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Fitbit Zip Manual

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Fitbit Zip User Manual 1.2

Syncing occurs every 15 minutes when your Zip has new data and is within 15 feet of a plugged-in Wireless Sync Dongle. You can Force Sync your Zip by clicking on the Fitbit Connect icon, which is located by the time and date on your computer. Select Sync Now to start the Force Sync. Page 9: Setting Up Fitbit Zip On A Mobile Device

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The Fitbit zip is an accelerometer that can be worn on your belt or in your pocket, it will provide you with information, such as the number of steps that you've taken, the distance that you've traveled or the number of calories that you burn.

Fitbit Zip Set Up Instructions - Fitbit Setup

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Fitbit User Manuals

Fitbit Zip has a replaceable battery that you never have to charge. To insert or change your battery, use the battery door tool to unlock and open the door. Battery life up to 6 months. Battery life and charge cycles vary with use, settings, and other factors; actual results will vary.

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