



Wireless Activity + Sleep Wristband



User Manual

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# Getting Started

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## What's included

Your Fitbit Flex Wireless Activity + Sleep Wristband packaging includes:

- Flex tracker
- Charging cable
- Wireless Sync Dongle
- One (1) Small and one (1) Large wristband



Flex tracker



Charging cable



Wireless Sync  
Dongle



Wristband

## Choosing your wristband size

Your Flex comes with packaged with a large and a small wristband. Choose which option fits best on your wrist.

Choosing the correct wristband size is important for the accuracy of your tracker.

If you choose the small wristband, you'll need to remove the peg from the large wristband, and insert it into the small wristband.

# Setting up Fitbit Flex on a computer

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## Mac & PC Requirements



### **Software**

Mac OS 10.5 or later  
Internet Connection

### **Hardware**

USB port

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### **Software**

Windows XP, Vista, 7, 8  
Internet Connection

### **Hardware**

USB port

## Installing Fitbit Connect on a computer

The Fitbit Connect software allows your Flex to sync stored data to your Fitbit.com Dashboard. This software is available for free from the Fitbit website.



SET UP A NEW FITBIT DEVICE

SYNC NOW

[Check for device update](#) | [Troubleshooting](#)

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## Installing Fitbit Connect on your Mac

1. Go to the download page at <http://www.fitbit.com/start/flex>
2. Verify that Mac is highlighted and click the **Download** button.
3. Go to your downloads folder and double-click the .dmg file.

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NOTE: If the file does not appear on your desktop, search for “Fitbit Connect” using the Spotlight search feature.

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4. Run the Fitbit Connect installation package by double-clicking.
5. Follow the on-screen instructions to complete setup.

## Installing Fitbit Connect on your PC

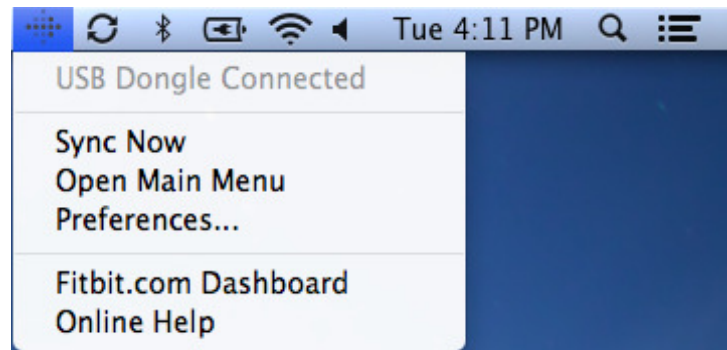
1. Go to the download page at <http://www.fitbit.com/start/flex>
2. Verify that PC is highlighted and click the **Download** button.
3. Go to your downloads folder and double-click the FitbitConnect .exe file.
4. Choose your language and follow the on-screen instructions.

## Pairing to a computer

Once Fitbit Connect is installed on your computer, you can begin the process to pair your Flex.

### Pairing to a Mac

1. On the Menu Bar of your Mac, click the Fitbit Connect icon and choose **Open Main Menu**.



2. From the main menu, select **Set Up a New Fitbit Device**.
3. Account Setup:
  - a. Select **New to Fitbit** if you don't already have a Fitbit.com account.
  - b. Select **Existing User** to log into your existing Fitbit.com account.

---

NOTE: You can only have one Fitbit tracker paired to an account at any given time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose **Don't Replace** to continue setup using a different email address.

If you'd like to use your Flex on your existing account, choosing **Replace Tracker** remove your other tracker, and replace it with your Flex.

---

4. Enter or confirm your personal details and click **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
5. Choose **Flex** as the device you're setting up.
6. Connect the USB Charging cable to an available USB port.
7. Connect your Flex to the USB Charging cable using the on-screen instructions as a guide. When at least 4 lights are lit on your tracker, click **I'm Ready to Start**.



