"LEPTON"

BC

Product Manual
Version 1.0
Model FB406

TABLE OF CONTENTS

Getting Started

What's included

Your Fitbit Lepton Wireless Activity + Sleep Wristband box includes:

- Lepton tracker
- Charging cable
- Wireless sync dongle
- 1 small and 1 large wristband

Lepton tracker	Charging cable	Wireless sync dongle	Wristbands

Putting on your Lepton

Your Lepton 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" on page 2.

Moving the clasp from the large to small wristband

If you choose the small wristband, you'll need to remove the clasp from the large wristband and put it into the small wristband. To do so:

1. Push the clasp out with one thumb from the inside of the wristband.
2. Pull out the clasp.

3. Insert the clasp into the small wristband by pressing a few times with both thumbs to ensure that the clasp is flat and in line with the wristband.
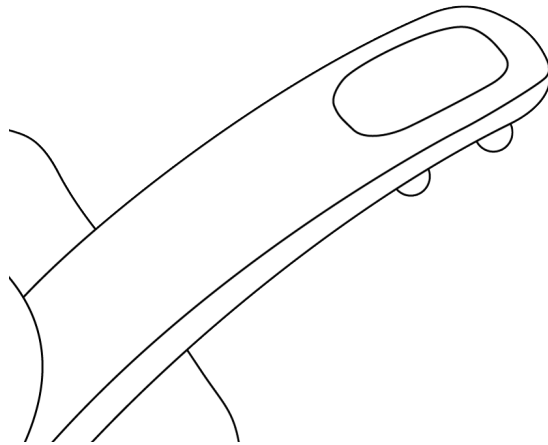
NOTE: If there is a bulge on the inside of the band between the two inside prongs of the clasp, find a small object like a credit card to push it flat.

Inserting the tracker into the wristband

Hold the tracker in your hand with the grey arrow facing up. Insert this end into the wristband, with the arrow pointing toward the holes in the wristband.
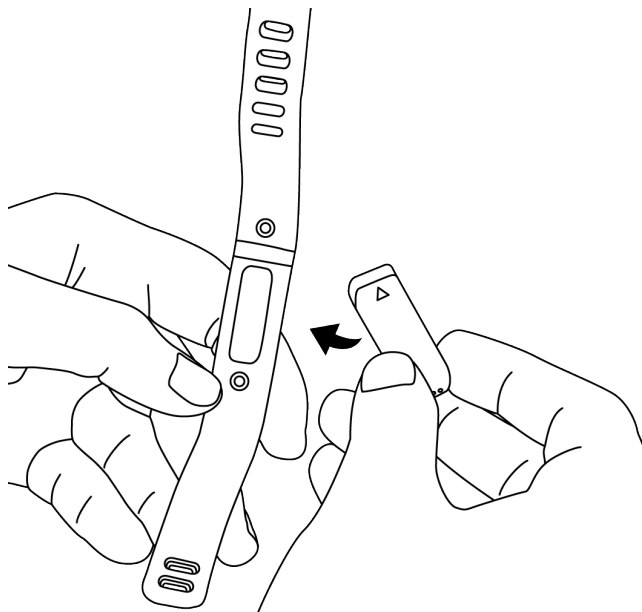
Securing your wristband

