



WIRELESS ACTIVITY TRACKER

Fitbit Flex Easy Quick Start Guide For Mobile Devices (Phones / Tablets)

Welcome to our easy setup guide for your Fitbit Flex fitness tracker for IOS, Android and Windows mobiles devices.

The Fitbit Flex is compatible with over 100 smart phones and tablets. To check whether your mobile device is compatible with the Fitbit Flex, please visit: www.fitbit.com/uk/devices and select between IOS, Android and Windows to view all compatible devices.

GETTING STARTED:

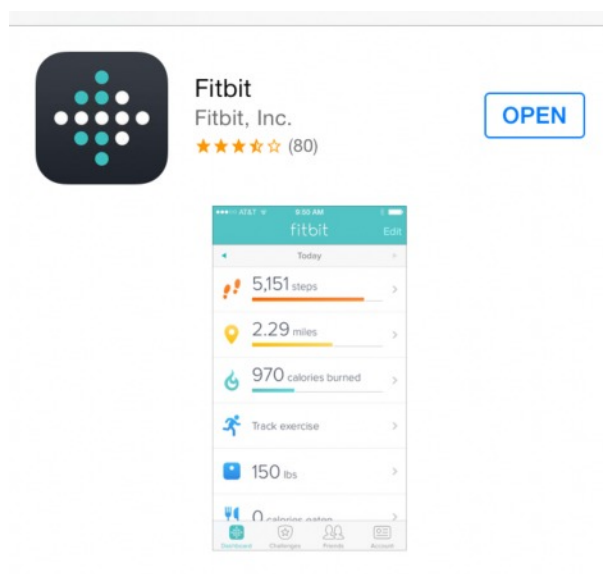
Ok, now you've seen that your mobile device is compatible with the Fitbit Flex, it's time to get you started. The first thing you want to do is put your Fitbit Flex tracker on charge. Simply insert it into the USB charge cable and plug into a USB power source, such as a laptop, pc, or phone charger.

We advise that you **charge your Fitbit Flex until at least 3 lights are flashing**, which will ensure it has enough charge to complete the setup process.

DOWNLOAD THE APP:

Depending on the operating system on your mobile device (IOS, ANDROID, WINDOWS) go to your app store and search for the Fitbit app. Please make sure you choose the right app, which should clearly have the fitbit logo on it, like the one at the top of this guide.

Ipads users please note that you may have to look under the "iPhone Only" section of the app store to find the right app. Don't worry, it does work perfectly well on the iPad.

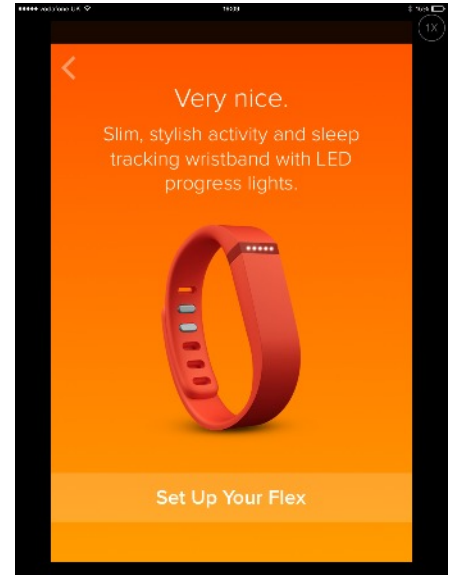
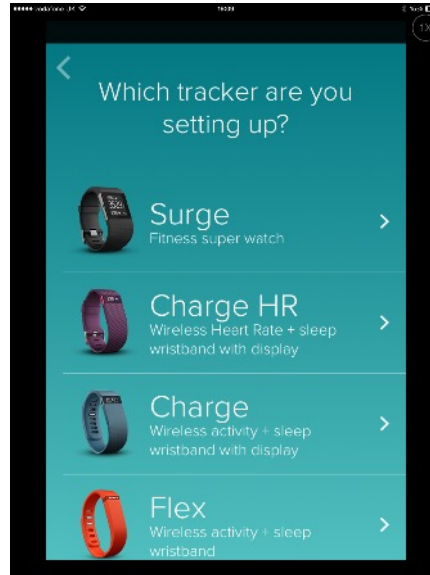
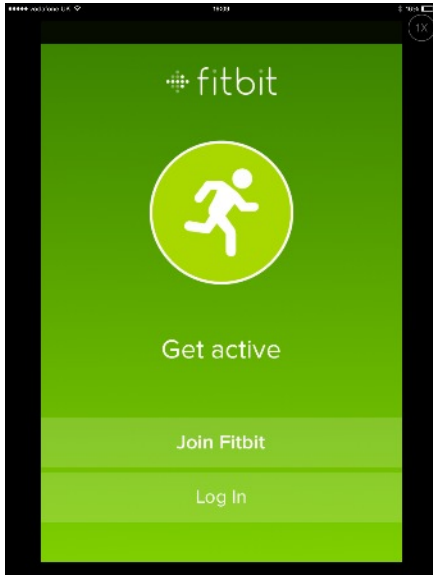


