

Fitbit

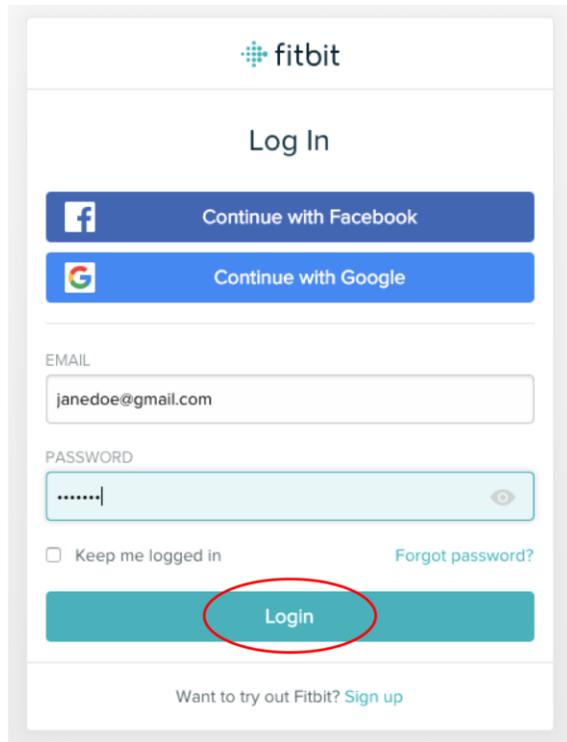
Data included:

Data Type	Description
Activity	Steps, distance, active minutes, calories, floors, heart rate, stationary time, cardio fitness score, and more.
Exercise	Exercise history, exercise logs
Social	Fitbit community groups you're a member of, challenges, badges, community group posts, and comments.
Sleep	Your sleep schedule, minutes asleep and awake, number of times you woke up, amount of time spent in bed, time spent in each sleep stage
Coach	A summary of your Fitbit Coach workouts
Corporate	Wellness program information, including challenges
Logs	Food, water, exercise, weight logs
Profile	Profile picture, child accounts, display name, sex, date of birth, age, height, weight, and other account settings
Direct messages	Your conversations in the Fitbit app
Female health	Information you added to the female health tracking feature in the Fitbit app, including your settings, symptoms, cycle information, and birth control information
Sleep score	Your sleep scores, including the individual score breakdowns
Friends	A list of your Fitbit friends
Subscriptions	Fitbit Premium subscription information

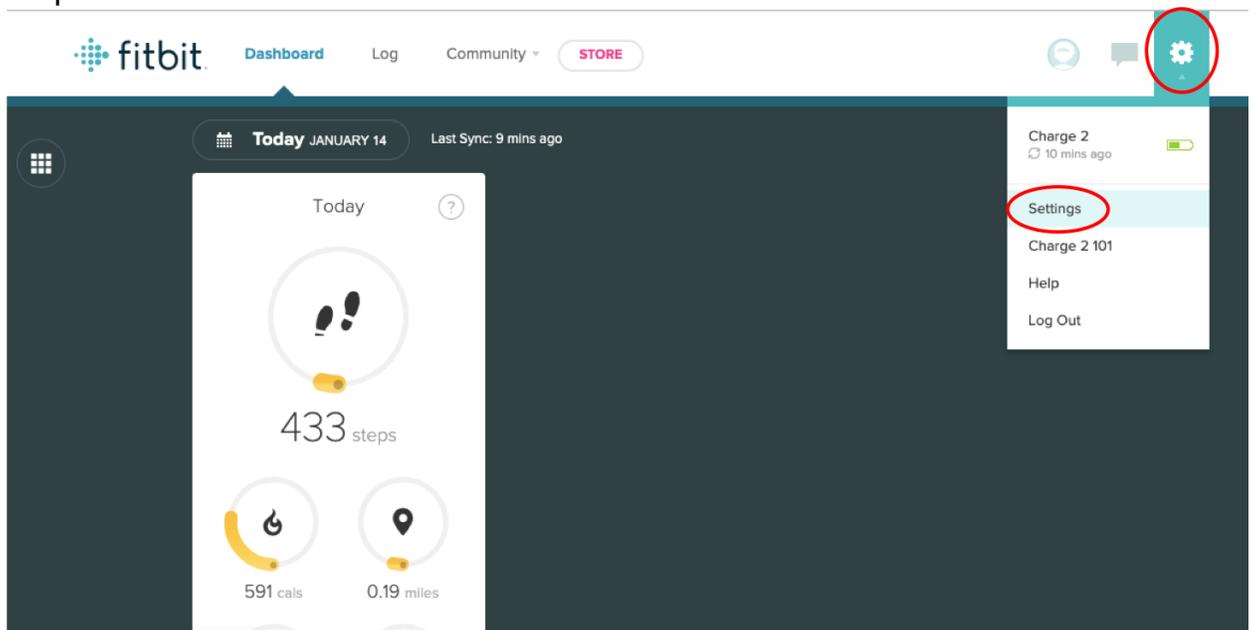
Export process:

