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fitbit blaze



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Product Manual

fitbit blaze



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User Manual  
Version 1.1



\$100



Fitbit blaze instructions.

The Fitbit Blaze is a step-counting, sleep-tracking smartwatch. Its interface consists of some playful animations, and aims to keep you focused on your health. If you've recently purchased the Blaze, and are unsure what it can do beyond counting your steps, grab a cold beverage and follow along as we help you get started. First, you need an appBefore you begin, download the Fitbit app to your smartphone. Fitbit offers its app for iOS, Android and Windows Phone. If you don't have a compatible mobile device, you can use the Fitbit's desktop application and a Bluetooth connection to sync your data with Fitbit's service. You can find the desktop download link here.With the app installed, create a Fitbit account. Next, pair your Fitbit Blaze with your device by following the instructions. Regardless of device type, the process is straightforward: Power on your Blaze and let your phone or computer find it. Then it walks you through performing some basic tasks. CustomizationFitbit Blaze iOS setup screen, notifications screen and music control screen. Screenshot by Jason Cipriani/CNET With your Blaze set up, you can (and should) customize the overall experience. Start by opening the Fitbit app and tapping on the Account tab. Next, tap on the Blaze.This is the settings screen for your device. On this screen you'll find options to change the clock face (four total options are currently available), indicate which wrist you wear it on, set alarms and perhaps most importantly, enable alerts. Fitbit has added the ability to receive alerts from messaging apps (Messages on iOS, your default text messaging app on Android), calendar alerts and incoming call alerts to the Blaze. Tap on Notifications on the settings screen, then enable each respective category. Extra steps on AndroidExtra steps are required to set up the Fitbit app on Android. Screenshot by Jason Cipriani/CNET Users of the iOS app don't have to do anything extra in order for notifications and music controls to work. Android users, however, will need to complete a few additional steps during the setup process. Because Android allows you to set default apps that are aren't the apps included on your device out of the box, you'll need to select which app Fitbit uses for notifications. For example, when you enable text messages you'll need to slide the switch to the on position as well as tap on the app you currently have set as the default text message app. Repeat the process for calls and calendar notifications. If you find your Blaze is receiving notifications only sporadically, revisit the notifications settings page and turn on the notification widget. This keeps the app running, and should eliminate the issue. Android users will need to take a few additional steps to control music playback from the Blaze. On the Blaze itself, swipe to the left from the clock face until you get to the Settings option. Tap on the screen, then tap on Bluetooth Classic to put the watch in pairing mode. On your Android device, go into the device's Bluetooth settings and search for the Blaze. According to the app, it should show up as Blaze (Classic). Tap on it and complete the pairing process. Navigating the watchGetting around on a Blaze is primarily achieved through swipes and gestures. From the main screen you can swipe down to temporarily disable app notifications (handy if you're in a meeting) or control music playback on your smartphone. Alternatively, you can access the same menu by holding in the top button located on the right side of the watch. To access activity details or start a workout or timer, swipe to the left on the clock face. Tapping on the clock face will either open your current activity stats, or rotate the various metrics depending on the face you've selected. Swiping up from the main screen will reveal recent notifications from any supported apps you've enabled. When viewing a notification, you can tap on it to reveal how long ago it was received. To clear out all pending notifications, scroll to the bottom of the list and tap on the Clear All button. Notifications are automatically cleared after 24 hours.From any screen, you can go back by pressing the physical button on the left side of the watch. The two physical buttons on the right-side of the watch are primarily used when starting an exercise or logging an activity. Page 1 Product Manual Version 1.0... Changing the wristband .....10 Removing a wristband .....10 Attaching a new wristband .....11 Autom atic Tracking w ith Fitbit Blaze ..... 12 Viewing all-day stats ..... 12 Using heart-rate zones .....12 ... Page 3 Tracking a daily activity goal .....14 Choosing a goal .....14 Seeing goal progress .....14 Tracking Exercise w ith Fitbit Blaze .....15 Using SmartTrack .....15 Using the Exercise menu .....15 ... Page 4 Controlling music with your Fitbit Blaze ..... 23 Custom izing your Fitbit Blaze ..... 25 Changing the clock face .....25 Fitbit app for iOS .....25 Fitbit app for Android .....25 Fitbit app for Windows 10 .....26 ... Page 5 European Union ..... 35 Australia and New Zealand .....36 Israel ..... 36 Mexico ..... 36 Japan ..... 36 Oman ..... 36 Singapore ..... 37 South Africa ..... 37 South Korea ..... 