1. Put on the wristband so the window of lights are closest to the outside of your wrist and facing you.
2. Align both ends of the wristband so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.
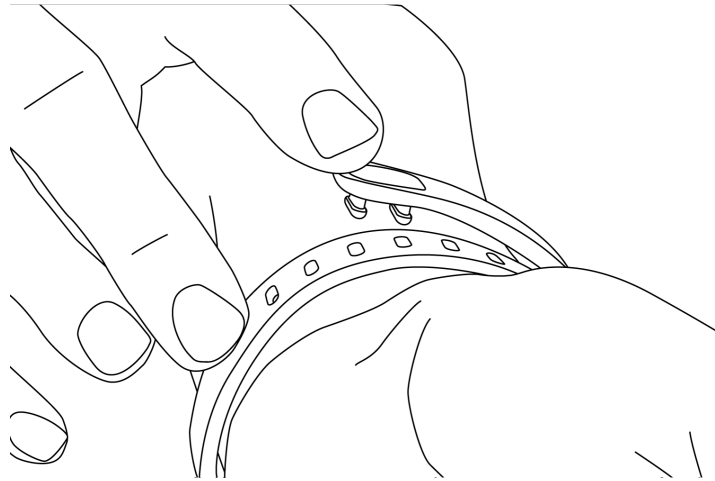
3. Squeeze both the clasp and the wristband between your thumb and forefinger until you hear a click.
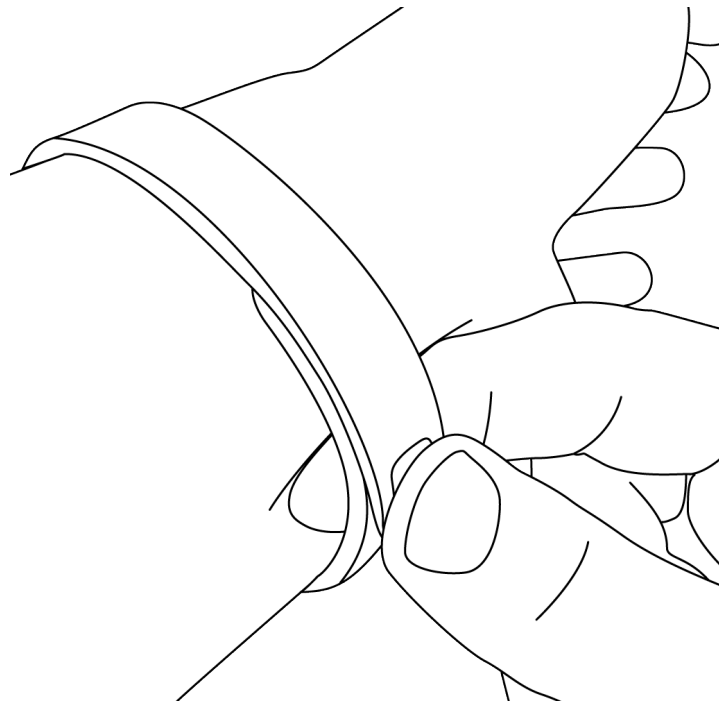
You'll know your Lepton wristband is securely fastened if both ends of the wristband are fully inserted.

NOTE: If you're having trouble, try securing the wristband off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Care and wearing tips

Keep the following tips in mind when caring for your Lepton:

- Clean and dry the Lepton regularly, particularly under the band.
- Wear your Lepton band loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the wrist covered by the Lepton.
- If you notice any signs of skin irritation or experience any discomfort, please discontinue use.

Setting up your Lepton

You can set up your Lepton using a computer or one of our mobile apps for iOS, Android, and Windows Phone.

Setting up your Lepton with a computer

To set up your Lepton using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your Lepton to your Fitbit.com dashboard, where you can view your data, log food, and more.

Mac and PC requirements

Software
Mac OS 10.5 or later
Internet Connection

Hardware
USB port

Software
Windows XP, Vista, 7, 8
Internet Connection

Hardware
USB port

Downloading Fitbit Connect

1. Go to http://www.fitbit.com/setup.
2. Scroll down and click the pink Download button. If the button does not correctly show your type of computer (for example, if it says "Download for Mac" when you're on a PC), choose the correct type before clicking the button.
3. You'll be prompted to open or save the installation file. Choose to save the file.

Installing Fitbit Connect and pairing your Lepton

1. Plug your wireless sync dongle into your computer's USB port and have your charged tracker nearby.
2. Find the file you just downloaded. If you don't see it in your Downloads list, search for it using the file name:
   - For Mac: Install Fitbit Connect.pkg
   - For Windows: FitbitConnect_Win.exe
3. Once you find the file, double-click it to begin installing Fitbit Connect.
4. Follow the brief onscreen instructions to finish setting up. You're ready to get moving.

