fitbit one

Wireless Activity + Sleep Tracker

Product Manual

Fitbit One Activity & Sleep Tracker Product

Contents
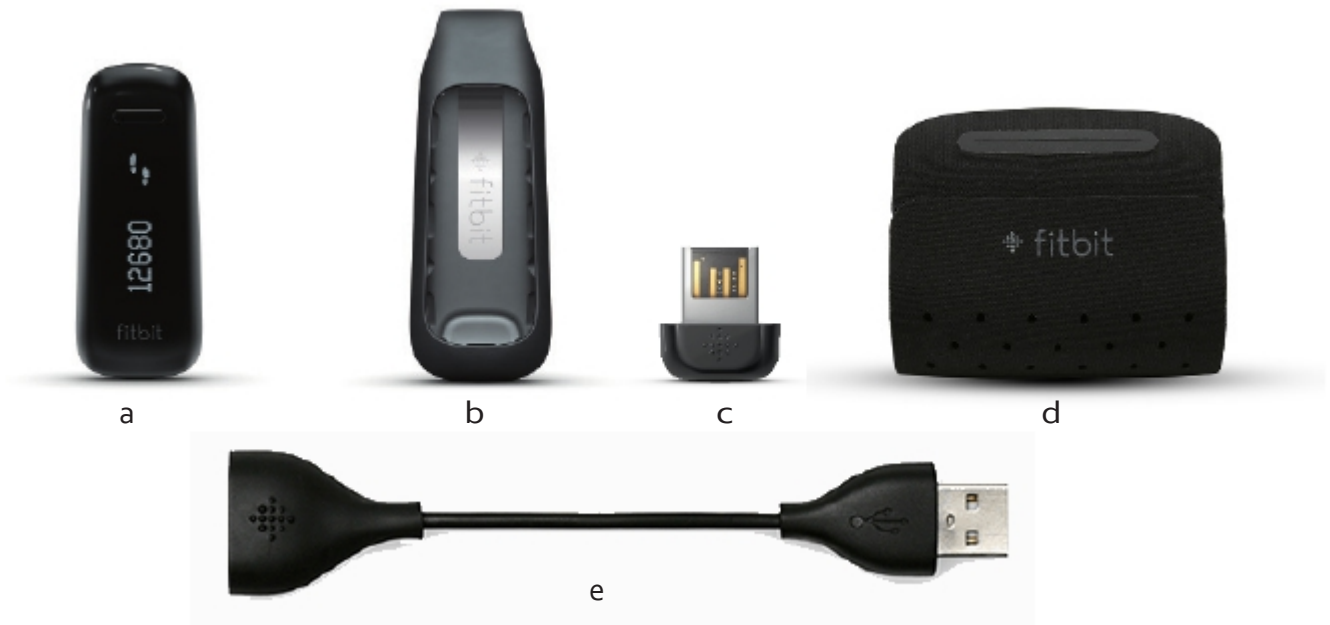
Getting started

What's included

Your Fitbit One package will contain:

a. Fitbit One Wireless Activity + Sleep Tracker

b. clip

c. wireless USB dongle

d. sleep wristband

e. charging cable (to be used only for charging; not for syncing)

a   b   c   d

e

A quick start guide is also included.

Your Fitbit.com Dashboard

Using your Fitbit One in conjunction with the free Fitbit.com Dashboard gives you the ability to log and track your physical activities, food and calorie intake, sleep patterns, body goals and more.

When you log into Fitbit.com, your Dashboard will show:

• information synced from your tracker, including steps taken, distance traveled and calories burned.

• a graph of your time spent being active throughout the day.

• a Food Plan to help you keep on track with weight loss or maintenance goals by monitoring calories and activity levels.

• a sleep graph showing your time in bed versus actual sleep, times awakened and sleep efficiency.

• your friends and groups, with whom you can interact to make Fitbit more fun.

1

Wireless sync to a computer

Syncing occurs automatically any time your Fitbit One is within 20 feet of a wireless USB dongle that is plugged into your computer's USB port. Fitbit Connect software must be installed for your tracker to sync with Fitbit.com.

# Setting up your Fitbit One on a computer

1. Ensure your Fitbit One has sufficient battery charge: hold down the tracker's button for a few seconds. If the screen does not illuminate, charge your tracker for at least 5 minutes before setting up.

To charge your Fitbit One, align the gold contacts on your tracker with the gold contacts on the inside of the charging cable, then plug it into your computer's USB port.

*Please note that the charging cable is for charging only; it will not sync your tracker's data to Fitbit.com.

2. Once the tracker's display turns on, you will be ready to set it up.

3. Plug the wireless USB dongle into a USB port on your computer. This needs to be connected to send data from your tracker to your Fitbit account.
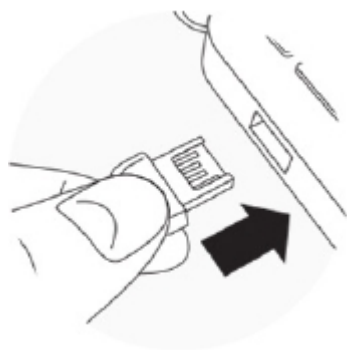

4. Once your tracker is charged and your wireless USB dongle is plugged into your computer, continue the setup process by installing Fitbit Connect.

Installing Fitbit Connect on your computer

Fitbit Connect needs to be installed on your computer in order for your tracker to upload data to your Fitbit.com Dashboard.

To install Fitbit Connect:

1. Go to the software download page: www.fitbit.com/start/one.
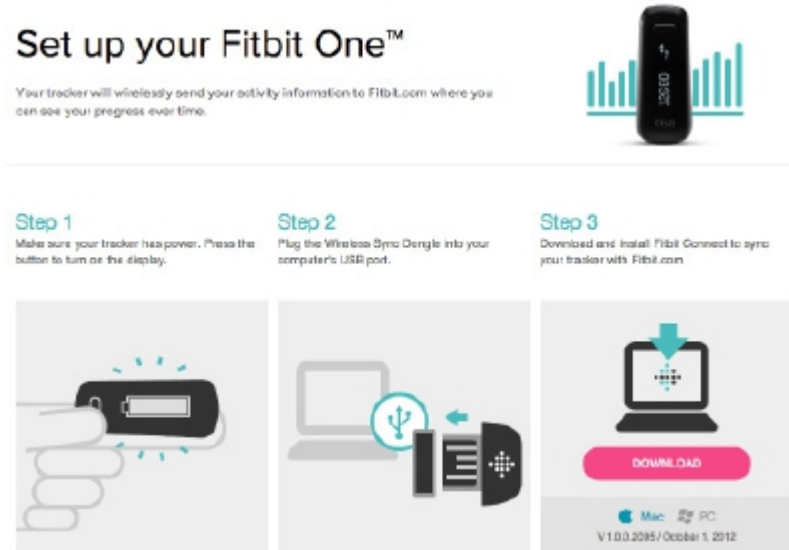
2. Click the pink Download button to get the software for your operating system.

