

Sync with Fitbit

To synchronize your Fitbit device and ensure your activity data is up-to-date, follow these steps:

1. Automatic Syncing:

- **Keep Your Device Nearby:** Ensure your Fitbit device is within Bluetooth range of your smartphone or tablet.
- **Open the Fitbit App:** Launching the app initiates automatic syncing.
- **Enable All-Day Sync (Optional):** For continuous syncing throughout the day, enable the 'All-Day Sync' feature in the app's settings.

2. Manual Syncing:

- **Open the Fitbit App:** On your smartphone or tablet, open the Fitbit app.
- **Access the Today Tab:** Tap on the 'Today' tab at the bottom.
- **Initiate Sync:** Press and hold the screen, then pull down to refresh and start the syncing process.
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3. Syncing with a Computer:

- **Install Fitbit Connect:** Download and install Fitbit Connect on your computer.
- **Use the Wireless Sync Dongle:** Insert the dongle into a USB port.
- **Open Fitbit Connect:** Launch the application and log in to your account.
- **Initiate Sync:** Click on 'Sync Now' to synchronize your data.

Troubleshooting Tips:

- **Check Bluetooth:** Ensure Bluetooth is enabled on your device.
- **Verify Internet Connection:** Confirm that your smartphone or computer has an active internet connection.
- **Restart Devices:** If syncing issues persist, try restarting your Fitbit device and the Fitbit app.
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Regular syncing ensures your activity data is accurately recorded and available for review in the Fitbit app.

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