Complete archive

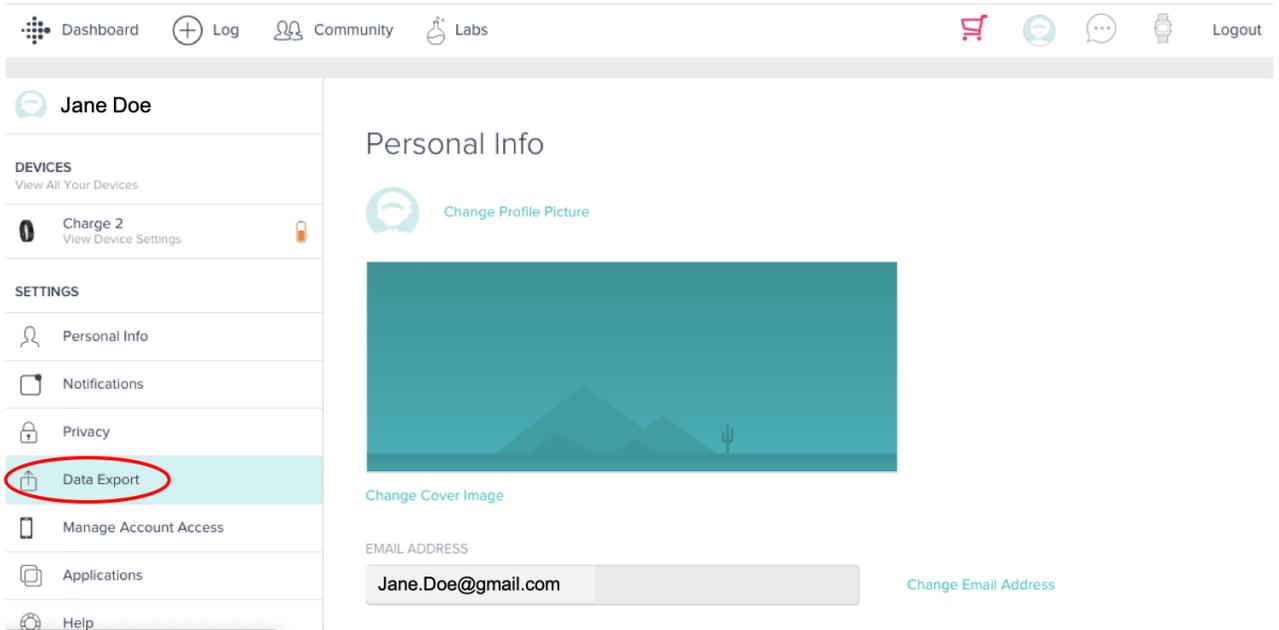
1. Go to the [fitbit login page](#) on a desktop or laptop computer and log in.