8. Plug the Wireless Sync Dongle into an available USB port and click **Next**. You may remove the USB Charging cable if it's occupying the only available USB port.
9. Use the on-screen instructions as a guide to slide your Flex into the wristband you've chosen. Once your Flex is appropriately inserted into the wristband, click **Next**.
10. Put your Flex wristband on, making sure to align the lights with the outside of your wrist. Once your wristband is securely on your wrist, click **Next**.
11. Fitbit Connect will now search for your Flex. Once found, the lights on your Flex will begin to blink. Tap your Flex repeatedly with your finger until it vibrates. If you have trouble finding your Flex, click **I don't see lights blinking** and follow the on-screen instructions for further help.
12. Once Fitbit Connect shows the message Linking Complete, you can click **Next** to continue.

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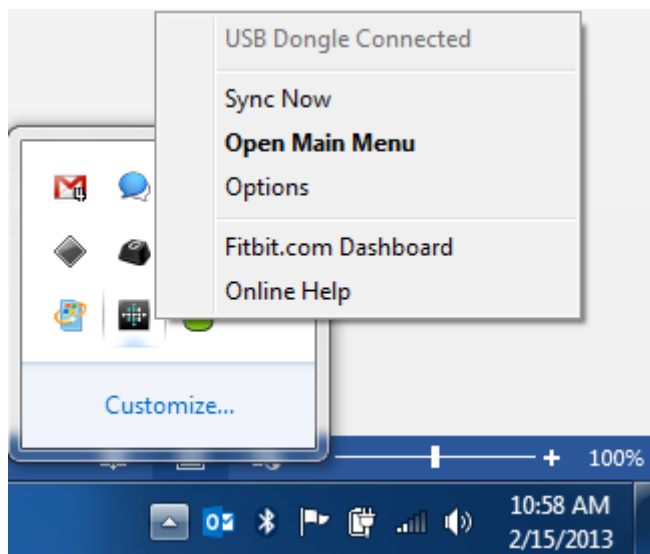
NOTE: If you continue to experience trouble setting up your Flex, you can get support for this and other questions at <http://help.fitbit.com>.

---

13. You can now go to your Fitbit.com Dashboard and start tracking or configure your account settings by clicking **Go to Dashboard**.

## Pairing to a PC

1. In the Windows System Tray, right-click the Fitbit Connect icon and choose **Open Main Menu**.



2. From the main menu, select **Set Up a New Fitbit Device**.
3. Account Setup:
  - a. Select **New to Fitbit** if you don't already have a Fitbit.com account.
  - b. Select **Existing User** to log into your existing Fitbit.com account.

---

NOTE: You can only have one Fitbit tracker paired to an account at any given time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose **Don't Replace** to continue setup using a different email address.

If you'd like to use your Flex on your existing account, choosing **Replace Tracker** remove your other tracker, and replace it with your Flex.

- 
4. Enter or confirm your personal details and click **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
  5. Choose **Flex** as the device you're setting up.
  6. Connect the USB Charging cable to an available USB port.
  7. Connect your Flex to the USB Charging cable using the on-screen instructions as a guide. When at least 4 lights are lit on your tracker, click **I'm Ready to Start**.

8. Plug the Wireless Sync Dongle into an available USB port and click **Next**. You may remove the USB Charging cable if it's occupying the only available USB port.
9. Use the on-screen instructions as a guide to slide your Flex into the wristband you've chosen. Once your Flex is appropriately inserted into the wristband, click **Next**.
10. Put your Flex wristband on, making sure to align the lights with the outside of your wrist. Once your wristband is securely on your wrist, click **Next**.
11. Fitbit Connect will now search for your Flex. Once found, the lights on your Flex will begin to blink. Tap your Flex repeatedly with your finger until it vibrates. If you have trouble finding your Flex, click **I don't see lights blinking** and follow the on-screen instructions for further help.
12. Once Fitbit Connect shows the message Linking Complete, you can click **Next** to continue.

---

NOTE: If you continue to experience trouble setting up your Flex, you can get support for this and other questions at <http://help.fitbit.com>.

---

13. You can now go to your Fitbit.com Dashboard and start tracking or configure your account settings by clicking **Go to Dashboard**.