SETTING UP YOUR Fitbit ACCOUNT :

A Fitbit account is free and not only does it help you keep track of your fitness goals from your phone or tablet but you can log in on any PC or Laptop and view your stats on a larger screen.

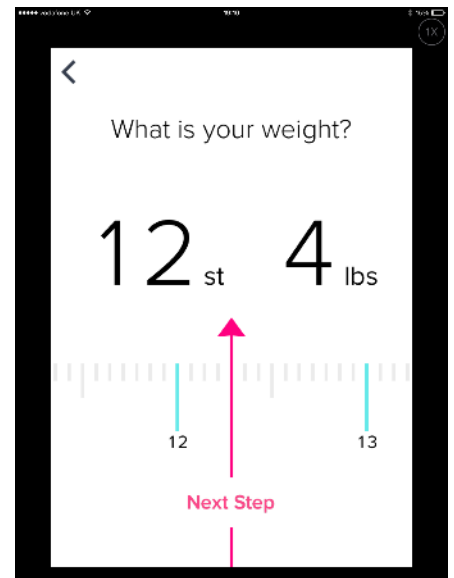
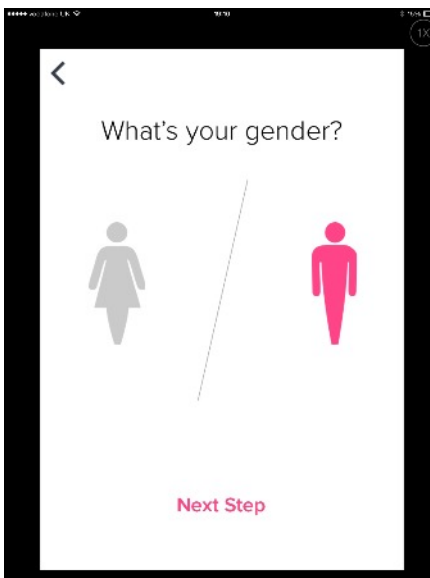
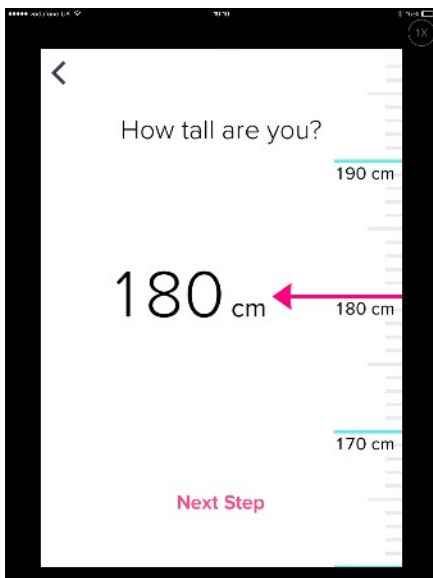
NOW

OPEN THE FITBIT APP ON YOUR MOBILE DEVICE AND LET'S GO THROUGH THE SETUP TOGETHER



The first thing you need to is join Fitbit (Please note that if you already have a Fitbit account you can simply login at this point, which will cut out the next few steps).

