What is a Fitbit? A Fitbit is essentially a bracelet or wellness tool, essentially a tracking device, which monitors your exercise and sleep. The Fitbit website says “Fitbit motivates you to reach your health and fitness goals by tracking your activity, exercise, sleep, weight, and more.” Fitbit is but one brand of tracking devices – there are many others to choose from. Here are some popular manufacturers of other similar products: Garmin, Xiaomi, Misfit, and Polar. Visit: [https://www.wearable.com/fitness-trackers/the-best-fitness-tracker](https://www.wearable.com/fitness-trackers/the-best-fitness-tracker) to learn more and from TechRadar: [https://www.techradar.com/news/wearables/10-best-fitness-trackers-1277905](https://www.techradar.com/news/wearables/10-best-fitness-trackers-1277905) The name, Fitbit, is a brand name much like Kleenex is for tissues.

Fitbits come in a variety of styles shown here, both as smartwatches and fitness trackers, and you can also get accessories for fitbits such as the Fitbit Flyer, a pair of wireless headphones, for example.

To use your Fitbit to its fullest, here is what you need to get started:

- A Fitbit
- A Fitbit App on a smartphone or computer
- A Fitbit Charger

1. **Getting the App:**
   - Visit the Apple Store (Apple iPhones) or Google Play Store (Android smartphones) on your phone.
   - Look for the Fitbit App and download it. It is free-of-charge.

2. **Pair, charge, and sync your Fitbit:**
   - Charge your Fitbit according to directions that came with it.
   - Sync your Fitbit to your device using the Fitbit App.
   - Use a Bluetooth connection for smartphones/tablets to sync.
     - Make sure Bluetooth is ON in the main settings area of your device, and then in the Fitbit App Settings, make sure Bluetooth Sharing is turned ON. Note: When looking at the main settings area of your device, open Bluetooth and check the list of “My Devices” to make sure your particular Fitbit is shown in the list. Usually, this is a one-time setup action.

Fitbits need to be kept charged and synced. Syncing to your smartphone is probably the most logical to do, but you can sync to a PC. Fitbits vary as to how long they will hold a charge. The Fitbit Versa claims 4 days, but the newest Fitbit, the Fitbit Charge 3, claims to have a 7-day charge hold. Watches may use more battery (like the Versa).
3. **Fitbits (depending on the model) have many practical and useable features including:**
   - Sleep tracking
   - Step Tracking
   - Stairway Tracking (floors)
   - Exercise Tracking
   - Calories Burned
   - Distance Covered
   - Fitbit Pay
   - Heart Rate & Zones
   - Weight Management
   - Water Monitor
   - Nutrition Monitoring
   - Ability to be water-tolerant
   - Active minutes with strenuous activity
   - Access to Music & Weather

You don’t have to use and monitor all of the options listed above, and not all Fitbits have every feature outlined above, but you can pick and choose which ones are best for you. Most commonly, the **Step Tracking** feature is most helpful – sleep and heart rate monitors are also beneficial.

4. **Apps for the Fitbit App:**
   - There are apps *already in* your Fitbit app. To see them...
     - Tap Dashboard
     - Tap Account (upper right)
     - Tap your device
     - Tap Apps
   
   **Note:** There are “My Apps” and “All Apps.” “My Apps” should have the weather. Explore “All Apps” to see what you could add to your fitbit app if you wish.
   
   - You can also download popular apps from the **Compatiable Apps** section of the **Fitbit App** to use within the Fitbit App itself.
   - You can also use the **Fitbit Studio** to develop watch apps, phone apps, and other products that work with Fitbit.
   - Steps to see **Compatiable Apps** or the **Fitbit Studio** are listed here:
     - Open the **Fitbit App** on your phone or computer.
     - Tap account
     - Under **Discover** tap “Compatiable Apps”
     - “Compatiable Apps” actually appear as you scroll down.
     - On the same screen, scroll further down, past all the compatiable apps, until you see “**Fitbit Studio**” in small blue/green letters, and tap.

**Weather**

   - Connect the weather app to your fitbit by using the fitbit app on your phone.
     - Open **Fitbit**
     - Tap Dashboard
     - Tap Account (upper right)
     - Tap your device
     - Tap Apps
     - Tap Weather (you may have to scroll to find it)
     - Tap Settings, and enter your city
5. **Notifications:** On your phone or computer’s **Notifications** area under **Settings**, you can find the **Fitbit** app in the list that appears, and control the way notifications are allowed for Fitbit, such as turning sounds on or off, or allowing a badge to display the number of notifications. The app itself also has a notification area.

6. **Help: Learning More About Your Fitbit:**
   - Several videos are available to help you learn the various aspects of your Fitbit: [https://www.fitbit.com/how-to](https://www.fitbit.com/how-to)
   - **Help: More Questions?** For answers to specific Fitbit questions, visit the **Fitbit Help Forum** here: [https://help.fitbit.com/](https://help.fitbit.com/) (main page)

*Note:* If your Fitbit is not syncing as it should, it could be due to a connection problem, or the Fitbit ran out of battery for a lengthy period of time. Sometimes, travelling to different areas, in and out of wifi zones, may cause some disruption of data syncing, too, I have found.

- **You can get help via phone, chat, text, email, and community forums** within Fitbit.
  - Scroll to click on **GET SUPPORT** under the **Let’s Talk** category.
  - Here are your choices. Select one and follow the screen prompts.