## Wireless sync to a computer

Fitbit Connect must be installed and your Wireless Sync Dongle inserted for your tracker to sync with Fitbit.com.

Syncing occurs automatically when your Flex is within 20-30 feet of a plugged-in Wireless Sync Dongle. You can force 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.

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NOTE: If you experience any trouble syncing your tracker with your computer, you can visit <http://help.fitbit.com> for further help.

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# Setting up Fitbit Flex on a mobile device

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## Mobile device requirements

The Fitbit Flex is capable of setting up and syncing with mobile devices that support Bluetooth SMART (4.0) technology.

To see if your mobile device is compatible with your Flex, visit <http://www.fitbit.com/devices>.

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NOTE: If your device is not compatible to sync via Bluetooth, you can still use the Fitbit App to view your data, and track your progress.

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Additional Requirements:

- Flex Charging cable
- A computer with an available USB Port (for charging)
- Internet Connection

## Before you begin

Before you can setup your Flex on a mobile device, you'll need to:

1. Download and install the Fitbit App from the App Store (iOS) or Google Play Store (Android). If you already have the Fitbit App installed, check to make sure you have the latest version.
2. Plug your Charging cable into an available USB port on a computer
3. Insert your Flex into the Charging cable (see below). You can begin setup once your Flex display four lights during charging.

[Client Charging Image here]

4. Enable Bluetooth on your mobile device.

## Pairing to an iOS device

Unlike most Bluetooth accessories, like headsets, your Flex must be paired directly through the Fitbit App, and not through your iOS device's Bluetooth preferences.

Dan Lavelle > Instructions are based off of current release version of app, setting up with a Zip and still require validation for 1.6 and Flex.

1. Open the Fitbit App.
2. Account Setup:

- a. Select **Get started** if you don't already have a Fitbit.com account.
- b. Select **Log in** to log into your existing Fitbit.com account.

---

NOTE: You can only have one Fitbit tracker paired to an account at any given time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose **Don't Replace** to continue setup using a different email address.

If you'd like to use your Flex on your existing account, choosing **Replace Tracker** remove your other tracker, and replace it with your Flex.

- 
3. Enter your personal details and select **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
  4. Enter the email address for your Fitbit.com and your password.
  5. Tap **Set up Now**.
  6. Choose **Flex**.
  7. Tap **Start** to begin searching for your Flex.
  8. Once found, the lights on your Flex will begin to blink. Tap your Flex repeatedly with your finger until it vibrates. If you have trouble finding your Flex, click **I don't see lights blinking** and follow the on-screen instructions for further help.
  9. Once the Fitbit App shows the message 'You're all set!', you can tap **Next** to continue.

---

NOTE: If you continue to experience trouble pairing your Flex, you can get support for this and other questions at <http://help.fitbit.com>.

- 
10. Tap **Done** to complete setup. You can now use the Fitbit App to start tracking.

## Syncing to an iOS device

Your Flex can sync directly to supported iOS devices via Bluetooth. To check if your iOS device is compatible with your Flex, see <http://www.fitbit.com/devices>.

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NOTE: Bluetooth must be enabled both in the iOS device Settings, as well as within the Fitbit App. You can turn Bluetooth on in the Fitbit app by tapping **More**, then **Devices**, and switching Bluetooth to **On**.

---

Syncing occurs automatically when you open the Fitbit App on your iOS device.

## Force Sync

You can also Force Sync your Flex through the Devices menu if you want to get the latest data synced.

To Force Sync your Flex:

1. Open the Fitbit App.
2. Tap **More**.
3. Tap **Devices**.

---

NOTE: Make sure Use Bluetooth is set to **On**.

---

4. Tap **Flex**.
5. Tap the **Force Sync** icon.

## Background Sync

The Fitbit App also supports Background Sync. This setting allows your Flex to sync with your iOS device while the Fitbit app is in the background, or minimized.

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NOTE: Background Sync will only operate when your iOS device's screen is turned on. If your iOS device's screen is off, your Flex will not sync in the background until you wake your iOS device from sleep.

