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Fitbit alta hr manual download

The Alta HR has a slim and stylish design with 7-day battery, and physical conditioning and heart rate tracking throughout the day, but it is not water resistant, and notifications can be difficult to read. You can't start training manually. Automatic tracking of exercises and no buttons means no controls in the band. FITBIT High HRSpecification SpecificationsDisplaySize: 1.4 inch Type: OLED screen resolution: 128 x 36 BodyDimension resolution: 9.4 x 0.6 x 0.4 inches Weight: 23 grams Housing: Stainless Steel Battery 7 days battery life Charging Charge Activity Characteristics, calories burned, heart rate, automatic sleep tracking, Call, Text Alerts & Calendar, Customizable Clock Faces , sedentary reminder, personal goal setting with the application, HR user guide manual of Auto Exercise Recognition Fitbit Alta was written in English and published in PDF File. You can get important Fitbit Alta HR information with your user manual, user guide, and instruction manual. 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Changing the face of the watch and orientation... 21! Using quick view ... 21! Adjusting the heart rate tracker ... 21! Upgrading your Fitbit High HR... 22! Troubleshooting your Fitbit High HR... 23! Heart rate signal missing ... 23! Unexpected behavior ... 23! Fitbit High HR General Information and Specifications 25! Sensors..... 25! Materials..... 25! Wireless technology ... 25! Septic feedback 25! The Alta HR has a slim and stylish design with 7-day battery, and physical conditioning and heart rate tracking throughout the day, but it is not water resistant, and notifications can be difficult to read. You can't start training manually. Automatic tracking of exercises and no buttons means no controls in the band. 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What's in the box... 1! Setting up your Fitbit Alta HR 2! Setting up your tracker on your mobile device... 2! Setting up your tracker on your Windows 10 PC... 2! Installing your tracker on your Mac... 3! Synchronizing your tracker data into your Fitbit account... 4! Knowing your Fitbit High HR... 5! Using your tracker... 5! Putting to wear all day vs exercise... 5! Choice of wrist and dominant hand... 7! Using the touch screen... 7! Recharging the battery 8! Finding the current battery level... 8! Loading instructions... 9! Taking care of your tracker... 9! Changing the bracelet... 10! Removing a bracelet 10! Attaching a new bracelet 11! Automatic Tracking with Fitbit High HR ... 12! Seeing all day statistics... 12! Seeing your heart rate... 13! Using heart rate zones 13! Standard heart rate zones 14! Custom rate zones ... 15! Following a daily activity goal ... 15! Choosing a goal ... 15! Seeing the progress of the goal ... 15! Tracking exercise ... 15! Tracking activities by the hour ... 16! Sleep tracking ... 17! Setting sleep goals ... 17! Setting reminders to sleep ... 17! Learning about your sleep habits... 17! Using silent alarms ... 18! Receiving Call, Messages and Calendar Notifications ... 19! Calendar requirements ... 19! Allowing notifications 19! Seeing the notifications received ... 20! Customizing your Fitbit High HR..... 21! Changing the face of the watch and orientation... 21! Using quick view ... 21! Adjusting the heart rate tracker ... 21! Upgrading your Fitbit High HR... 22! Troubleshooting your Fitbit Alta HR 23! Heart rate signal missing ... 23! Unexpected behavior ... 23! Fitbit High HR General Information and Specifications 25! Sensors..... 25! Materials..... 25! Wireless technology ... 25! Septic feedback 25! Battery..... 25! Memory..... 25! Display..... 25! Size..... 26! Environmental conditions ... 27! Learn More..... 27! Return and warranty policy ... 27! Regulatory and safety warnings 28! USA: Statement by the Federal Communications Commission (FCC). 28! Canada: The Declaration of Industry Canada (IC) ... 29! European Union (EU) ... 29! Australia and New Zealand ... 30! China 30! Israel..... 31! Japan..... 31! Mexico..... 32! Oman..... 32! Filipino..... 32! Serbia..... 32! Singapore..... 53g South Africa..... 53g South Korea ... 53g Taiwan..... 34! United Arab Emirates ... 35! Security statement ... 35! 1 Getting Started Welcome to Fitbit Alta HR™, the heart rate bracelet that motivates you to achieve your goals in style. Take a moment to review our complete security information . What's in the Box Your Fitbit High HR case includes: Charging cable tracker Top and bottom detachable bracelets can be exchanged for other colors and materials sold separately. What's in this document We have you started creating a Fitbit account® and ensuring that your crawler can transfer the collected data to your dashboard. The dashboard is where you'll set goals, analyze historical data, identify trends, record food and water, keep track of friends, and more. Once you're done setting up your tracker, you're ready to start moving. We then explain how to find and use the features that interest you and adjust your preferences. For more information, tips and troubleshooting, please browse our comprehensive articles on help.fitbit.com. 2 Configuration Fitbit High HR For the best experience we recommend using the Fitbit app for iOS, Android or Windows 10. If you don't have a mobile device, you can also use a Bluetooth® enabled for Windows 10 PC or Mac. For non-Bluetooth options, visit help.fitbit.com. Your Fitbit account asks for information such as height, weight, and gender to do various calculations, such as step lengths to estimate distance and basal metabolic rate to estimate calorie burn. Your name and average count of daily steps are visible to Fitbit friends by default. You have the option to share your age, height or weight with Fitbit friends, but the information you provide is private by default. Setting up your tracker on your mobile device The free Fitbit app supports more than 200 mobile devices that support iOS, Android, and Windows 10 operating systems. For starters: 1.! Make sure that the Fitbit app is compatible with your mobile device by checking , 2.! Find the Fitbit app in one of these locations, depending on your device: •! Apple® App Store® iOS devices such as @ iPhone® or iPad. •! The Google Play Store™ for Android devices such as the Samsung® Galaxy® S6 and Motorola Droid Turbo 2. •! Microsoft® Windows Store for Windows 10 mobile devices, such as your Lumia phone™ or your Surface™. 