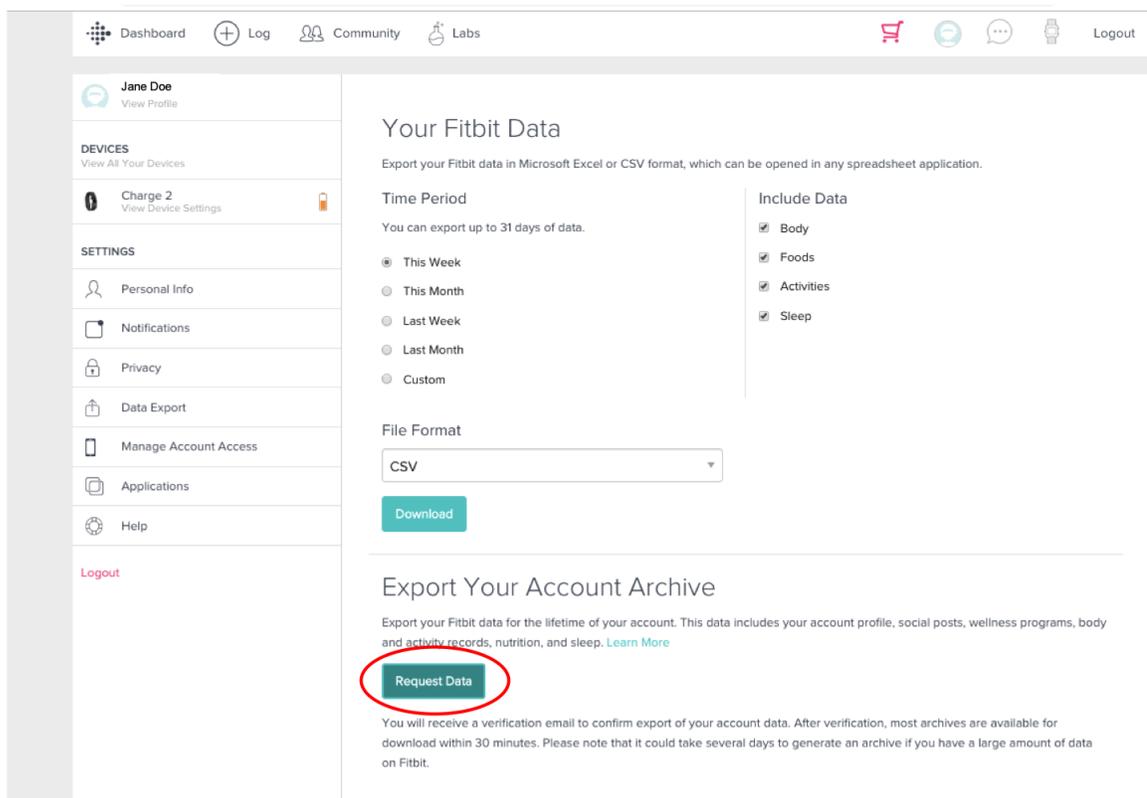
2. Click on the **gear icon** on the home page and select **Settings** from the dropdown.



3. Click on **Data Export** from the left side bar.



4. Under Export Your Account Archive, click **Request Data**.



5. You will receive an email at the address associated with your Fitbit account. Open the email and click the **Confirm Export Request** button.



Follow these instructions to export your Fitbit data

We received your request to export your Fitbit data. To complete this process, click the button below within 24 hours. If you didn't request this export, please [let us know](#), and we recommend that you [change your password](#).

Data export process

- After you confirm your export request, we'll send you an email to let you know that your data export has started.
- After the data export process completes, we'll send you an email with a link to download your data. Note: that you must download your data on a computer and be logged in to your [fitbit.com](#) account on a web browser.
- [Check the status of your export at any time](#).
- Once confirmed, the export process usually completes within 24 hours. In some cases, it may take longer, depending on how much data you have with us.



If you don't confirm your export request within 24 hours, you can resend a confirmation email. If you no longer want to export your data, ignore this email or cancel the request.

6. You will then receive an email notifying you that the export process has begun. If you are interested, you can check the export status by clicking the **Check Export Status** button.