3. If you are on a PC, open the .zip file, then open the .exe file that is unzipped.

If Fitbit Connect does not appear on your desktop, search for "Fitbit Connect" in the Start menu.

If you are on a Mac, open the .dmg file.

If Fitbit Connect does not appear on your desktop, search for "Fitbit" in Spotlight.
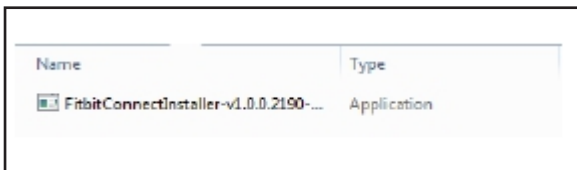
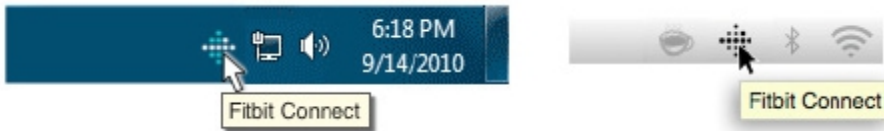PC   Mac

4. Run the installation file by double-clicking on it, then follow the on screen instructions.

Pairing your Fitbit One to Fitbit Connect

1. Once you have downloaded and installed Fitbit Connect, open it up.


2. Right-click on Fitbit Connect, which will be found in your System Tray if you're on a PC, or in your Toolbar if you are on a Mac.

Mac users can also locate Fitbit Connect by searching for the program in Spotlight.

Windows users can also search for Fitbit Connect by searching in the Start Menu.

Click on the Fitbit icon, then on "Open Main Menu". From the Main Menu, click "Set Up Device".
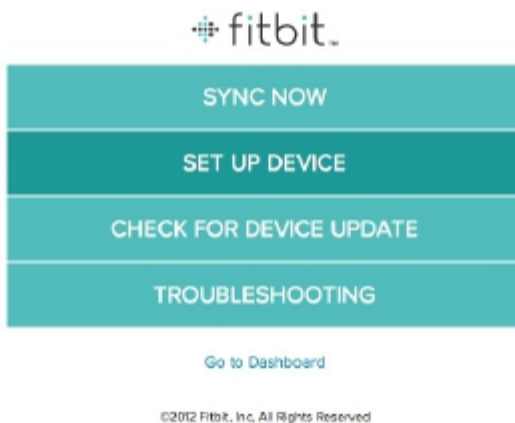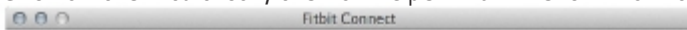
3. On the Account Setup screen, you have the option to create a new account or log in to an existing Fitbit account.

4. If you select "New to Fitbit" you'll be prompted to sign up.
If you select "Existing User" you'll be prompted to log in.
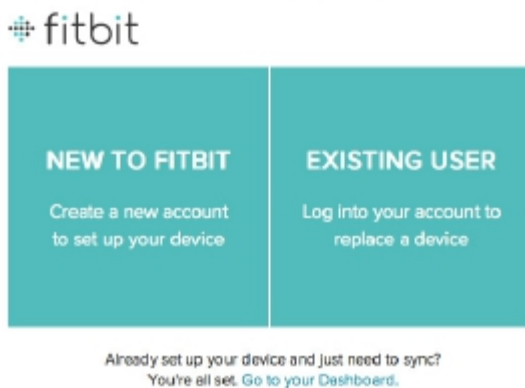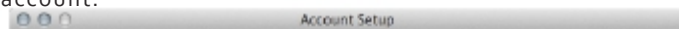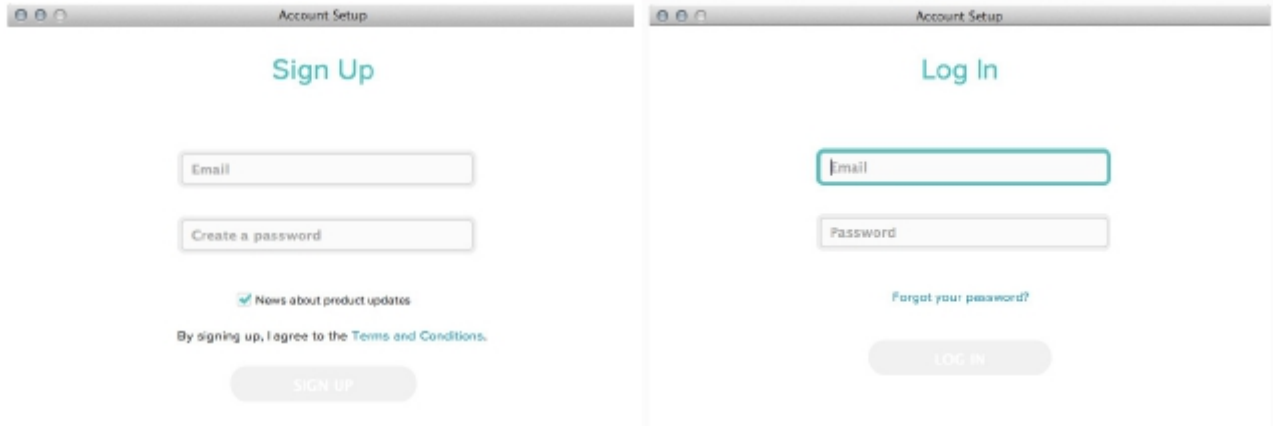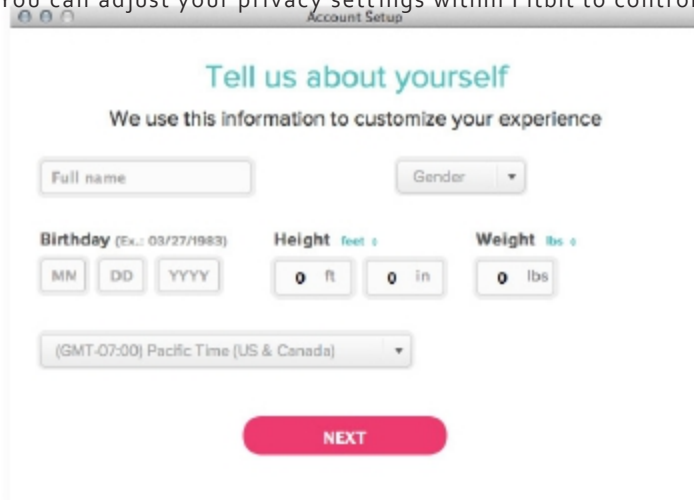

