



FITBIT® SETUP & SURGICAL RECOVERY TRACKING GUIDE

This guide helps you set up your Fitbit® and use it for general wellness and activity awareness during surgical recovery. Always follow your surgeon's activity instructions.

Step 1: Device Setup

- 1 Charge your Fitbit® fully before first use.
- 2 Download the Fitbit® app from the App Store or Google Play.
- 3 Create or sign in to your Fitbit® account.
- 4 Follow the in-app instructions to pair your device.
- 5 Wear the device comfortably on your non-dominant wrist.

What to Track During Recovery

- Daily step count (focus on consistency)
- Active minutes as permitted
- Resting heart rate trends
- Sleep duration and regularity
- Gentle activity progression over time

Safe Use Tips

- Increase activity only as instructed by your surgeon.
- Stop activity if you feel dizzy, short of breath, or unwell.
- Use trends over time rather than single readings.

Disclaimer

This device is for general wellness tracking only and does not diagnose or treat medical conditions. Always follow your healthcare provider's instructions.