



fitbit flex 2™



User Manual
Version 1.3

Table of Contents

Get started	5
What's in the box	5
Charge your tracker	5
Set up with your phone	6
See your data in the Fitbit app	7
Wear Flex 2	8
Move the clasp	8
Insert the tracker into the band	9
Put on your band	9
Handedness	11
Basics	12
Understand the LED indicator lights	12
First-time setup	12
Charging	12
Goal tracking	12
Updating	13
Alarms	13
Call notifications	13
Text notifications	13
Reminders to move	13
Low battery	14
Check battery level	14
Care for Flex 2	14
Notifications	15
Set up notifications	15
See incoming notifications	15
Timekeeping	17
Set an alarm	17
Activity Tracking	18

See your stats	18
Track a daily activity goal	18
Choose a goal	18
Track your hourly activity	19
Track your sleep	19
Set a sleep goal	20
Set a bedtime reminder	20
Learn about your sleep habits	20
Track your exercise automatically	20
Share your activity	21
Update Flex 2	22
Troubleshooting	23
General Info and Specifications	24
Sensors	24
Materials	24
Wireless technology	24
Battery	24
Memory	25
Display	25
Band size	25
Environmental conditions	25
Learn more	25
Return policy and warranty	26
Regulatory & Safety Notices	27
USA: Federal Communications Commission (FCC) statement	27
Canada: Industry Canada (IC) statement	28
European Union (EU)	29
Australia and New Zealand	30
China	30
Indonesia	30
Israel	31
Japan	31
Mexico	31

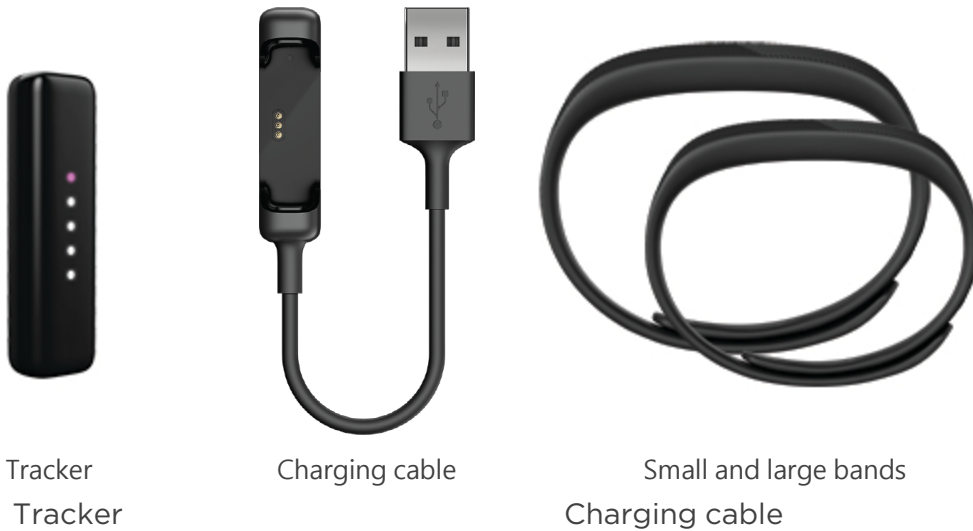
Morocco	31
Oman	32
Philippines	32
Serbia	32
Singapore	32
South Korea	33
Taiwan	33
United Arab Emirates	35
Safety Statement	35

Get started

Welcome to Fitbit Flex 2, the versatile activity and sleep tracker that makes fitness fashionable. Take a moment to review our complete safety information at [fitbit.com/safety](https://www.fitbit.com/safety).

What's in the box

Your Flex 2 box includes:



Tracker
Tracker

Charging cable

Small and large bands
Charging cable

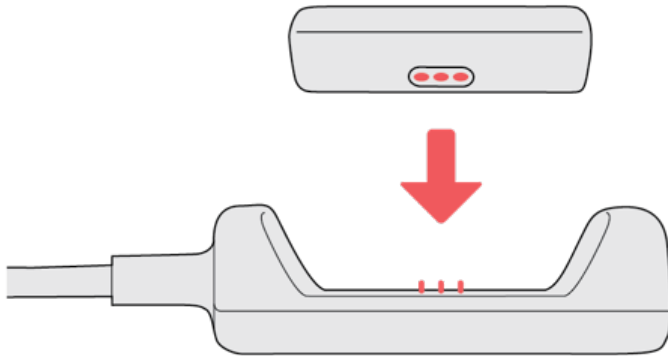
The detachable band on Flex 2 comes in a variety of colors, sold separately.

