fitbit one

Wireless Activity + Sleep Tracker

BC

Product Manual

Table of Contents

What's Included

Your Fitbit One Wireless Activity + Sleep Tracker package includes:

1. Fitbit One Wireless Activity + Sleep Tracker
2. Clip
3. Wireless sync dongle
4. Sleep wristband
5. Charging cable

Setting up your One

You can set up your Fitbit One using a computer or one of our mobile apps for iOS, Android, and Windows Phone.

Setting up your One with a computer

To set up your One using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your One to your Fitbit.com dashboard, where you can view your data, log food, and much more.

Mac and PC requirements

Software

Mac OS 10.5 and up

Internet connection

Hardware

USB port

Software

Windows XP/Vista/7/8

Internet connection

Hardware

USB port

Downloading Fitbit Connect

1. Go to http://www.fitbit.com/setup.
2. Verify that your computer type (Mac or PC) is highlighted, then click the Download Here button below the image of the One. You'll be asked if you want to open or save the file; save the file.

Installing Fitbit Connect and pairing your tracker

1. Plug your wireless sync dongle into your computer's USB port and have your charged tracker nearby.
2. Go to the folder containing the file you just downloaded and look for the installation program:
   - For Mac: Install Fitbit Connect.pkg
   - For Windows: FitbitConnect_Win.exe
3. Double-click the file name to install Fitbit Connect.
4. Follow the brief onscreen instructions to finish setting up. You're ready to get moving.

Syncing your tracker

Now that Fitbit Connect is installed, your One will automatically and wirelessly sync with your computer every 20 minutes or so if the following requirements are met:

- Your One is within 15-20 feet of your computer and has new data to upload (meaning if you haven't moved, an automatic sync won't occur).
- Your computer is powered on, awake, and connected to the Internet.
- The wireless sync dongle is inserted into a USB port and is recognized by the computer.

When One syncs, whether to Fitbit Connect or a mobile app, your data is uploaded to your Fitbit.com dashboard. Your One holds detailed minute-by-minute information for the most recent 7 days and daily activity summaries for 30 days. For the most accurate dashboard possible, sync your One regularly.

To manually sync your One rather than wait for an automatic sync, click the Fitbit Connect icon located near the date and time on your computer and click Sync Now.

Setting up your One with a mobile device

You can set up and wirelessly sync your One using over 120 mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible for syncing with your One, visit www.fitbit.com/devices. If your device is listed, you can then download our free iOS, Android, or Windows Phone apps. Once downloaded, open the app and follow the setup instructions provided.

NOTE: If your mobile device is not compatible to sync via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress, you'll just need to set up and sync using a Mac or PC.

Wearing your One

The Fitbit One is most accurate when worn on or very close to your torso. A clip designed to keep the tracker secured to your clothing is included in your package.

A sleep wristband for your Fitbit One is also included in your package. The wristband should be worn while you sleep. It should not be worn for tracking during the day.

To prevent losing your tracker, wear it:

1. In your pocket.
2. Clipped on your pocket.
3. Clipped on your bra.
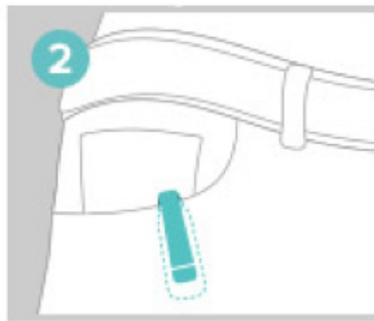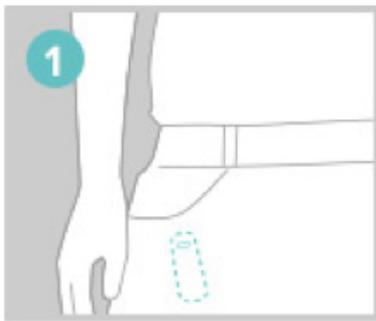
The One is not designed to be worn in direct contact with the skin. Always use the silicone holder when clipping it to a bra or waistband, with the display facing outward. Do not wear the One inside your bra.

Some users may experience skin irritation even when wearing the One as instructed on the bra or waistband. If this occurs we recommend clipping it on your pocket, belt, or other external piece of clothing.

The Fitbit One is sweat-proof and rainproof. It is not waterproof and should not be taken swimming.

Charging your One

The Fitbit One tracker is powered by a rechargeable built-in battery. To charge your One, align the gold contacts on your tracker with the gold contacts on the inside of the charging cable, then plug the cable into your computer's USB port or any other USB charging device. A battery indicator appears, which you can view at any time while the One is charging by pressing the button. Charging typically takes about an hour, and a full charge lasts about two weeks.

