

FITBIT QUICKSTART

CHECKLIST

- Charge your Fitbit
- Fit your band for wrist models or decide where to place your clip model.
- Create a Fitbit account at fitbit.com
- Download the app for your smartphone or computer
- Setup a New Device and Pair your Fitbit
- Complete your profile and goals:
 - Current Weight
 - Current Height
 - Goal Weight
- To set a weight loss calorie goal:
 - Tap the Account icon at the top right.
 - Scroll down to Goals
 - Select Nutrition & Body
 - Tap Food and the app helps you set a daily calorie goal.
- Wear your Fitbit around and start tracking!

FITBIT BONUS STEPS

- Find Fitbit Friends
- Start a Challenge with a friend
- Log your food