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The Fitbit Flex is capable of setting up and syncing with select mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible with

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To manually synchronize your Flex with your dashboard, click the Fitbit Connect icon located near the date and time on your computer and click Sync Now. Setting up your Flex with a mobile device You can set up and wirelessly sync your Flex using over 120 mobile devices that

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Page 30: [Fitbit Flex General Info & Specifications](#) Your Flex uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a vibration motor, which allows it to vibrate when alarms go off.

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Your Fitbit Flex 2 box includes: Tracker Charging cable Small & large wristbands Visit the [fitbit.com](#) store to find Flex 2 accessories in other styles and colors sold separately. What ' s in this document We get you started quickly by creating a Fitbit account and ensuring your tracker can transfer the data it collects to your Fitbit dashboard.

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Fitbit Setup

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Page 22: Fitbit Flex General Info & Specifications Your Flex uses a MEMS 3-axis accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a vibration motor, which allows it to vibrate when alarms go off.

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SEE Fitbit FLEX 2 SPECS AND DETAILS *Your fully charged Fitbit Flex 2 has a battery life of up to five days. Note that battery life and charge cycles vary with use, settings and many other factors; actual results will vary. **Certain features like auto sleep tracking and SmartTrack may be disabled in the pendant.

Fitbit Flex 2™ Fitness Wristband

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Fitbit Flex General Info & Specifications Sensors and motors The Fitbit Flex uses an accelerometer that measures your motion patterns to determine your calories burned, distance traveled, steps taken, and sleep quality. Flex also contains a motor that allows it to vibrate. Page 30: Help

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In May 2013, Fitbit released the Fitbit Flex, the first Fitbit tracker worn on the wrist. It tracks movement 24 hours a day, including sleep patterns. It has a simple display of 5 LED lights that indicate the progress toward the goal number of steps walked in a day and vibrates to indicate when the goal has been reached.

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