

# Fitbit Information

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## Fitbit Flex Basics

- What's included:
  - Flex™ tracker
  - Large and small wristbands
  - Charging Cable
  - Wireless dongle (only needed if you don't have a smartphone)
  - Free Fitbit.com membership and Fitbit app



- You will be able to log and track activity, food, sleep, water, body mass, weight, and more
- Fitbit recommends wearing the band on your non-dominant hand for best results, with the display on the outside of your wrist. The band should not be too tight or too loose.



- Fitbit is sweat, rain, and splash proof, but Fitbit recommends removing the Flex during showering, swimming, and using a hot tub or sauna
- Clean the band with a mild soap-free cleanser as needed – **remove tracker first**
- Your Fitbit account information will be your preferred email and password
- Please download the Fitbit app (instructions below) – a REST staff member will help you with rest of the set up process at an appointment.

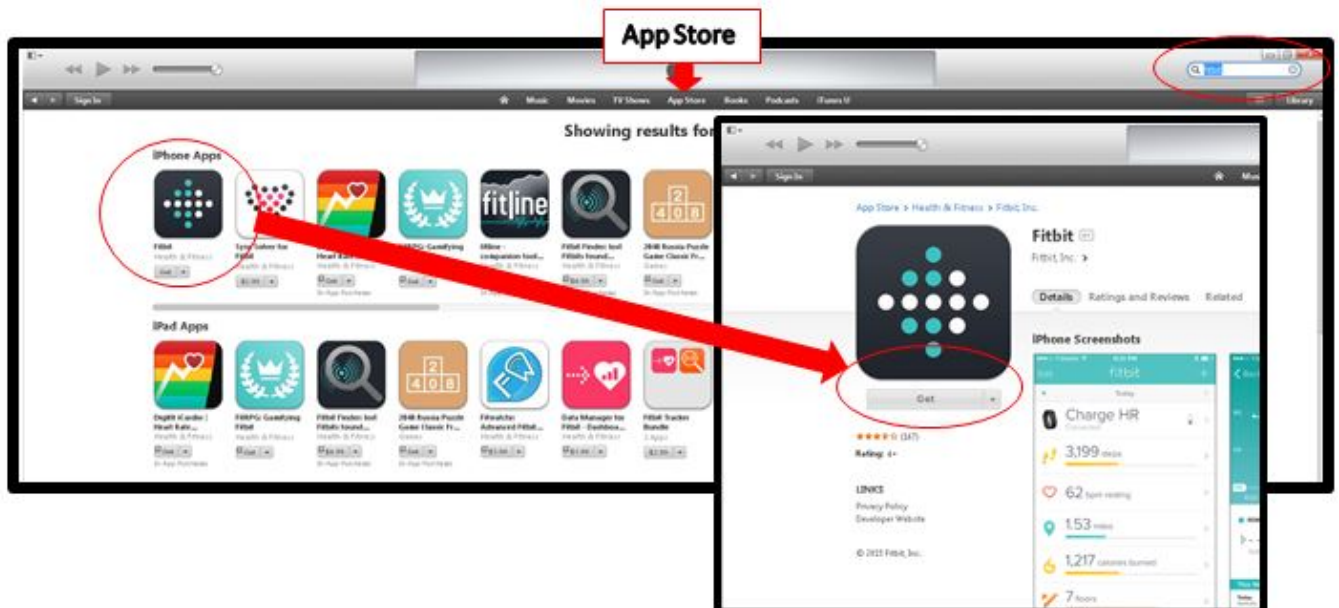
## How To Get The Fitbit App For iPhone





- Go to the App Store and search for “Fitbit”



- Locate the Fitbit app and tap on “Get” to install the app. You may be prompted to provide Apple ID and/or password
- If downloading the app on a computer, go to the iTunes Store at <http://www.apple.com/itunes/> and click on the “App Store”
  - Once in the App Store search “FitBit,” select the FitBit app and click “Get”
  - You may be prompted to sign in with your Apple ID and password
  - A REST Staff member will help you with the next steps of the Fitbit set up



