



## STANDARD OPERATIONAL PROCEDURES

### SENSORLAB PROCEDURE # 1



#### DATA WIPEOUT PROCEDURE

### IMPORTANCE

It is essential to properly erase all personal and research information every time before returning your equipment. This is to ensure that it cannot be accessed by anyone else, either accidentally or maliciously.



### Fitbit Charge 5

To clear your personal data:

1. Swipe down from the clock screen to find the Settings app .
2. Open the Settings app  > Device Info > Clear User Data.
3. Swipe up, then press Hold 3 Sec for 3 seconds and release.
4. When you see the Fitbit logo and Charge 5 vibrates, your data is erased.

### Fitbit Sense

To clear your personal data:

1. Swipe right from the clock screen to find the Settings app .
2. Open the Settings app  > About **Sense** > Factory reset.