

Fitbit Zip Instructions for Smartphones



1. Turn on your Bluetooth
2. Download app

IPHONE APP	ANDROID APP	WINDOWS APP

3. Sign up for a Fitbit account through the app or <https://www.fitbit.com/login>
 - Join Fitbit
 - Select "Fitbit Zip"
 - Set Up Your Zip
 - Fill Out Your Information (Write Down Your Information for Your Record)
 - Email:

 - Password:

 - Read through "Meet your Zip" instruction then when you get to the screen with Fitbit Zip, tap the screen and four numbers will appear. Type it in and you are ready to clip it where you like it and go!



4. Open Fitbit app at least once a day and it will log it for you.

CHECK OUT THE NEW YOU!

Fitbit Zip Log

If you don't have a smartphone, you can use this log to record your results.

Name: _____

Date Start: _____

Date End: _____

Step Goal (i.e. 10,000): _____

Day:	Steps Taken:
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	

Log/Notes:

i.e 1/2/15 went to Vasona Park and completed my first 10K goal!