Charge your tracker

A fully-charged Flex 2 has a battery life of up to 5 days. Battery life and charge cycles vary with use and other factors; actual results will vary.

To charge Flex 2:

1. Plug the charging cable into the USB port on your computer, or a UL-certified USB wall charger, or another low-energy charging device.
2. Press the tracker into the compartment on the charging cable. The pins on the charging cable must align with the corresponding pins on the back of the tracker and lock securely in place. You'll know the connection is secure when the tracker vibrates and you see the indicator lights blinking, indicating your progress towards a total charge.




Charging fully takes about 2 to 3 hours. While the tracker charges, each white light that turns on represents 25% of the maximum charge. When Flex 2 has charged completely, you'll see a green light and then all 5 lights will shine for a few seconds before turning off. If you don't see any lights flashing, you can double-tap your tracker to check the charging progress. You'll know your tracker is fully charged when you see 1 green and 4 white indicator lights.

Set up with your phone

Set up Flex 2 with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see [fitbit.com/devices](https://www.fitbit.com/devices).



To get started:

1. Download the Fitbit app:
 - [Apple App Store](#) for iPhones
 - [Google Play Store](#) for Android phones
2. Install the app, and open it.
 - If you already have a Fitbit account, log in to your account > tap the Today tab  > your profile picture > **Set Up a Device**.
 - If you don't have a Fitbit account, tap **Join Fitbit** to be guided through a series of questions to create a Fitbit account.
3. Continue to follow the on-screen instructions to connect Flex 2 to your account.

When you're done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

For more information, see help.fitbit.com.

See your data in the Fitbit app

Open the Fitbit app on your phone to view your activity and sleep data, log food and water, participate in challenges, and more.

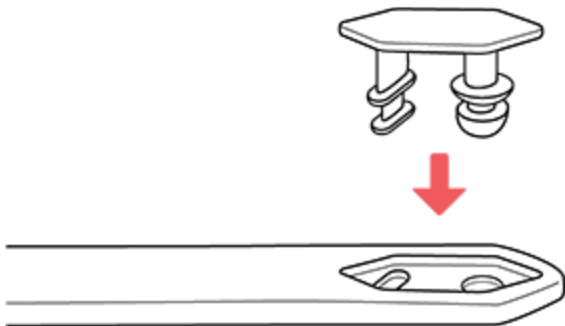
Wear Flex 2

Your Flex 2 comes with a large and a small wristband. If you want to use the large band, you'll need to move the clasp from the small band.

Move the clasp

If you choose to wear the large band, you'll need to remove the clasp from the small band and put it into the large band:

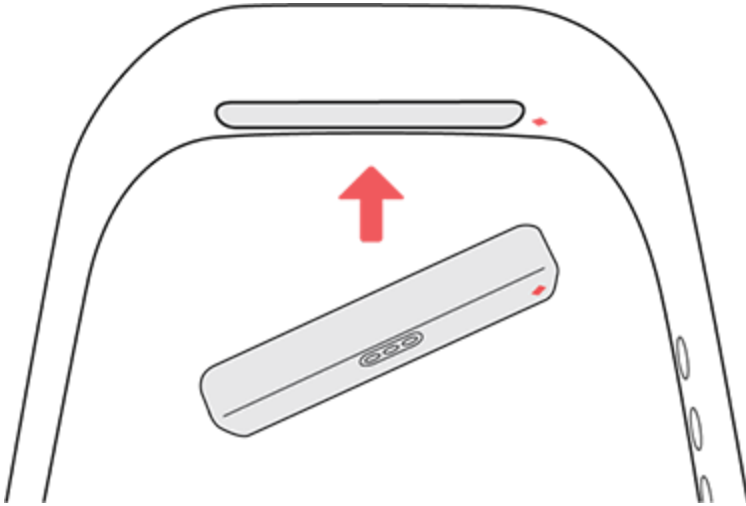
1. Push the clasp out from the inside of the band. You may find it helpful to first remove the square peg, followed by the round peg.
2. Pull out the clasp.
3. Insert the clasp into another band by lining up the square peg with the square hole and the round peg with the round hole and pressing firmly until both pegs are completely through the holes and snap into place.



