



Fitbit Inspire 3

You have received a Fitbit Inspire 3 which is included for all participants in the Neo-ACT study. The Fitbit watch is used to register your physical activity level by, among other things, measuring your heart rate and how many steps you take. Your registered activity data will be downloaded to the study database and included in the analyses of the Neo-ACT study. Activity data is collected throughout your neoadjuvant chemotherapy and the one year following surgery. It is important that you wear your Fitbit as much as possible so that your physical activity is accurately measured. You may keep and continue to use the watch for your own purposes after the study has ended, provided that you have not already left the study at your own request before your surgery.

If you have questions, do not hesitate to contact the study team at your hospital or you can e-mail neoact-meb@ki.se

Study ID: _____

Username: _____

Password: _____

How to use the Fitbit Inspire 3

If possible, please wear your Fitbit every day. If you want, you can also wear your Fitbit at night, during which it will record your sleep. You can also set an alarm clock. Make sure that you wear the watch tightly around your wrist, but of course not too tight (i.e., it should not hurt or feel uncomfortable). Fitbit measures your steps but can also recognize other activities such as cycling or strength training. When detecting an activity, Fitbit automatically records the time taken for it. You can also choose to record any activity you do manually in the 'Exercise' function on your Fitbit. Fitbit detects activity by measuring your heart rate. Try wearing your Fitbit slightly higher on your wrist during your workouts. Then it can more easily measure your heart rate during training.



Fitbit Inspire 3 is waterproof so you can bathe and shower with it. Be sure to wipe the entire Fitbit dry afterwards to avoid possible skin irritation. If skin irritation should occur (rare occurrence), you can try alternating the wrists on which you wear the watch every day.



If for some reason, for example if you work in a healthcare setting or in the kitchen, you cannot wear your Fitbit on your wrist for a period of time, you can put it around your ankle with the watch itself facing inwards. A longer wristband is included in the box in which you received your Fitbit. Should this also be too short, you may tape your Fitbit around your ankle or secure it against your ankle with the elastic of your sock. You do not need to change any settings on the Fitbit.

Syncing the Fitbit Inspire 3

Syncing is the process that transfers the data your Fitbit collects to your Fitbit account. Data sync happens automatically every time you open the Fitbit app and have your Fitbit in the vicinity. You need to do this at least once a week during the study period to avoid data being lost.

When tapping 'Today' (at the  bottom of the menu bar) and then 'Devices'  (in the upper right-hand corner), you can see for yourself when your Fitbit was last synced.

Charging the Fitbit Inspire 3

When your Fitbit is running low on battery, information about this will appear on the screen. Align the pins on the end of the charging cable with the gold contact points on the back of your Fitbit and press slightly so the charging cable clicks into place, see image below. Plug the other end of the charging cable into a USB socket on your computer or into a wall adapter which can then be inserted into a wall socket. A full charge takes approximately 1 to 2 hours. A fully charged Fitbit Inspire 3 has a battery life of up to 10 days.

