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Setting up your Fitbit

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Flex You can set up your Flex using a computer or the Fitbit apps for iOS, Android, or Windows. Setting up your tracker on your mobile device The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems. To get started: 1.!

Fitbit Flex User Manual

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When Flex syncs, your data is uploaded to your Fitbit.com dashboard. Flex 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 Flex regularly. To manually synchronize your Flex with your dashboard, click the Fitbit Connect icon

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Fitbit Flex Product Manual - English

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

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transfer the data it collects to your Fitbit dashboard.

Fitbit Flex 2 User Manual

Page 22: Fitbit Flex General Info & Specifications Your Flex uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep

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quality. Flex also contains a vibration motor, which allows it to vibrate when alarms go off.

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precautions, Disposal and recycling ...

The Easiest Manual Fitbit Flex

Find the user manual for your Fitbit device.

Fitbit User Manuals

The Fitbit Flex is capable of setting up and syncing with select mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible with

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Fitbit Flex Product Manual - English

Manuals and User Guides for Fitbit Zip Flex. We have 6 Fitbit Zip Flex manuals available for free PDF download: Product Manual, User Manual, Easy Quick Start Manual, Getting Started Fitbit Zip Flex Product Manual (37 pages)

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Fitbit Flex Product Manual

Fitbit Official Site for Activity Trackers & More

Fitbit Flex. In May 2013, Fitbit released the Fitbit Flex, the first Fitbit tracker worn on the wrist. It tracks movement 24 hours a day, including sleep patterns. It has a simple display of 5 LED lights that indicate the progress toward the goal number of steps walked in a day and

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vibrates to indicate when the goal has been reached.

List of Fitbit products - Wikipedia

This manual gets you started quickly getting your tracker on your wrist then setting it up. Setup ensures that your tracker can synchronize its data with fitbit.com or the Fitbit app, where you can get detailed information on your

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stats, view historical trends, log food, and much more. As soon as setup is complete you're ready to start moving.

Fitbit Flex Product Manual 03 - qvc.com

Find your fit with Fitbit's family of fitness products that help you stay motivated and improve your health by tracking your activity, exercise, food, weight and sleep. Get tools for

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heart health, stress management, skin temperature trends and more with new Fitbit Sense.

Fitbit Official Site for Activity Trackers and More

Find your fit with Fitbit's family of fitness products that help you stay motivated and improve your health by tracking your activity, exercise, food, weight and sleep. **VIP Early**

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