NOTE: You may need to wiggle the pegs back and forth to get them to snap into place. If there is a bulge on the inside of the band between the two inside prongs of the clasp, find a small object like a credit card to push it flat.

Insert the tracker into the band

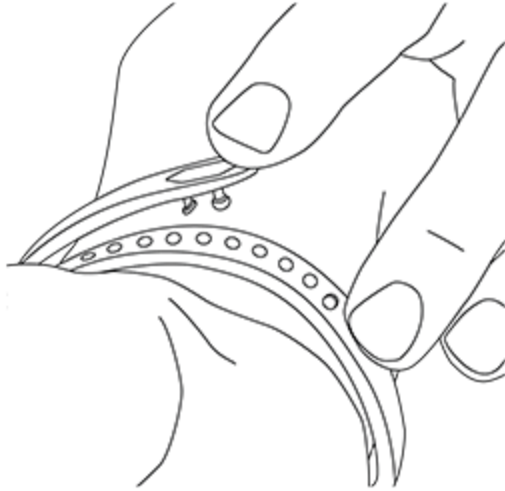
Hold the tracker in your hand with the back of the tracker facing up. Find the dot on the back of the tracker. Insert this end into the side of the band that has a corresponding dot.



Put on your band

1. Put on the band so the colored LED light is closest to the outside of your wrist.

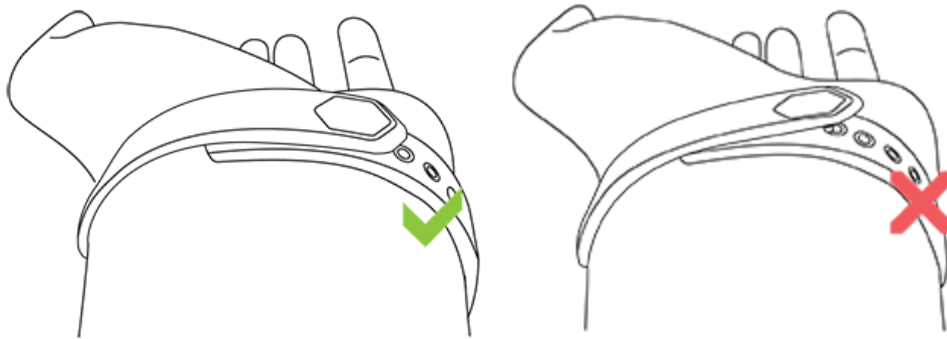
2. Align both ends of the band so they are directly overlapping each other with the clasp over the two holes that best fit your wrist.



3. Squeeze both the clasp and the band between your thumb and forefinger until you hear a click.




You'll know your Flex 2 band is securely fastened if both ends of the band are fully inserted.



NOTE: If you're having trouble, try securing the band off your wrist to get a feel for how it securely clasps and then try again on your wrist.

Handedness

For greater accuracy, you must specify whether you wear Flex 2 on your dominant or non-dominant hand. Your dominant hand is the one you use for writing and eating. To start, the Wrist setting is set to non-dominant. If you wear Flex 2 on your dominant hand, change the Wrist setting in the Fitbit app:

From the Today tab  in the Fitbit app, tap your profile picture > Flex 2 tile > **Wrist** > **Dominant**.

Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Understand the LED indicator lights

Flex 2 has 5 indicator lights that flash various patterns depending on what the tracker is doing. One light changes color while the other four are always white.

First-time setup

The first time you put your tracker in the charger before you set it up, Flex 2 will flash and vibrate to greet you. The top light changes color several times before flashing blue continuously.