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## Pairing to an Android device

Unlike most Bluetooth accessories, like headsets, your Flex must be paired directly through the Fitbit App, and not through your Android device's Bluetooth preferences.

**Dan Lavelle > Instructions are based off of current release version of the Android app, setting up with a Zip and still require validation for 1.6 and Flex.**

1. Open the Fitbit App.
2. Account Setup:
  - a. Select **Get started** if you don't already have a Fitbit.com account.
  - b. Select **Log in** to log into your existing Fitbit.com account.

---

NOTE: You can only have one Fitbit tracker paired to an account at any given time.

If you currently have another Fitbit tracker linked to your account and plan to continue using it, choose Don't Replace to continue setup using a different email address.

If you'd like to use your Flex on your existing account, choosing Replace Tracker remove your other tracker, and replace it with your Flex.

---

3. Enter your personal details and select **Next**. This information personalizes your Fitbit experience and improves the accuracy of your calorie burn and distance data. You can adjust your privacy settings on the Fitbit website to control what information is shared with others.
  4. Enter the email address for your Fitbit.com and your password.
  5. Tap the **menu** button on your Android device.
  6. Tap **Devices**.
- 

NOTE: Make sure Use Bluetooth is **Checked**.

---

7. Tap **Set up New Device** to begin.
  8. Choose **Flex**.
  9. Tap **Start** to begin searching for your Flex.
  10. Once found, the lights on your Flex will begin to blink. Tap your Flex repeatedly with your finger until it vibrates. If you have trouble finding your Flex, click **I don't see lights blinking** and follow the on-screen instructions for further help.
  11. Once the Fitbit App shows the message 'You're all set!', you can tap **Next** to continue.
- 

NOTE: If you continue to experience trouble pairing your Flex, you can get support for this and other questions at <http://help.fitbit.com>.

---

12. Tap **Done** to complete setup. You can now use the Fitbit App to start tracking.

## Syncing to an Android device

Your Flex can sync directly to supported Android devices via Bluetooth. To check if your Android device is compatible with your Flex, see <http://www.fitbit.com/devices>.

---

NOTE: Bluetooth must be enabled both in the Android device Settings, as well as within the Fitbit App. You can turn Bluetooth on in the Fitbit app by tapping the **menu** button, then **Devices**, and checking the **Use Bluetooth** box.

---

Syncing occurs automatically when you open the Fitbit App on your iOS device.

## Tap to sync using Near-Field Communication (NFC)

Your Flex is equipped with Near-Field Communication (NFC) technology, allowing it to interact with Android devices that support this feature.

Tapping the back of your Android device to the top of your Flex will automatically open the Fitbit App and initiate a wireless sync.

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NOTE: Wireless Sync is supported for select Android devices. To see if your Android device is supported, see <http://www.fitbit.com/devices>.

If your device does not support Wireless Sync, but does support NFC, the Fitbit App should still launch when tapped to your Flex.

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## Force Sync

You can also Force Sync your Flex through the Devices menu if you want to get the latest data synced.

To Force Sync your Flex:

1. Open the Fitbit App.
2. Tap the **menu** button.
3. Tap **Devices**.

---

NOTE: Make sure Use Bluetooth is **Checked**.

---

4. Tap **Flex**.
5. Tap the **Force Sync** icon.

## Background Sync

The Fitbit App also supports Background Sync. This setting allows your Flex to sync with your Android device while the Fitbit app is in the background, or minimized.

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NOTE: Background Sync will only operate when your Android device's screen is turned on. If your Android device's screen is off, your Flex will not sync in the background until you wake your Android device from sleep.

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# Using your Flex

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## Wearing your Flex

The Fitbit Flex is designed to be worn on your wrist, inserted in the provided wristband. If you prefer to track your progress discreetly, you can remove the tracker from your wristband, and keep it in your pocket.

Your Flex can be worn on either wrist, though you may see a difference in the number of steps tracked while wearing it on the wrist of your dominant hand.