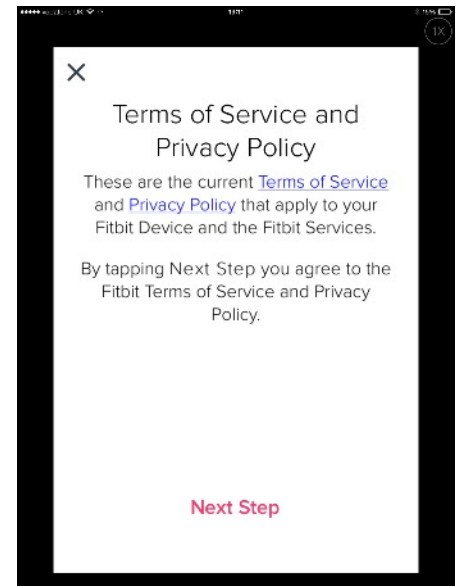
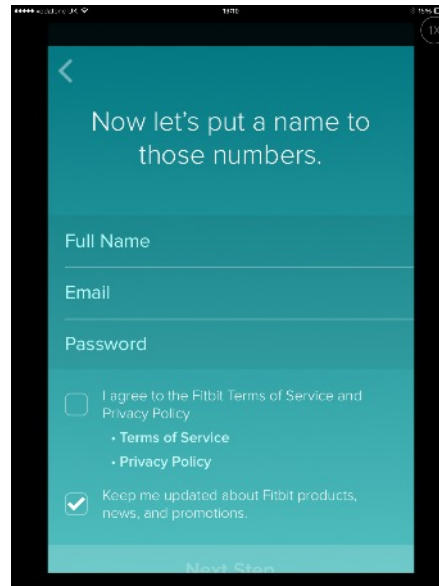
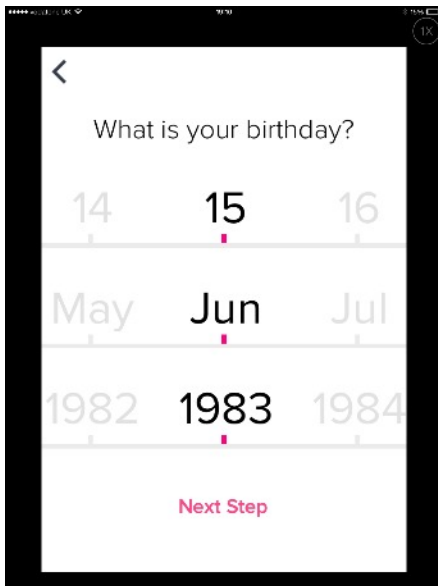
Then simply select **Flex** as your tracker and then select the option to set up your flex.



In order for Fitbit to accurately calculate your fitness levels and calories burnt, you will need to accurately enter some personal details. Don't worry, this information won't be shared.

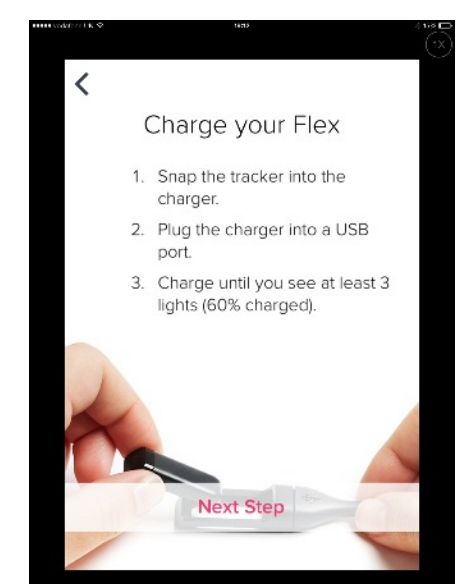
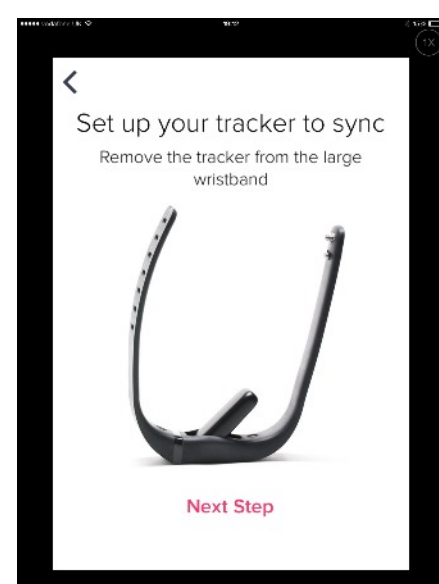
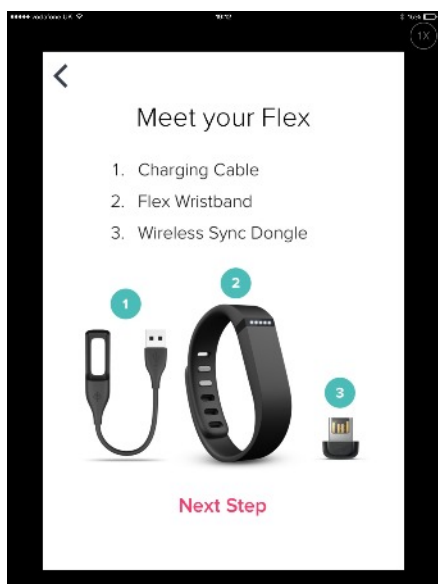
Do remember of course to try to keep your weight statistics up to date. If you start to lose weight, it's important that you keep this information accurate so that Fitbit can help you achieve your targets

