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Introducing Fitbit Flex 2™

Fitbit Flex Wireless Activity and Sleep Tracker Wristband Review *Fitbit Flex Product Manual English*

Setting up your Fitbit Flex You can set up your Flex using a computer or the Fitbit apps for iOS, Android, or Windows.

Setting up your tracker on your mobile

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device The Fitbit app is compatible with more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems. To get started: 1.!

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support Bluetooth 4.0 technology. To see if your mobile device is compatible with

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your computer and click Sync Now.

Setting up your Flex with a mobile device

You can set up and wirelessly sync your
Flex using over 120 mobile devices that

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Page 30: Fitbit Flex General Info &
Specifications Your Flex uses a MEMS

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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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*Fitbit Official Site for Activity Trackers
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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. Get tools for heart health, stress management, skin temperature trends and

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more with new Fitbit Sense.

*Fitbit Official Site for Activity Trackers &
More*

Title: Fitbit flex product manual english,
Author: Bernard Greene, Name: Fitbit flex
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Page 22: Fitbit Flex General Info &
Specifications Your Flex uses a MEMS
3-axis accelerometer that measures your
motion patterns to determine your calories

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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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SEE Fitbit FLEX 2 SPECS AND
DETAILS *Your fully charged Fitbit Flex

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2 has a battery life of up to five days. Note that battery life and charge cycles vary with use, settings and many other factors; actual results will vary. **Certain features like auto sleep tracking and SmartTrack may be disabled in the pendant.

Fitbit Flex 2™ Fitness Wristband

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Fitbit Flex General Info & Specifications
Sensors and motors The Fitbit Flex uses
an accelerometer that measures your
motion patterns to determine your calories

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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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In May 2013, Fitbit released the Fitbit Flex, the first Fitbit tracker worn on the

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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.

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