Now that Fitbit Connect is installed, your Lepton will automatically and wirelessly sync with your computer every 20 minutes or so if the following requirements are met:

- Your Lepton is within 15-20 feet of your computer and has new data to upload (meaning if you haven't moved, an automatic sync won't occur).
- Your computer is powered on, awake, and connected to the Internet.
- The wireless sync dongle is inserted into a USB port and is recognized by the computer.

When Lepton syncs, your data is uploaded to your Fitbit.com dashboard. Lepton holds detailed minute-by-minute information for the most recent 7 days and daily activity summaries for 30 days. For the most accurate dashboard possible, sync your Lepton regularly.

To manually synchronize your Lepton with your dashboard, click the Fitbit Connect icon located near the date and time on your computer and click Sync Now.

Setting up your Lepton with a mobile device

You can set up and wirelessly sync your Lepton using over 120 mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible for syncing with your Lepton, visit www.fitbit.com/devices. If your device is listed, you can then download our free iOS, Android, or Windows Phone apps. Once downloaded, open the app and follow the setup instructions provided.

NOTE: If your mobile device is not compatible to sync via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress, you'll just need to set up and sync using a Mac or PC.

Using your Lepton

Your Lepton is designed to be most accurate when worn on your wrist.

Wearing on your dominant vs. non-dominant wrist

To get the most accurate reading from your Lepton, make sure your account knows if you're wearing the wristband on your dominant or non-dominant wrist. Your dominant wrist refers to handedness, that is, the hand that you use for activities such as writing and throwing a ball.

To configure this setting:

1. Log in to Fitbit.com and click the gear icon in the top-right corner.
2. Click Settings > Devices.
3. Under Dominant Hand choose the correct setting.
4. Sync your tracker to save the change:
   a. Click the Fitbit Connect icon near the date and time on your computer.
   b. Click Sync Now.

Using your Lepton in wet conditions

Your Lepton is water-resistant, which means it is rain-proof and splash-proof and can stand up to even the sweatiest workout.

Do not swim with your Lepton. We also don't recommend showering with your Lepton; though the water won't hurt the device, wearing it 24/7 does not give your skin a chance to breathe. Whenever you get your Lepton wet, dry it thoroughly before putting it back on.

Understanding the LED indicator lights

Your Lepton features a display that consists of 5 LED indicator lights. The lights behave differently depending on what the tracker is doing.

Goal tracking

The indicator lights illuminate as you hit 20% increments towards your goal. Tap your Lepton to see your progress. When you reach your goal, Lepton will celebrate by buzzing and flashing its lights.

Sleep mode

When you tap your Lepton rapidly for one or two seconds to enter sleep mode, it will vibrate and display two slowly dimming lights. During sleep mode, two blinking lights alternate. After you tap your Lepton rapidly to exit sleep mode, it will vibrate and flash all five lights three times and then display a spinning light pattern.

Charging

While your Lepton is charging, an indicator light will pulse to show the battery level every few seconds. Each indicator light represents progress towards the total charge. When the Lepton has charged completely, all 5 indicator lights will blink.

Updating

If an update fails to complete, your Lepton's LED indicator lights may cycle back and forth repeatedly, from left to right, and your Lepton no may longer respond to taps, charging, or resets.

Alarms

When a silent alarm goes off, the Lepton vibrates and the center light flashes.

Charging your Lepton

Your Lepton comes equipped with a rechargeable lithium-polymer battery.

With normal use, your Lepton should last about five days 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.