## How to Get the Fitbit App for Android

-  Go to the Play Store app and search for “Fitbit”
-  Locate the Fitbit app and tap on “Install.” You may be prompted to sign in or create an account if haven’t already
- If downloading the app on a computer, go to: [Link to download FitBit](https://play.google.com/store/apps?hl=en) (<https://play.google.com/store/apps?hl=en>)
  - Once on the home screen search “FitBit,” select the FitBit app and click “Install”
  - You may be prompted to sign in or create a Google Play account if you haven’t already
  - A REST Staff member will help you with the next steps of the Fitbit set up

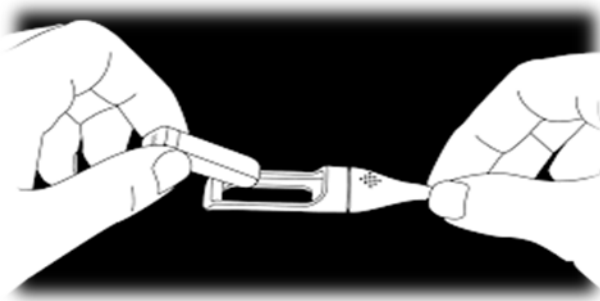


## How to Remove/Insert Tracker and Charge

- Remove the tracker from the wrist band



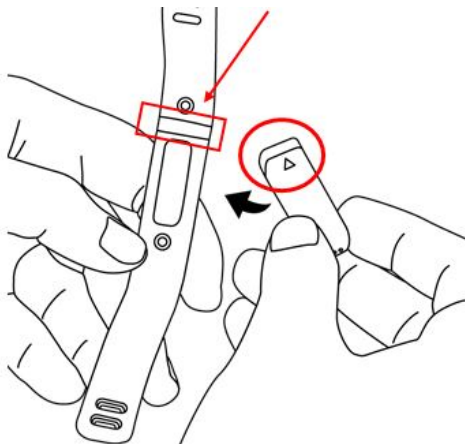
- Insert the tracker into the charger so that the 3 contacts on the tracker line up with the contacts on the charger and plug into the USB port or wall charger.



- It takes 1-2 hours to charge. Five indicator lights will appear once fully charged. Press on the tracker on the back of the charger to pop it out. Charge lasts for about 5 days.



- To place the tracker into the wristband, insert the angled end with the words "Fitbit" first making sure the small arrow is facing you and pointing towards the clear black strip on the band

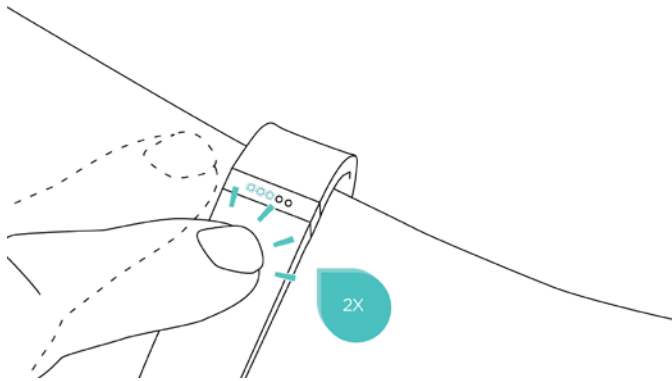


## Display

- LED display has 5 white indicator lights



- Tap twice to see your Main Goal progress. Each light means you have reached 20% of your goal. The default goal is **Steps** but you can change this in the Fitbit app.



## Dashboard

- Access the Dashboard using Fitbit app. Turn Bluetooth on your smartphone and the information will be synced to the Fitbit app. Once information is synced on phone, you can also view the Dashboard at [www.fitbit.com](http://www.fitbit.com) – log in with Fitbit email and password



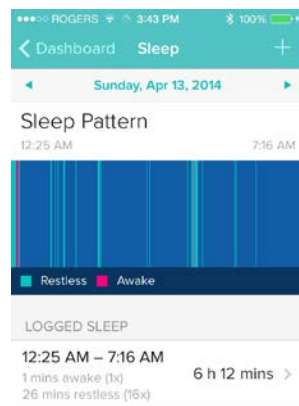
- View progress and track steps, calories, activity, water, food, and sleep
- You can set alarms
- You can change clock to 12 or 24 hour