When you put the tracker in the band and begin the pairing process, all 5 lights flash in a looping pattern until you're prompted to double tap the tracker. When pairing is done, all 5 lights blink twice and you'll feel two short vibrations.

Charging

While Flex 2 is charging, each pulsing indicator light represents progress towards the total charge in increments of 25%. When Flex 2 is completely charged, a green light flashes and then all five lights shine for a few seconds before turning off.

Goal tracking

Tap Flex 2 to see your progress towards your daily activity goal. Each solid white light represents 25% of your goal, meaning for example that if your goal is 10,000 steps and you see four white lights, you've gone at least 7500 steps. When you reach your goal Flex 2 vibrates and the lights flash in celebration. After you reach your goal and you check your goal progress you'll see a flashing green light and four white lights

Updating

During an update, all five lights on Flex 2 flash in an upward pattern. If an update can't finish, you'll see your progress toward today's goal and receive an alert in the Fitbit app.

Alarms

Flex 2 vibrates to wake you if you set an alarm. You'll see a yellow light and three white lights for 30 seconds or until you dismiss the alarm.

Call notifications

If you have call notifications enabled and you receive a phone call with your phone nearby, Flex 2 vibrates two times and you'll see a pattern of one blue light and four white lights repeated four times, or until you answer the call or double tap Flex 2 to dismiss the notification.

Text notifications

If you have text notifications enabled and you receive a text message with your phone nearby, Flex 2 vibrates once and you'll see a blue light and one white light.


Reminders to move

When you receive a reminder to move Flex 2 vibrates twice and you'll see a magenta light and two white lights. When you meet the 250-step goal after receiving a reminder, you'll feel a second vibration and see a celebratory light pattern.

Low battery

When your tracker has around 1 day of battery life remaining, you'll see a flashing red light after you see your goal progress.

Check battery level

From the Today tab  in the Fitbit app, tap your profile picture. The battery icon next to Flex 2 shows the tracker's current battery level.

Care for Flex 2


It's important to clean and dry Flex 2 regularly. For more information, see [fitbit.com/productcare](https://www.fitbit.com/productcare).

Notifications

Flex 2 can show call and text notifications from your phone to keep you informed. Keep your tracker within 30 feet of your phone to receive notifications.

Set up notifications

Check that Bluetooth on your phone is on and that your phone can receive notifications (often under Settings > Notifications). Then set up notifications:

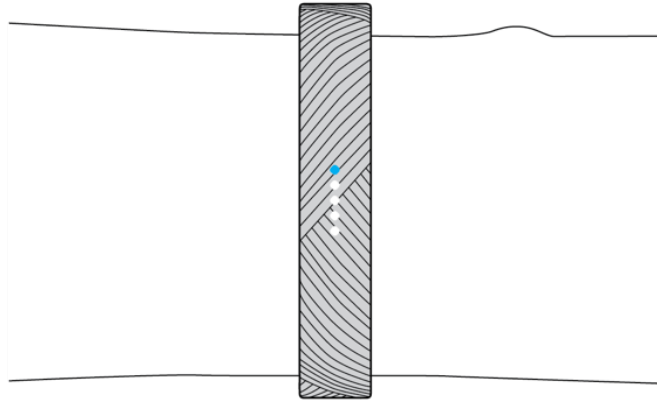
1. From the Today tab  in the Fitbit app, tap your profile picture > Flex 2 tile.
2. Tap **Notifications**.
3. Follow the on-screen instructions to pair your tracker if you haven't already. Call and text notifications are turned on automatically.

For more information, see help.fitbit.com.

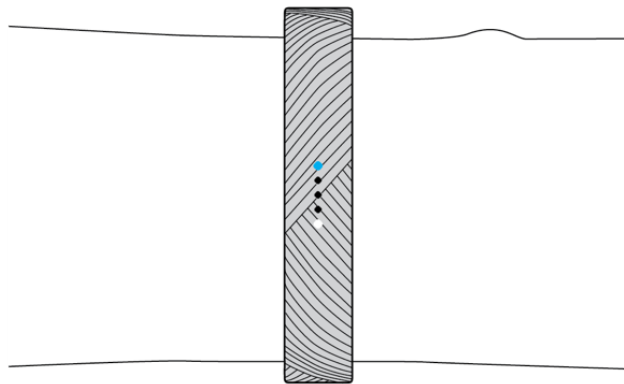
See incoming notifications

When you receive a call or text, Flex 2 vibrates and shows a light pattern.

