

Updating your Fitbit One on a computer

You can update your Fitbit One using the Fitbit Connect application. If you have previously set up your device, you should already have the Fitbit Connect application on your computer.

1. Click on the Fitbit icon and go to "Main Menu".

On a Mac, the Fitbit Connect application should appear in your Toolbar at top right of your screen.

On a PC, right-click the Fitbit icon should appear in your System Tray.



PC



Mac

2. From the Main Menu of Fitbit Connect, select the option "Check For Device Update" and then sign into your account.



3. Bring your tracker close to your wireless USB dongle and press the tracker's button to make sure it is on.

4. If your Fitbit One is not up to date, the update will begin automatically. The tracker's display will show a progress bar while it is updating. Keep your tracker close to your computer until the update is complete. This can take up to 5 minutes.



Fitbit One Sleep Instructions

SA Adler



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