To charge your Lepton, plug the charging cable into the USB port on your computer. Remove the tracker from the wristband, and insert it into the charging cable, with the LED indicator lights facing up.
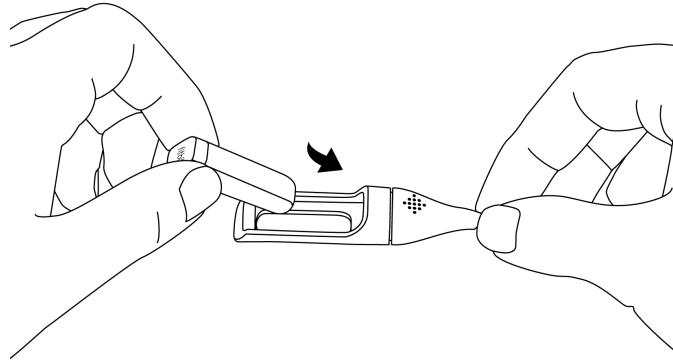
The LED indicator lights will progressively illuminate on your Lepton as it charges. Each light represents 20% of the maximum charge. Once all five lights pulse in unison, your Lepton will be fully charged. Charging completely can take up to three hours.

Tracking your Fitness with Lepton

Your Lepton tracks:

- Steps taken
- Calories burned
- Distance traveled
- Active minutes
- Time asleep
- Number of times awoken

Setting goals with Lepton

Your Lepton is designed to track your progress towards the fitness goal you choose. Goals can be set for steps taken, calories burned, or distance traveled.

To choose the specific goal you want to track:

1. Log in to your Fitbit.com dashboard and click the gear icon in the top right corner.
2. Click Settings > Devices.
3. Under Daily Goal Progress, choose the goal you would like to track.
4. Sync your Lepton to send the new goal to your tracker.

Note: Your Lepton starts tracking your goal for the next day at midnight, according to the time zone you've selected for your account. The reset that occurs at midnight does not delete the previous day's data; all your data will appear on your dashboard when you sync your tracker.

Once you've chosen which goal you want to track, you can set a specific value for that goal on the Fitbit.com dashboard page or using the Fitbit app for mobile. For example, instead of the default 10,000 steps per day, you may want your goal to be 15,000 per day. To change your goal value using your Fitbit.com dashboard:

1. Find the tile that corresponds to your goal.
2. Click the gear icon in the lower left corner of the tile.
3. Change your Daily Goal value.

Checking your goal progress

Tap your Lepton twice to see the LED indicator lights indicate your progress towards your goal.
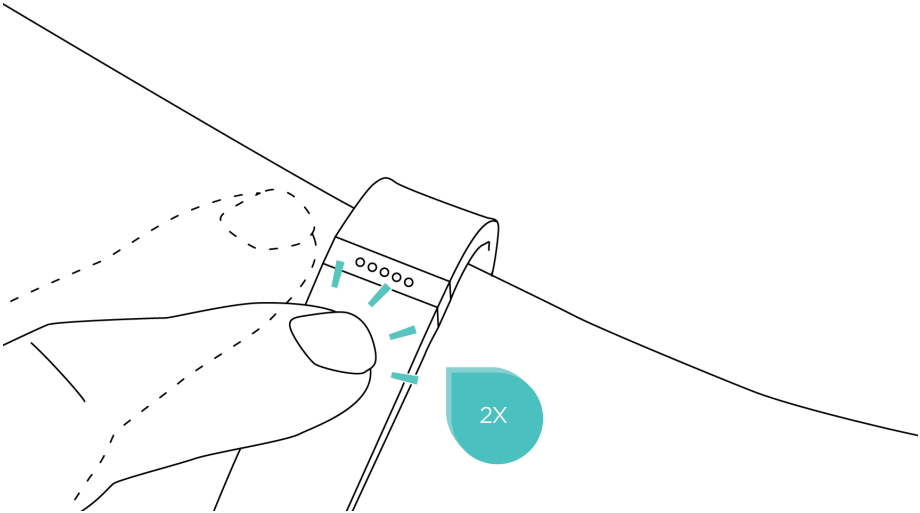
Each fully lit indicator represents 20% of your total goal. A blinking light shows the current segment of the goal you're working on.

In the example below, two lights are solid and the third is blinking. This means you've achieved between 40% and 60% of your overall goal.

