# Table of Contents

Get started ................................................................. 4
   What’s in the box ......................................................... 4
   Insert the battery ....................................................... 4
   Set up with your phone ............................................. 5
   See your data in the Fitbit app ..................................... 6

Wear Zip ......................................................................... 7
   Clip Placement .......................................................... 7

Basics .............................................................................. 8
   Navigate Zip ............................................................... 8
   Check battery level ................................................... 8
   Care for Zip ............................................................... 8

Activity Tracking ........................................................... 9
   See your stats ............................................................ 9

Update Zip ...................................................................... 10

Troubleshooting ................................................................ 11

Return policy and warranty ............................................ 12

Regulatory & Safety Notices .......................................... 13
   USA: Federal Communications Commission (FCC) statement ........................................... 13
   Canada: Industry Canada (IC) statement .............................................................................. 14
   European Union (EU) ......................................................................................................... 14
   Australia ........................................................................ 15
   China ............................................................................. 16
      Wireless sync dongle .................................................... 16
      Zip ............................................................................. 17
   Israel ............................................................................. 17
   Mexico ........................................................................... 17
   Serbia .......................................................................... 18
   Singapore ....................................................................... 18
Get started

Welcome to the Fitbit Zip Wireless Activity Tracker. Take a moment to review our complete safety information at fitbit.com/safety.

What’s in the box

Your Zip box includes:

![Images of the products included in the box: Tracker, Clip, Battery door tool, Wireless sync dongle, and 3V coin battery, CR2025]

Insert the battery

1. Remove your Zip from its packaging and then use the battery door tool to unlock the battery door. Insert the tool into the slot on the back of the unit, and turn the door counterclockwise to remove it.
2. Once the door has been removed, insert the provided battery into the back of the unit, with the “+” sign facing up. The battery will rest in the center of the compartment.
3. Once the battery is in place, align the arrow on the battery door with the ‘unlock’ icon on your Zip to put the battery door in place. Use the battery door tool to ‘lock’ the battery door by turning it clockwise until the arrow on the
4. Once the display comes on, you will be ready to proceed with setup. The device version of your Zip will appear on the display, followed by a series of smiley faces, which are used to represent your activity level. The display will remain on for 30 minutes after inserting the battery.

5. Take the wireless sync dongle from the box and plug it into a USB port on your computer.

6. You are now ready to get started with setup.

Set up with your phone

Set up Zip with the Fitbit app for iPhones and iPads or Android phones. The Fitbit app is compatible with most popular phones and tablets. For more information, see fitbit.com/devices.

To get started:

1. Download the Fitbit app:
   - Apple App Store for iPhones
   - Google Play Store for Android phones
2. Install the app, and open it.
   - If you already have a Fitbit account, log in to your account > tap the Today tab > your profile picture > Set Up a Device.
   - If you don’t have a Fitbit account, tap Join Fitbit to be guided through a series of questions to create a Fitbit account.

3. Continue to follow the on-screen instructions to connect Zip to your account.

When you’re done with setup, read through the guide to learn more about your new tracker and then explore the Fitbit app.

For more information, see help.fitbit.com.

See your data in the Fitbit app

Open the Fitbit app on your phone to view your activity and sleep data, log food and water, participate in challenges, and more.
Wear Zip

Learn how to best wear your tracker.

Clip Placement

Wear Zip on or close to your body with the screen facing outward. Secure the clip tightly to a shirt pocket, bra, pants pocket, belt, or waistband. Try out a few different locations to see what's most comfortable and secure for you.

If you experience skin irritation when wearing Zip on your bra or waistband, clip it to an external piece of clothing instead, such as your belt or pocket.
Basics

Learn how best to navigate, check the battery level, and care for your tracker.

Navigate Zip

Tap Zip to scroll through your stats. To conserve battery, the tracker’s screen turns off after 20 seconds if no steps are recorded. The display remains off until it’s moved.

