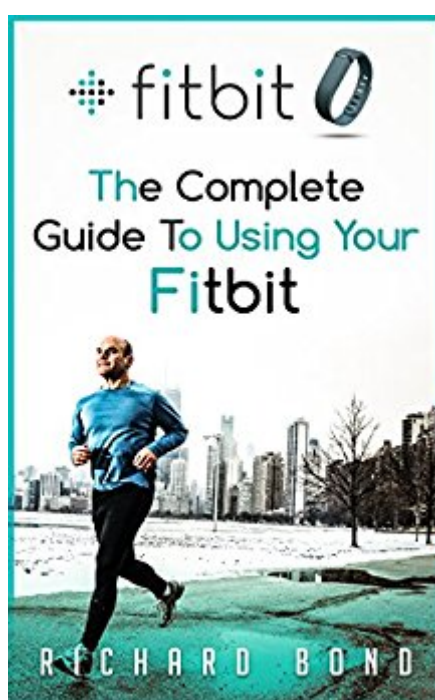


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# Fitbit: The Complete Guide To Using Fitbit For Weight Loss And Increased Performance (Fitbit, Weight Loss, Sports Equipment)



## Synopsis

Fitbit - The Complete Guide To Using Fitbit For Weight Loss and Increased Performance  
Is the Fitbit worth its price tag? Dressing with new technologies is fashionable and certainly here to stay. Smart bracelets appear everywhere as an ultramodern accessory with a very interesting and futuristic technology footprint. They give that extra incentive for those who already practice or are thinking of starting a small or large range, unplanned, exercise. One can mainly interact with notifications on mobile and tablet or the measurement of information on exercise and health. They can become very interesting accessories for many independent users needing motivation. The concept of wearable technology is definitely here to stay and we have many indications of this. A recent report by ON World Institute predicted that 700 million sports equipment devices will be sold around the world over the next five years. Within this segment, it is undeniable that the spotlights are centred on the Fitbit. The Fitbit Flex promises to monitor their user 24 hours a day obtaining various data, such as number of steps, distance, calories burned, hours slept and even the quality of their sleep. Clearly geared for those who like or want physical activities. I've been a Fitbit user for some time now, and it took me some time to get the hang of its unique features. I checked on the main website and some other forums, but I learned most of what I know by experimenting with it. I've written this short guide to help the new Fitbit user. I am not sponsored by Fitbit, nor do I receive any commission for you choosing to buy their product. This is an honest assessment of my experience. There are some things I would change, which I'll come onto later, but overall I've been very pleased with it. I hope you in turn find some value from this guide, and make the most of this fitness tech. Here's A Preview Of What This Guide Covers  
What Does a Fitbit Do? Benefits of the Features  
Fitbit Fun Goals & The Importance of Putting the Work In  
Fitbit Tips & Tricks and Much More!  
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I purchased the charge HR and needed a complete guide to help me figure out how to fully utilize my band. Unfortunately this guide did not have anything about the Charge HR in it. Really wasted my money and time that I had to wait for it.

Horrible waste of time

Did not care for this. Deleted this from my Kindle. I did not think this was worth buying.

It was worthless! Don't waste your money on it!

Great product OK price

Good Book , very informative.

good guide

Not what I thought it was going to be :(

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