3.! Install the app. Note that if you don't have an account in the store, you'll be required to create one before downloading the app. When the app is installed, open it and tap Join Fitbit to be guided through a series of questions that help you create your Fitbit account or log in to your existing account. 5.! Continue following the on-screen instructions to connect or pair your HIGH HR to your mobile device. Pairing ensures that the tracker and mobile device can communicate with each other (sync data back and forth). When you're done pairing, read the guide about your new crawler, and then explore the fitbit panel. Setting up your tracker on your Windows 10 PC If you don't have a mobile device, you can set up and sync your tracker using a Bluetooth-enabled Windows 10 PC. The same Fitbit app that is available for Windows 10 mobile devices is available for your computer. To get the Fitbit app for your computer: 31.! Click the Start button on your PC and open the Windows Store (called store). 2.! Search for Fitbit app and when you find it click Free to download the app to your computer. 3.! If you've never downloaded an app to your computer, you'll be prompted to create an account in the Windows Store. 4.! Click your Microsoft account to sign in with your existing Microsoft account. If you haven't already microsoft, follow the on-screen instructions to create a new account. 5.! Open the app after it finishes downloading. 6.! Click Join Fitbit to be guided through a series of question questions help you create a Fitbit account or log in to your existing account. 7.! Continue following the on-screen instructions to connect or pair your HIGH HR with the Windows 10 app. Pairing ensures that the crawler and application can communicate with each other (synchronize data back and forth). When you're done pairing, read the guide about your new crawler, and then explore the fitbit panel. Setting up your tracker on your Mac If you don't have a compatible mobile device, you can set up your tracker with a Bluetooth-enabled Mac and use the fitbit.com panel to see your stats. To use this method, you will first install an open source application called Fitbit Connect that allows Alta HR to synchronize your data with your fitbit.com. To install Fitbit Connect and set up your tracker: 1.! Go to . 2.! Scroll down and click on the download option. If the button doesn't show your computer type correctly (for example, if it says Download to Mac), choose the correct type and click the button. 3.! You'll see an option to open or save a file; open choose. After several seconds, you'll see an option to install Fitbit Connect. 4.! Double-click Install Fitbit Connect.pkg. The Fitbit Connect installer opens. 5.! Click Continue to move through the installer. 6.! When prompted, choose Set up a new Fitbit device. 7.! Follow the on-screen instructions to create a Fitbit account or sign in to your existing account and connect your tracker with Fitbit Connect. When you're done with the setup steps, Fitbit guides you through an introduction to your new HIGH HR and then takes you to the fitbit.com. 4 Synchronizing your crawler data to your Fitbit account When you start using your HIGH HR, you'll need to sync it regularly with your Fitbit dashboard. The dashboard is where you'll track progress, see your workout history, track your sleep patterns, participate in challenges, and more. We recommend syncing at least once a day. Fitbit and Fitbit Connect apps use Bluetooth Low Energy (BLE) technology to sync with your Fitbit tracker. Each time you open the Fitbit app, it automatically syncs if the paired crawler is nearby. You can also use the Sync Now option in the app at any time. Fitbit Connect on your Mac syncs every 15 minutes if the tracker is less than 30 feet from your computer. To force a sync, click the Fitbit Connect icon located near the date and time of your computer and choose Sync Now. 5 Meet your Fitbit Alta HR This section tells you how best to use, navigate and recharge the tracker. If you bought a accessory, you will also find instructions to take out the original band and put a different one. Using your tracker put your HIGH HR around your wrist. The side of the tracker marked with fitbit should be on the inside or bottom of the wrist. All-day wear placement vs vs For all-day use when you are not exercising, your HIGH HR should usually rest the width of a finger below the wrist bone and stay smooth, as you would normally wear a watch. 6 For optimized heart rate tracking, keep these tips in mind: •! Try using the highest tracker on your wrist during exercise. As the blood flow in your arm increases the higher you go, moving the tracker up a few inches can improve the heart rate signal. In addition, many exercises such as cycling or lifting weights cause you to bend your wrist frequently, which is more likely to interfere with the heart rate signal if the tracker is lower on the wrist. •! Do not use your tracker too tight; a tight band restricts blood flow, potentially affecting the heart rate signal. That said, the tracker should also be a little tighter (comfortable, but not constriction) during exercise than during all-day wear. •! With high-intensity interval training or other activities where your wrist is moving vigorously and not dynamically, movement can limit comments from the Sensor's All Fitbit manuals (0) (0)

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