37 ... Blaze™, the smart fitness watch that helps you meet your fitness goals in style. What you'll find in the box Your Fitbit Blaze box includes: Fitbit Blaze Charging Cable Additional wristbands are sold separately. The screen detaches from the wristband for charging. Setting up your Fitbit Blaze To make the most of your Blaze, use the free Fitbit app available for iOS®, Android™, Windows® 10 devices. If you don't have a compatible mobile device you can use a computer instead, but keep in mind that a mobile device is required for key features such as notifications, music control, and connected GPS. Open the app and follow the instructions to create a Fitbit account and set up your Blaze. You can set up and sync wirelessly if your computer has Bluetooth, otherwise you'll need to plug your tracker into your computer directly via the charging cable. Syncing your tracker to your Fitbit account Once you've set up and started using Blaze, you'll need to make sure it regularly transfers (syncs) its data to Fitbit so you can track your progress, see your exercise history, earn badges, analyze your sleep logs, and more on your Fitbit dashboard. A daily sync is recommended but not required;... Review these tips to make sure you're wearing your tracker correctly. All-day wear and exercise For all-day wear when you're not exercising, your Blaze should usually rest a finger's width below your wrist bone and lay flat, as you would normally wear a watch. (meaning, the hand you write with), you can adjust the setting in the Account section of the Fitbit app or in the Devices section of your fitbit.com dashboard settings. Navigation The Blaze has a touch screen with a colored LCD and three buttons: Action, Select, and Back. Page 12 You'll navigate your Blaze by swiping side to side and up and down. The default or "home" screen is the clock. On the clock you can: • Swipe up to see any notifications. • Swipe down to control music and turn notifications on and off. Note: The functions of the Select and Action buttons depend on the screen. Generally they're an alternative when you'd rather not tap the nearest action. Battery life and charging Your fully charged Blaze has a battery life of up to five days. Depending on use and settings, actual results will vary. Charging your tracker To charge your Blaze: Plug the charging cable into the USB port on your computer or any standard USB wall charger. 2. Remove the tracker from the wristband. To do so, turn the wristband over and push the screen gently so that it detaches from the frame. 3. Insert the tracker. Conserving battery life If you won't be using your Blaze for a while, you can conserve battery life by shutting it down. To do so, swipe to the Settings screen and swipe up to find Shutdown. For other tips on maximizing battery life, see help.fitbit.com. The bottom band has notches. To attach the band: Place your Blaze face down. When it is face down, two buttons are on the left and a single button is on the right. • Hours slept and sleep patterns Your Blaze starts tracking your stats for the next day at midnight based on your time zone. Though your stats reset to zero at midnight, the previous day's data is not deleted. That data will be captured in your Fitbit account when you next sync your tracker. To track sleep, simply wear your Blaze to bed. To help you achieve a healthy sleep cycle, by default you have a sleep goal of 8 hours of sleep per night. You can customize your sleep goal in the Fitbit app or on your fitbit.com dashboard to an amount that better suits the amount of... Tracking a daily activity goal Your Blaze tracks your progress towards a daily goal of your choice. When you reach your goal, the tracker vibrates and flashes in celebration. Choosing a goal By default your goal is 10,000 steps per day. For more information about customizing and using SmartTrack, see help.fitbit.com. Using the Exercise menu When you use the Exercise menu, Blaze can track your activity for a wide variety of exercises including runs, weights, spinning, elliptical, golf, and many more. If you want to use GPS to track an exercise, bring your phone along. Page 21 If you chose a connected-GPS exercise, you'll see a phone icon in the top left. The dots mean your tracker is looking for the GPS signal. When the phone icon turns bright and the tracker vibrates, you know GPS is connected. 5. By default, your Exercise menu provides six types of exercise to choose from. You can add or remove exercises or change the order in which they appear. To change the Exercise menu using the Fitbit app for iOS: From the Fitbit app dashboard, tap the Blaze tile. 2. Tap Exercise Shortcuts. Page 23 4. To add a new shortcut, tap the icon and tap on your selection. 5. To remove a shortcut, tap the trashcan icon. Sync your Blaze to update it with the new exercise list. Tip: If a specific exercise you're looking for isn't available, use the generic "Workout".... Use the instructions below to set a silent alarm. You can also set a silent alarm on your fitbit.com dashboard. Just click the gear icon and go to your device settings. Fitbit app for iOS From the Fitbit app dashboard, tap the tracker tile. 2. Tap the Blaze tile. 3. Tap Silent Alarms >... Enabling or disabling silent alarms Once an alarm has been set, you can disable or re-enable it directly on your Blaze without opening the Fitbit app. Swipe to the Alarms screen and tap it. 2. Swipe up until you find the alarm you're looking for. If you have an iOS device, your Blaze shows notifications from all calendars synced to the default iOS Calendar app. If you have a third-party calendar app that is not synced to your default app, you won't see notifications from that app. Calendar Notification Managing notifications Blaze can store up to 30 notifications, after which the oldest are replaced as new ones come in. Notifications delete automatically after 24 hours and whenever your tracker is restarted. Your tracker can show up to 32 characters of a subject and up to 160 characters of a text message. • Disabling notifications You can disable notifications in the Fitbit app or on your Blaze. To do so on your tracker, swipe down while viewing the clock screen or hold the Action button (upper right) from any other screen. Change the Notifications setting to Off. Wait for a message displaying a six-digit number. 