*If you already have a Fitbit account and want to use your Fitbit One with your existing account,
log in using that email address, but please note that there can only be one tracker
per Fitbit account. If you have another tracker associated with that Fitbit account, linking a new device
to it will unlink the previous tracker. To monitor your Fitbit One and another tracker
simultaneously, you'll need to create a new Fitbit account with a different email address.
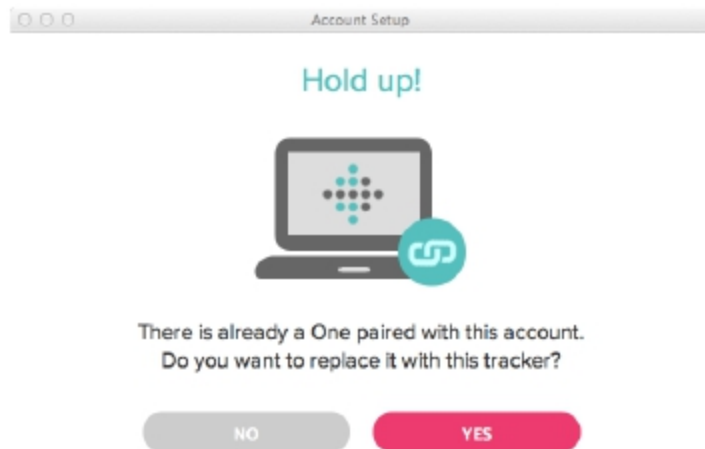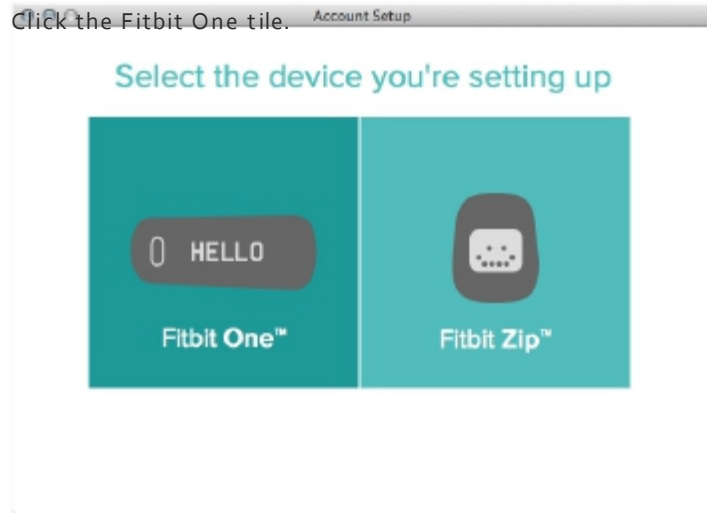
6. Once you've entered your email address, you will be asked to fill in a few details about yourself.

This information improves the accuracy of your calorie burn and distance data.

You can adjust your privacy settings within Fitbit to control what information is shared with others.
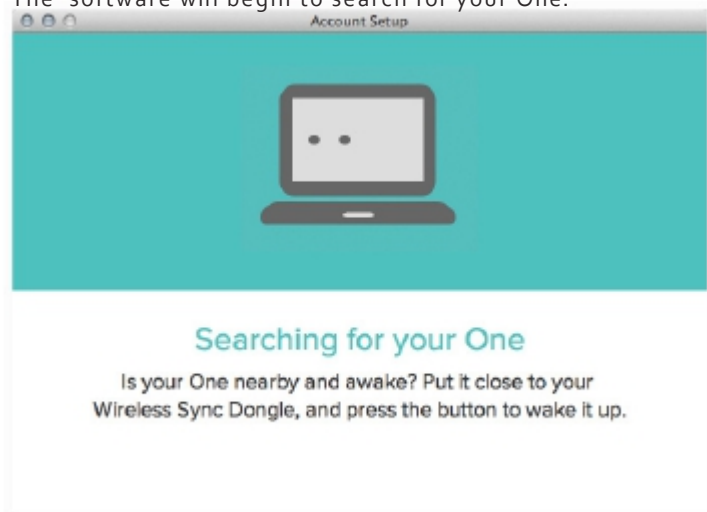
7. After filling out your personal information, you will be asked to select which device you are setting up.

Make sure that your wireless USB dongle is plugged into your computer and that your Fitbit One is near it.

If you have any trackers in addition to your Fitbit One, please move them away from your computer at this time.
Click the Fitbit One tile.

The software will begin to search for your One.

8. A 4 digit pairing number will appear on your tracker's display once the Fitbit Connect has located it. It may take up to 30 seconds for this number to appear.

If the number does not display, click "I don't see a number starting with o". At this time, make sure that your tracker is charged and the display is on. Fitbit Connect will resume looking for your tracker.

We found a Fitbit One!

Do you see a number starting with 0?
Enter the number below.

I don't see a number starting with 0
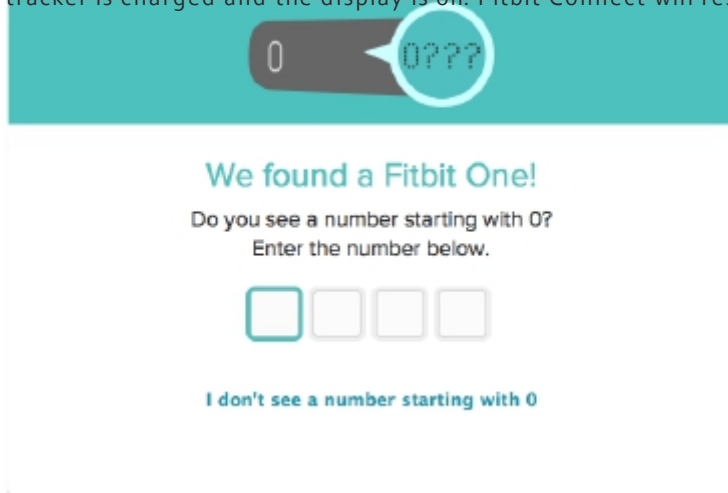
9. Enter the number displayed on your tracker's screen, then click "Next".

We found a Fitbit One!

Do you see a number starting with 0?
Enter the number below.

0 3 8 3

NEXT
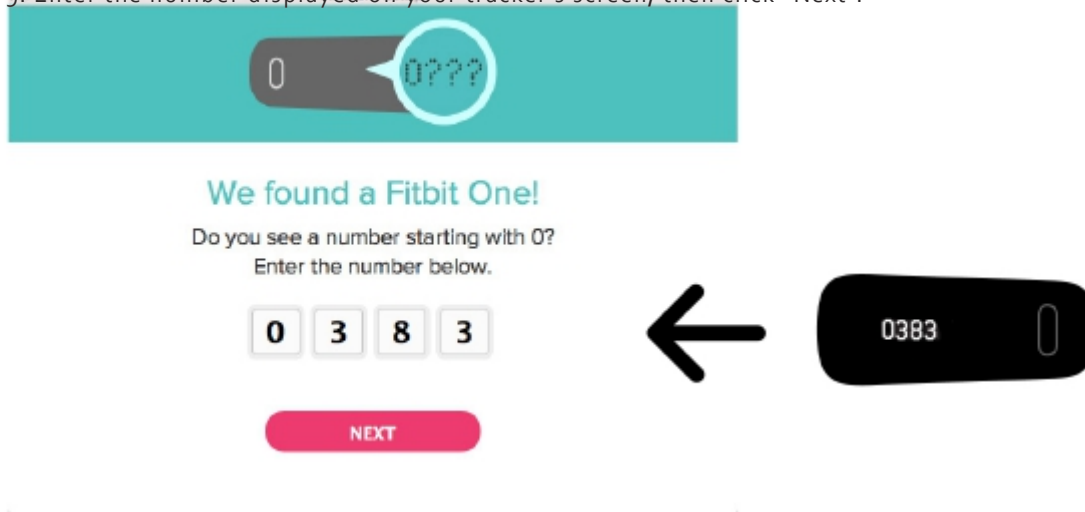
10. Your tracker will now connect to Fitbit.com. This can take up to a minute.