When you reach your goal, your Lepton will vibrate and flash the LED indicator lights to celebrate.

Tracking sleep with Lepton

Your Lepton can track the length and quality of your sleep to help you improve your sleeping habits.

To enter sleep mode, tap your Lepton rapidly for one to two seconds. It will vibrate and display two slowly dimming lights to indicate that sleep mode has begun.
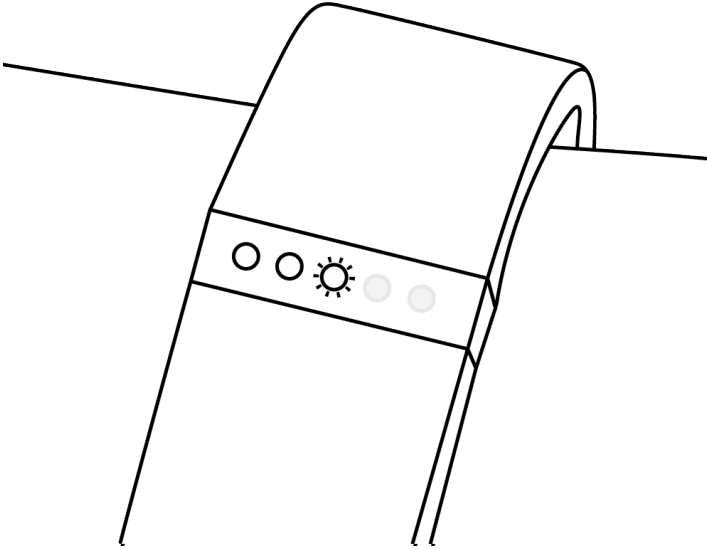
NOTE: During sleep mode, your Lepton will not display goal progress if you double tap. Instead, it will alternate two blinking lights, back-and-forth, to indicate that you are in sleep mode.
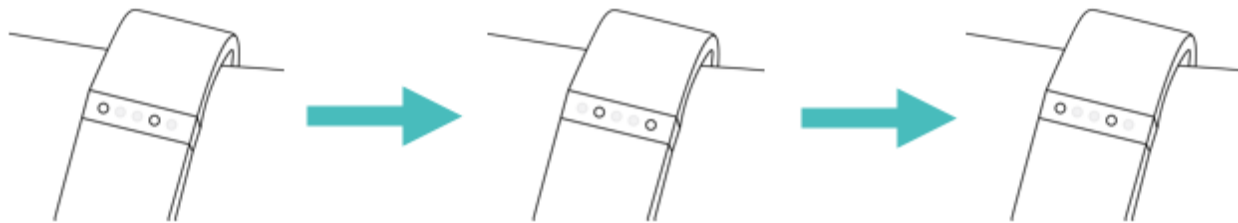
When you wake up, tap your Lepton rapidly for one to two seconds to exit sleep mode. Upon exiting sleep mode, your Lepton will vibrate and flash all five LED indicator lights.

If you forget to put your Lepton into sleep mode, you can always enter your sleep time at http://www.fitbit.com/sleep. After creating a record, you will be able to view your sleep efficiency. You can view your sleep data on the Fitbit.com dashboard or in the Fitbit mobile app. If you choose, you can also set a goal for number of hours slept.

Using silent alarms

You can set up to eight gently vibrating silent alarms on your Lepton. Silent alarms can be configured to recur every day, or on particular days of the week.

Setting silent alarms from a computer

You can set silent alarms from your computer by using the Fitbit.com dashboard.

1. Log in to your Fitbit.com dashboard and click the **gear** icon in the top-right corner of the page.
2. Click Settings.
3. Click Silent Alarms.
4. Click the Add Alarm button.
5. Enter the time you want the alarm to alert you.
6. 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 – Choose which days you want this alarm to repeat every week.
7. Click Save.
8. Sync your changes to your tracker:
   a. Click the Fitbit Connect icon located near the date and time on your computer.
   b. Click Sync Now.