Dan Lavelle > Need to confirm whether we will have settings to change dominant vs. non-dominant hand. It would go here.

## How to secure your wristband

Your Flex comes with a large and a small wristband. Select the option that best fits your wrist.

Your wristband should be comfortably tight, much like you would wear a watch.

Line up the peg over the holes in the band. Press down to snap the peg into the holes.

To change wristbands, remove the tracker from the wristband, as well as the peg that is used to fasten the wristband to your wrist. Once removed, you can insert them into your wristband of choice.

## Using your Flex in wet conditions

While your Flex is primarily designed for tracking steps, the tracker itself may be worn while you are in the shower, working out, or swimming.

The Fitbit Flex is sweat-proof, rain-proof, and waterproof to a depth of ten meters.

Dan Lavelle > Do we want to include a recommendation to not use it at that depth? Do we want to include this at all?

## LED Indicator Lights

Your Flex features an OLED (Organic Light-Emitting Diode) display that consists of 5 LED Indicator Lights. These lights communicate a variety of feedback to you, including; Goal progress, Battery charging, Sleep mode, and more.

For more information on how to understand these patterns, see <http://help.fitbit.com>.

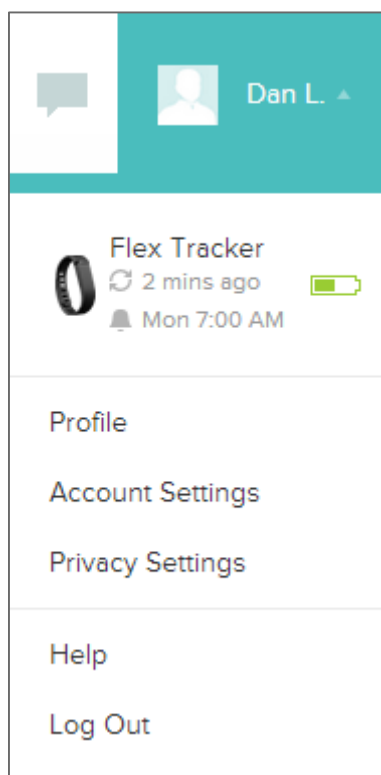
Dan Lavelle > Until we have final firmware, and line-art to display the various light patterns, we'll be directing customers to our website, where we can document this with more flexibility. Feedback is welcome.

## Battery life and power

### Battery life

Your Flex comes equipped with a rechargeable Lithium-ion polymer battery.

Under normal use, the battery on your Flex should last approximately five days before requiring a charge. You can check the level of your battery by logging into the Fitbit.com Dashboard, and clicking on your **Profile Name**.



### Charging your Flex

You can charge your Flex by plugging the provided Charging cable into an available USB port on your computer, and inserting your Flex into the bracket, with the grey triangle facing away from you.

[Image Needed]

Your Flex will progressively illuminate the LED Indicator Lights as it charges, with each light representing 20% of the maximum charge. Once all five lights are lit, your Flex is fully charged.

## Memory

Your Flex stores minute-by-minute data for synchronization for two weeks. After two weeks, that data is converted to a daily total, which is stored for an additional two week period.

Any time you sync your Flex, this data is uploaded to your Fitbit.com Dashboard, and securely stored on Fitbit's servers. As long as you sync your Flex within thirty days of activity, you will be able to transmit that data to your Fitbit.com Dashboard.

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NOTE: Every night at midnight, your Flex will reset your progress towards your daily goal. This does not delete the data stored on your tracker. That data will be uploaded to your Fitbit.com Dashboard the next time you sync your Flex.

The time this reset occurs is based on the Time Zone set on your Fitbit.com profile.

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# What Fitbit Flex tracks

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Like other Fitbit trackers, your Flex can track the following activities:

- Steps taken
- Calories burned
- Distance traveled
- Active minutes
- Hours slept
- Quality of sleep

## Setting goals with Flex

Your Flex is designed to track your progress to a specific goal which you define on your Fitbit.com Dashboard. Goals can be set for steps taken, calories burned, or distance traveled.

