

## Fitbit Flex User Guide

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~~Fitbit Charge HR Set Up~~ **Fitbit Flex User Guide**

install a free software application called Fitbit Connect that lets Flex sync its data with your fitbit.com dashboard. To install Fitbit Connect and set up your tracker: 1.! Go to <http://www.fitbit.com/setup>. 2.! Scroll down and click the option to download. If the button does not correctly



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## Fitbit Flex 2 Setup Instructions and ... - Fitbit User Guide

Tracking your Fitness with Fitbit Flex Your Flex tracks: • Steps taken • Calories burned • Distance traveled • Active minutes • Time asleep • Quality of sleep • Number of times awoken 4. Using your fitbit Dashboard Fitbit provides a free online tool – the fitbit Flex 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 ...

## 2016 ~ Fitbit Manuals

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## Fitbit Official Site for Activity Trackers & More

Meet Fitbit Flex 2 - a slim, swim-proof fitness wristband with a removable tracker that fits into clips, bands or pendants, so you can track activity, exercise and sleep in a style that's all your own.

## Fitbit Flex 2™ Fitness Wristband

Use the Fitbit app and dashboard to track activity, record workouts, log food, connect with friends and family & more. Available on 140+ iOS, Android and Windows devices. Fitbit Products. Fitness Wristbands and Clips. Fitbit Zip® Fitbit One® Fitbit Flex 2™ ...

## Fitbit App & Dashboard

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## Fitbit Flex User Manual

Page 30: 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. Size and weight...

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In the Fitbit app, tap the Today tab > your profile picture > your device image. The firmware version

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number appears under your device's name. On the fitbit.com dashboard, click the gear icon and select your device to find the firmware version.. On certain Fitbit devices, find the firmware version in the Settings app > About or Device Info.

### **How do I update my Fitbit device?**

Fitbit Flex General Info & Specifications 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. Page 30: Help

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Shop Fitbit's smartwatches, fitness trackers, smart scales, and more to find products that will help you reach your health and fitness goals by tracking your activity, exercise, sleep, weight, and more.

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Putting on your Fitbit Flex 2 Your Flex 2 comes with a large and a small wristband. If you want to use the large wristband you'll need to move the clasp from the small wristband. If you need help inserting the tracker into an accessory such as a pendant, see help.fitbit.com. Page 7: Securing Your Wristband

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