Note: Every night at midnight, your tracker will reset itself. This means your goal progress and daily data will begin at zero again. This does not delete the data stored on your tracker. That data will be uploaded to your dashboard the next time you sync your tracker. The time this reset occurs is based on the time zone set on your Fitbit.com profile.

Tracking your Fitness with One

Press the button on your One to see the time of day and cycle through your current:

- Steps taken
- Floors climbed
- Recent activity levels (represented by an expanding flower)
- Distance traveled
- Calories burned
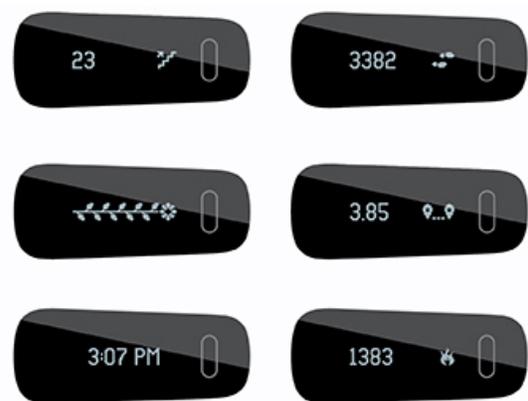
Note that your One resets at midnight according to the time zone you've selected for your account. The reset ensures that One can track your daily totals correctly, and does not delete the previous day's data. All your data will appear on your dashboard when you sync your tracker.

Using the display

When you first set up your One and press the button to scroll through your stats, you see the stat category (e.g. STEPS) followed by the stat and its icon. After you've cycled through each screen 5 times and can recognize the stat icon, the stat category no longer appears so that you can scroll more quickly.

Any time your tracker is reset, it will enter "beginner mode" and show the stat category again for the first 5 cycles. This will happen if you shut down and then restart your tracker, upgrade your tracker, or charge your tracker after the battery drained completely.

Changing the display for left-handed use

By default your tracker is oriented for right-handed individuals. If you're left handed, you can reorient the display to make it easier to read. To do so, log into your Fitbit.com dashboard and click the gear icon in the upper right. Click Settings > Devices and then find and adjust the Left-handed button.

Tracking sleep

You can use your One to track how long and how well you sleep. The One will track your movement throughout the night to provide you with information about the quality of your sleep.

1. Place your tracker into the slot in your wristband and wrap it around your non-dominant wrist.
2. Once you are in bed and ready to fall asleep, press and hold the tracker's button for 2+ seconds. You will see a blinking stopwatch and clock. The other icons will also blink, indicating that your tracker is in sleep mode.
3. When you wake up, press and hold the button for 2+ seconds to stop the sleep recording. The icons will stop blinking to indicate you've exited sleep mode. Once you exit sleep mode, your tracker will resume, displaying your daily totals.
4. Once the data syncs, graphs on your Dashboard will reveal how long you slept and the number of times you woke up. Last night's sleep will appear on today's page.

Note: If you forgot to press the button on your tracker, but were wearing it while you slept, you can enter your sleep times manually in your online sleep log.

Tracking exercise

Though your One automatically tracks several stats throughout the day, you can also track stats for a specific exercise or workout as well. Similar to the trip mode on a car's odometer, activity mode brings closer scrutiny to a specific time period.

For example, if you put your One in activity mode and go for a run, you can view stats measured for that run, such as calories burned or steps taken. When you end activity mode at the end of the run and sync your data, your can log in to your Fitbit.com dashboard and see a summary of the activity's stats such as pace, duration, and more.

To start a recording, hold your tracker's button down for 2-3 seconds until a flashing stopwatch and running numbers appear as they do in sleep mode.

During the activity the display icons will blink. When you press the tracker's button to cycle between screens, the stats represent the activity that has occurred since the recording started.

To exit activity mode, hold your tracker's button down for 2-3 seconds until the icons and numbers on the display stop flashing.

Using silent alarms

You can set up to eight gently vibrating silent alarms on your One. Silent alarms can be configured to recur every day, or on particular days of the week.

Note: Setting multiple alarms may drain the battery life of your One. Each alarm increases battery use by a small percentage.

Setting up silent alarms from a computer

You can set silent alarms from your computer by using the Fitbit.com dashboard. Your wireless sync dongle must be plugged into your computer to sync the alarm to your tracker.