Setting silent alarms from an iOS device

To set silent alarms using the Fitbit app for iOS, first make sure Bluetooth is enabled in your iOS settings.

1. Open the Fitbit app and tap Account.
2. Tap Silent Alarms.
3. Tap Set a New alarm.
4. Set the time by adjusting the click-wheel.
5. If applicable, tap the days of the week you want this alarm to repeat. (for example, at 7:00 AM, every weekday)
6. Tap Save and then sync your tracker:
   a. Make sure your Lepton is close to your mobile device.
   b. In the app, tap Account > Lepton > Sync Now.

Setting silent alarms from an Android device

To set silent alarms using the Fitbit app for Android, first make sure Bluetooth is enabled in your Android device settings and in the Fitbit app.

1. Open the Fitbit app and tap the menu button.
2. Tap Device Settings.
3. Choose Lepton.
4. Tap Silent Alarm.

5. Tap Add a new alarm.
6. Tap Next.
7. Tap Add a new alarm.
8. Tap the **time** to enter a time.
9. If you prefer, tap the Repeats checkbox and tap the days of the week you want this alarm to repeat.
10. Tap Done.
11. Tap the Sync tracker to save alarms button.

Dismissing silent alarms

Your Lepton will vibrate and the LEDs will illuminate when your silent alarm goes off. This notification will repeat three times or until dismissed. You can dismiss the alarm by tapping a few times after the vibration has stopped.

You'll know your alarm has been dismissed when one light appears in the middle of your Lepton's display, then slowly fades. If you do not dismiss the alarm, your Lepton alarm will repeat in nine minutes.

Using your Fitbit.com Dashboard

Fitbit provides a free online tool — the Fitbit.com dashboard — to help you track, manage, and evaluate your fitness progress. Use the dashboard to see your progress towards goals, analyze details about specific activities or exercises, view historical graphs, and log food.

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

Adding and removing tiles

Information on the dashboard is organized by tile. Add or remove tiles to customize the dashboard. If you remove a tile, you can add it back at any time.

To add a tile:

1. Click the grid icon on the upper left side of the dashboard.
2. Check the tile(s) you want to add, then click Done.

16

To delete a tile:

1. Hover over a tile until you see the gear icon at the lower left.
2. Click the gear icon, then click Remove Tile.
3. When prompted, confirm that you want to remove the tile.

Managing your Lepton from fitbit.com

To manage various settings for your account, click the gear icon in the top right corner of your Fitbit.com dashboard and select Settings. From here you can edit your personal information, your notification preferences, your privacy settings, and much more.

Click Devices to change the following settings for your Lepton:

- **Daily Goal Progress**: Choose which goal you want your Lepton to display when checking your progress. You can edit the value of this goal from the Fitbit.com dashboard.
- **Dominant Hand**: Choose which wrist you wear your Lepton on to get the most accurate data readings.
- **Sleep Tracking**: Set the sensitivity of your sleep. The Normal setting is sufficient for most people. If you are a sound sleeper, you can choose Sensitive to capture the smallest movements of your body.

Your changes will take effect after you sync your tracker.

Updating your Lepton

Free feature enhancements, product improvements, and bug fixes are occasionally made available through firmware updates. You can update your Lepton on your computer using Fitbit Connect, or by using a Fitbit mobile app. We recommend keeping your Lepton up to date.

Updating Lepton using a computer

To update your Lepton on a Mac or PC.

1. Make sure your wireless sync dongle is plugged in and that your Lepton is charged.
2. Click the **Fitbit Connect icon** near the time and date on your computer.
3. Click Open Main Menu.. **and then click** Check for device update.
4. **Log in** to your account using your Fitbit.com credentials. Fitbit Connect will now look for your Lepton. You can make Lepton easier to find by tapping it twice to wake it up.
5. If an update is found for your Lepton, Fitbit Connect displays a progress bar representing the update's progress. Keep your Lepton close to your computer during the update.

You'll receive a notification when the update is complete. If you have trouble updating your Lepton, see http://help.fitbit.com.

