

Instructions for restarting Fitbit health monitoring bracelet

Fitbit is a type of bracelet with the function of monitoring the health of users being used quite popular. There are many different types of Fitbit rings and each version has a different way of restarting. In this article, TipsMake.com will guide you how to start this kind of bracelet!

Fitbit is a type of bracelet with the function of monitoring the health of users being used quite popular. There are many different types of Fitbit rings and each version has a different way of restarting. In this article, TipsMake.com will guide you how to start this kind of bracelet!

Problems on Fitbit bracelets will be fixed when rebooting:

1. Bracelets cannot be synchronized.
2. Bracelets do not respond to buttons, touches or strokes.
3. Bracelets cannot turn on even if they are charged.
4. Bracelets cannot track user activities.

It is worth mentioning that starting Fitbit will not delete any tracking activity, so you don't need to worry about your saved data. However, if your bracelet stores calls, messages, calendar announcements, they will be deleted when rebooted.



How to restart Fitbit Zip

Since Zip has a removable battery, the boot process is primarily related to removing the battery.

1. First, open the battery cover behind the Fitbit ring with a dedicated tool.

2. Remove the battery.
3. Wait about 10 seconds.
4. Replace the battery.

Now, your Fitbit Zip will reboot and you will see the version number following a series of smileys.

How to restart Fitbit One

1. Plug the charger cable into your computer and a Fitbit One input.
2. Press and hold the button on the Fitbit ring for about 10 - 12 seconds.
3. Pull out the Fitbit ring from the charging cable.
4. Press the button on the Fitbit ring.

Then your Fitbit ring will reboot in just a few seconds and be ready to go live.

How to restart Fitbit Flex

1. Plug Fitbit Flex charger into computer.
2. Insert the paper clip into the small hole on the back of the charger and hold for 3-5 seconds.
3. Unplug the Flex from the charging cord.

Your device will display a flash for a few seconds, then the boot process will be completed.

1. Which health bracelet should I choose: Fitbit Flex 2 or Fitbit Charge 2?

How to restart Fitbit Charge

1. Plug the charger cord into your computer and a Charge input.
2. Click and hold the Charge button for about 10-12 seconds until you see the Fitbit icon and the screen version number drop off.
3. Your device will be turned on and restarted.

How to start Charge HR like Fitbit Charge

How to start Fitbit Alta

1. Plug one end of the charger cord into the Alta and 1 computer input.
2. Press the button on the charging cable 3 times (about 8 seconds between each press). This button is located at the end of the charging cable section.
3. After you see Alta's logo on the screen, you can unplug the charger. At this time, your device will be restarted.

Discover immediately 7 highlights only in Fitbit Alta HR health bracelets

How to restart Fitbit Blaze

1. Press and hold the **Back** and **Select** buttons on the left and bottom right of the device until you see the Fitbit icon on the Blaze screen.
2. After that, release your hand and the device will restart.

How to restart Fitbit Surge

1. Press and hold the **Back** and **Select** buttons similar to Fitbit Blaze, then release.
2. When the screen turns off, wait about 10 seconds and press the **Home** button to turn on the device.

You can see that there is a different way of rebooting on each Fitbit bracelet. Hope the above restart methods will help you.

Good luck.

You finished reading the article "**Instructions for restarting Fitbit health monitoring bracelet**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.