To choose the goal you want to track:

1. Log in to your Fitbit.com Dashboard.
2. Click your **Profile** name.
3. Click **Account Settings**.
4. Click **Device Settings**.
5. Next to Primary Goal, click **change**.
6. Choose your goal.

---

NOTE: You can only track one goal at a time, but you can change your goal at any time using by logging in to your Fitbit.com Dashboard.

---

Dan Lavelle > Images or line-art would be helpful here. Client is not currently final, but something akin to the goals screen on the client would be ideal.

Once you've chosen which activity you want to track, you can set a value for that goal on your Fitbit.com Dashboard (e.g. walking six miles, or burning 2900 calories).

When you tap your Flex twice with your finger, the LED Indicator Lights will illuminate to show how much of your goal you've accomplished. Each fully lit indicator represents 20% of your total goal.

A blinking light represents your current progress towards your goal.

When you reach your goal, your Flex will vibrate and flash the LED Indicator Lights to let you know you're there.

## Tracking sleep with Flex

Your Flex can also track the hours you sleep, and help you understand the quality of that sleep by tracking your movement and restlessness while you're asleep.

To enter sleep mode, tap your Flex rapidly for one to two seconds. Your Flex will vibrate and display two slowly dimming lights to indicate that sleep mode has begun.

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NOTE: When your Flex is in sleep mode, goal progress will not be displayed if you tap twice. Instead, your Flex will alternate two blinking lights, back-and-forth, to represent that you are currently in sleep mode.

---

When you wake up, tap your Flex rapidly for one to two seconds to exit sleep mode. Upon exiting sleep mode, your Flex will vibrate and display all five LED Indicator Lights.

If you enter or exit sleep mode by mistake, you can always adjust your actual time asleep on the Fitbit.com website. Since your Flex is still tracking your movement during this time, it can accurately represent your sleep quality, even when manually entering your sleep and wake times.

## Silent Alarms

Your Flex can gently vibrate to wake or alert you using the Silent Alarm feature. You can set alarms using your computer for a mobile device.

Silent Alarms can be configured to recur on multiple days of the week (e.g. 8:00AM, every Sunday)

You can set up to eight alarms on your Flex at once.

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NOTE: Setting multiple alarms may diminish the battery life of your Flex. If you find that you must charge your battery more often, you may want to reduce the number of Silent Alarms configured on your Flex.

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### Setting up Silent Alarms from a computer

You can set Silent Alarms from your computer by using the Fitbit.com Dashboard. Your Wireless Sync Dongle must be connected to set the alarm on your Flex.

1. Log in to your Fitbit.com Dashboard.
2. Click your **Profile** name.
3. Click **Account Settings**.
4. Click **Silent Alarms**.
5. Click the **Add Alarm** button.
6. Enter the **Time** you want the alarm to alert you.

7. Choose how often you want the alarm to occur:
  - a. Once – Your alarm will alert you at the specified time, and not repeat.
  - b. Repeats – You can choose which days you want this alarm to repeat.  
(e.g. 8:00AM, every Sunday)
8. Click **Save**.

Your new alarm will be synced to your Flex the next time it connects.

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NOTE: If you want to sync the alarm immediately, open Fitbit Connect and select **Sync Now**.

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## Setting up Silent Alarms from an iOS device

You can set Silent Alarms on your Flex using the Fitbit App for iOS. Bluetooth must be enabled in your iOS device settings, as well as the Fitbit App Devices screen.

Your mobile device must support Wireless Sync to set Silent Alarms. To check if your device is supported, see <http://www.fitbit.com/devices>.

1. Open the Fitbit App.
2. Tap **More**.
3. Tap **Silent Alarm**.
4. Tap **Add a new alarm**.
5. Set the time by adjusting the click-wheel.
6. If applicable, tap the days of the week you want this alarm to repeat.  
(e.g. 8:00AM, every Sunday)
7. Tap **Save**.

Your iOS device will now sync the alarm to your Flex.