Updating Lepton using an iOS device

To update your Lepton from an iOS device:

1. Make sure your Lepton is charged and then open the Fitbit app on your iOS device.
2. Tap your tracker name at the top of the app dashboard. You'll be taken to your tracker's device settings page.
3. Tap Sync Now.
4. Tap the Update Available button at the top of the page. The option only appears if a update is available.

   Make sure your Lepton remains near your mobile device during the update. You can make your Lepton easier to find for your mobile device by tapping it twice to wake it up.

You'll receive a notification when the update is complete. If you have trouble updating your Lepton, see http://help.fitbit.com for more information.

UPDATING LEPTON USING AN ANDROID DEVICE

To update your Lepton from an Android device:

1. Make sure your Lepton is charged and then open the Fitbit app on your Android device.
2. Tap the Menu button.
3. Tap Device.
4. Choose Lepton from the menu, then keep your Lepton close to your mobile device while the app searches for it. You can make Lepton easier to find by tapping it twice to wake it up.
5. Tap the Update Available button at the top of this screen. If this option doesn't appear, no update is available.

You'll receive a notification when the update is complete. If you have trouble updating your Lepton with the Fitbit app for Android, see http://help.fitbit.com for more information.

Restarting your Lepton

Restarting your Lepton turns it off and then back on, which may fix any of the following problems if they happen to occur:

- Your Lepton is not syncing
- Your Lepton is not responding to movement
- Your Lepton isn't tracking your steps
- Your Lepton isn't responding to taps

To restart your Lepton:

1. Remove the tracker from the wristband.
2. Plug your charging cable into the USB port and insert your tracker into the charging cable.
3. Insert a paperclip into the small pinhole on the back of the charger.
4. Press on the pinhole for 3-4 seconds. Your Lepton will restart and you can put it back in the wristband.

If restarting your Lepton doesn't resolve your issue, go to https://help.fitbit.com/ and click the Lepton image. From here you can browse or search for troubleshooting information or contact Customer Support if you don't find what you're looking for.

Fitbit Lepton General Info & Specifications

Sensors and motors

Your Lepton uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Lepton also contains a vibration motor, which allows it to vibrate when alarms go off.

Size and weight

	Length	Width	Weight
Small wristband (incl. tracker)	5.5 – 6.9 in 140 – 176 mm	0.6 in 13.99 mm	13.4 grams
Large wristband (incl. tracker)	6.3 – 8.2 in 161 – 209 mm	0.6 in 13.99 mm	14.6 grams

Environmental conditions

Operating Temperature	–4° to 113° F (–20° to 45° C)
Non-operating Temperature	–22° to 140° F (–30° to 60° C)
Water Resistant	Device is water resistant and can be submerged up to 10 meters.
Maximum Operating Altitude	30,000 feet (9,144 m)

Help

Troubleshooting and assistance for your Lepton can be found at http://help.fitbit.com.

Return policy and warranty

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

Regulatory & Safety Notices

Model Name: FB406

USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference received, including interference that may cause undesired operation

FCC Warning

Changes or modifications not approved by Fitbit, Inc. could void the user's authority to operate the equipment.

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 requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB406

Canada: Industry Canada (IC) statement

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

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users in accordance with RSS GEN Issue 3:

This device complies with 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

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive

IC ID: 8542A-FB406

European Union (EU)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on SURGE, Model FB501, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives.

$C\epsilon$

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

Australia and New Zealand

R-NZ

Mexico

IFETEL: TBD

Israel

אישור התאמה TBD
אין לבצע כל שינוי טכני בחלק המודולארי של רהמוצ.