JUST A FEW MORE STEPS TO COMPLETE YOUR ACCOUNT



To finalise your account, simply pop in your date of birth. Add your name, email address and a password of your choice and accept the Fitbit terms and conditions.

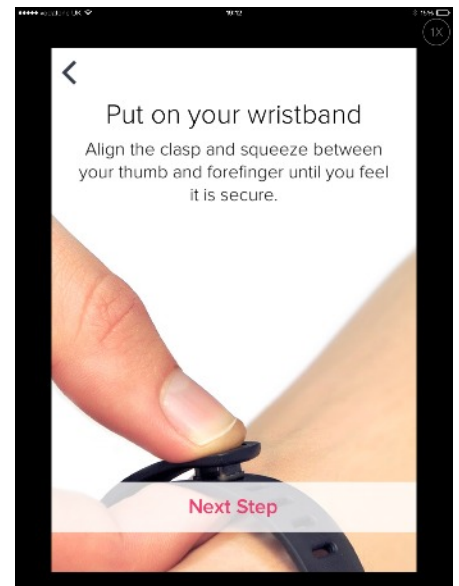
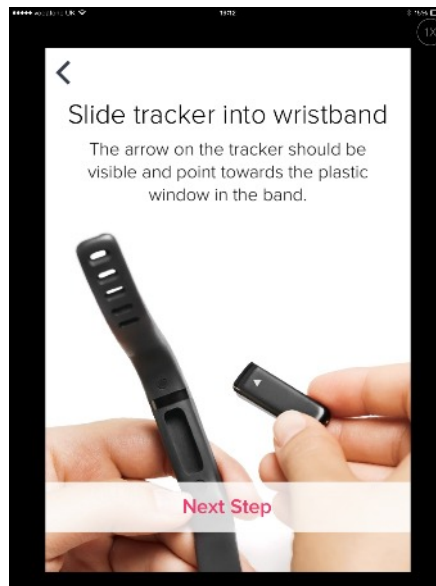
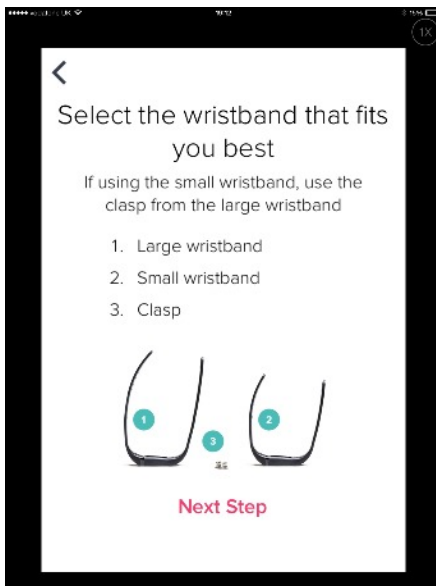
The email address and password you use will become your "login" details. This way if you want to log into the fitbit website or upgrade your phone or tablet, you can still access all of your Fitbit tracking details.



You will notice that item (3) on the Meet your flex list is a wireless sync dongle. This dongle is only needed for those syncing to a laptop or PC and is not needed to sync to a mobile phone or tablet. **The version you have purchased is for syncing with mobile devices, so contains no dongle.** However you will still be able to read your stats from a PC or laptop by logging onto the fitbit website.