For phone calls, Flex 2 vibrates two times or until you answer the call or double tap your tracker. While the phone is ringing, you'll see a blue light and four white lights, repeated up to four times.



For text messages Flex 2 vibrates once and repeats three times the light pattern of one blue light and one white light. To dismiss the notification double-tap your tracker.



Timekeeping

Alarms vibrate to wake or alert you at a time you set. Set up to 8 alarms to occur once or on multiple days of the week.

Set an alarm

Flex 2 vibrates to wake or alert you with an alarm. Set and delete alarms in the Fitbit app. When the alarm goes off, double-tap the tracker to dismiss it.

For more information, see help.fitbit.com.

Activity Tracking

Flex 2 continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

Whenever you wear it, Flex 2 tracks your daily stats, including:

- Steps taken
- Distance covered
- Calories burned
- Active minutes

Find your complete history and other information detected by your tracker, such as sleep data, in the Fitbit app.

Track a daily activity goal

Flex 2 tracks your progress toward a daily activity goal of your choice. When you reach your goal, your tracker vibrates and shows a celebration.

Choose a goal

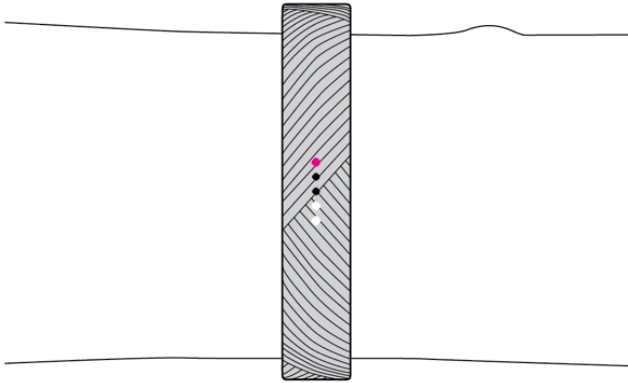
Set a goal to help you get started on your health and fitness journey. To begin, your goal is 10,000 steps per day. Choose to increase or decrease the number of steps, or to change your goal to distance, calories burned, or active minutes.

For more information, see help.fitbit.com.

Track your hourly activity

Flex 2 helps you stay active throughout the day by keeping track of when you're stationary and reminding you to move.

Reminders nudge you to walk at least 250 steps each hour. You feel a vibration and see a reminder on your screen at 10 minutes before the hour if you haven't walked 250 steps.



When you meet the 250-step goal after receiving the reminder, you feel a second vibration and see a celebration.

Turn on reminders to move in the Fitbit app.

For more information, see help.fitbit.com.

Track your sleep

Wear Flex 2 to bed to automatically track your time asleep and movement during the night to help you understand your sleep patterns. To see your sleep stats, sync your tracker when you wake up and check the app.

Set a sleep goal

To start, you have a sleep goal of 8 hours of sleep per night. Customize this goal to meet your needs.

For more information, see help.fitbit.com.

Set a bedtime reminder

The Fitbit app can recommend consistent bedtimes and wake times to help you improve the consistency of your sleep cycle. Turn on bedtime reminders to be reminded nightly when it's time to start getting ready for bed.

For more information, see help.fitbit.com.

Learn about your sleep habits

Flex 2 tracks several sleep metrics including when you go to bed, how long you're asleep, and how long you spend awake or restless. Track your sleep with Flex 2 and check the Fitbit app to see your sleep patterns.

For more information, see help.fitbit.com.

Track your exercise automatically

Flex 2 automatically recognizes and records many high-movement activities which are at least 15 minutes long. Sync your device to see basic stats about your activity in your exercise history.

For more information, including how to change the minimum duration before an activity is tracked, see help.fitbit.com.

Share your activity

After you complete a workout, sync your tracker with the Fitbit app to share your stats with friends and family.

