes with a large and a small wristband. If you want to use the small wristband, complete the next task before continuing. If you want to use the large wristband, skip the next task and go directly to Inserting the tracker into the wristband. Page 7: Securing Your Wristband

## **FITBIT ZIP FLEX PRODUCT MANUAL Pdf Download.**

With normal use, your Fitbit Flex 2 should last up to five days

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before needing a charge. You can check the level of your battery by logging in to fitbit.com and clicking on the gear icon on the top-right corner of the page. Fitbit Flex 2 user guide battery charging: To charge your Flex, plug the charging cable into the USB port on your computer.

### **How to Charge Fitbit Flex 2 | Fitbit User Guide**

Leave on all-day sync and let the Fitbit app run in the background on your phone, which allows a small portion of the firmware update to download to your Fitbit device each time you sync. To check that all-day sync is turned on: In the Fitbit app, tap the Today tab > your profile picture > your device image > confirm All-Day Sync is on.

### **How do I update my Fitbit device?**

Fitbit Connect is installed and running Your Flex tracker will sync whenever it is within 20 feet of your computer. You can Force

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Sync your Flex by clicking on the Fitbit Connect icon, which is located by the time and date on your computer. Select Sync Now to start the force sync. Page 13: Setting Up Fitbit Flex On A Mobile Device

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### **Fitbit SmartWatch PDF Manuals | SmartWatch Manuals**

Putting on your Fitbit Flex 2 Your Flex 2 comes with a large and a small wristband. If you want to use the large wristband you'll



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need to move the clasp from the small wristband. If you need help inserting the tracker into an accessory such as a pendant, see [help.fitbit.com](http://help.fitbit.com). Page 7: Securing Your Wristband

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### **Fitbit Versa 2 User Manual**

Learn how to view and adjust Notifications on Fitbit Flex 2, to help you stay focused and active throughout the day. See more at [www.fitbit.com/how-to](http://www.fitbit.com/how-to)

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