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Fitbit Flex Product Manual - English

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

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

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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.

List of Fitbit products - Wikipedia

The remainder of the manual walks you through every function on your Charge HR and also explains how to update your tracker when free firmware updates are available. Throughout the manual you'll notice that for tasks that can be done on the fitbit.com dashboard or the Fitbit app, only the fitbit.com instructions appear—if you

Fitbit Charge HR Product Manual 1.0 **14**

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.

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Find out which Fitbit product is best for you! Take our quiz to get a personalized recommendation, or use our Fitbit comparison tool to compare features on our different fitness trackers and smartwatches. Save up to \$50 on select gifts through 12/23 plus get free 2-day shipping on orders \$50+ with code SPEEDY*.