Connecting to your Fitbit One

Hold tight... this can take up to a minute.

7
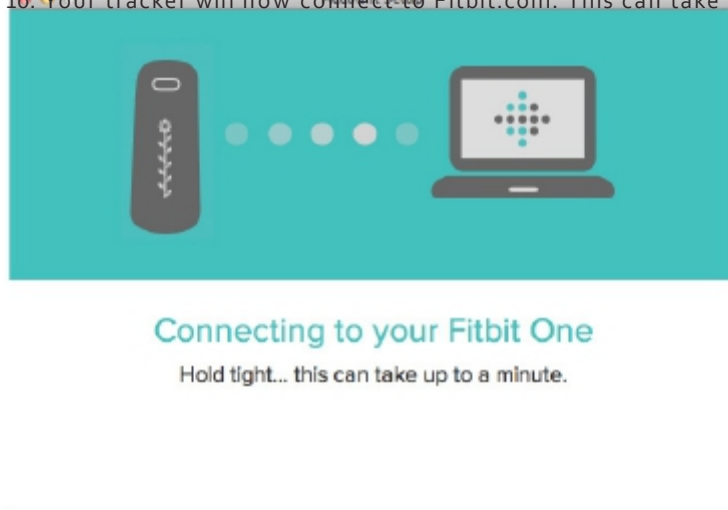
11. Once your tracker has been found, enter a greeting that you will see when you pick up your Fitbit One. This greeting can be your name or any combination of 8 letters or numbers.
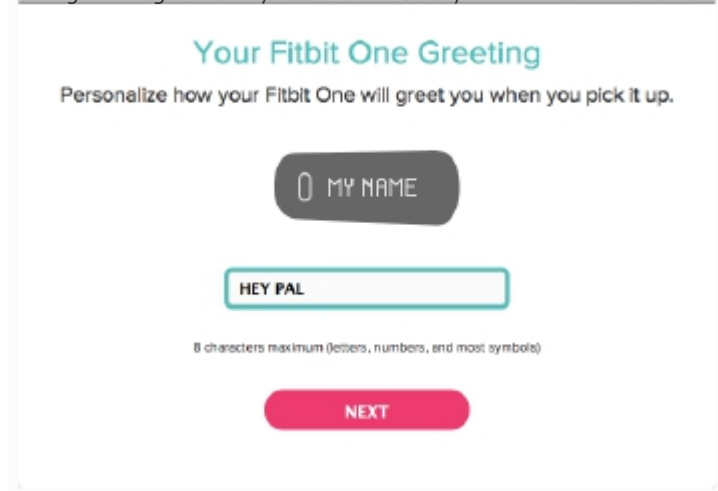
12. Your personalized greeting will now be sent to your tracker. This can take up to 30 seconds.
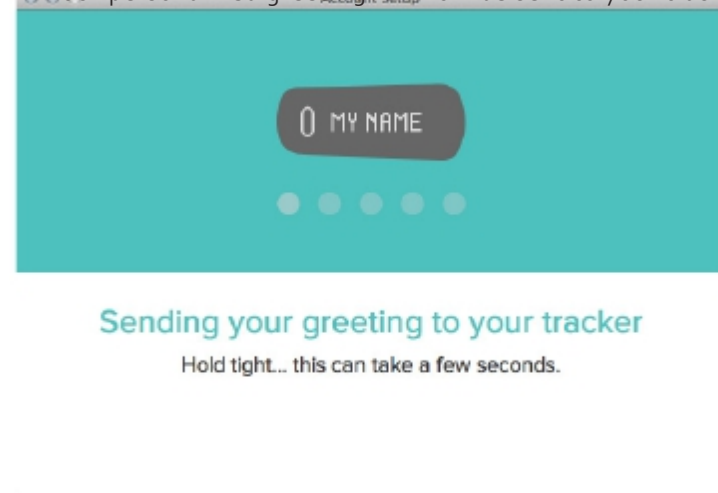
13. When your tracker has been linked with your Fitbit account, you will see a "You're all set" screen. Take some steps with your tracker and sync it to your account to see your stats on your Dashboard.
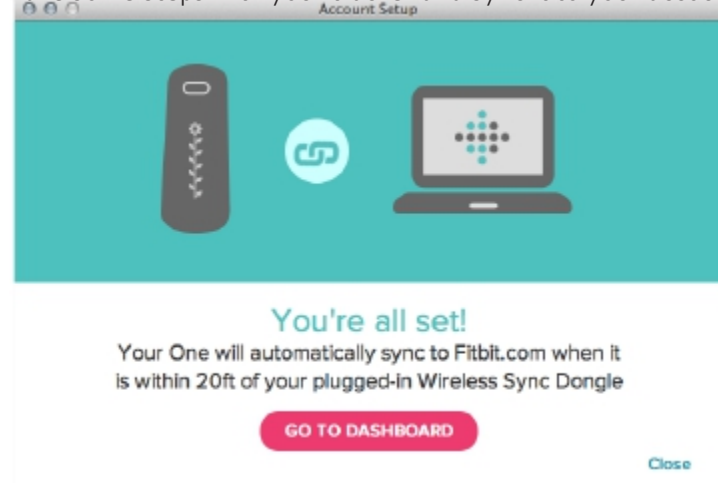
Using your Fitbit One with a mobile device

The Fitbit One will sync with compatible Bluetooth Smart devices. Currently, the iPhone 4S, iPhone 5, iPod Touch, iPad Mini and 3rd generation iPad will sync to the Fitbit One.

Devices that do not have Bluetooth 4.0/Bluetooth Smart compatibility won't sync directly with the Fitbit One. The free Fitbit mobile app will always show all of your stats that have been synced using a computer.

Pairing your Fitbit One to a mobile device

1. Make sure that your Fitbit One is charged by pressing its button. If the screen does not illuminate after doing this, charge your Fitbit One by plugging it into the charging cable. The charging cable should be connected to a computer's USB port or any USB charging outlet for at least 5 minutes before setting up.

2. Once your tracker is charged, download the latest Fitbit app for your device. If you already have the Fitbit app, you may need to update it at this time. Check the App Store to see if there is a Fitbit app update available.

3. Open the Fitbit app. If you already have a Fitbit account and would like to sync your Fitbit One with that account, tap the "Log in" button. Please note that only one tracker can be paired to your account at a time. If you have multiple trackers, you'll need to have multiple Fitbit accounts.