For more information, see help.fitbit.com.

Update Flex 2

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Flex 2 and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

Note: Updating Flex 2 takes several minutes and may be demanding on the battery. We recommend plugging your tracker into the charger before starting the update.

For more information, see help.fitbit.com.

Troubleshooting

If you experience any of the following issues, restart your tracker:

- Won't sync
- Won't track steps or other data
- Won't respond to taps

To restart your tracker:

1. Plug the charging cable into the USB port on your computer or a UL- certified USB wall charger.
2. Remove the tracker from the wristband and press the tracker into the compartment on the charging cable. The pins on the charging cable must align with the corresponding pins on the back of the tracker and lock securely in place. You'll know the connection is secure when the tracker vibrates and you see the indicator lights blinking, indicating your progress towards a total charge. Your Flex 2 will begin charging.
3. Find the button on the charging cable and press it three times within five seconds. The button is under the tracker compartment. The tracker vibrates each time you press the button. After the third button press, wait for about five seconds for all the lights to flash at once, this means the tracker has restarted. Note that the light flash happens quickly and you may not notice it. Your tracker resumes charging after a restart and you will see the normal blinking of the indicator lights indicating your progress towards a total charge.

After your tracker restarts you can unplug it from the charging cable and put it back on.

For more information or to contact Customer Support, see help.fitbit.com.

General Info and Specifications

Sensors

Fitbit Flex 2 contains the following sensors and motors:

- A MEMS 3-axis accelerometer, which tracks motion patterns
- A vibration motor

Materials

The wristband that comes with Flex 2 is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex.

The clasp that comes with Flex 2 is made of surgical-grade stainless steel. While all stainless steel contains traces of nickel and can cause an allergic reaction in someone with nickel sensitivity, the amount of nickel in all Fitbit products meets the European Union's stringent Nickel Directive.

Fitbit accessory bangles, bands and, pendants sold separately are available in durable elastomer and stainless steel.

Wireless technology

Flex 2 contains a Bluetooth 4.0 radio transceiver.

Battery

Flex 2 contains a rechargeable lithium-polymer battery.

Memory

Flex 2 stores your daily stats for 7 days. Sync your tracker with the Fitbit app to access your historical data.

Display

Flex 2 has an LED tap display.

Band size

Band sizes are shown below. Note that accessory wristbands sold separately may vary slightly.

Small band	Fits a wrist between 5.5 - 6.7 inches (140 mm - 170 mm) in circumference
Large band	Fits a wrist between 6.7 - 8.1 inches (170 mm - 206 mm) in circumference

Environmental conditions

Operating Temperature	14° to 113° F (-10° to 45° C)
Non-operating Temperature	-4° to 140° F (-20° to 60° C)
Water Resistance	Swim proof up to 50 meters.
Maximum Operating Altitude	30,000 feet (9,144 m)

Learn more

To learn more about your tracker, how to track your progress in the Fitbit app, and how to build healthy habits with Fitbit Premium, visit help.fitbit.com.

Return policy and warranty

Find warranty information and the fitbit.com return policy at [fitbit.com/legal/returns-and-warranty](https://www.fitbit.com/legal/returns-and-warranty).

Regulatory & Safety Notices

Model Name: FB403

USA: Federal Communications Commission (FCC) statement

Notice to the User: The FCC ID can also be viewed on your device. To view the content:

- **While your tracker is charging, press the button to scroll to the Regulatory screen.**

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB403

Canada: Industry Canada (IC) statement

This device meets the IC requirements for RF exposure in public or uncontrolled environments.

Cet appareil est conforme aux conditions de la IC en matière de RF dans des environnements publics ou incontrôlée

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. Cet appareil ne peut pas provoquer d'interférences et
2. Cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

CAN ICES-3 (B)/NMB-3(B)

IC ID: 8542A-FB403

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB403 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung

Fitbit, Inc. erklärt hiermit, dass die Funkgerätypen Modell FB403 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB403 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d'appareils radio FB403 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB403 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety



Australia and New Zealand



R-NZ

China



部件名称	有毒和危险品					
Flex 2 Model FB403	铅 (Pb)	水银 (Hg)	镉 (Cd)	六价铬 (Cr(VI))	多溴化苯 (PBB)	多溴化二苯 醚 (PBDE)
表带和表扣	○	○	○	○	○	○
电子	X	○	○	○	○	○
电池	○	○	○	○	○	○
充电线	X	○	○	○	○	○

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求

Indonesia

51234/SDPPI/2017
6953

Israel

התאמה אישור 51-56210

המוצר של המודולארי בחלק טכני שינוי כל לבצע אין.

