# fitbit one

## Wireless Activity + Sleep Tracker

*1753*

*12680*

*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 Fitbit 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 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.

### Installing Fitbit Connect and pairing your One

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 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 to a computer

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.

To manually synchronize your One with your dashboard, click the Fitbit Connect icon on your computer (located near the date and time) 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 app and follow the installation process in the app.

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.

# Using your One

## 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.
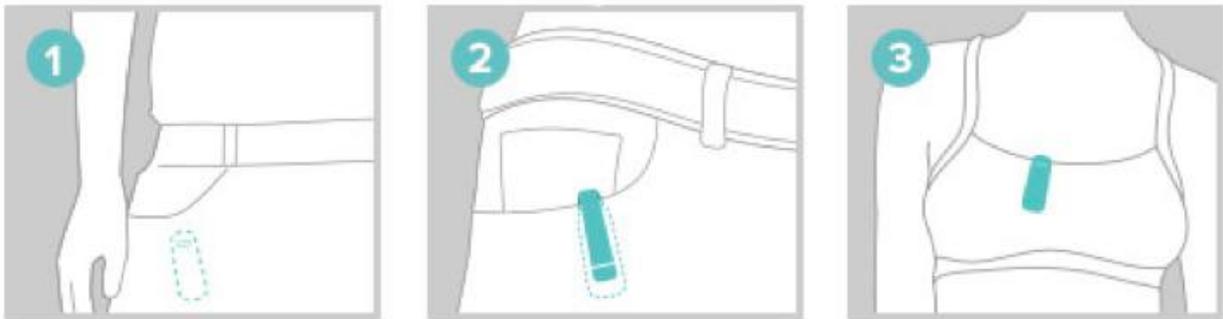


The One is not designed to be worn in direct contact with the skin. Always use the silicone holder when clipping it to a bra or waistband, with the display facing outward. Do not wear the One inside your bra.

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.

## Battery life and power

### Battery life

Your One contains a rechargeable Lithium-ion polymer battery.

With normal use, your One's battery should last approximately two weeks before requiring a charge.

You can check your tracker's battery level by logging into your dashboard and clicking on the gear icon in the upper right corner of the screen. The battery level at the time of its most recent sync will be listed to the right of the picture of your One.

## Charging your One

Charge your One tracker by plugging your charging cable into a USB port and then inserting the tracker into the charger, making sure the gold contacts on your tracker align with the gold dots in the charging cable.

A battery indicator will appear when your tracker is first plugged into the charging cable. Press your tracker's button while it's charging to view its current battery level.

A drained tracker should be charged for 1-2 hours for maximum performance and battery life.

## Memory

The One tracker stores minute-by-minute data for one week. After 7 days, that data is converted to a daily total, which is stored for an additional 23 days for a total of 30 days.

When you sync your tracker, its data is uploaded to your Fitbit.com dashboard, and securely stored on Fitbit's servers. As long as you sync your tracker within thirty days of activity, you'll be able to transmit that data to your Fitbit.com dashboard.

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.

# What Fitbit One tracks

Your One tracks the following:

- Floors climbed
- Steps taken
- Recent activity levels (represented by a flower that grows and shrinks)
- Distance traveled
- Time (clock and stopwatch)
- Calories burned
- Hours slept
- Quality of sleep
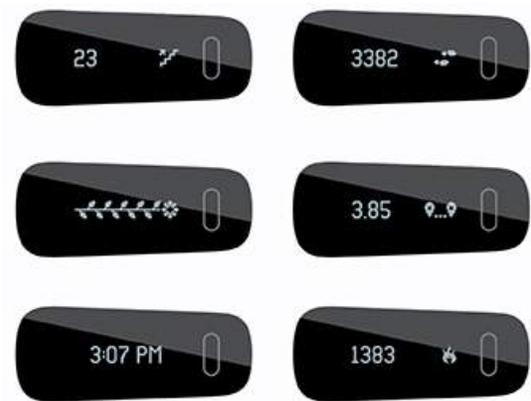
## Beginner mode

When you first set up your Fitbit tracker, it will be in beginner mode. While in beginner mode, the name corresponding to the current display will appear. For example, "STEPS" will be displayed before "7482" and the steps icon.

After the display has cycled through each screen 5 times, beginner mode will end, and you will be in normal mode. In normal mode, the value and icon appear immediately after you press your tracker's button for faster viewing.

Any time your tracker is reset, it will enter beginner mode. This will happen if you shut down and then restart your tracker, upgrade your device, or when your tracker's battery drains completely.

## Lefty mode

Your tracker can be displayed in Lefty mode, which orients the display to make it easier for left-handed individuals to read their trackers when holding them with their dominant hand. The One comes oriented for right-handed users by default. To change your tracker to lefty mode, go to your Device Settings and select the Left-handed button.

## Tracking sleep

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

To track your sleep with your One tracker, do the following:

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 the times manually in your online sleep log and your data will still appear once you sync your tracker.

## Activity recordings

An activity recording is similar to the trip mode on the odometer in a car.

You can use activity recording to track things like a tennis game or an exercise class so that you may later examine data from the time you were performing that exercise more closely. Recordings do not affect how your data is tracked or analyzed; they instead serve to bring greater visibility to a specified time frame.

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.

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

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

The next time you sync your tracker, the information from your recording will be displayed on your activities page, along with additional stats such as pace, duration of the recording, a graph of your speed, and more.

## Silent alarms

You can make your tracker to gently vibrate to wake or alert you using the silent alarm feature. You can set these alarms on your computer or compatible mobile device.

Silent alarms can be configured to repeat on multiple days of the week. For example, you could arrange to be awoken at 7:00 AM every weekday.