If you are new to Fitbit (or have an existing Fitbit device that you would like to continue to use with a different email address), you can sign up for a new account by tapping the "Get started" button.
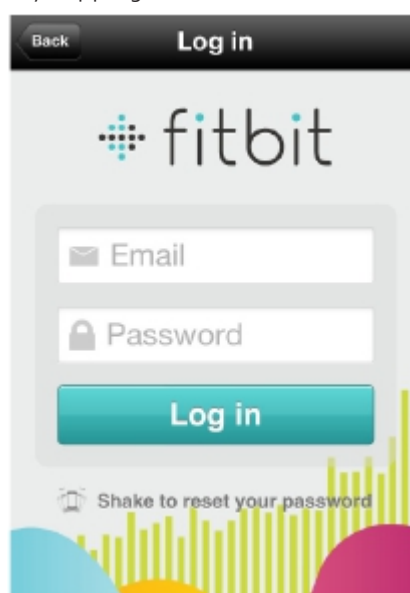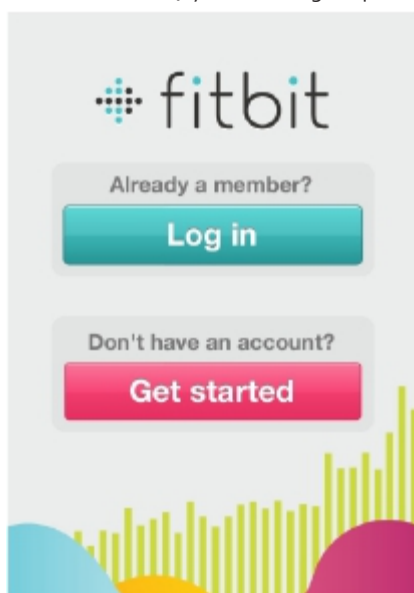
4. If you are new to Fitbit, you will be asked for your personal information on the following screen.

5. If you don't already have an account, on the next screen you'll be asked for the email address and password you'd like to use with Fitbit.
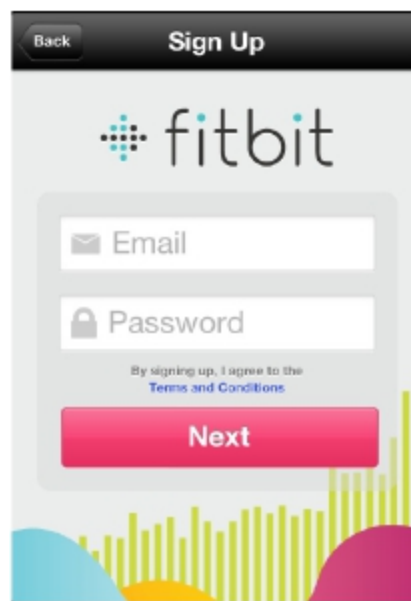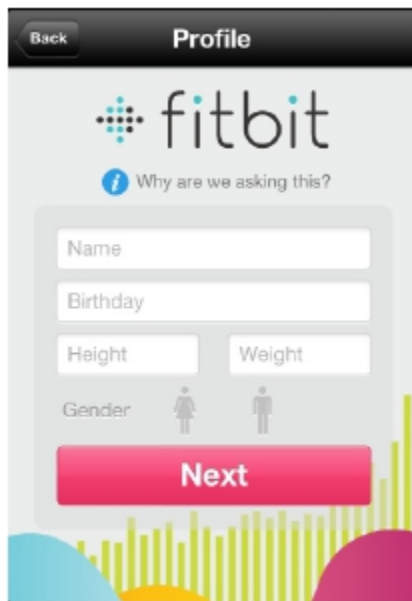
6. Move your tracker close to your mobile device, then tap "Set up Now". If you see a "Link Now" button instead, you already have a tracker associated with the email you entered at login. Tap "Link Now" to sync the tracker to your Fitbit account.
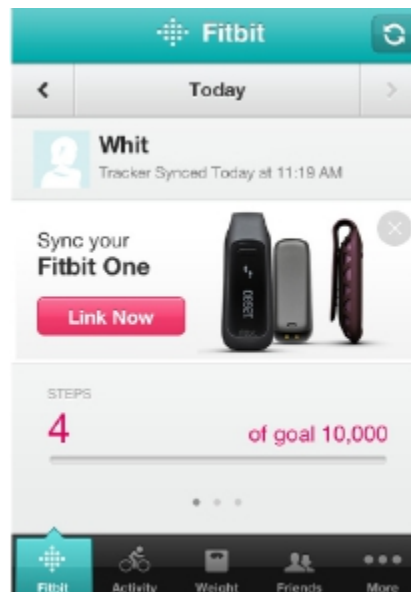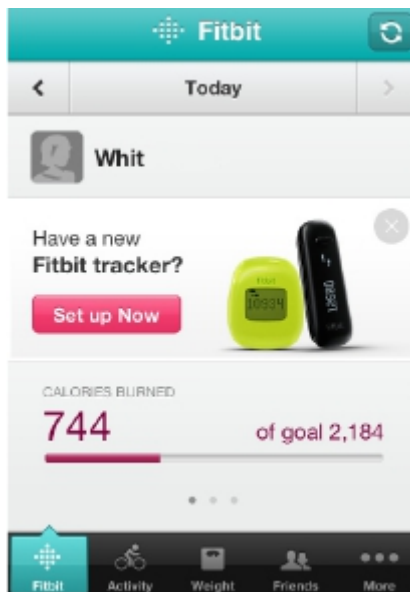
7. Select "One".

8. After selecting "One", tap "Start" on the next screen. Your mobile device will begin to search for your tracker.
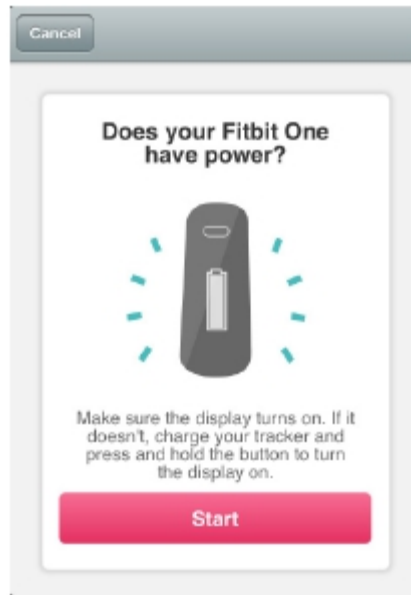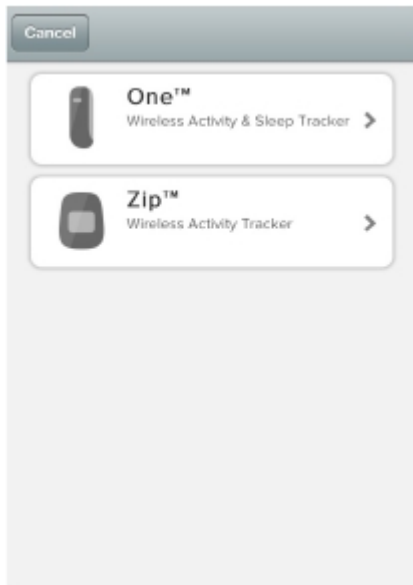
9. When the "We found a Fitbit One" screen appears, tap "Next".