Your export has begun

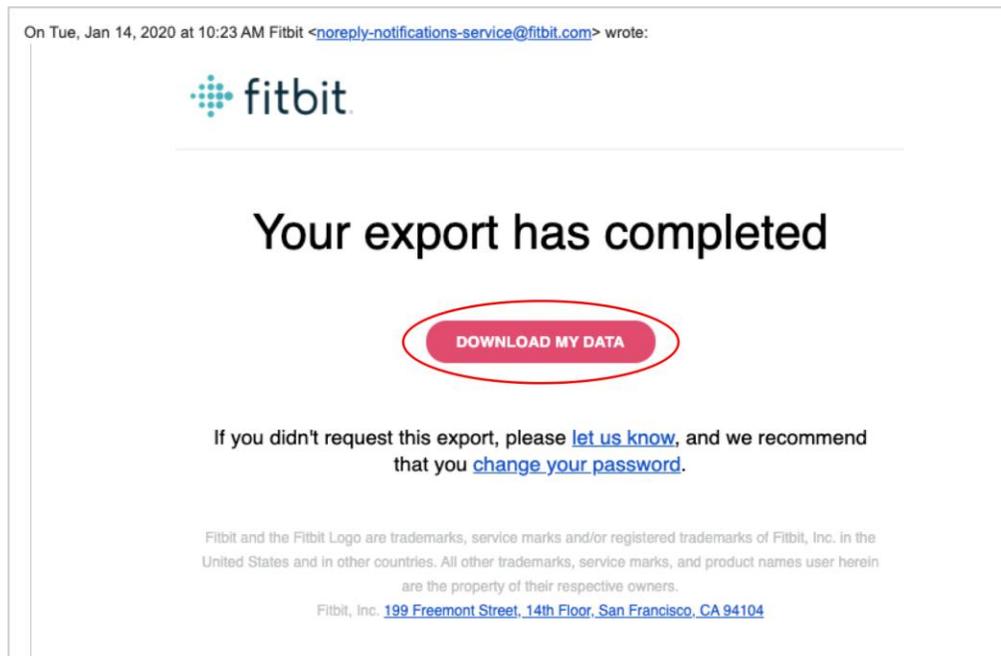
Click the button below to check the status of your export.
We will email you again when the export completes.



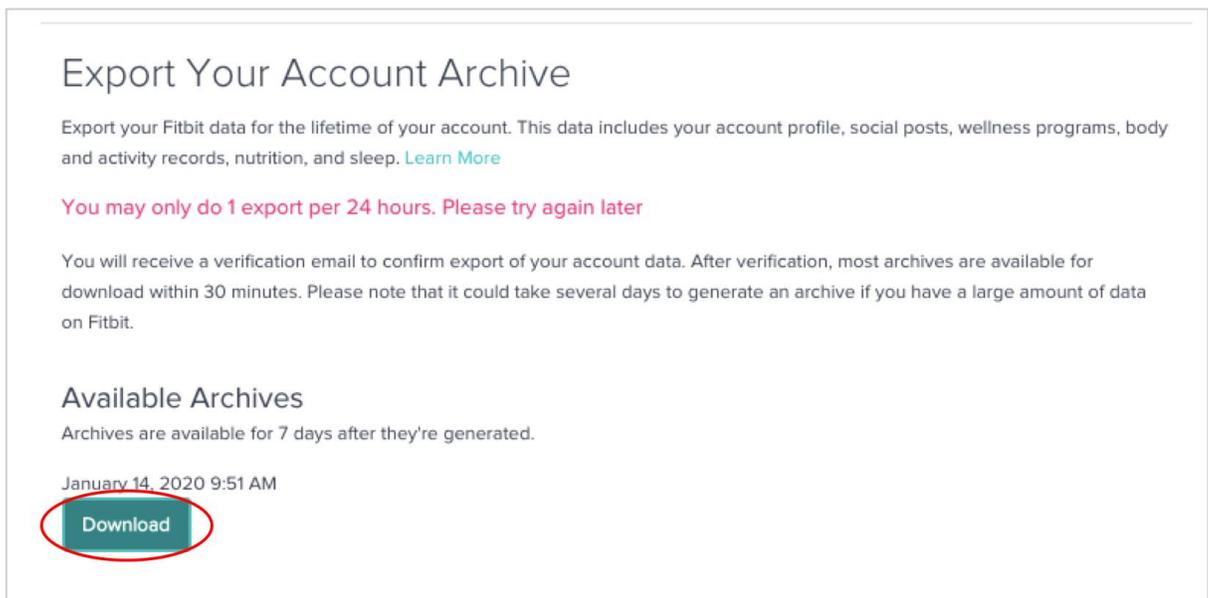
If you didn't request this export, please [let us know](#), and we recommend that you [change your password](#).