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NOTE: If your Flex is out of range or unavailable to sync, you can Force Sync the alarm to it by tapping **More**, then **Devices**, choosing **Flex** and tapping the **Force Sync** icon.

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## Setting up Silent Alarms from an Android device

You can set Silent Alarms on your Flex using the Fitbit App for Android. Bluetooth must be enabled in your Android device settings, as well as the Fitbit App Devices screen.

Your mobile device must support Wireless Sync to set Silent Alarms. To check if your device is supported, see <http://www.fitbit.com/devices>.

1. Open the Fitbit App.
2. Tap the **menu** button.
3. Tap **Devices**.
4. Choose **Flex**.

5. Tap **Silent Alarm**.
6. Tap **Add a new alarm**.
7. Set the time.
8. If applicable, you can tap the **Repeats** checkbox and choose the days of the week you want this alarm to repeat.
9. Tap Done.
10. Tap the **Sync alarms with your tracker** button.

Your Android device will now sync the alarm to your Flex.

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NOTE: If your Flex is out of range or unavailable to sync, you can Force Sync the alarm to it by tapping the **menu** button, then **Devices**, choosing **Flex** and tapping the **Force Sync** icon.

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## Dismissing Silent Alarms

Your Flex will light up and vibrate when your Silent Alarm goes off. This notification will repeat three times, or until dismissed. You can dismiss the alarm by tapping x times.

You'll know your alarm is dismissed when your Flex shows one light in the middle of the display fade away slowly.





If you miss your alarm, your Flex will alert you again after a few minutes.

Dan Lavelle > Need exact specs on snooze. My experience with 7.42 is 1<sup>st</sup> snooze was 60 seconds, the 2<sup>nd</sup> snooze was 540 seconds.

# Your Fitbit.com Dashboard

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## Browser Requirements

Browser	Mac Version	Windows Version
 Apple Safari	5.0.5 and higher	Not Supported
 Google Chrome	12 and higher	12 and higher
 Microsoft Internet Explorer	Not Supported	8 and higher
 Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

## Using your Dashboard

Fitbit provides you with a free online tool to help track, manage, and evaluate your fitness progress.

### Understanding the Dashboard

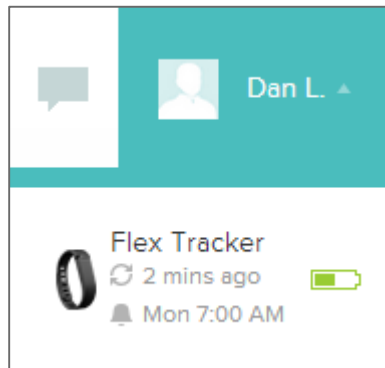
The Dashboard is your initial landing page when logged into Fitbit.com. It will show you a high-level overview of your progress towards goals, allow you to edit those goals, and view historical data.

### Logging Food, Activities, and Sleep

From your Dashboard, you can launch individual log pages to keep track of your Food, Activities, Sleep, and other custom trackers.



## Device Info Preview



You can see a quick preview of your tracker's last sync, battery level and upcoming alarms if you click on your [Profile Name](#).

## Managing your Flex from Fitbit.com

You can also manage your Flex from Fitbit.com by clicking on your [Profile Name](#) in the top right corner, clicking [Account Settings](#), and choosing [Device Settings](#) from the left sidebar.

The Device Settings screen allows you to change:

- [Time Zone](#): This will impact when your tracker data resets, as it will reset at midnight for whichever time zone the tracker is set to.
- [Primary Goal](#): This menu allows you to choose which of the various goals you want your Flex to display when checking your progress.
- [On Dominant Hand](#): This toggle switch allows you to increase tracking accuracy when wearing the tracker on your dominant hand.

You can also manage Silent Alarms from the Account Settings screen by clicking [Silent Alarms](#) from the left sidebar.

# Updating Fitbit Flex

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Fitbit may release updates for your Flex, available free-of-charge through the Fitbit Connect client on your computer or your mobile device.

It is recommended that you keep your Flex up-to-date, as the latest feature enhancements, and product improvements are made through updates.

