



Fitbit Inspire 2 Quick Start Guide

BEAM Study

1

Overview

You will be assigned a study-specific email address and password for your Fitbit via email. Please do not change the email address or password associated with your Fitbit while you are participating in the study.

2



Fitbit: Health & Fitness
Activity, Sleep & Nutrition
★★★★☆ (2022)

Downloading the Fitbit App

Before setting up your Fitbit, you will need to download the Fitbit app onto a smartphone or tablet.

- 1 Open the App Store (Apple Devices) or the Google Play Store (Android Devices)
- 2 Search "Fitbit" in the search bar
- 3 Select the app named "Fitbit: Health & Fitness"
- 4 Click "Get" (Apple Devices) or "Install" (Android Devices)
- 5 Open the App and follow the prompts!

3

Specifying Personal Information

Please update your Fitbit account to reflect your personal information (birthdate, sex, height, and weight). This information is used to help Fitbit accurately track your sleep and daily activity.

- 1 In the Fitbit app, click the Today tab
- 2 Click your profile picture, then click the tile with your name.
- 3 Click "Personal"
- 4 Click the generic information to change it to your personal birthdate, sex, height, and weight.
- 5 Click "Save"

4

Syncing

To ensure your Fitbit and smartphone/tablet stays connected and continues to sync, keep the Fitbit app open in the background (do not swipe up to close) and enable All-Day Sync.

- 1 To enable All-Day Sync, open the Fitbit app.
- 2 Click "Account"
- 3 Select "Fitbit Inspire 2"
- 4 Scroll to the bottom of the page and click to turn on "All-Day Sync"

Having trouble syncing your Fitbit? See the detailed user guide for troubleshooting tips.

For a detailed Fitbit Inspire 2 user guide, please scan this QR code with your Smart Phone camera:



University of Manitoba

Fitbit Quick Start Up Guide

Marcel A. Müller



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