1. Make sure the wireless sync dongle is plugged into your computer and log in to your Fitbit.com dashboard.
2. Click the **gear icon** in the top right corner of the screen.
3. Click Settings > Silent Alarms.
4. Click the Add Alarm button.
5. Enter the **Time** you want the alarm to go off.
6. Choose how often you want the alarm to occur:
   a. **Once** – Your alarm will alert you at the specified time.
   b. **Repeats** – You can choose which days you want this alarm to repeat (for example, at 7:00 AM every weekday).
7. Click Save.
8. Sync your tracker:
   a. Click the Fitbit Connect icon located near the date and time on your computer.
   b. Click Sync Now.

Setting up silent alarms on an iOS device

You can set silent alarms for your tracker using the Fitbit app for iOS.

1. Open the Fitbit app.
2. Tap Account.
3. Tap Silent Alarms.
4. If this is the first time you're setting an alarm, tap Set a New Alarm at the introduction screen.
5. Set the time by adjusting the click-wheel.
6. If applicable, tap the days of the week you want this alarm to repeat. (for example, at 7:00 AM, every weekday).
7. Tap Save.
8. Sync your tracker:
   a. In the Fitbit app, tap Account.
   b. Choose One and then tap Sync Now.

Your iOS device will now sync the alarm to your tracker.

Setting up silent alarms on an Android device

You can set silent alarms on your tracker using the Fitbit app for Android. Make sure Bluetooth is enabled in your Android's device settings and in the Fitbit app.

1. Open the Fitbit app.
2. Tap the menu button.
3. Tap Devices.
4. Choose your tracker.
5. Tap Silent Alarm.
6. Tap **Add a new alarm** or the bell icon in the top right corner.
7. Set the time you'd like your alarm to go off, then tap Done.

8. If you'd like, you can tap the Repeats checkbox and choose the days of the week on which you want this alarm to repeat.
9. Tap Done.
10. Tap the Sync alarms with your tracker button.

Your Android device will now sync the alarm to your One.

Dismissing silent alarms

Your One will vibrate when your silent alarm goes off. This notification will repeat **several times or** until dismiss it by pressing the button.

If you miss your alarm, your One will alert you again after a few minutes.

Using the Fitbit.com Dashboard

Fitbit provides a free online tool — the Fitbit.com dashboard — to help you track, manage, and evaluate your fitness progress. Use the dashboard to see your daily totals, analyze details about specific activities, view historical graphs, and log food.

Browser requirements

Browser	Mac Version	Windows Version
Apple Safari	5.0.5 and higher	Not Supported
Google Chrome	12 and higher	12 and higher
Microsoft Internet Explorer	Not Supported	8 and higher
Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Adding and removing tiles

Information on the dashboard appears in tiles. Add or remove tiles to customize the dashboard. If you remove a tile, you can add it back at any time.

To add a tile:

1. Click the grid icon on the upper left side of the dashboard.
2. Check the tile(s) you want to add, then click Done.

To delete a tile:

1. Hover over a tile until you see the gear icon at the lower left.
2. Click the gear icon, then click Remove Tile.
3. When prompted, confirm that you want to remove the tile.

Managing your One from fitbit.com

To manage various settings for your account, click the gear icon in the top right corner of your Fitbit.com dashboard and select Settings. From here you can edit your personal information, your notification preferences, your privacy settings, and much more.

The Devices page allows you to monitor or edit:

- The date and time of your last sync.
- Your tracker's battery level.
- The firmware version running on your tracker.
- Your time zone.
- Your sleep tracking sensitivity option.
- Your handedness preference: left-handed or right-handed.
- Your tracker's greeting.

Updating your One

Free feature enhancements, product improvements, and bug fixes are occasionally made available through firmware updates. You can update your tracker using Fitbit Connect on your computer or by using one of the Fitbit mobile apps. We recommend keeping your One up to date.

Updating One on a computer

To update your One on a Mac or PC:

1. Make sure your wireless sync dongle is plugged into your computer and your One is charged.
2. Click the **Fitbit Connect icon** near the time on your computer.
3. Select Open Main Menu, and then select Check for device update.
4. **Log in** to your account using your Fitbit.com credentials.
5. Press the button on your One to wake it up. Fitbit Connect will now look for your tracker. If an update is found for your One, Fitbit Connect displays a progress bar representing the update's progress. Keep your tracker close to your computer while it updates.

You'll see a notification when the update is complete and your tracker will restart.

Updating One on an iOS device

To update your One using the Fitbit app for iOS:

1. Make sure your One is charged and open the Fitbit app.
2. Tap your tracker name at the top of the app dashboard. You'll be taken to your tracker's device settings page.
3. Tap Sync Now.
4. Tap the Update Available button at the top of the page. The option only appears if a update is available.
5. Make sure your tracker remains near your iOS device while it updates. You can make your tracker easier to find by pressing its button to wake it up.

