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Setting up your Fitbit 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

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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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

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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

Fitbit Flex Product Manual - English

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

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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

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Throughout the manual you'll notice that for tasks that can be done on the fitbit.com dashboard or the Fitbit app, only the Page 3/9. Download File PDF Fitbit Flex Product Manual fitbit.com instructions appear—if you have the Fitbit app for iOS,

Fitbit Flex Product Manual - jenniferbachdim.com

Inhalt dieses Dokuments Diese Anleitung hilft dir, den Tracker schnell anzulegen und einzurichten. Die Einrichtung ist Voraussetzung dafür, dass die Uhr Daten mit fitbit.com und der Fitbit-

Fitbit Flex User Manual

Find the user manual for your Fitbit device.

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Fitbit Versa 2 User Manual

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 Access: Get Black Friday savings now, including \$50 off Fitbit Charge 4.

Fitbit Official Site for Activity Trackers & More

Get help with your Fitbit device.

Fitbit Help - Flex

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

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and more with new Fitbit Sense.

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Fitbit User Guide

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 vibrates to indicate when the goal has been reached.

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