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Fitbit com setup manual alta

Note: This unboxing is for the original High, which has been discontinued and replaced with high HR. Some of the accessories and information discussed in this article will be different for High HR. I recently received a High Fitbit as a gift, and let me tell you, it's even better than I imagined. Easy to use and quite stylish, I'm amazed at how much more I'm moving and how much fitness I've become. I was even more amazed at how simple and fast it was to set up, which I will now share with you. For those of you who are going to get one, or have just bought one, I'll help you get started. My Fitbit Alta installation and unboxing guide will take you step by step through the process. From charging to programming, I'll tell you everything you need to know so you can spend more time mounting and less time understanding things. Unboxing: What comes with your Fitbit AltaUnboxing your Alta is an exciting time! It's your first look at your gadget and what it comes with. Here's a look at what The High looks like as it unboxed it, along with a list and a brief description of each component. The BoxAs you can see, the outer box gives you an idea of what your device looks like, along with how it can help you. It also lets you know the size: mine was a big one. The packaging is safe and everything is packed neatly, as you will see soon. The inner box is a beautiful sea green color and comfortably contains the Alta and its accessories. See best price The High & AccessoriesThis is all that comes in your High box. The first image shows the setup book, the charge, the doggle and the High. You should know that even if the small book says setup, it has no instructions or images to help you set up your Alta. It's actually a book that tells you about the dangers and alerts associated with the device. To set up your device, you have to go to a website, to which I will go in a few. First, let's look at what each component does:Charger: the charger has a USB plug, so you can connect it to your PC or adapter to charge the High. It is easy to attach, which I will show you during setup. Doggle: The doggle we the most important piece next to your Alta. Enter your computer's USB port and recognize your device so you can set it up properly. High: Your device, or as I like to call it, your new best friend. It will monitor calories, distance and pace, along with sleep monitoring and call/text notifications. As you can see, it fits comfortably and can be adjusted. Just so you know, I found it very comfortable to wear, even when I was asleep. By setting your AltaOnce unpack your High, it's time to get to the part Configure. Setting up is simple and what I love the most is that you can fully customize your device, from the face of the watch to the apps that appear. Here's how to set it up on the right:Step 1: Access the Fitbit: Fitbit website: Once you get there, you will be asked to download the app to your phone or download it to your PC. I've done both, and I suggest you do it so you have access to your stats wherever you go. Once downloaded, it will ask what kind of device you have. Select High and it will take you to the main setup screen, asking some questions. Step 2: Insert the doggle, then connect the High to the charger and insert it into another USB. It is important to connect the doggle before connecting high and charger. If you connect the High first, it will not be recognized. Connecting the charger to the High is fast. There are 2 prong on the charger and 2 holes on the underside of your High. Align them and snap. Below is an image of how to connect the charger to the High. Step 3: Once the doggle recognizes the device, which can take a minute or 2, the home screen will appear and you can start customizing and programming your device. You should leave the device charging while setting it up, because it can take up to 2 hours before it fully charges. You'll be asked basic questions, including your height and weight, and you'll also be given different watch face options. Programming your AltaProgramming your Alta is a lot of fun, but you have to pay attention because there is a lot to see and learn. The home screen, which you can see above, has 5 tabs at the top to switch between: dashboards, challenges, friends, notifications, and accounts. This is how you program your Fitbit and interact with it and others. Here are the basics for each screen:Dashboard: the dashboard is the home screen and has small squares to show various statistics. These squares include: steps for the day, including calories and minutes, food recording, water calculation, sleep number, weight, and badges. Click on any square to view in-depth statistics or get suggestions. You can record what you eat and drink and record sleep, for a complete overview of the body. Challenges: On this screen, you can see various challenges to join. The challenges are great because you can invite family and friends and compete. It's a great way to motivate and make exercise more fun. Friends: Use this tab to add friends and family so you can compare stats and help each other. Notification: You'll see an alert when you reach a goal, earn a badge, or get a message from someone. Account: In addition to your account basic information, you can set daily, weekly, or monthly goals, alerts, nutritional needs, and more on this screen. I hope My Fitbit Alta Set Up and Unboxing Guide has given you a better view on how to set it up and the great advantages of owning one. As you can see, it is simple to get started, as the packaging and steps are simple and simple. In a few minutes, you can have your High scheduled and ready to go. This device is worth every minute, so if you don't have one, go out and get one The Alta HR has a slim and stylish design with a 7-day battery life and all-day fitness and heart rate monitoring, but it's not water resistant, and notifications can be hard to read. You can't start workouts manually. Automatic exercise tracking and no buttons mean no band control. Fitbit Specification High HRDescription DisplaySize: 1.4-inch type : OLED screen resolution: 128 x 36 Resolution BodySize: 9.4 x 0.6 x 0.4 inches Weight: 23 grams Casing: Stainless Steel Battery7 Days Battery Life Charging Clip Activity Features, calories burned, heart rate, automatic sleep tracking, call, text alerts & calendar, customizable watch faces, sedentary reminder, setting personal goals with the app , Fitbit High HR exercise automatic recognition user guide manual was written in English and published in PDF files. You can get the important information of Fitbit Alta HR with its user manual, user guide and instruction manual. Fitbit Alta HR manual available online, you can read the PDF user manual for Fitbit Alta HR. Sending apple iPad Air 2020 user review 0 (0 votes) is the most powerful iPad Air ever equipped with a new full-screen design with... 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