Japan



Mexico



IFETEL: RCPFIFB16-1170

La operación de este equipo está sujeta a las siguientes dos condiciones:

1. Es posible que este equipo o dispositivo no cause interferencia perjudicial y
2. Este equipo o dispositivo debe aceptar cualquier interferencia, incluyendo la que pueda causar su operación no deseada

Morocco



Oman

OMAN-TRA/TA-R/3485/16
D090258

Philippines



Serbia



И005 16

Singapore

Complies
with IDA
Standards
DA00006A

South Korea

클래스 B 장치 (가정 사용을 위한 방송 통신 기기): EMC 등록 주로 가정용 (B 급)으로하고, 모든 지역에서 사용할 수 있습니다 얻을이 장치.

*** 해당 무선설비는 전파혼신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다.***

- 사용 주파수 (Used frequency):	2402 MHz-2480 MHz
- 채널수 (The number of channels):	40
- 공중선전계강도 (Antenna power):	-2.0 dBi
- 변조방식 (Type of the modulation):	GFSK
- 안테나 유형(Antenna Type):	Integral
- 출력 (Output power):	0.611mW/MHz EIRP
- 안테나 종류 (Type of Antenna)	Integral

KCC approval information

1) Equipment name (model name): 무선데이터 통신시스템용 특정소출력무선기기	FB403
2) Certificate number :	MSIP-CMM-XRA-FB403
3) Applicant :	Fitbit, Inc.
4) Manufacture:	Fitbit, Inc.
5) Manufacture / Country of origin:	P.R.C.

Taiwan



CCAJ16LP5640T0

注意!

依據 低功率電波輻射性電機管理辦法

第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能

第十四條

低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，並改善至無干擾時方得繼續使用。

前項合法通信，指依電信法規定作業之無線電通信。

低功率射頻電機須忍受合法通信或工業、科學及醫療用電波輻射性電機設備之干擾。

Translation:

Low power warning:

According to the management method of low power radio wave radiating motor.

Article 12

Low-power RF motors that have passed the type certification are not allowed to change the frequency, increase the power or change the characteristics and functions of the original design without permission.

Without permission, any company, firm or user shall not alter the frequency, increase the power, or change the characteristics and functions of the original design of the certified lower power frequency electric machinery.

Article 14

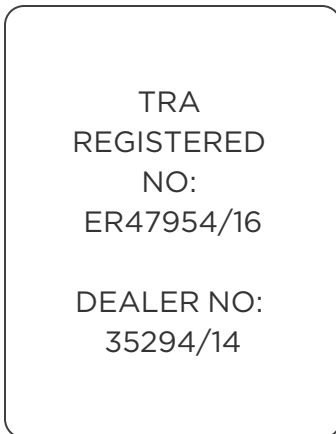
The use of low-power RF motors shall not affect flight safety and interfere with legal communications; if interference is found, it shall be immediately deactivated and improved until no interference is required.

Legal communication in the preceding paragraph refers to radio communications operating in accordance with the provisions of the Telecommunications Act. Low-power RF motors must withstand interference from legitimate communications or radiological electrical equipment for industrial, scientific, and medical use.

The application of low power frequency electric machineries shall not affect the navigation safety nor interfere a legal communication, if an interference is found, the service will be suspended until improvement is made and the interference no longer exists. The foregoing legal communication refers to the wireless telecommunication operated according to the telecommunications laws and regulations. The low power frequency electric machinery should be able to tolerate

the interference of the electric wave radiation electric machineries and equipment for legal communications or industrial and scientific applications.

United Arab Emirates



Safety Statement

This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12:2011 + A2:2013.

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