

# Getting Started

## What's included

Your Fitbit Flex Wireless Activity + Sleep Wristband packaging includes:

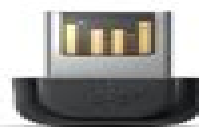
- Flex tracker
- Charging cable
- Wireless Sync Dongle
- One (1) Small and one (1) Large wristband



Flex tracker



Charging cable



Wireless Sync  
Dongle



Wristband

## Choosing your wristband size

Your Flex comes with packaged with a large and a small wristband. Choose which option fits best on your wrist.

Choosing the correct wristband size is important for the accuracy of your tracker.

If you choose the small wristband, you'll need to remove the peg from the large wristband, and insert it into the small wristband.

# Fitbit Flex Manual

**KJ Lindholm-Leary**



## **Fitbit Flex Manual:**

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