10. When your tracker has been discovered, you will be asked to enter the number on your tracker's display into your mobile device.
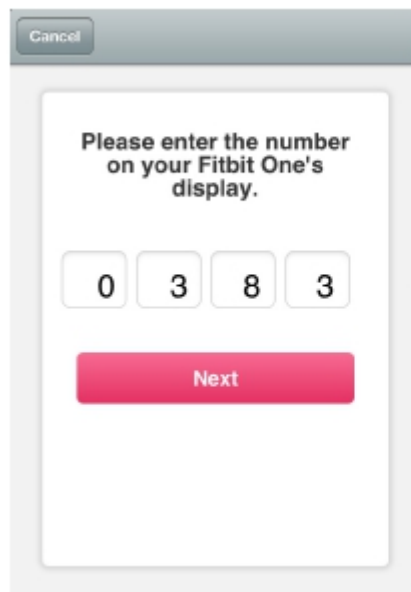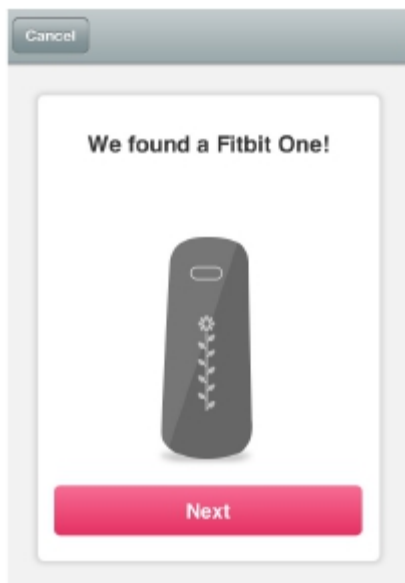
11. Your mobile device will now link your tracker to your Fitbit account.

Click "Done" in the upper right corner of the "You're all set" screen to return to the Fitbit app and see any stats that have been synced.

Clicking "Fitbit One 101" will bring up two screens with basic information about using your One.

Syncing your Fitbit One to an iOS device

If you have an iPhone 4S, iPhone 5, iPad Mini, 3rd generation iPad or iPod Touch, you can sync the tracker with your iOS device. If you use an older iPhone or iPad, you cannot sync your tracker directly with your mobile device; you will need to sync your tracker to Fitbit.com using a computer first. Your stats will then be sent to your Fitbit mobile app.

You must have Bluetooth enabled to sync your tracker to your phone.
To enable Bluetooth from the Fitbit app go to More > Devices > Use Bluetooth, and toggle to ON.

There is an option for background sync. With background sync turned on, your mobile device will periodically sync with the tracker even when the app is not open.
To enable background syncing, go to More > Devices > One > Background Sync, and toggle to ON.

There is also a force sync option, which you can tap to force your tracker to sync to the Fitbit app on demand.

Updating your Fitbit One on a mobile device

Updating your tracker will fix bugs and add new features that have been added to the Fitbit One.

From the Fitbit app, go to More > Devices > One.

If a device update is available, you will see the option to "Update Fitbit One" at the bottom of the screen.

If your tracker is already up to date, "Update Fitbit One" will not be an option on your mobile device.
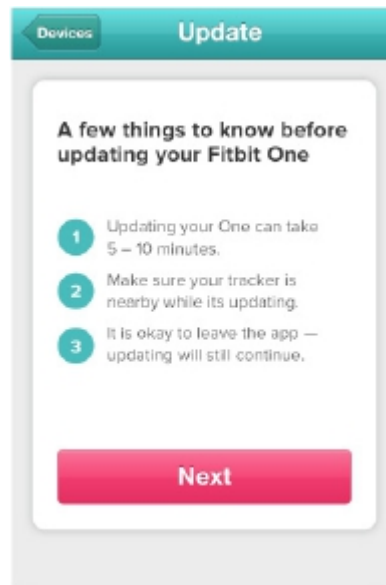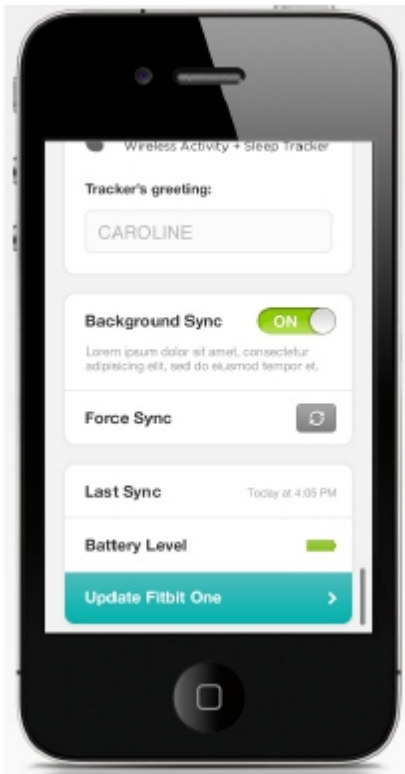
If you see the "Update Fitbit One" option, bring your tracker near your mobile device and tap "Update Fitbit One", then tap "Next".
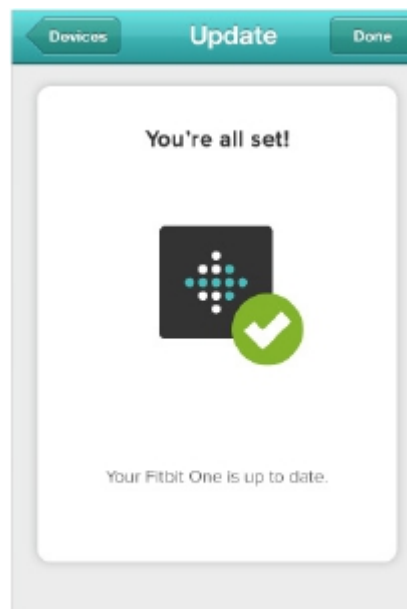
It is okay to leave this screen during the process; your update will continue. When your Fitbit One is up to date, a "You're all set!" screen will appear on your mobile device and your tracker will restart.

Updating your Fitbit One on a computer

You can update your Fitbit One using the Fitbit Connect application. If you have previously set up your device, you should already have the Fitbit Connect application on your computer.

1. Click on the Fitbit icon and go to "Main Menu".

On a Mac, the Fitbit Connect application should appear in your Toolbar at top right of your screen.

On a PC, right-click the Fitbit icon should appear in your System Tray.