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NOTE: Updating your Flex is demanding on the battery. It is recommended that you charge your Flex before, during, or after performing an update.

Flex requires a minimum of XX% to successfully perform a version update.

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## Updating Flex on a computer

The Fitbit Connect client allows you to update your Flex using a Mac or PC.

To update using this method:

1. Click the **Fitbit Connect icon** near the system clock.
2. From the main menu, choose **Check for device update**.
3. **Log in** to your account using your Fitbit.com credentials.
4. Fitbit Connect will now look for your Flex.

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NOTE: Make sure your Wireless Sync Dongle is plugged in. You can make your Flex easier to find by tapping it twice to wake it up.

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5. If an update has been found for your Flex, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your Flex close to the computer while you perform the update.
6. Once the update completes, Fitbit Connect will provide you a confirmation screen.

If you have trouble updating your Flex on a computer, see <http://help.fitbit.com> for more information.

## Updating Flex on an iOS device

Your Flex can be updated using the Fitbit App for iOS.

In order to update your Flex, you must have an iOS device that is compatible with the Wireless Sync feature. To see if your device is compatible, check <http://www.fitbit.com/devices>.

To update, follow these steps:

1. Open the Fitbit App.
  2. Tap **More**.
  3. Tap **Devices**.
- 

NOTE: Make sure Use Bluetooth is set to **On**.

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4. Choose **Flex** from the menu.
  5. If an update is available, the option **Update Fitbit Flex** will appear at the bottom of this screen.
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NOTE: Make sure your Flex remains near your iOS device while finding and updating it. You can make your Flex easier to find by tapping it twice to wake it up.

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6. When the update completes, the Fitbit App will say, “You’re all set!”

If you have trouble updating your Flex with the Fitbit App for iOS, see <http://help.fitbit.com> for more information.

## Updating Flex on an Android device

Your Flex can be updated using the Fitbit App for Android.

In order to update your Flex, you must have an Android device that is compatible with the Wireless Sync feature. To see if your device is compatible, check <http://www.fitbit.com/devices>.

To update, follow these steps:

1. Open the Fitbit App.
  2. Press the **Menu** button.
  3. Tap **Devices**.
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NOTE: Make sure Use Bluetooth is **Checked**.

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4. Choose **Flex** from the menu.
  5. If an update is available, the option **Update Fitbit Flex** will appear at the bottom of this screen.
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NOTE: Make sure your Flex remains near your iOS device while finding and updating it. You can make your Flex easier to find by tapping it twice to wake it up.

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6. When the update completes, the Fitbit App will say, “You’re all set!”

If you have trouble updating your Flex with the Fitbit App for iOS, see <http://help.fitbit.com> for more information.

# Fitbit Flex General Info & Specifications

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## Sensors and motors

The 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.

## Size and weight

- Tracker height : 9.9 mm
- Tracker width : 11.81mm
- Tracker depth: 33.94 mm
- Small band inner circumference: 175.7 mm
- Small band diameter : 193.35 mm
- Large band inner circumference: 208.7 mm
- Large band diameter : 227.39 mm
- Extra-large band inner circumference: 239.2 mm
- Extra-large band diameter: 257.87 mm
- Tracker weight: 3.15 grams
- Small band weight: 9.6 grams
- Large band weight: 10.8 grams
- Extra-large band weight: 12.1 grams
- Metal clasp weight: 1.26 grams

## Environmental conditions

- Operating Temperature: -20°C to 45°C
- Non-Operating Temperature: -30°C to 60°C
- Relative Humidity: The device should not be submerged in more than ten meters of time for any amount of time.
- Maximum Operating Altitude: 30,000 feet

# Help

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Troubleshooting and assistance for your Fitbit Flex tracker can be found at <http://help.fitbit.com>.

## Return policy and warranty

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Warranty information and the Fitbit.com Store Return Policy can be found online at <http://www.fitbit.com/returns>.

# FCC Statement

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Model Name:FB401

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 modification 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.





 fitbit flex™

Wireless Activity + Sleep Wristband