Using Your Fitbit Flex

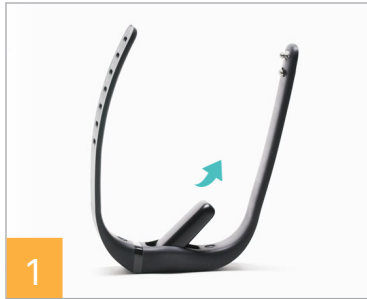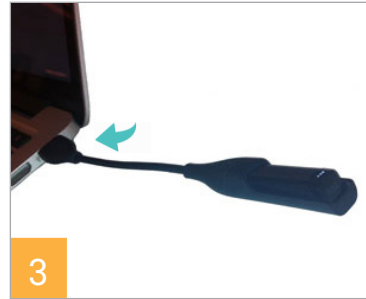## CHARGING YOUR FLEX

1 Remove your Flex from the wristband.

2 Insert your Flex into the charging cable.

3 Plug your charging cable into a USB port on your computer.
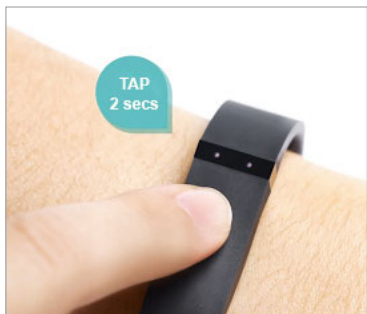
WEARING YOUR FLEX

Wear the Flex daily on your wrist. The Flex is sweat-proof, rain-proof, water resistant, and can be submerged in water up to ten meters. You can keep your Flex on in the shower.

TAP 2 secs

TRACKING YOUR SLEEP

Before you go to sleep, tap your Flex rapidly for one or two seconds to enter sleep mode. It will vibrate and display two slowly dimming lights.

When you wake up, tap your Flex rapidly to exit sleep mode, it will vibrate and flash all five lights three times, and display a spinning light pattern.

SYNCING YOUR FLEX DATA

Turn Bluetooth on your iOS device via the Settings app. Your Fitbit Flex data will sync automatically each time you open the Fitbit app. Sync your Flex at a minimum of every four days so all your data is stored. Sync often to avoid any issues.

In case the data does not sync automatically, you can force your Flex to sync:

1. Open the **Fitbit** app.
2. At the top of the dashboard, tap **Flex**.
3. Tap **Sync Now**.

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Damaged, lost, or stolen Fitbit Flex? Call 305-279-0015 ext _____
Technical issues regarding your Fitbit Flex? Visit help.fitbit.com.