

# Fitbit User's Manual

The Fitbit Tracker is a wearable fitness monitor that tracks your steps, distance and calories.

## 1. Package Contents

Your Fitbit comes with the

- Fitbit device. Model number: F001
- Wireless base station and charger. Model number: F002
- Holster
- Sleep wristband. Put the Fitbit into the sleep wristband when you are sleeping.

## 2. Charging your Fitbit

a. Plug the Fitbit Base Station into your computer's USB port.



b. Place the Fitbit onto the Base Station. A battery symbol will appear on the Fitbit. Please charge the Fitbit for 1-2 hours. The charging process is complete once you see a full battery. You can view the battery symbol by pressing the button on the Fitbit while it is on the charger. The Fitbit should last for 5 days between charges.

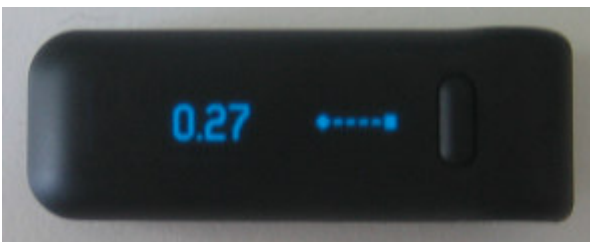


### 3. Using your Fitbit

There is one main button on your Fitbit. If you press the button, it will rotate through 4 screens.



Steps



Distance



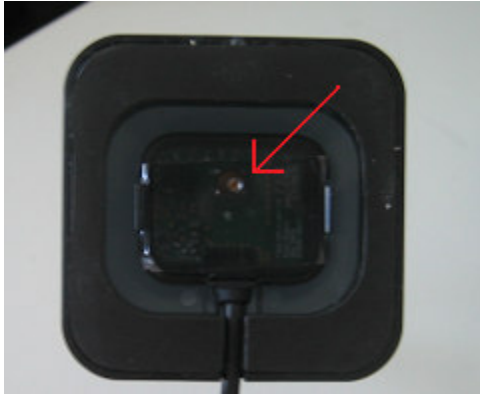
Calories



General Wellness



This is the proper way to wear the Fitbit while sleeping.



If you experience problems with the Fitbit, you can reset the Fitbit, by placing the Fitbit on the Base Station and then pressing the reset button that is located underneath the Base Station. Use a sharp implement to press the reset button.

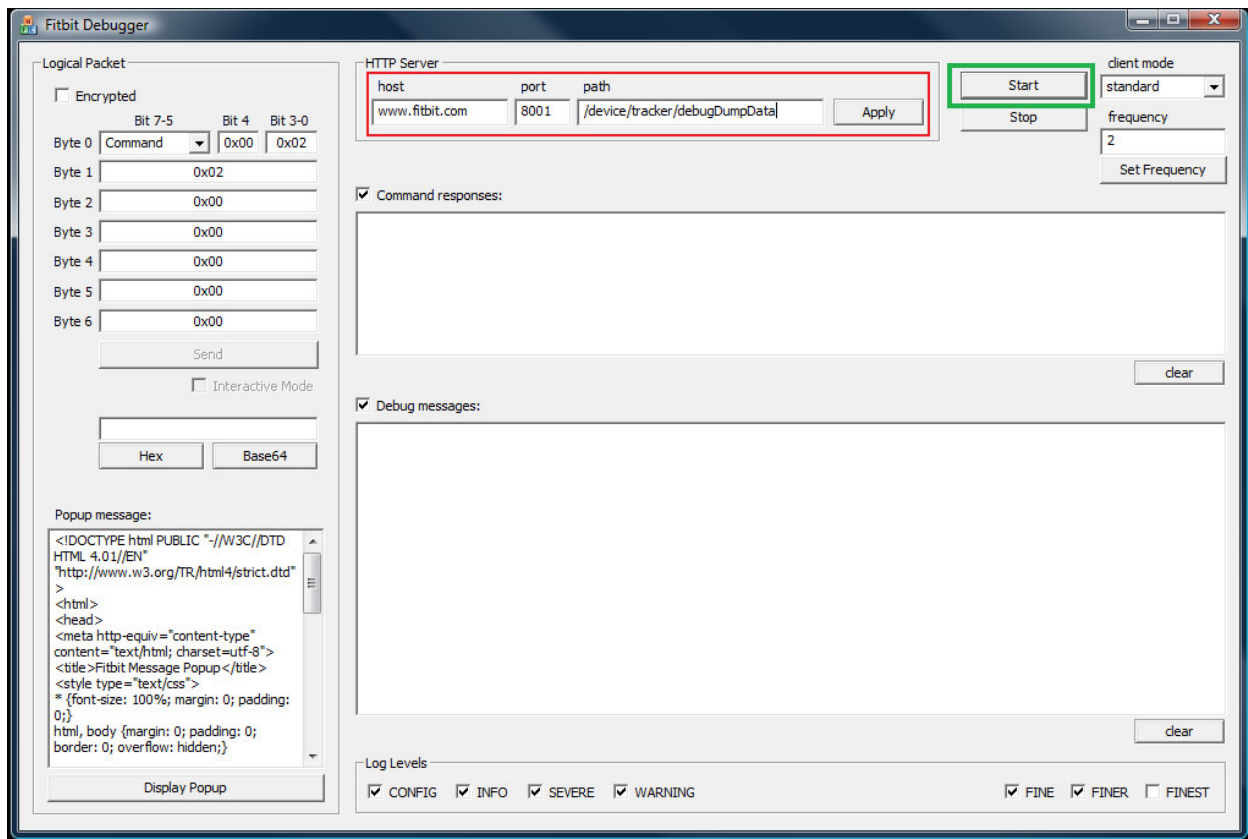
The Fitbit device and the Base Station are also wireless transceivers, which transmit data back and forth. Future software will allow users to record and save this data on their computer.

### 3. Software

Sample software is provided which can transfer your data.

To use the software for Windows

- Unzip the contents of FitbitUSBXpressDriverInstall.zip and run the program **FitbitUSBInstaller.exe**
- Plug in your Fitbit Base Station. If you have already plugged in the Base Station, please unplug and re-plug the Base Station
- Unzip the contents of FitbitDebugger.zip and run the program **fitbit-debugger-1.5.17.exe**. You should see the following screen show up.



- For host, enter **www.fitbit.com**
- For port, enter **8001**
- For path, enter **/device/tracker/debugDumpData**
- Click the **Apply** button
- Click the **Start** button

The program will connect to the Tracker whenever it is within range and start transferring data to the logs directory. For best results, please place the Tracker in line of sight within 3 meters of the Base Station.

### 3. General Care and Precautions

- Please take care not to expose the Fitbit to moisture
- The Fitbit is meant to be used in environments between 0 deg Celsius and 60 deg Celsius

## 4. Federal Communications Commission (FCC) Statement

Fitbit Tracker FCC ID: XRAF001



Fitbit Base Station FCC ID: XRAF002

15.21

You are cautioned that changes or modifications not expressly approved by the part responsible for compliance could void the user's authority to operate the equipment.

15.105(b)

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:**

1) this device may not cause harmful interference and

2) this device must accept any interference received, including interference that may cause undesired operation of the device.

## 4. Industry Canada (IC) Statement

Fitbit Tracker IC ID: 8542A-F001

Fitbit Base Station IC ID: 8542A-F002

### **15.21**

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