fitbit zip

Wireless Activity Tracker

Product Manual

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Getting Started

What's included

Your Fitbit Zip Wireless Activity Tracker includes:

1. Fitbit Zip Wireless Activity Tracker
2. Clip
3. Battery door tool
4. Wireless sync dongle
5. 3V coin battery, CR2025

1.   2.   3.

4.   5.

Inserting the Zip battery

1. Remove your Zip from its packaging and then use the battery door tool to unlock the battery door. Insert the tool into the slot on the back of the unit, and turn the door counterclockwise to remove it.
2. Once the door has been removed, insert the provided battery into the back of the unit, with the "+" sign facing up. The battery will rest in the center of the compartment.
3. Once the battery is in place, align the arrow on the battery door with the 'unlock' icon on your Zip to put the battery door in place. Use the battery door tool to 'lock' the battery door by turning it clockwise until the arrow on the door lines up with the 'lock' icon.
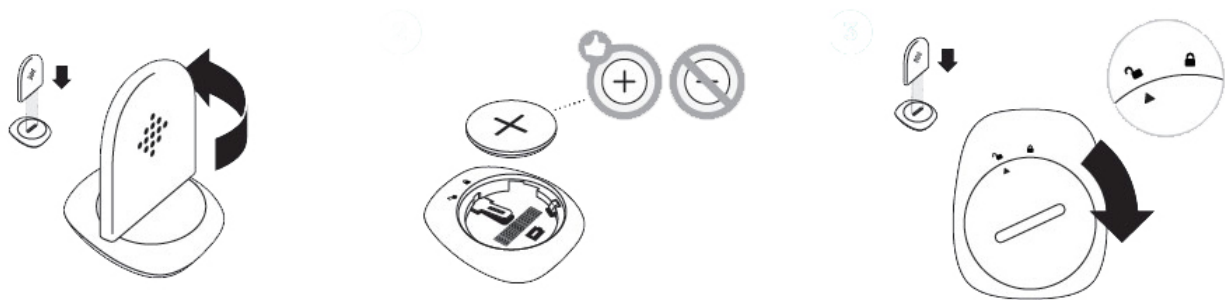
4. Once the display comes on, you will be ready to proceed with setup. The device version of your Zip will appear on the display, followed by a series of smiley faces, which are used to represent your activity level. The display will remain on for 30 minutes after inserting the battery.
5. Take the wireless sync dongle from the box and plug it into a USB port on your computer.
6. You are now ready to get started with setup.

Setting up your Zip

You can set up your Zip using a computer or one of our mobile apps for iOS, Android, or Windows Phone.

Setting up your Zip using a computer

To set up your Zip using your computer, you'll first install Fitbit Connect. Fitbit Connect is the software application that connects ("pairs") your Zip to your Fitbit.com dashboard, where you can view your data, log food, and more.

Mac & PC requirements

Software
Mac OS 10.5 or later
Internet Connection

Hardware
USB port

Software
Windows XP, Vista, 7, 8
Internet Connection

Hardware
USB port

Downloading Fitbit Connect

1. Go to http://www.fitbit.com/setup.
2. Scroll down and click the pink Download button. If the button does not correctly show your type of computer (for example, if it says "Download for Mac" when you're on a PC), choose the correct type before clicking the button.
3. When prompted, save the file.

Installing Fitbit Connect and pairing your Zip

1. Plug your wireless sync dongle into your computer's USB port and have your tracker nearby.
2. Go to the folder containing the file you just downloaded and look for the installation program:
   - For Mac: Install Fitbit Connect.pkg
   - For Windows: FitbitConnect_Win.exe
3. Double-click the file name to install Fitbit Connect.
4. Follow the brief onscreen instructions to finish setting up. You're ready to get moving.

Syncing to a computer

Now that Fitbit Connect is installed, your Zip will automatically and wirelessly sync with your computer every 20 minutes or so if the following requirements are met:

- Your Zip is within 15-20 feet of your computer and has new data to upload (meaning if you haven't moved, an automatic sync won't occur).
- Your computer is powered on, awake, and connected to the Internet.
- The wireless sync dongle is inserted into a USB port and is recognized by the computer.