You can set up to eight alarms for your tracker at once.

Note: Setting multiple alarms may drain the battery life of your One. If you find that you must charge your battery more often, you may want to reduce the number of Silent Alarms configured on your One.

## 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. Log in to your Fitbit.com Dashboard.
2. Click the gear icon, found in the upper right corner of your screen.
3. Click Settings.
4. Click Silent Alarms.
5. Click the Add Alarm button.
6. Enter the Time you want the alarm to alert you.
7. Choose how often you want the alarm to occur:
8. **Once** – Your alarm will alert you at the specified time, and not repeat.
9. **Repeats** – You can choose which days you want this alarm to repeat (for example, at 7:00 AM every weekday).
10. Click Save.

Your new alarm will be sent to your tracker the next time it syncs.

Note: If you want to sync the alarm immediately, open Fitbit Connect and select Sync Now.

## Setting up silent alarms on an iOS device

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

Your mobile device must also support wireless sync to set silent alarms.
To see if your mobile device is supported, go to http://www.fitbit.com/devices.

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 you tracker to ensure that the alarm information is sent to it.

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

Note: If your One is out of range of a dongle, you can send the alarm to your tracker by tapping Account, choosing One, and then tapping the Sync Now icon.

## Setting up silent alarms on an Android device

You can set silent alarms on your tracker using the Fitbit app for Android. Bluetooth must be enabled in your Android's device settings as well as in the Fitbit app Devices screen.

Your mobile device must support wireless sync to set silent alarms.
To see if your device is supported, go to http://www.fitbit.com/devices.

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 the time you'd like your alarm to go off at, 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.

Note: Force Sync the alarm to your tracker by tapping the menu button, then Devices, choosing One and tapping the Force Sync icon.

## Dismissing silent alarms

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

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

# Your Fitbit.com Dashboard

## 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 |

## Using your dashboard

Fitbit provides you with a free online tool — the Fitbit.com dashboard — to help track, manage, and evaluate your fitness progress. Use the dashboard to see your progress towards goals, view graphs with historical data, and log food.

Information on the dashboard appears in tiles with each tile providing information about a different stat. 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

You can also manage your One from fitbit.com. Click the **gear icon** in the top right corner and click Settings.

The **Personal Settings** screen allows you to change your **time zone**. This will impact when your tracker data resets, because your tracker will reset at midnight based on the time zone your tracker is set to.

The **Devices** area allows you to monitor:

- The date and time of your **last sync**.
- **Battery level** of your device at the time of its last sync.
- The **firmware version** running on your device.
- Your **time zone**.
- **Sleep tracking** sensitivity.
- Whether you want your tracker to display in **left-handed** or **right-handed** mode.
- **Greeting**: You can choose how you would like your tracker to greet you from this space.

You can also manage your **Silent Alarms** from the left sidebar of the Account Settings area.

# Updating Fitbit One

Free feature enhancements and product improvements are occasionally made available with firmware updates provided through Fitbit Connect or the Fitbit app. We recommend keeping your One up to date.

Updating your One is demanding on its battery. We recommend that you charge your One before, during, or after an update.

## Updating One on a computer

You can update your One using a Mac or PC using Fitbit Connect.

To update using this method:

1. Make sure your Wireless sync dongle is plugged into your computer.
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.
6. If an update has been found for your One, Fitbit Connect will display a progress bar indicating that the update is in progress. Keep your tracker close to your computer while it updates.
7. When Fitbit Connect shows you a confirmation screen that says, "Update complete", your One will have the newest updates and you can proceed as usual.

## Updating One on an iOS device

Updating your tracker will fix bugs and add new features that have been added to the Fitbit One.

1. 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. If a device update is available, you will see the option to update. If your tracker is already up to date, "Update Available" will not be an option on your mobile device.
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. When the update completes, the Fitbit app will say, "You're all set!"

## Updating One on an Android device

Updating your tracker will fix bugs and add new features that have been added to the Fitbit One.

1. From the Fitbit app, go to Menu button > Device Settings > One. If a device update is available, you will see the option to update. If your tracker is already up to date, "Update Fitbit One" will not be an option on your mobile device.
2. If Update Fitbit One is an option, bring your tracker near your mobile device and tap "Update Fitbit One", then "Next".
3. Once your tracker has been located, your update will continue.

NOTE: You may need to wake up your One with a few presses of the button to make it easier to locate.

4. When your Fitbit One is up to date, a "You're all set!" screen will appear on your mobile device and your tracker will restart.

# Help

Troubleshooting and assistance for your Fitbit One tracker can be found at
http://help.fitbit.com.

# 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

# EU (European Union)

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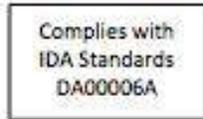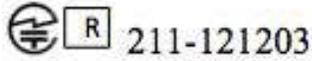
Fitbit Inc. is authorized to apply the CE Mark on One, Model FB103, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.



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

Conforme à la norme R&TTE 99/CE/05

## Other

211-121203

Complies with
IDA Standards
DA00006A

N30032

ICASA
TA-2013/746
APPROVED

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אישור התאמה  51-37309

אין לבצע כל שינוי טכני בחלק המדולארי של המוצר.

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

KC

-. 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.

The complete Declaration of Conformity can be found at www.fitbit.com/one/specs

# 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

For the most up-to-date Safety and Regulatory Information, please visit the product specific section at help.fitbit.com

## 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!

For additional information on disposal and recycling, including contact details of a distributor in your region, please visit http://help.fitbit.com

Pour plus amples renseignements sur le recyclage, y compris les coordonnees d'un distributeur dans votre region, visitez http://help.fitbit.com