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Like most other trackers, the UP tracker comes with Bluetooth, though, which allows for wireless syncing of your data, so the only time you have to plug it in is to charge it. Here's some advice on using the Jawbone UP tracker and app to achieve your fitness and health goals: Set goals: Any fitness and health plan needs to start with setting goals. Use the app to set goals, such as steps per day, hours slept per night, and your target weight.

Using the Jawbone UP Tracker to Get Fit - dummies

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MODE INDICATOR LIGHTS SIZE & FIT □ Band should fit comfortably on your wrist
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Remove silver cap to reveal 3.5mm plug UP BaSICS PAGE |... Page 6: Band Modes
Press and hold the button until LED changes from flashing to solid.

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A guide on how to sync and use Jawbone's Up band. Admire the beautiful packages and lift the sides carefully (with tape) to open the lid. Open the flap 'get to know the Up band'. Inside you will have the charging cable. Not needed to begin but you'll need it shortly to get your band 10-day battery life.

How to Sync and Use a Jawbone Up Band - Snapguide

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