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Summary:

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Fitbit Flex Manual / User Guide & Tutorial - UserLib Fitbit Flex comes in the form of a funky bracelet with a wide selection of colors, comfortable use, easy in synchronization with other digital devices and many other benefits. The design is simple, light weight and small size looks like a regular bracelet instead of a sensor or other tracking tool. Fitbit Flex Manual - usermanual.com Tracking with Fitbit Flex Your Flex tracks:

- Steps taken
- Calories burned
- Distance traveled
- Active minutes
- Time asleep
- Quality of sleep
- Number of times awoken

Setting goals Your Flex is designed to track your progress towards the fitness goal you choose. Solved: Flex user manual in PDF - Fitbit Community On the fitbit help website select flex, then just select the categorie that you are looking for or click on the flex product manual (pdf) option. It is better if you charge it using the charging cable that came in with your product and plug it into a computer usb port.

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