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How do Fitbit devices sync their ☐ ✕   +

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How do Fitbit devices sync their data?

⌃ What is syncing?

Syncing is the process that transfers the data your device collects to your Fitbit dashboard. The dashboard is where you can track your progress, see how you slept, set goals, log food and water, challenge

Bluetooth Low Energy (BLE) technology to sync with phones, tablets, and certain computers. Fitbit Aria and Fitbit Aria 2 use Wi-Fi to connect directly to your router. The instructions in How do I set up my Fitbit device? explain how to make sure your device can sync to your Fitbit dashboard.

∧ How do I sync my device with the Fitbit app?

Data automatically syncs to the Fitbit app throughout the day. Each time you open the Fitbit app, your device syncs automatically when it's nearby. You can also use the Sync Now option in the app at any time.

For more information on how to sync Fitbit Ace or Fitbit Ace 2 with your phone or tablet, see How do I set up Fitbit Ace devices?

∧ How do I manually sync my tracker or watch?

1 With your device nearby, open the Fitbit app to the Today tab ⣿.

2 Press and hold on the screen and pull down (on Windows 10 devices, find the picture of your device at the bottom and pull up).

For more information about the Fitbit app see How do I use the Fitbit app?

Choose your device to see syncing instructions.

∧ iPhone or iPad

1 In the Fitbit app, tap the Today tab ⋮⋮ > your profile picture > your device image.

2 Tap **Sync Now**.

∧ Android phone or tablet

1 In the Fitbit app, tap the Today tab ⋮⋮ > your profile picture > your device image.

2 Tap the arrows next to **Sync Now**.

∧ Windows 10 device

1 From the Fitbit app dashboard, tap the Account icon ▱ > your device image.

2 Tap the sync icon.

On Windows 10 computers with a USB port, you can automatically sync the devices in your house or other immediate space (about 20 feet):

1 Plug in the dongle that came in the box with your device.

2   In the Fitbit app, tap the Today tab ⠿ > your profile picture.

3   Tap **Advanced Settings**.

4   Turn on the **Fitbit Connect Classic Mode** option.
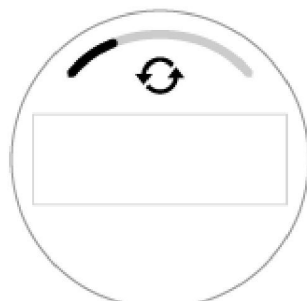

⌃   Mac or Windows 8.1 computers

1   Click the icon with a Fitbit logo located near the date and time on your computer.

2   Click **Open Main Menu** > **Sync Now**. You may be asked to sign in.

⌃   When does my Fitbit scale sync?

After your Fitbit Aria or Fitbit Aria 2 is set up on your wireless network, it automatically syncs your stats to the Fitbit app after every weigh-in.

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