To manually synchronize your Zip with your dashboard, click the Fitbit Connect icon on your computer (located near the date and time) and click Sync Now.

Setting up your Zip using a mobile device

You can set up and wirelessly sync your Zip using over 120 mobile devices that support Bluetooth 4.0 technology. To see if your mobile device is compatible for syncing with your Zip, visit www.fitbit.com/devices. If your device is listed, you can then download our free iOS, Android, or Windows Phone app and follow the installation process in the app.


NOTE: If your mobile device is not compatible to sync via Bluetooth 4.0, you can still use the Fitbit app to view your data and track your progress, you'll just need to set up and sync using a Mac or PC.

Using Fitbit Zip

What Fitbit Zip tracks

Zip's display will show you the following:

- Steps taken
- Calories burned
- Distance traveled
- A clock
- The Fitbit Smiley, which highlights your recent activity level
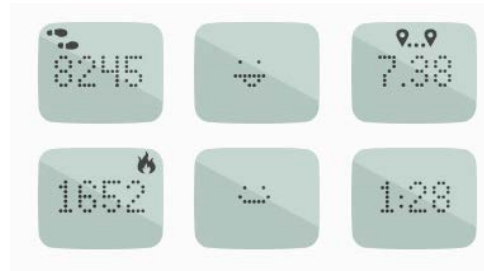
To conserve battery life, your Zip sleeps during periods of inactivity. Zip will go to sleep after approximately 20 seconds if no steps are recorded. Once your Zip is asleep, its display will remain off until moved.

Wearing your Zip

Zip is most accurate when worn on or very close to the body. Ideal places to wear your Zip include a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what is most comfortable and secure for you.

A clip designed to keep your tracker clipped to your clothing is provided with your Zip package.
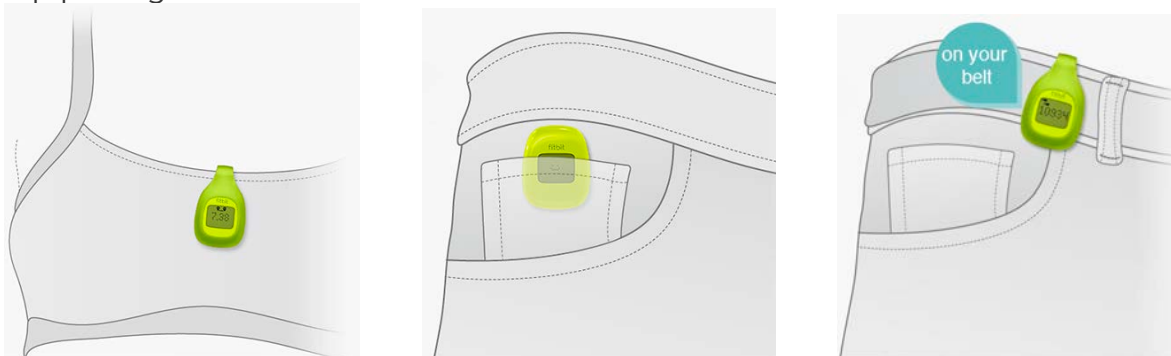
The Zip is not designed to be worn in direct contact with the skin. Always use the silicone holder when clipping it to a bra or waistband, with the display facing outward. Do not wear the Zip inside your bra.

Some users may experience skin irritation even when wearing the Zip as instructed on the bra or waistband. If this occurs we recommend clipping it on your pocket, belt, or other external piece of clothing.

The Zip is sweat, rain, and splash resistant, but not waterproof. It is not intended to be worn swimming.

Battery life

Your Zip runs on a replaceable 3V coin battery, CR2025. With normal use, your Zip's battery should last approximately 6 months.

A battery icon will appear on your Zip display when the battery has drained to 25%. A flashing battery icon indicates that your Zip is very close to being drained. Data could be lost if your Zip is not synced before replacing the battery.