## Sleep Tracking

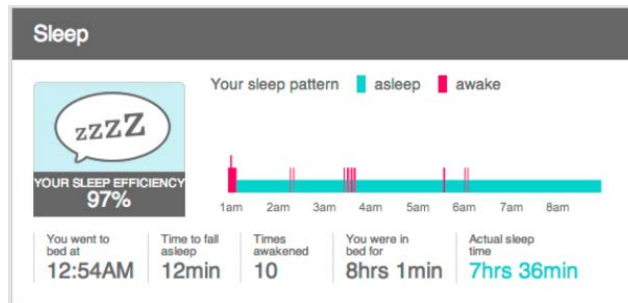
- Tap rapidly for 1-2 seconds to start or stop sleep tracking. Two lights appear and Fitbit will vibrate when you are in sleep mode



- If you forget to start or stop sleep mode, you can still log sleep after-the-fact using the app (Fitbit still records sleep activity). To do this:
  - Tap on the plus sign on the top right of Fitbit app
  - tap on “Log Sleep”
  - then tap on “Add Sleep Log”
- If you are not sure what mode you are in, tap twice on the band – 2 lights mean sleep mode; when lights flash across display, that means you are out of sleep mode
- You can adjust sleep to sensitivity if the sleep information doesn’t seem accurate. Fitbit says the normal setting is appropriate for most people – go to Account > Advanced Settings > Sleep Sensitivity
- You can view your sleep pattern from the Fitbit app:



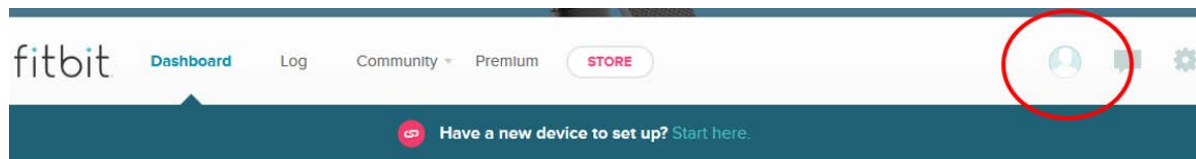
Or from the Fitbit.com online dashboard:



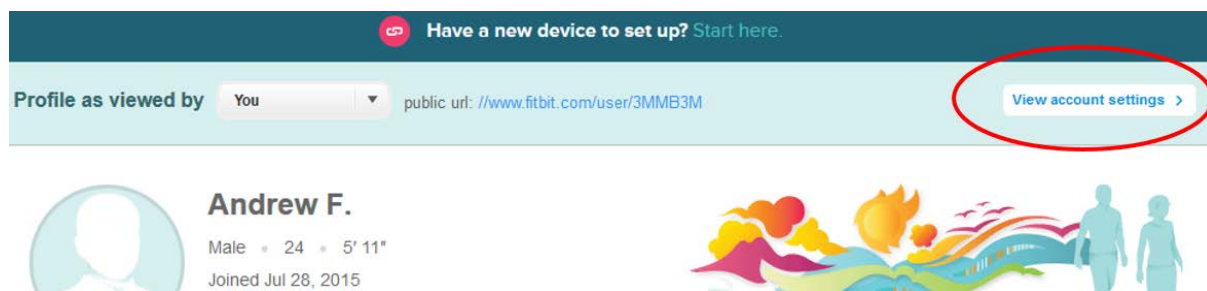
- Sleep tracking will tell you:
  - How long you were asleep
  - How long it took to fall asleep
  - How many times and how long you were awake
  - How many times and how long you were restless
  - The online Dashboard will also indicate your sleep efficiency
  - This information about your sleep patterns will help you complete your Sleep Diary

## How to Change Your Password

- Log on to [FitBit Website \(www.fitbit.com\)](http://www.fitbit.com)
- Click on the **Profile** icon on the right side of the page



- Click on **View account settings** on the right side of the page



- Click on **Change Password**
- Enter your current password in **Current Password** field
- Then enter preferred password in the **New Password** field
- Click **Change Password**

**Settings**  
andrewflint@msn.com View profile >

**Personal Info**

- Notifications
- Privacy
- Data Export
- Applications

**Personal Info**

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**Profile**

Email Address: andrewflint@msn.com [Change Email](#) [Change Password](#)

Name:

**Change Password** [X]

To change your password, enter your current password and a new password.

Current Password:

New Password:

[CHANGE PASSWORD](#)