

I AM EXCITED TO GIVE YOU THIS

FITNESS TRACKER

BUT THERE ARE SOME RULES THAT COME ALONG WITH IT...

Tracking

Some fitness trackers track your location, fitness goals and progress, health information, and more. For safety, you are allowed to enable tracking features for these metrics only:

Privacy

Your fitness tracker stores personal information, and may allow you to connect with others using similar devices. Please maintain your device by running updates and conducting regular privacy setting check-ups, and not sharing personal information with people you don't know.

Activity sharing

Many fitness trackers have apps with activity sharing. You are allowed to share your activity with only these apps and/or approved people:

Other rules



Family
Online Safety
Institute

GOOD DIGITAL PARENTING

IF YOU AGREE TO

FOLLOW THESE RULES

I PROMISE TO...

Not overreact

If you come across something on your fitness tracker that makes you concerned, I want to know about it so I can help you. I promise that if that situation comes up, I will listen first and not overreact.

Learn new things

I want to know about the cool things you can do on your wearable device so we can talk about them. I promise to try and learn new and different things about wearables so we can try them out together.

Be responsible

I know it's important that I set a good example when using my wearable device too. So, I promise to be careful about the apps I use and what information is being shared so I can make safe decisions as well.

Child signs here

Parent signs here

For more information:
fosi.org/parenting
