

Fitbit One Instruction Manual

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Fitbit Flex User Manual

This manual gets you started quickly getting your tracker on your wrist then setting it up. Setup ensures that your tracker can

synchronize its data with [fitbit.com](https://www.fitbit.com) or the Fitbit app, where you can get detailed information on your stats, view historical trends, log food, and much more. As soon as setup is complete you're ready to start moving. The remainder of the manual walks ...