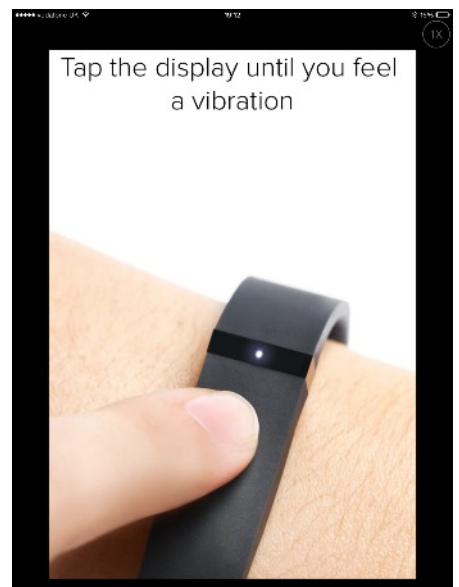
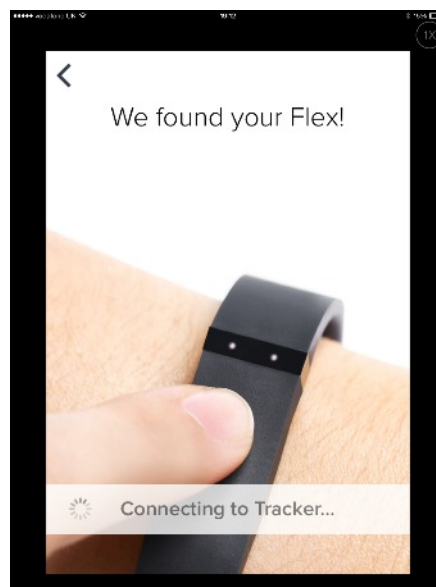
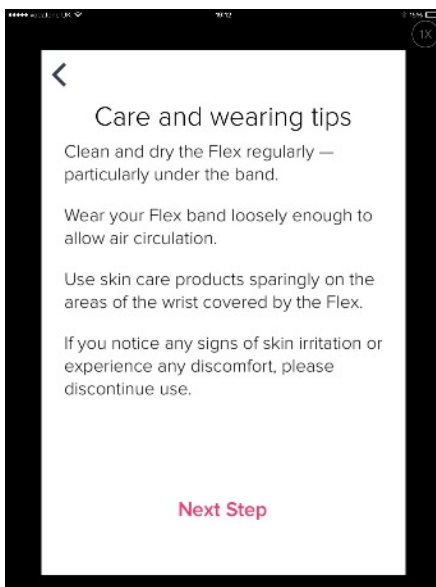
You remember we told you to start charging your flex earlier, well now you're ahead of the game. So once your flex has charged to 60%, you'll be ready for the next step in super quick time.

SYNCING TO YOUR MOBILE DEVICE



You'll notice with your Flex, you received 2 wristbands of 2 different sizes. Find the one that fits you best and insert the clasp into the end where there are only 2 holes.

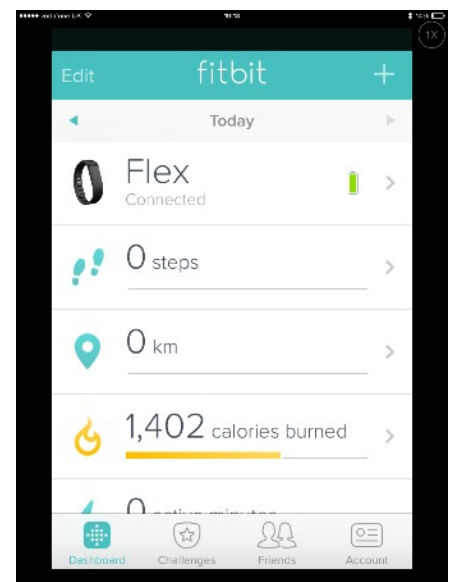
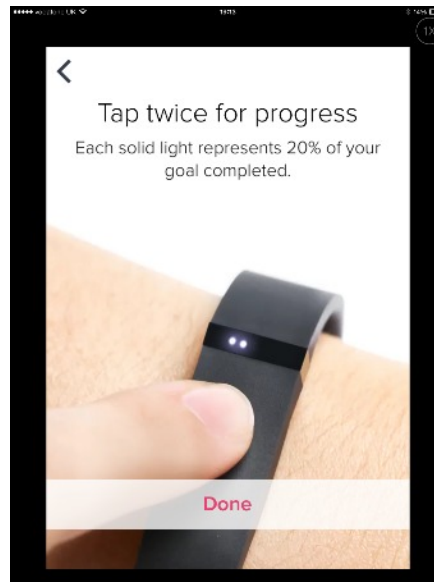
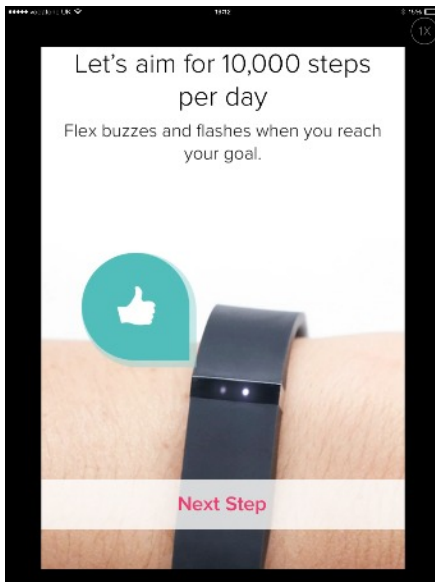
Then provided your tracker is charged, insert the tracker into the wrist band as shown in the image above and on the app. Finally, secure your flex to your wrist using the clasp.