Check battery level

From the Today tab in the Fitbit app, tap your profile picture. The battery icon next to Zip shows the tracker’s current battery level.

Care for Zip

It’s important to clean and dry Zip regularly. For more information, see fitbit.com/productcare.
Activity Tracking

Zip continuously tracks a variety of stats whenever you wear it. Data automatically syncs when in range of the Fitbit app throughout the day.

See your stats

Tap your Zip to see your daily stats:

- Steps taken
- Distance covered
- Calories burned
Update Zip

Update your tracker to get the latest feature enhancements and product updates.

When an update is available, a notification appears in the Fitbit app. After you start the update, a progress bar appears on Zip and in the Fitbit app until the update is complete. Keep your tracker and phone close to each other during the update.

For more information, see help.fitbit.com.
Troubleshooting

If you experience any of the following issues, restart your tracker:

- Won’t sync
- Won’t track steps or other data
- Won’t respond to taps

To restart your tracker:

1. Open the battery door using the battery door tool and remove the battery.
2. Wait 10 seconds.
3. Place the battery back into the tracker with the “+” side facing up, and close the door.

For more information or to contact Customer Support, see help.fitbit.com.
Return policy and warranty

Regulatory & Safety Notices

Model Name: FB301

USA: Federal Communications Commission (FCC) statement

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

1. This device may not cause harmful interference and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

FCC Warning

Changes or modifications not expressly approved by the party responsible for compliance could void the user’s authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.
This device meets the FCC and IC requirements for RF exposure in public or uncontrolled environments.

FCC ID: XRAFB301

Canada: Industry Canada (IC) statement

IC Notice to Users English/French in accordance with current issue of RSS GEN:

This device complies with Industry Canada license exempt RSS standard(s).

Operation is subject to the following two conditions:

1. This device may not cause interference, and
2. This device must accept any interference, including interference that may cause undesired operation of the device.

Cet appareil est conforme avec Industrie Canada RSS standard exempts de licence (s). Son utilisation est soumise à Les deux conditions suivantes:

1. Cet appareil ne peut pas provoquer d'interférences et
2. Cet appareil doit accepter Toute interférence, y compris les interférences qui peuvent causer un mauvais fonctionnement du dispositif

CAN ICES-3 (B)/NMB-3(B)

IC ID: 8542A-FB301

European Union (EU)

Simplified EU Declaration of Conformity

Hereby, Fitbit, Inc. declares that the radio equipment type Model FB301 is in compliance with Directive 2014/53/EU. The full text of the EU declaration of conformity is available at the following internet address: www.fitbit.com/safety

Vereinfachte EU-Konformitätserklärung
Fitbit, Inc. erklärt hiermit, dass die Funkgerättypen Modell FB301 die Richtlinie 2014/53/EU erfüllen. Der vollständige Wortlaut der EU-Konformitätserklärungen kann unter folgender Internetadresse abgerufen werden: www.fitbit.com/safety

Declaración UE de Conformidad simplificada

Por la presente, Fitbit, Inc. declara que el tipo de dispositivo de radio Modelo FB301 cumple con la Directiva 2014/53/UE. El texto completo de la declaración de conformidad de la UE está disponible en la siguiente dirección de Internet: www.fitbit.com/safety

Déclaration UE de conformité simplifiée

Fitbit, Inc. déclare par la présente que les modèles d’appareils radio FB301 sont conformes à la Directive 2014/53/UE. Les déclarations UE de conformité sont disponibles dans leur intégralité sur le site suivant : www.fitbit.com/safety

Dichiarazione di conformità UE semplificata

Fitbit, Inc. dichiara che il tipo di apparecchiatura radio Modello FB301 è conforme alla Direttiva 2014/53/UE. Il testo completo della dichiarazione di conformità UE è disponibile al seguente indirizzo Internet: www.fitbit.com/safety