Serbia

South Africa

TBD

South Korea

클래스 B 장치 (가정 사용을위한 방송 통신 기기) : EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 엘을이 장치.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다

-. 사용 주파수 (Used frequency):   2402 MHz-2480 MHz

-. 채널수 (The number of channels):   40

-. 공중선전계강도 (Antenna power):   -2.22dBi

-. 변조방식 (Type of the modulation): Digital

-. 안테나타입 (Antenna type):   Vertical

-. 출력 (Output power):   -2.22dBm

-. 안테나 종류 (Type of Antenna):   Stamped Metal

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB406

2) Certificate number :   MSIP-CMM-XRA-FB406

3) Applicant :   Fitbit, Inc.

4) Manufacture: Fitbit, Inc.

5) Manufacture / Country of origin: P.R.C.

5) Manufacture / Country of origin: P.R.C.

Singapore

TBD

Taiwan

Wireless sync dongle

 CCAJ15LP1150T4

LEPTON

 TBD

注意！

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Russia

CUSTOMS UNION CERTIFICATION

EAC

United Arab Emirates

TBD

Safety statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011.

Important safety instructions

Cautions

- Prolonged contact may contribute to skin irritation or allergies in some users. If you notice any signs of skin redness, swelling, itchiness, or other skin irritation, please discontinue use or wear the product clipped over a piece of clothing. Continued use, even after symptoms subside, may result in renewed or increased irritation. If symptoms persist, consult your doctor.
- The device contains electrical equipment that could cause injury if not handled properly.
- This product is not a medical device, and is not intended to diagnose, treat, cure, or prevent any disease.
- Maps, directions, and other GPS or navigation data, including data relating to your current location, may be unavailable, inaccurate, or incomplete.
- 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 by your use of this Fitbit product.
- Do not check call notifications or other data on the product's display while driving or in other situations where distractions could be hazardous.
- This product is not a toy. Do not allow children or pets to play with your Fitbit product. The product contains small components that can be a choking hazard.
- Your Surge is sweat-proof, rain-proof, and water-resistant. You can wear it while working out and doing activities such as washing your hands or doing the dishes. Remove your Surge before showering or swimming.
- PurePulse™ products have a heart rate tracking feature that may pose risks to users with certain health conditions. Consult your doctor prior to use if you:
    o Have a medical or heart condition.
    o Are taking any photosensitive medicine.
    o Have epilepsy or are sensitive to flashing lights.
    o Have reduced circulation or bruise easily.

Care and wearing tips

- Clean and dry your Fitbit product regularly, particularly in areas in contact with the skin. Use a clean, damp cloth. Do not wash the product under a faucet.
- Wear your Fitbit product loosely enough to allow air circulation.
- Use skin care products sparingly on the areas of the skin covered by your Fitbit product.
- Take the product off from time to time to clean it and allow for your skin to be uncovered.
- Do not open the enclosure or disassemble your Fitbit product.
- Do not use your Fitbit product if the display is cracked.
- Substances in this product and its battery may harm the environment or cause injury if handled and disposed of improperly.
- Do not place your Fitbit product in a dishwasher, washing machine, or dryer.
- Do not expose your Fitbit product to extremely high or low temperatures.
- Do not use your Fitbit product in a sauna or steam room.
- Do not leave your Fitbit product in direct sunlight for an extended period of time.
- Do not dispose of your Fitbit product in a fire. The battery could explode.
- Do not use abrasive cleaners to clean your Fitbit product.
- Do not wear your Fitbit product while charging it.
- Do not charge your Fitbit product while it is wet.
- Remove your Fitbit product if it feels warm or hot.

Built-in battery precautions

- Your Fitbit product features a built-in battery, which is not user replaceable. Tampering with your product or attempting to open it will void the warranty and can result in a safety hazard.
- Use only the charger cable that shipped with your product to charge the battery.
- Charge the battery using a computer, powered hub, or power supply that is certified by a recognized testing laboratory.
- Charge the battery in accordance with the instructions supplied with this guide.
- Your product uses a California Energy Commission battery charger.

Disposal and recycling information

The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life. Please kindly be aware that it is your responsibility to dispose of electronic equipment at recycling centers to help conserve natural resources.

Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your Fitbit product with household waste.
- Disposal of the packaging and your Fitbit product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.