Using the Fitbit is a fun and easy way to track your daily steps in *Spring Into Motion*. Just put it on in the morning, sync it with your computer or mobile device, and it automatically populates your *Spring Into Motion* account.

**Wearing Your Fitbit**

Try different locations to see where it’s most comfortable and secure. For best results, clip the Zip™ or One™ inside your pocket or the Flex™ to your wrist:

Note: The Fitbit is not waterproof, but it’s rain, splash, and sweat proof. Don’t wear while swimming.

**Understanding Your Fitbit Display***

Each Fitbit has a variety of displays; tap your Fitbit to view each one:

<table>
<thead>
<tr>
<th></th>
<th>Steps</th>
<th>Distance</th>
<th>Calories Burned</th>
<th>Stairs Climbed</th>
<th>Active Minutes</th>
<th>Hours Slept</th>
<th>Quality of Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Zip</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>One</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Flex</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td>x</td>
<td></td>
<td>x</td>
<td>x</td>
</tr>
</tbody>
</table>

*Although the Fitbit tracks more, only steps count as points in *Spring Into Motion*. 

**Questions About Your Fitbit**

If you’re having problems setting up your Fitbit or syncing it with your *Spring Into Motion* account, use the Contact link at the bottom of the web page. A *Spring Into Motion* representative will respond within 1 business day.
What’s Included With the Fitbit Zip:

- Clip
- Fitbit Zip
- Wireless Sync Dongle
- Battery Door Tool
- Battery

What’s Included With the Fitbit One:

- Clip
- Fitbit One Tracker
- Wireless Sync Dongle
- Sleep Wristband
- Charging Cable (used only for charging, not for syncing)
What's Included With the Fitbit Flex:

- Fitbit Flex Tracker
- Charging Cable
- Wristbands
- Wireless Sync Dongle

Supported Devices for Syncing (Partial List):

<table>
<thead>
<tr>
<th>Available on the iPhone App Store</th>
<th>Available on Google Play</th>
<th>DROID RAZR M, HD, HD MAXX</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPhone 4S</td>
<td>Samsung Galaxy S4, S III</td>
<td></td>
</tr>
<tr>
<td>iPhone 5, 5S, 5C</td>
<td>LG G2</td>
<td></td>
</tr>
<tr>
<td>iPod Touch (5th gen)</td>
<td>Samsung Galaxy Note I, II, III, 10.1</td>
<td></td>
</tr>
<tr>
<td>iPad 3, 4, Air, Retina and mini</td>
<td>HTC One</td>
<td></td>
</tr>
<tr>
<td>iPad mini</td>
<td>DROID MINI, Ultra, MAXX</td>
<td></td>
</tr>
</tbody>
</table>

And there are more… to see the 120+ mobile devices available for syncing, visit [https://www.fitbit.com/devices](https://www.fitbit.com/devices).
Setting Up Your Fitbit

1. Register Your Device on Fitbit.com, Using Your Spring Into Motion Email Address

1. Select Set Up A New Fitbit Device

2. Select New to Fitbit

3. Enter your Spring Into Motion email address and create a password

2. Connect to Your Spring Into Motion Account

Go to the gear icon at the top of the site, click Fitbit, then Connect at the bottom of the page.
3. Authorize the Connection

Once you click Connect, you’ll be taken to the Fitbit site. You’ll be asked to authorize the connection; click Allow.

4. Begin Spring Into Motion

After clicking Allow, you’ll be brought back to the Spring Into Motion site. Click Get Started or just begin exploring other fun features.