You'll see a notification when the update is complete and your tracker will restart.

Updating One on an Android device

To update your One using the Fitbit app for Android:

1. Make sure your One is charged and open the Fitbit app.
2. Tap the Menu button.
3. Tap Device.
4. Choose One from the menu, then keep your One close to your mobile device while the app searches for your tracker. You may need to press the button on your One to wake it up.
5. Tap the Update Available button at the top of this screen. If this option doesn't appear, no update is available.

You'll see a notification when the update is complete and your tracker will restart.

Restarting your One

Restarting your One turns it off and then back on, which may fix any of the following problems if they happen to occur:

- Your One is not syncing.
- Your One isn't tracking your steps.
- Your One has a battery charge but is not responding.
- Your One isn't responding to button presses.

To restart your One:

1. Plug your charging cable into your computer.
2. Plug your One tracker into the charging cable, making sure that the gold contacts on your tracker align with the gold contacts in the inside of the charger.
3. Hold down your tracker's button for 10-12 seconds.
4. Remove your tracker from the charging cable and press its button until the screen turns on.

If restarting your One doesn't resolve your issue, go to https://help.fitbit.com/ and click the One image. From here you can browse or search for troubleshooting information or contact Customer Support if you don't find what you're looking for.

Return Policy and Warranty

Warranty information and the Fitbit.com Store Return Policy can be found online at http://www.fitbit.com/returns.

Regulatory and Safety Notices

Model Name: FB103

USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 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, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: 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 meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

Canada: Industry Canada (IC) statement

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

This device complies with Industry Canada license exempt RSS standard(s). Operation is subject to the following two conditions:

1. this device may not cause interference, and
2. this device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. cet appareil ne peut pas provoquer d'interférences et
2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

FCC ID   XRAFB103

IC ID   8542A-FB103

European Union (EU)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on One, Model FB103, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.
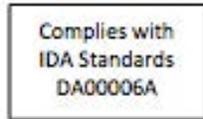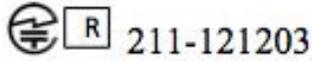

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

Taiwan

CCAJ15LP1150T4

Other

אישור התאמה 51-37309

אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

" 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

-. 사용 주파수 (Used frequency):　　　2402 MHz-2480 MHz

-. 채널수 (The number of channels):　40

-. 공중선전계강도 (Antenna power):　0.6 dBi

-. 변조방식 (Type of the modulation):　Digital

-. 안테나타입 (Antenna type):　　　　Vertical

-. 출력 (Output power):　　　　　　　1.45 mW/MHz E.I.R.P.

-. 안테나 종류 (Type of Antenna):　PCB

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB103

2) Certificate number :　　　　　　　MSIP-CRM-XRA-FB103

3) Applicant :　　　　　　　　　　　　Fitbit, Inc.

4) Manufacture:　　　　　　　　　　Fitbit, Inc.

5) Manufacture / Country of origin:　P.R.C.

Safety statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A12: 2011.

Important safety instructions

- Read these instructions.
- Keep these instructions.
- Heed all warnings
- Follow all instructions
- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your One.
- Do not use abrasive cleaners to clean your One.
- Do not place your One in a Dishwasher, Washing Machine or Dryer.
- Do not expose your One to extremely high or low temperatures.
- Do not use your One in a sauna or steam room.
- Do not leave your One in direct sunlight for an extended period of time.
- Do not leave your One near open flames.
- Do not dispose of your One in a fire. The battery could explode.
- Do not attempt to disassemble your One, it does not contain serviceable components.
- Never allow children to play with the One; the small components may be a choking hazard!

Built-in battery precautions

- Do not attempt to replace your One's battery. It is built-in and not changeable.
- Charge the battery in accordance with the instructions supplied with this guide.
- Use only the charger that shipped with your product to charge the battery.
- Charge your One using a certified computer, powered hub or power supply.
- Do not attempt to force open the built-in battery
- Your product uses a California Energy Commission charger.

Disposal and recycling information

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

Le symbole sur le produit ou sur son emballage signifie que ce produit à la fin de sa vie doit être recyclé séparément des déchets ménagers ordinaires. Notez que ceci est votre responsabilité d'éliminer les équipements électroniques à des centres de

recyclage afin d'aider à préserver les ressources naturelles. Chaque pays de l'Union européenne a ses centres de collecte et de recyclage pour le recyclage des équipements électriques et électroniques. Pour plus d'informations ou trouver un centre de recyclage, contactez votre commune ou le magasin où vous avez acheté le produit.

- Do not dispose of the One with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your One should be done in accordance with local regulations.

Please recycle!