

Fitbit FB301M-EU

Fitbit Zip Wireless Activity Tracker: User Manual and Setup Guide

Model: FB301M-EU

1. INTRODUCTION AND OVERVIEW

The Fitbit Zip Wireless Activity Tracker is designed to integrate fitness into your daily life by tracking your activity. This compact device monitors your steps, distance traveled, and calories burned, then wirelessly syncs this data to your Fitbit account. Through the Fitbit application, you can set personal fitness goals, monitor your progress, and engage in friendly competitions with friends and family. The device provides real-time updates on your activity, helping you stay motivated to achieve your fitness objectives.





Figure 1: Fitbit Zip Wireless Activity Tracker (Magenta)

2. KEY FEATURES

- Tracks steps, distance, and calories burned.
- Syncs data automatically to your computer or select Bluetooth 4.0 smartphones and tablets.
- Allows users to set goals, view progress, and earn badges through the Fitbit platform.
- Facilitates sharing and competition with friends via the Fitbit application.
- Compatible with free iPhone and Android applications.
- Wirelessly syncs statistics to your computer and over 150 leading smartphones.

3. SETUP

To begin using your Fitbit Zip, follow these steps to set up and connect your device:

1. **Install the Fitbit App:** Download and install the official Fitbit application on your smartphone (iOS or Android) or computer.

2. **Create an Account:** Open the Fitbit app and create a new account or log in to an existing one.
3. **Set Up a Device:** Navigate to the 'Account' section within the app (often represented by an ID symbol or profile icon). Select 'Set up a Device' and choose 'Zip' from the list of trackers.
4. **Insert Battery:** Ensure the 3V CR2025 coin battery is correctly inserted into your Zip tracker with the '+' side facing up. If not already inserted, use the provided battery door tool to open the compartment.
5. **Enable Bluetooth:** Make sure Bluetooth is enabled on your smartphone or computer.
6. **Pair Device:** Follow the on-screen prompts in the Fitbit app. The app will search for your Zip. When prompted, enter the 4-digit code displayed on your Zip's screen into the app to complete the pairing process.
7. **Sync Data:** Once paired, your Zip will begin syncing data wirelessly to your Fitbit account. Ensure you sync your data regularly, preferably before midnight, as daily stats reset at that time.

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Video 1: Demonstrates the syncing process of the Fitbit Zip with a mobile device.

4. OPERATING YOUR FITBIT ZIP

The Fitbit Zip is designed for simple, intuitive operation:

- **Viewing Stats:** Tap the screen of your Fitbit Zip to cycle through different statistics such as steps, distance, and calories burned. The display does not have a backlight.
- **Wearing the Device:** The Zip can be clipped onto clothing, such as a belt, pocket, or bra, for accurate tracking throughout the day.
- **Activity Tracking:** The device automatically tracks walking, jogging, and running activities.
- **Logging Food and Water:** Use the Fitbit application on your smartphone or computer to manually log your food intake and water consumption. This data integrates with your activity stats for a comprehensive health overview.

5. MAINTENANCE

Resetting Your Tracker

If your Fitbit Zip is unresponsive, a reset may resolve the issue:

1. Open the battery door using the battery door tool.
2. Remove the battery.
3. Wait for 10 seconds.
4. Place the battery back into the tracker with the "+" side facing up.
5. Close the battery door.
6. Your Zip will now reset. You will see the tracker's version number, followed by a series of Fitbit Smilies. Tapping the tracker should allow you to navigate through the screens normally.

Reinstalling the Battery

If your Zip does not turn on, the battery may be drained or misaligned. The Zip uses a 3V CR2025 coin battery.

1. Insert the battery door tool into the rear door slot of your Zip and turn it counter-clockwise to unlock the

battery door.

- 2. Remove the door and the battery.
- 3. Reinsert your battery with the positive (+) end facing up.
- 4. Replace the battery door.
- 5. Insert the battery tool and turn clockwise to lock the battery door. The door should be flush with the rear of the tracker.