PC	Mac

2. From the Main Menu of Fitbit Connect, select the option "Check For Device Update" and then sign into your account.
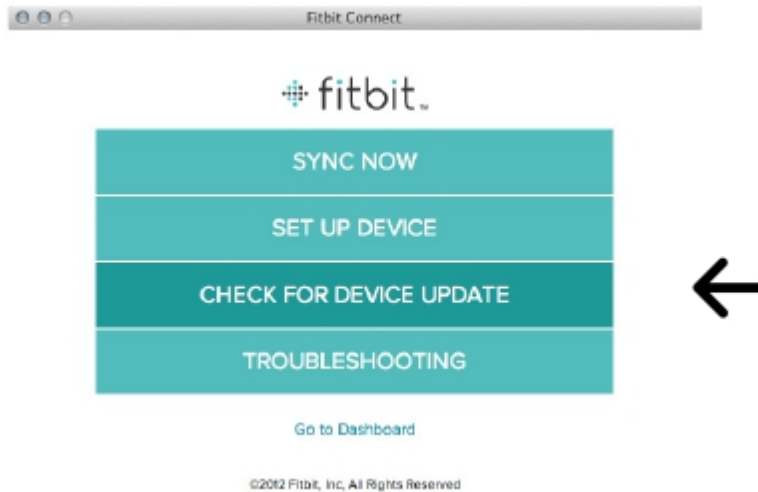
3. Bring your tracker close to your wireless USB dongle and press the tracker's button to make sure it is on.

4. If your Fitbit One is not up to date, the update will begin automatically. The tracker's display will show a progress bar while it is updating. Keep your tracker close to your computer until the update is complete. This can take up to 5 minutes.

Wearing your Fitbit One

The Fitbit One is most accurate when worn on or very close to the torso.

A clip designed to keep the tracker secured to your clothing is included in your package.

A sleep wristband for your Fitbit One is also included. The wristband is designed for sleep tracking, not for use during the day.

Ideal places to wear your tracker are:

• on a belt   • on a bra   • in a pocket   • on your wrist
                                                                (during sleep only)
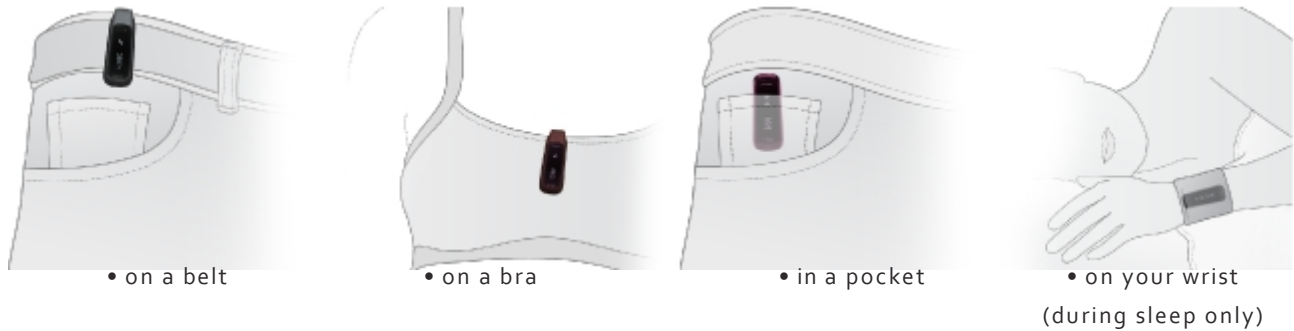
Controls and Display

The Fitbit One Display

The Fitbit One features an OLED (Organic Light-Emitting Diode) display. The activity stats shown on your tracker reset every midnight, and your minute-to-minute data is stored for up to 7 days without syncing.

Beginner Mode

When you first setup your Fitbit One, it will be in beginner mode. The name corresponding to the display mode you're in will appear (for example, "STEPS" is displayed before "7482" and the steps icon) in beginner mode. After the display has cycled through each screen 5 times, beginner mode will end, and you will be in normal operating mode. In normal mode, the value and icon is displayed immediately for faster viewing. Any time your tracker is reset, it will enter beginner mode. This will happen if you shut down and then restart your tracker, upgrade your device, or when the tracker's battery drains completely.

Power Saving Mode

Your tracker's display will turn off to save power after several seconds of inactivity. To see your stats again, press the tracker's button.

Turning off your Fitbit One

To turn off your Fitbit One, place it into the charger (which must be plugged into your computer's USB port). Hold down the tracker's button for about 12 seconds until the display shuts off.

Release the tracker's button. Your tracker will now be off, and will not record any activity until you turn it back on by holding the button down for a few seconds.

Display Screens

Press the button on the tracker's face to change the display.

Each push cause the display to cycle through one of up to seven modes:

- Steps
- Floors climbed
- Distance
- Calorie burn
- Flower
- Clock
- Silent Alarm

Any of these displays can be removed by going to the Device Settings section of your Fitbit Dashboard.

Steps

The steps displayed represent your daily total. Walking and running steps are displayed as a combined total.

Floors Climbed

The floors displayed are a representation of the elevation you've climbed from walking up stairs and hills. Each floor represents about 10 feet of elevation gain. Using a stair exercise machine will not count towards your floor stats, as there is no actual elevation gain.

Distance

Fitbit One calculates your distance based on your step count and stride length. Your stride length is estimated based on your height and gender. You also have the option of entering your own stride length for increased accuracy. Distance units can be set to either miles or kilometers by changing your settings.

Calorie Burn

The total displayed represents how many calories you've burned since midnight, and includes calories calculated by your Basal Metabolic Rate (BMR). This means that when you wake up in the morning, you

will see calories burned even if you haven't moved around with your tracker on. When you're active, calories burned from activity will be added to resting calories burned.

Flower

Your flower will grow and shrink based on your activity level over the past several hours. There are 10 leaves on a fully grown flower. More leaves indicate higher recent activity levels. Your flower will adapt as you become increasingly active, so it will become increasingly challenging to fully grow your flower.

Clock

The clock shows the current time. If the time is not correct, sync your tracker and make sure that have selected the appropriate time zone in your Fitbit profile.

Silent Alarms

The Fitbit One has a vibrating silent alarm that can be used to wake you from sleep without disturbing your partner.
Silent alarms can be used separately from sleep tracking; you don't need to record sleep to use your tracker as an alarm.
Recurring alarms (Monday through Friday, for example) are supported. You may set up to 8 alarms at a time. Silent alarms can be disabled by pressing the button on the tracker.
You can set repeating or one time alarms from the website or the latest version of the Fitbit mobile app.

Setting up Silent Alarms from your computer

• To set up a silent alarm, go to your Fitbit.com Dashboard, click "Account Settings" from the drop-down menu under your photo and name, then navigate to "Silent Alarms".
• Once you are in the "Silent Alarms" section of your Account Settings, you may be prompted to update your device in order to begin using silent alarms. For directions on how to update your device, see pages 13 and 14 of this manual.
• Once your device has updated, you may set alarms from the silent alarms section of your account settings.
• Click the "Add Alarm" button.

17

• Add the time you'd like to wake up, select AM or PM, tap either "Once" for a one time alarm, or "Repeats" for a reccuring alarm, then tap the pink "Save" button.

• If you are traveling out of the time zone to which your tracker is normally set, you can click the "change" link to reflect your current location. Sync your tracker to make sure the time zone update is made.

• You must also sync your tracker in order for your alarm to be set and go off.