If your Zip battery drains, purchase a new 3V coin battery, CR2025. Use the provided battery door tool to unlock the battery door compartment, located on the back of the Zip.

You can check your battery's level by logging into your dashboard and clicking on your **photo and name**. The battery level recorded during your most recent sync will be listed to the right of the picture of your Zip.

Memory

Your Zip stores minute-by-minute data for 7 days and daily totals for 30 days.

When you sync your Zip, its data is uploaded to your Fitbit.com dashboard and securely stored on Fitbit's servers. As long as you sync your Zip within thirty days of activity, you will be able to transmit that data to your Fitbit.com dashboard.

NOTE: Every night at midnight, your Zip will reset itself. This means your goal progress and daily data will begin at zero again. This does not delete the data stored on your tracker. That data will be uploaded to your Fitbit.com dashboard the next time you sync your Zip.

The time this reset occurs is based on the time zone set on your Fitbit.com profile.

Zip Specifications

Environmental conditions

- Zip is not waterproof. It should not be worn while swimming. Zip is splash, rain and sweat proof.
- Operating temperature: 32° to 104° F (0° to 40° C)
- Non-operating temperature: -0° to 130° F (-17.7° to 54.4° C)
- Relative Humidity: The device should not be submerged in more than 1 meter of water for any amount of time.
- Maximum operating altitude: 30,000 feet (9,144 m)
- Non-operating temperature: -0° to 130° F (-17.7° to 54.4° C)

Size and weight

- Height: 1.5 inches (35.6 mm)

- Width: 1.1 inches (28.9 mm)

- Depth: 0.38 inch (9.6 mm)

- Weight: 0.282 (0.018 lb., 8 grams)

Using your Fitbit.com Dashboard

Fitbit provides you a free online tool — the Fitbit.com dashboard — to help you track, manage, and evaluate your fitness progress. Use the dashboard to see your progress towards goals, view daily totals and historical graphs, and log food.

Browser requirements

Browser	Mac Version	Windows Version
Apple Safari	5.0.5 and higher	Not Supported
Google Chrome	12 and higher	12 and higher
Microsoft Internet Explorer	Not Supported	8 and higher
Mozilla Firefox	3.6.18 and higher	3.6.18 and higher

Adding and removing tiles

Information on the dashboard appears in tiles with each tile representing a different stat. Add or remove tiles to customize the dashboard. If you remove a tile, you can add it back at any time.

To add a tile:

1. Click the grid icon on the upper left side of the dashboard.
2. Check the tile(s) you want to add, then click Done.

To delete a tile:

1. Hover over a tile until you see the gear icon at the lower left.
2. Click the gear icon, then click Remove Tile.
3. When prompted, confirm that you want to remove the tile.

Managing your Zip from fitbit.com

You can also manage your Zip from fitbit.com by clicking on your **profile picture and name** in the top right corner and then selecting Settings.

The Personal Settings screen allows you to change your Time Zone. This will impact when your tracker data resets, because your tracker will reset at midnight based on the time zone your tracker is set to.

The Devices area allows you to monitor:

- The date and time of your last sync.
- Battery level of your Zip at the time of its last sync.
- The firmware version running on your device.
- Your display settings. You can turn screens on and off here.

Updating your Zip

Free feature enhancements, product improvements, and bug fixes are occasionally made available through firmware updates. You can update your tracker using Fitbit Connect on your computer or by using a Fitbit mobile app. We recommend keeping your Zip up to date.

Updating Zip on a computer

To update your Zip on a Mac or PC:

1. Make sure your wireless sync dongle is plugged into your computer.
2. Click the **Fitbit Connect icon** near the time on your computer.
3. Select Open Main Menu and then select Check for device update.
4. **Log in** to your account using your Fitbit.com credentials.
5. Tap your Zip a few times to wake it up. Fitbit Connect will begin to look for your Zip. If an update is found, Fitbit Connect displays a progress bar.
6. Keep your Zip close to your computer while it updates.

You'll see a notification that the update is complete and your Zip will restart.