Figure 2: Rear view of Fitbit Zip with battery compartment.

6. TROUBLESHOOTING

Most common issues with the Fitbit Zip can be resolved with simple steps:

- **Tracker Unresponsive:** If the tracker is not responding, perform a reset as described in the "Resetting Your Tracker" section above.
- **Tracker Not Turning On:** This is often due to a drained or misaligned battery. Follow the "Reinstalling the Battery" instructions to ensure the battery is properly seated and charged.
- **Syncing Issues:** Ensure Bluetooth is enabled on your device and that your Fitbit Zip is within range. If issues persist, try restarting Bluetooth on your phone or computer, or re-pairing the device through the Fitbit app.

7. SPECIFICATIONS

Feature	Detail
Brand	Fitbit
Model Number	FB301M-EU
Material	Plastic
Color	Magenta
Compatible Devices	iPhone 4s and over 150 leading smartphones
Screen Size	0.96 Inches
Item Weight	0.32 ounces (0.02 Pounds)
Battery Life	Approximately 4320 Hours (6 months)
Sensor Type	Wearable
Battery Type	1 CR2025 battery (included), Replaceable

Product Dimensions

0.25 x 1.25 x 1.75 inches

8. SUPPORT




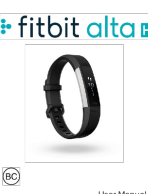
For further assistance or inquiries regarding your Fitbit Zip, please contact Fitbit Customer Support:




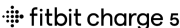


- **Customer Support Number:** 877-623-4997

9. RETURN POLICY

Returns are accepted on all unopened merchandise. A 10% restocking fee applies to eligible returns.

Related Documents - FB301M-EU

 <p>fitbit charge. Wireless Activity Wristband</p> <p>Product Manual Version 12</p>	<p>Fitbit Charge Wireless Activity Wristband Product Manual</p> <p>Comprehensive product manual for the Fitbit Charge wireless activity wristband, covering setup, features, tracking, specifications, and safety information. Learn how to set up, use, and maintain your Fitbit Charge.</p>
 <p>fitbit zip Wireless Activity Tracker</p> <p>User Manual Version 11</p>	<p>Fitbit Zip Wireless Activity Tracker User Manual</p> <p>User manual for the Fitbit Zip Wireless Activity Tracker (Model FB301), covering setup, usage, specifications, troubleshooting, and safety information.</p>
 <p>fitbit zip Wireless Activity Tracker</p> <p>User Manual Version 12</p>	<p>Fitbit Zip Wireless Activity Tracker User Manual - Setup, Features, and Support</p> <p>Comprehensive user manual for the Fitbit Zip Wireless Activity Tracker. Learn how to set up, use, sync, and troubleshoot your device. Includes specifications and regulatory information.</p>
 <p>fitbit alta HR</p> <p>User Manual Version 1.2</p>	<p>Fitbit Alta HR User Manual: Setup, Features, and Specifications</p> <p>Comprehensive user manual for the Fitbit Alta HR fitness tracker. Learn how to set up, charge, wear, sync, track activity and sleep, manage notifications, and troubleshoot your device.</p>

<div></div> <div></div> <div><div>Manual del usuario Versión 1.2</div></div>	<div>Manual de Usuario Fitbit Ace 3</div> <div>Manual completo para el monitor de actividad y sueño Fitbit Ace 3, que cubre configuración, funciones, solución de problemas e información regulatoria.</div>
<div></div> <div></div> <div><div>User Manual Version 1.8</div></div>	<div>Fitbit Charge 5 User Manual - Setup, Features, and Guide</div> <div>Explore the Fitbit Charge 5 user manual for detailed guidance on setting up your advanced health and fitness tracker, tracking activity and sleep, managing stress, using contactless payments, and understanding its specifications and regulatory information.</div>