3. Perform the following two steps in close succession. a. When the same six-digit number appears on your Blaze, tap "Yes" on your tracker. b. On your mobile device, select Pair. Page 30 Select (lower right) buttons. Press the Back button or swipe up to return to the previous screen. NOTE: As with other Bluetooth devices, if you disconnect your "Fitbit Blaze" (iOS users) or "Fitbit Blaze (Classic)" (Android and Windows users) so you can connect another Bluetooth device, the next time you want to use it to control music you'll need to connect your tracker again in your Bluetooth... Customizing your Fitbit Blaze This section explains how to adjust your display and modify certain tracker behaviors. Changing the clock face The examples below show a few of the clock faces available for your Blaze. Original Flare Zone You can change your clock face using the Fitbit app or the fitbit.com dashboard. Brightness. Turning Quick View on or off Quick View causes your Blaze to wake when you lift or flick your wrist towards you. If Quick View is turned Off, press any button or double tap to wake your tracker. Page 33 To adjust this setting, swipe to the Settings menu and tap the screen. Swipe up until you find Heart Rate Tracking. Note that updating your Blaze takes several minutes and may be demanding on the battery. For this reason we recommend putting your charger in the charging cradle... For other problems or more details, visit . Heart-rate signal missing Blaze continuously tracks your heart rate while you're exercising and throughout the day. Occasionally the heart rate tracker may have difficulty finding a good enough signal to show a heart rate. Page 36 To restart your tracker: Press and hold the Back and Select buttons (left and bottom right) until you see the Fitbit icon on the screen. This should take less than 10 seconds. 2. Let go of the buttons. Your tracker should now work normally. For additional troubleshooting or to contact Customer Support, see . A 3-axis magnetometer • Materials The wristband that comes with Blaze is made of a flexible, durable elastomer material similar to that used in many sports watches. It does not contain latex. Accessory wristbands are available in genuine leather and stainless steel. Your recorded data consists of steps taken, distance traveled, calories burned, floors climbed, active minutes, heart rate, exercise, and sleep tracked. Sync your Blaze regularly to have the most detailed data available on your Fitbit dashboard. Display The Blaze display is a touch screen with color LCD. Water Resistant device. 28,000 feet Maximum Operating Altitude (8,535 m) Help Troubleshooting and assistance for your Blaze can be found at . Return policy and warranty Warranty information and the fitbit.com Store Return Policy can be found online at . Regulatory & Safety Notices Model Number: FB502 The Federal Communications Commission (FCC) and Industry Canada IDs can also be viewed on your device. Instructions to view content: Click the Back button (left) on the tracker. Swipe right to the Settings menu. Swipe up until you see Regulatory Info and tap the screen. European Union Declaration of Conformity with Regard to the EU Directive 1999/5/EC Fitbit Inc. is authorized to apply the CE Mark on BLAZE. Model FB502, thereby declaring conformity to the essential requirements and other relevant provisions of Directive 1999/5/EC and other applicable Directives. Australia and New Zealand Israel 63-63079 אשור התאמה אי ברובע כל שטחי סכני בתוך התחולליו של (Used frequency): 2400 MHz-2480 MHz -. (The number of channels): 79/40 -. (Antenna power): -1.12dBi -. (Type of the modulation): Digital -. (Antenna type).... 3) Applicant : Fitbit, Inc. 4) Manufacture: Fitbit, Inc. 5) Manufacture / Country of origin: P.R.C. 5) Manufacture / Country of origin: P.R.C. Serbia Taiwan 注意！依據 低功率電波輻射性電機管理辦法 第十二條 經型式認證合格之低功率射頻電機，非經許可，公司、商號或使用者均不得擅自變更頻率、加大功率或變更原設計之特性及功能 第十四條 低功率射頻電機之使用不得影響飛航安全及干擾合法通信；經發現有干擾現象時，應立即停用，... United Arab Emirates Safety Statement This equipment has been tested to comply with safety certification in accordance with the specifications of EN Standard: EN60950-1:2006 + A11:2009 + A1:2010 + A12: 2011. Important Safety Instructions Cautions Prolonged contact may contribute to skin irritation or allergies in some users. \*... leading hardware and algorithms to track fitness information and is constantly improving its products to calculate measurements as accurately as possible. The accuracy of Fitbit devices is not intended to match medical devices or scientific measurement devices, but is intended to give you the best information available in a wearable activity tracker. Your Fitbit uses a California Energy Commission battery charger. • Disposal and recycling information The symbol on the product or its packaging signifies that this product must be disposed of separately from ordinary household wastes at its end of life because it contains a battery and is electronic equipment.

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