# 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 <u>fitbit login page</u> on a desktop or laptop computer and log in.

🔶 fitt	bit
Log I	n
f Continue wit	h Facebook
G Continue w	ith Google
janedoe@gmail.com	
	O
Keep me logged in	Forgot password
Login	
Want to try out Fit	bit? Sign up

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.

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🔁 Jane Doe					
DEVICES View All Your Devices	Personal Info				
Charge 2 View Device Settings	Change Profile Picture	-			
SETTINGS					
Ω Personal Info					
Notifications					
Privacy	ų				
Data Export	Change Cover Image				
Manage Account Access					
Applications	Jane.Doe@gmail.com	Change Email A	ddress		
C Help					

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

Dashboard 🕂 Log <u>MA</u> Co	mmunity 👌 Labs	🛒 💿 💬 🖣 Logout
Jane Doc   View Profile   DEVICES   View All Your Devices <ul> <li>Charge 2</li> <li>Restonal Info</li> </ul> Notifications   Privacy   Data Export   Manage Account Access   Applications   Help   Logout	Your Fitbit Data Export your Fitbit data in Microsoft Excel or CSV format, which of Time Period You can export up to 31 days of data. This Week This Month Last Week Last Month Custom File Format CSV Download Export Your Account Archive Export your Fitbit data for the lifetime of your account. This data and activity records, nutrition, and sleep. Learn More Recuest Data Vour will receive a verification email to confirm export of your ac download within 30 minutes, Please note that it could take serve on Fitbit.	<ul> <li>can be opened in any spreadsheet application.</li> <li>Include Data</li> <li>Body</li> <li>Foods</li> <li>Activities</li> <li>Sleep</li> <li>Sleep</li> </ul>

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

# 🖶 fitbit

#### 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 <u>fitbit.com</u> 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.



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.

		ownloads		
			2 Search	
Favorites	Name	✓ Size	Kind	Date Added
AirDrop	Old Downloads		Folder	Apr 8, 2020 at 5:50 PM
Downloads	MyFitbitData.zip	67.6 MB	ZIP archive	Today at 4:27 PM
Recents				
🙏 Applications				
Desktop				
iCloud				
🛆 iCloud Drive				
🛄 Desktop				
🕒 Documents				
Locations				
Network				
Tags				

- 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=<nu mber>&survey=<number>).
- 11. Click Upload Data next to the Google icon.

	•• (	Centerfor	Digital Healt	h	
Almost Done			- 3		
Please complete the process of sharing	your digital data for health	care research.			
O Instagram	Share Data				
Facebook	Share Data				
G Google	Upload Data				
Done Sharing					

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

O Instagram	Share Data	
f Facebook	Share Data	
G Google		

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**.

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Almost Done	Favorites Downloads Recents Applications Desktop iCloud Cloud Drive	MyFitbitData.zip	i	
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G Google	Music Photos		Created Modified	Today, 4:26 PM Today, 4:27 PM
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To upload files,	click or drag files here.			
Close				
Done Sharing				

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

	:	Center for Digital Health
Almost Done		
Please complete the process of s	haring your digital data for he	alth care research.
O Instagram	Share Data	
Facebook	Share Data	
G Google		
67.6 MB MyFitbitData		
Uploaded.		
Done Sharing		

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.