

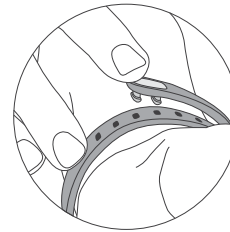
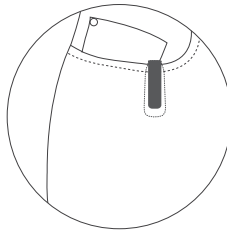
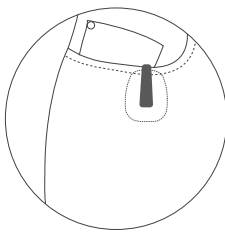
SPRING into motion

Fitbit® Getting Started

Using the Fitbit is a fun and easy way to track your daily steps in *Spring Into Motion*. Just put it on in the morning, sync it with your computer or mobile device, and it automatically populates your *Spring Into Motion* account.

Wearing Your Fitbit

Try different locations to see where it's most comfortable and secure. For best results, clip the Zip™ or One™ inside your pocket or the Flex™ to your wrist:



Note: The Fitbit is not waterproof, but it's rain, splash, and sweat proof. Don't wear while swimming.

Understanding Your Fitbit Display*

Each Fitbit has a variety of displays; tap your Fitbit to view each one:

	Steps	Distance	Calories Burned	Stairs Climbed	Active Minutes	Hours Slept	Quality of Sleep
Zip	X	X	X				
One	X	X	X	X		X	X
Flex	X	X	X		X	X	X

*Although the Fitbit tracks more, only steps count as points in *Spring Into Motion*.

Questions About Your Fitbit

If you're having problems setting up your Fitbit or syncing it with your *Spring Into Motion* account, use the Contact link at the bottom of the web page. A *Spring Into Motion* representative will respond within 1 business day.



Fitbit Getting Started continued

What's Included With the Fitbit Zip:



What's Included With the Fitbit One:



Fitbit Getting Started continued

What's Included With the Fitbit Flex:

Fitbit Flex Tracker



Charging Cable



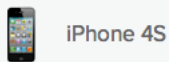
Wristbands



Wireless Sync Dongle



Supported Devices for Syncing (Partial List):



iPhone 4S



Samsung Galaxy S4, S III



DROID RAZR M, HD, HD MAXX



iPhone 5, 5S, 5C



LG G2



Moto X



iPod Touch (5th gen)



Samsung Galaxy Note II, III, 10.1



Nexus 4 and 5



iPad 3, 4, Air, Retina and mini



HTC One



Nexus 7 (2013)



iPad mini

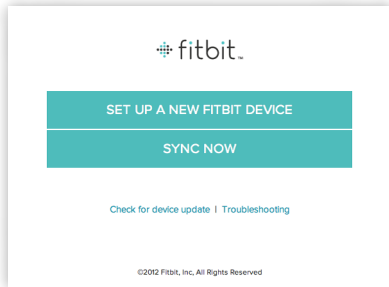


DROID MINI, Ultra, MAXX

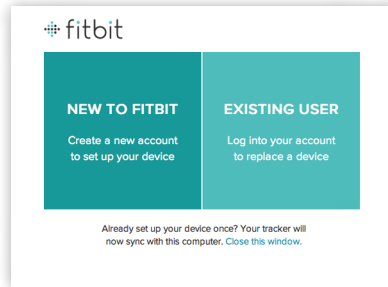
And there are more... to see the 120+ mobile devices available for syncing, visit <https://www.fitbit.com/devices>.

Setting Up Your Fitbit

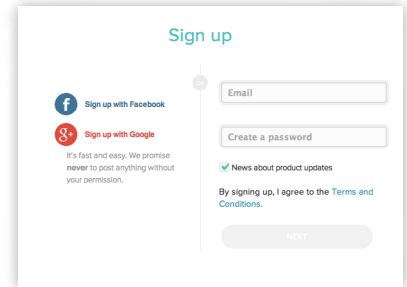
1. Register Your Device on Fitbit.com, Using Your *Spring Into Motion* Email Address



1. Select [Set Up A New Fitbit Device](#)



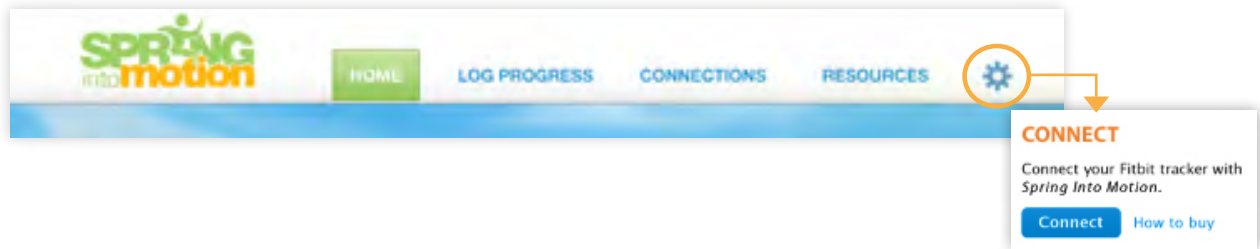
2. Select [New to Fitbit](#)



3. Enter your *Spring Into Motion* email address and create a password

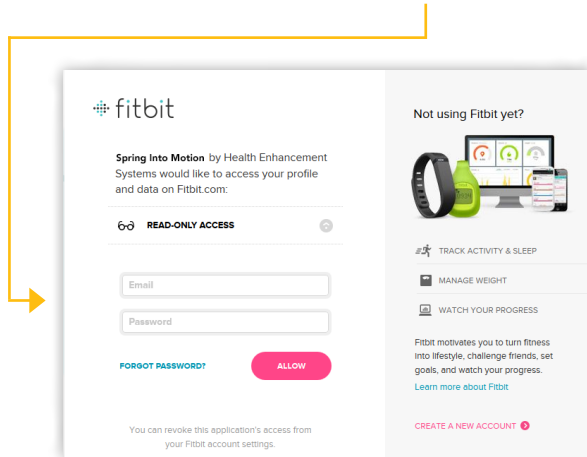
2. Connect to Your *Spring Into Motion* Account

Go to the  icon at the top of the site, click Fitbit, then [Connect](#) at the bottom of the page.



3. Authorize the Connection

Once you click [Connect](#), you'll be taken to the Fitbit site. You'll be asked to authorize the connection; click Allow.



4. Begin *Spring Into Motion*

After clicking Allow, you'll be brought back to the *Spring Into Motion* site. Click [Get Started](#) or just begin exploring other fun features.