Once you have read the care and wearing tips and click "Next Step" your tablet or phone will start to search for your device. Again, make sure it has 60% charge and hopefully it is now on your wrist, so close enough to sync.

Once your device had found your Fitbit flex, you will be prompted to tap the display until you feel a vibration. As soon as you feel the vibration, you can proceed to the very final stages.

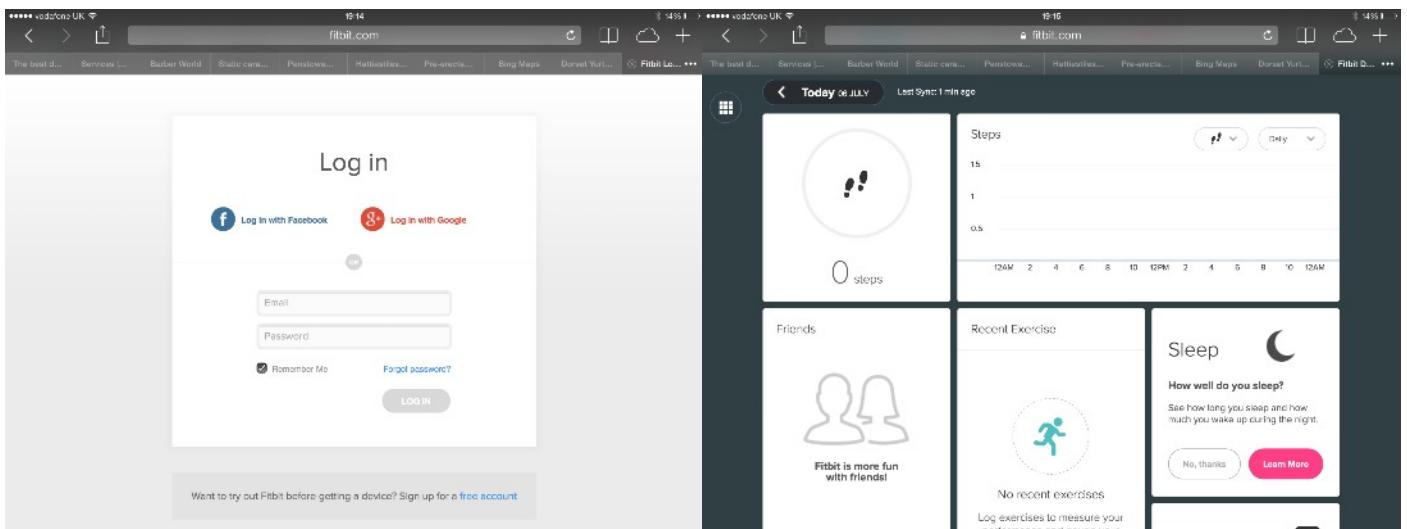
TIME TO GET TRACKING



Fitbit has set you a challenge of 10,000 steps a day and will buzz and flash when you reach your initial target. You can also have a quick look at how you are getting on by tapping your flex throughout the day.

When syncing to your mobile device, it's also easy to do a quick check on exactly how you are getting on including steps, km and calories burnt.

Please note that we all burn calories every day just to keep our bodies ticking over. Based on your height, weight and age, Fitbit will work out roughly what your body will burn and then add any additional exercise calories to the basic figure.



For a more comprehensive view of your stats and to add more goals and even an eating plan, why not log onto fitbit.com, log into your account and find out about what your Fitbit flex has to offer.

GOOD LUCK WITH YOUR FITNESS GOALS

