

# Installing Fitbit Connect on your computer

Fitbit Connect needs to be installed on your computer in order for your tracker to upload data to your Fitbit.com Dashboard.

To install Fitbit Connect:

1. Go to the software download page: [www.fitbit.com/start/one](http://www.fitbit.com/start/one).

## Set up your Fitbit One™

Your tracker will wirelessly send your activity information to Fitbit.com where you can see your progress over time.



### Step 1

Make sure your tracker is powered on. Press the button to switch the display.



### Step 2

Plug the USB One Dongle into your computer's USB port.



### Step 3

Download and install Fitbit Connect to sync your tracker with the Fitbit.com.



2. Click the pink Download button to get the software for your operating system.

3. If you are on a PC, open the .zip file, then open the .exe file that is unzipped.

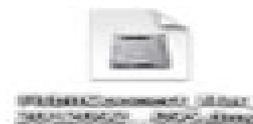
If Fitbit Connect does not appear on your desktop, search for "Fitbit Connect" in the Start menu.

If you are on a Mac, open the .dmg file.

If Fitbit Connect does not appear on your desktop, search for "Fitbit" in Spotlight.



PC



Mac

4. Run the installation file by double-clicking on it, then follow the on screen instructions.



# Fitbit One Sleep Instructions

**Camilla Rothe**



## **Fitbit One Sleep Instructions:**

## Adopting the Tune of Expression: An Psychological Symphony within **Fitbit One Sleep Instructions**

In a world used by monitors and the ceaseless chatter of instantaneous conversation, the melodic splendor and emotional symphony created by the written word often diminish into the background, eclipsed by the relentless noise and disturbances that permeate our lives. Nevertheless, located within the pages of **Fitbit One Sleep Instructions** a wonderful fictional value brimming with raw emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that fascinating masterpiece conducts readers on a mental trip, well unraveling the hidden songs and profound influence resonating within each cautiously crafted phrase. Within the depths with this emotional assessment, we can examine the book is main harmonies, analyze their enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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