• Once your alarm has been synced you can check your device to see the next scheduled alarm time.

Setting up Silent Alarms from your mobile device

If you have a mobile device with Bluetooth 4.0/Bluetooth Smart compatibility, you can set silent alarms from the Fitbit app.

1. To set a silent alarm on your phone, open the Fitbit app, then tap "More", then tap "Silent Alarm".

2. Once you are in the silent alarm section, you may be prompted to update your device in order to begin using silent alarms (see page 13 for detailed instructions).

3. Tap "Add a new alarm", the select the day or days and time at which you want your alarm to go off.

4. Tap "Save". As soon as you sync your tracker to Fitbit, your alarm will be set.
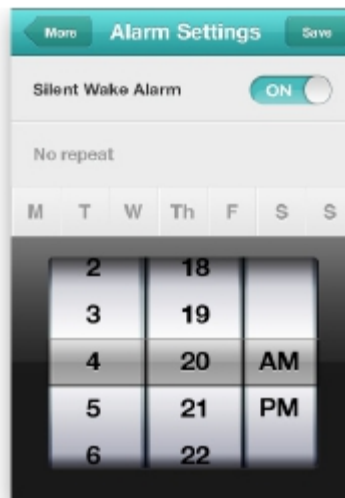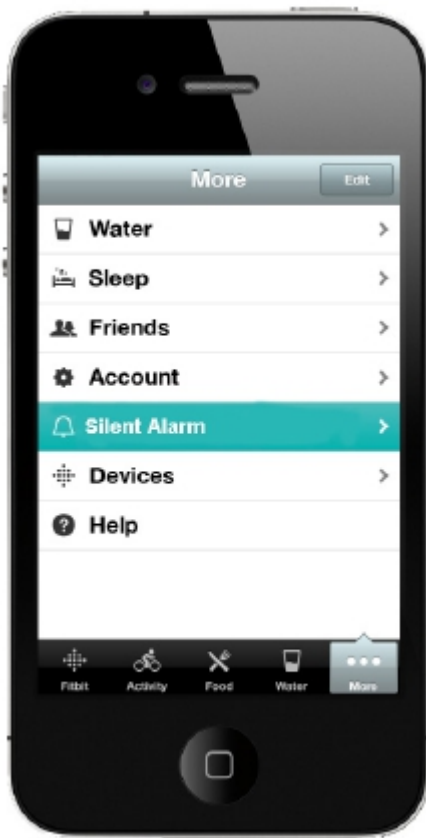
Tracking Sleep

Slip the Fitbit One into your wristband at night to record how long and well you sleep.

Over time, you can apply what you learn to help you sleep more soundly.

To record your sleep, do the following:

1. Place the tracker into the slot on the wristband and wrap the it around your non-dominant wrist.

2. Once you are in bed and ready to fall asleep, press and hold the tracker's button for 2+ seconds. You will see a stopwatch. The other icons will blink, indicating that you are in sleep mode.

3. When you wake up, press and hold the button for 2+ seconds to stop the sleep recording. The icons will stop blinking to indicate you've exited sleep mode. Once you exit sleep mode, the Fitbit One will resume displaying your daily totals.

4. Once the data syncs, graphs on your Dashboard will reveal how long you slept and the number of times you woke up, giving you details about your sleep. Last night's sleep will appear on today's page.

*If you forgot to press the button on your tracker, but were wearing it while you slept, you can enter the times manually on the Track My Sleep page and your data will still appear once you sync your tracker.

General Fitbit One Information

Battery Life and Power

The Fitbit One is powered by a rechargeable Lithium-ion polymer battery, which is built into the device. It should be charged with the charging cable, which plugs into your computer's USB port and can also be plugged into any charging device that has a USB port. A battery indicator will appear on your tracker when it is first plugged into the charging cable. You can press the tracker's button while it is charging to see its current battery level.

If you press your tracker's button and do not see anything illuminate, or if you see a low or empty battery symbol on your tracker's display, plug the tracker into the charging cable. Ideally, an empty tracker should be charged for 1–2 hours for maximum performance and battery life. The battery typically lasts 5–7 days between charges.

Memory

We recommend syncing your data regularly, though as long as the Fitbit One has battery power, it tracks up to 7 days of detailed, minute-by-minute data. The tracker will save a summary of your daily calories, distance, floors climbed, and steps taken for up to 30 days between syncs.

Sensors & Motors

The Fitbit One uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Its altimeter also measures stairs climbed. The Fitbit One contains a cylindrical vibration motor, which allows it to vibrate when alarms are set to go off.

Size and Weight

- Height
  1.89 inches (48mm)
- Width
  0.76 inch (19.3 mm)
- Depth
  0.38 inch (9.65 mm)
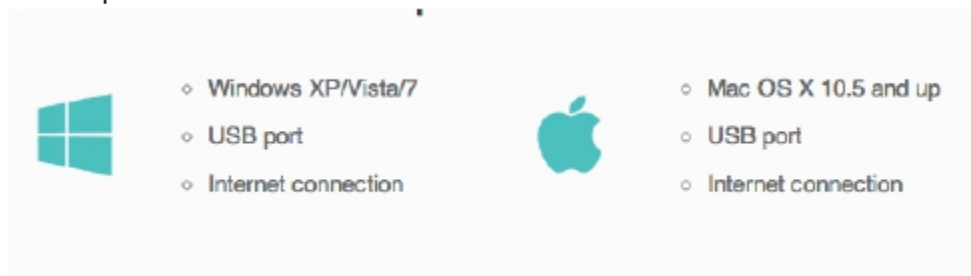- Weight
  0.28 oz. (0.02 lb, 8 grams)

Environmental Conditions

The Fitbit One is not waterproof. It shouldn't be worn while swimming. It is, however, rain, splash, and sweat-proof.

- Operating Temperature
  -4° to 113° F (-20° to 45° C)
- Non-Operating Temperature
  -22° to 140° F (-30° to 60° C)
- Relative Humidity
  One is splash-proof, and should not be submerged more than one meter.
- Maximum Operating Altitude
  30,000 feet (9,144 m).

PC & Mac Requirements

- Windows XP/Vista/7
- USB port
- Internet connection

- Mac OS X 10.5 and up
- USB port
- Internet connection

Supported Browsers

		PC BROWSERS	MAC BROWSERS
	CHROME	12 and up	12 and up
	FIREFOX	3.6.18 and up	3.6.18 and up
	INTERNET EXPLORER	8 and up	---
	SAFARI	---	5.0.5 and up

Troubleshooting and Help

Troubleshooting and assistance for your Fitbit One tracker can be found at help.fitbit.com.

Statements

Model Name: FB103

Federal Communications Commission (FCC) Statement

This device complies with FCC part 15 of the FCC Rules and Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions:
1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

For a Class B digital device or peripheral, the instructions furnished the user shall include the following or similar statement, placed in a prominent location in the text of the manual:

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
   • Reorient or relocate the receiving antenna.
   • Increase the separation between the equipment and receiver.
   • Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
   • Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.