7. You will receive a final email with a link to download your Fitbit account data. Click on the **Download My Data** button.

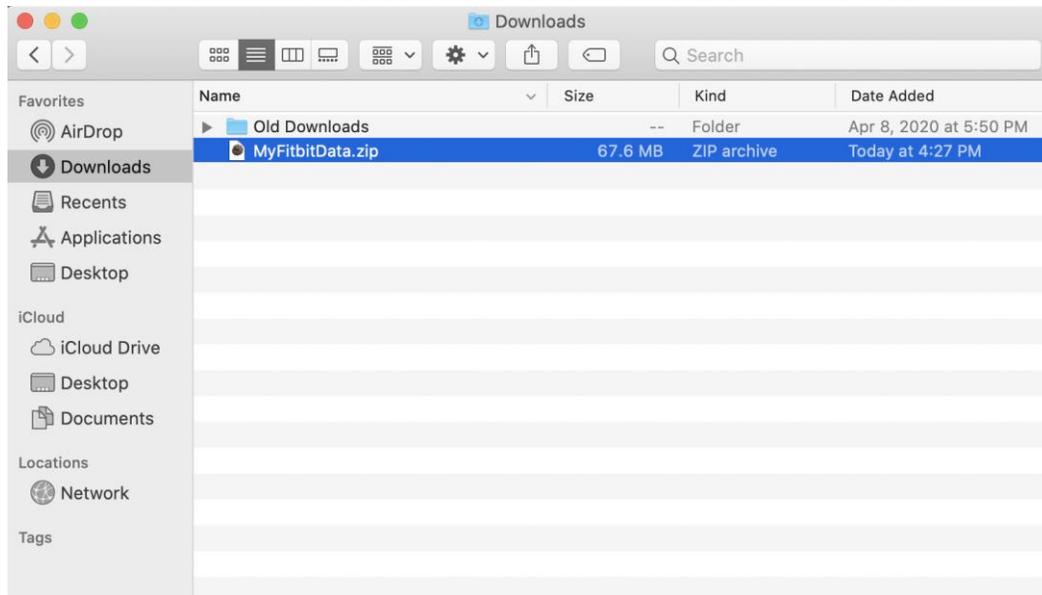
NOTE: If you have a large amount of data it can take up to a few hours to generate your account data archive. Please return to these instructions when you receive an email with the link to download your Fitbit account data.



8. Follow the link to the Fitbit webpage and select **Download** under Available Archives. This will begin the download process.



9. Open your Downloads folder and you should see a file named "MyFititData.zip". Please double click this file to unzip it.



10. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to this: <https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>&survey=<number>>).

11. Click **Upload Data** next to the Google icon.



12. A box should appear below. Please click on the **box**.

Almost Done

Please complete the process of sharing your digital data for health care research.

Instagram Share Data

Facebook Share Data

Google

To upload files, click or drag files here.

Close

Done Sharing

13. A drop down of your local files should appear. Please navigate to the **Downloads** folder and select the **MyFitbitData.zip** file. Once it is selected, please click **Open**.

Apps News Gmail Maps

Downloads

Search

MyFitbitData.zip

Old Downloads

Almost Done

Please complete the process

Instagram

Facebook

Google

To upload files, click or drag files here.

Close

Done Sharing

Cancel Open

14. You should then see the **MyFitbitData.zip** file uploaded in the box below the Google icon.

Almost Done

Please complete the process of sharing your digital data for health care research.

 Instagram

 Facebook

 Google



67.6 MB
MyFitbitData...

Uploaded.

[Close](#)

15. **NOTE:** You must complete upload of social media and google data before you click **Done Sharing** to be eligible to receive the \$50 compensation. Please continue with social media and google data upload processes if you have not done so already.