Updating Zip on an iOS device

To update your Zip with the Fitbit app for iOS:

1. Open the Fitbit app.
2. Tap your tracker's name at the top of the dashboard. You'll be taken to your tracker's device settings page.
3. Click Sync Now.
4. Tap the Update Available button at the top of the page. The option only appears if an update is available. Fitbit Connect will now look for your Zip.
5. If an update has been found for your Zip, keep your Zip close to your iOS device while it updates.

You'll see a notification that the update is complete and your Zip will restart.

Updating Zip on an Android device

To update your Zip with Fitbit app for Android:

1. Open the Fitbit app.
2. Tap the Menu button.
3. Tap Device.
4. Choose Zip from the menu, then keep your Zip close to your mobile device while the app searches for your Zip. You can make Zip easier to find by tapping it a couple times to wake it up.
5. Tap the Update Available button at the top of this screen. If this option doesn't appear, no update is available.

You'll see a notification that the update is complete and your Zip will restart.

Help

Troubleshooting and assistance for your Fitbit Zip tracker can be found at http://help.fitbit.com.

Return Policy and Warranty

Warranty information and the Fitbit.com Store Return Policy can be found online at
http://www.fitbit.com/returns.

Regulatory and Safety Notices

Model Name: FB301

USA: Federal Communications Commission (FCC) statement

This device complies with FCC part 15 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.

Canada: Industry Canada (IC) statement

IC Notice to Users English/French in accordance with RSS GEN Issue 3:

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. 2. cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositive

This Class B digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe B est conforme à la norme NMB-003 du Canada.

FCC ID	XRAFB301
IC ID	8542A-FB301

European Union (EU)

Declaration of Conformity with Regard to the EU Directive 1999/5/EC

Fitbit Inc. is authorized to apply the CE Mark on Zip, Model FB301, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC.
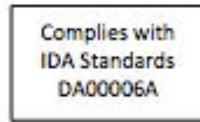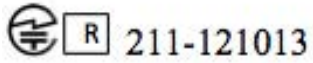
CE

Compliant with the standard R&TTE 99/CE/05

Conforme à la norme R&TTE 99/CE/05

Taiwan

CCAJ15LP1150T4

Other

Complies with
IDA Standards
DA00006A

N30032

ICASA TA-2013/745
APPROVED

R 211-121013

אישור התאמה 51-37305

אין לבצע כל שינוי טכני בחלק המודולארי של המוצר.

" 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)：   1.2 dBi

-. 변조방식 (Type of the modulation)：Digital

-. 안테나타입 (Antenna type)：   Vertical

-. 출력 (Output power)：   1.32 mW/MHz E.I.R.P.

-. 안테나 종류 (Type of Antenna)：   PCB

KCC approval information

1) Equipment name (model name) : 무선데이터통신시스템용 특정소출력무선기기 FB301

2) Certificate number :   MSIP-CRM-XRA-FB301

3) Applicant :   Fitbit, Inc.

4) Manufacture: Fitbit, Inc.

5) Manufacture / Country of origin: P.R.C.

Safety statement

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

Important safety instructions

- Read these instructions.
- Keep these instructions.
- Heed all warnings.
- Follow all instructions.
- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your Zip.
- Do not use abrasive cleaners to clean your Zip.
- Do not place your Zip in a Dishwasher, Washing Machine or Dryer.
- Do not expose your Zip to extremely high or low temperatures.
- Do not use your Zip in a sauna or steam room.
- Do not leave your Zip in direct sunlight for an extended period of time.
- Do not leave your Zip near open flames.
- Do not dispose of your Zip in a fire. The battery could explode.
- Do not attempt to disassemble your Zip, it does not contain serviceable components.
- Never allow children to play with the Zip; the small components may be a choking hazard!

Battery precautions

Change the battery in accordance with the instructions supplied with this guide.

Disposal and recycling information

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of the Zip with household waste.
- Batteries are not to be disposed of in municipal waste stream and require separate collection.
- Disposal of the packaging and your Zip should be done in accordance with local regulations.

Please recycle!