Australia
## Wireless sync dongle

<table>
<thead>
<tr>
<th>部件名称</th>
<th>有毒和危险品 Don</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dongle Model FB301</td>
<td>铅 (Pb)</td>
</tr>
<tr>
<td>表带和表扣</td>
<td>○</td>
</tr>
<tr>
<td>电子</td>
<td>X</td>
</tr>
</tbody>
</table>

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572规定的限量要求以下

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572规定的限量要求
<table>
<thead>
<tr>
<th>Zip Model</th>
<th>铅 (Pb)</th>
<th>水银 (Hg)</th>
<th>锗 (Cd)</th>
<th>六价铬 (Cr(VI))</th>
<th>多溴化苯 (PBB)</th>
<th>多溴化二苯醚 (PBDE)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FB301</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>表带和表扣</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
<tr>
<td>电子</td>
<td>X</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
<td>O</td>
</tr>
</tbody>
</table>

本表格依据 SJ/T 11364 的规定编制

○ = 表示该有害物质在该部件所有均质材料中的含量均在 GB/T 26572 规定的限量要求以下

X = 表示该有害物质至少在该部件的某一均质材料中的含量超出 GB/T 26572 规定的限量要求

Israel

ה处处长 איסור 51-37305

 mexico

Serbia

Singapore

Complies with IDA Standards DA107950

South Africa

TA-2013/745
APPROVED
South Korea

" 해당 무선설비는 전파흡신 가능성이 있으므로 인명안전과 관련된 서비스는 할 수 없습니다. "

- 사용 주파수 (Used frequency): 2402 MHz-2480 MHz
- 채널수 (The number of channels): 40
- 공중선전계강도 (Antenna power): 1.2 dBi
- 변조방식 (Type of the modulation): Digital
- 안테나 유형 (Antenna Type): Vertical
- 출력 (Output power): 1.32 mW/MHz E.I.R.P.
- 안테나 종류 (Type of Antenna): PCB

KCC approval information
1) Equipment name (model name): 무선테이터 통신시스템용 특정소출력무선기기 FB301
2) Certificate number: MSIP-CMM-XRA-FB301
3) Applicant: Fitbit, Inc.
4) Manufacture: Fitbit, Inc.
5) Manufacture / Country of origin: P.R.C.

United Arab Emirates

TRA
REGISTERED NO:
ER35024/14

DEALER NO:
35294/14
Safety Statement


Important safety information

- Read these instructions.
- Keep these instructions.
- Heed all warnings.
- Follow all instructions.
- Do not attempt to open the tracker. Substances contained in this product and/or its battery may damage the environment and/or human health if handled and disposed of improperly.
- Do not tamper with your Zip.
- Do not use abrasive cleaners to clean your Zip.
- Do not place your Zip in a Dishwasher, Washing Machine or Dryer.
- Do not expose your Zip to extremely high or low temperatures.
- Do not use your Zip in a sauna or steam room.
- Do not leave your Zip in direct sunlight for an extended period of time.
- Do not leave your Zip near open flames.
- Do not dispose of your Zip in a fire. The battery could explode.
- Do not attempt to disassemble your Zip; it does not contain serviceable components.
- Never allow children to play with the Zip; the small components may be a choking hazard!

Battery precautions

Change the battery in accordance with the instructions supplied with this guide.
Disposal and recycling information

The symbol on the product or its packaging signifies that this product has to be disposed separately from ordinary household wastes at its end of life. Please kindly be aware that this is your responsibility to dispose electronic equipment at recycling centers so as to help conserve natural resources. Each country in the European Union should have its collection centers for electrical and electronic equipment recycling. For information about your recycling drop off point, please contact your local related electrical and electronic equipment waste management authority or the retailer where you bought the product.

- Do not dispose of your Fitbit product with household waste.
- Disposal of the packaging and your Fitbit product should be done in accordance with local regulations.
- Batteries are not to be disposed of in the municipal waste stream and require separate collection.

Please recycle!