Your Fitbit

❖ **Please DO NOT switch Fitbit devices or bands with anyone else!**
❖ If you lose your Fitbit, please contact your activity Facilitator.
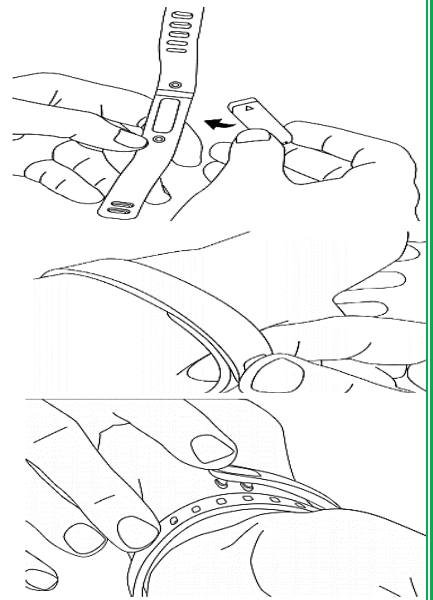
How to Use and Wear Fitbit

Equipment

- ❖ Tracker (small black piece)
- ❖ Wristband
- ❖ Charging cable

Putting on the fitbit

- ❖ Insert the fitbit tracker (small black device)
  - o Place the arrow on the tracker upwards and point towards the holes on the wristband
  - o Insert the tracker into the opening on the wristband
- ❖ Securing the wristband
  - o Place the band on your non-dominant wrist
  - o Overlap ends of wristband for a comfortable fit
  - o Squeeze the clasp and wristband between your thumb and fingers until you hear a "click" noise
  - o **It will not be secure if both ends of clasp are not fully inserted!**

Charging the fitbit

- ❖ Remove the Fitbit tracker from the wristband
- ❖ Place the tracker into the charger with the light panel facing upwards and away from the charging port
- ❖ Plug the USB port on the charging cable into a computer
- ❖ When all five lights pulse the Fitbit is fully charged

Syncing the Fitbit

- ❖ On the computer
  - o Plug your wireless dongle into the computer USB port
  - o At www.fitbit.com the fitbit dashboard can be downloaded
  - o When the dongle is plugged in and the fitbit is within 10ft of the computer it will automatically sync

- ❖ On a smart phone
  - o Download the fitbit app to a smartphone
  - o Log in into the account information given
  - o Turn on Bluetooth to sync the fitbit to the smart phone

Fitbit Frequently Asked Questions

- ❖ **How do I see my step progress?**
  Each light on the tracker is equal to 2,000 steps.
  1 light = 2,000 steps, 2 lights = 4,000 steps, 3 lights = 6,000, 4 lights = 8,000 steps, and when all 5 lights are lit, you have reached 10,000 steps!
  You can also: Go to www.Fitbit.com and log in using your information.
  Username: (use the user name you created)
  Password: (use the password you created)
  Once logged in, insert the Fitbit dongle into a USB port on the computer. Steps will be recorded and viewable under the "Dashboard" heading.

- ❖ **How does my child see their progressions?**
  Parents will have access to their child's information—it can be accessed the same way the parents can.

- ❖ **Can I change my username and password?**
  Yes.

- ❖ **Can the fitbit be worn in water?**
  The fitbit is water resistant but only in a small amount of water. The fitbit **cannot** be worn in the shower or while swimming.

- ❖ **Can the fitbit be worn during sports?**
  The bands are sweat resistant so it can be left on if your coach does not mind and if it does not affect performance.

- ❖ **How do I clean my fitbit band after I sweat?**
  If your fitbit gets sweaty or dirty, you can use soap or soap-free cleanser to clean it. Make sure you remove the fitbit device from your wristband first.

- ❖ **What is sleep mode?**
  Sleep mode is not a part of this project, but if the fitbit enters sleep mode you will need to know how to make it return to normal mode. Two slowly dimming LED lights will appear and the fitbit will vibrate if you accidentally enter sleep mode. To exit sleep mode rapidly tap your fit bit until it vibrates and all five lights flash three times.

- ❖ **Which hand is the fitbit worn on (non-dominant/non-writing or dominant/writing?)**
  The fitbit should be worn on the non-dominant (non-writing) hand for the most accurate information.

- ❖ **What if I break my fitbit? Will my Fitbit overheat? What do I do if my band breaks? What if I have an allergic reaction to the band?**

  If any of these problems occur or you have any comments, questions, or concerns, please contact your Activity Facilitator. You will need to return your Fitbit even if it is damaged. Do not wear your fitbit if your band breaks. If an allergic reaction develops, take off the fitbit immediately.