

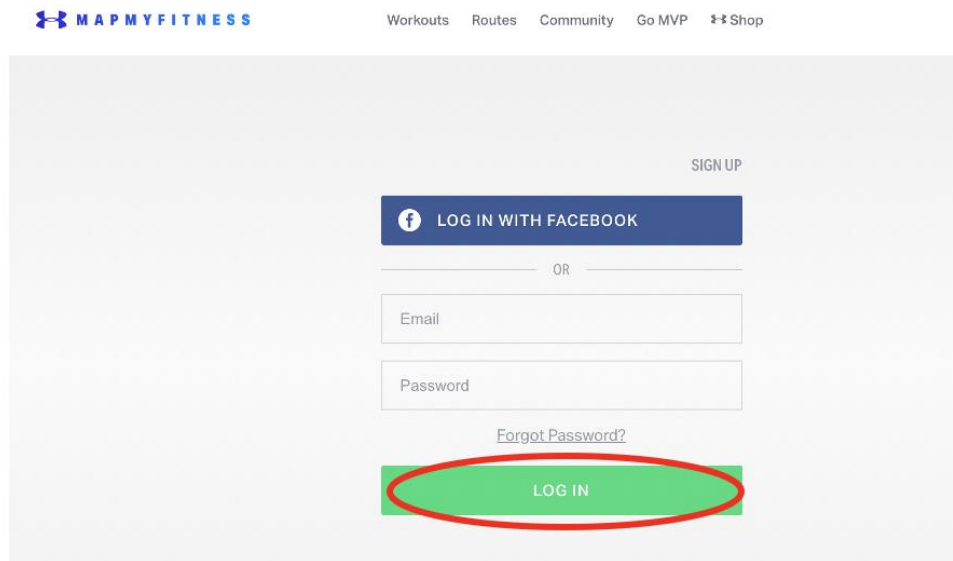
# MapMyFitness

## Data included:

Date Submitted	Average Speed
Workout Date	Max Speed
Activity Type	Average Heart Rate
Calories Burned	Steps
Distance	Source
Workout Time	Link *we do not use this as it requires user login to view link results*
Average Pace	
Max Pace	

## Export process:

1. Click on the following link:  
<https://www.mapmyfitness.com/auth/login?next=/workout/export/csv>.
2. Enter your email and password and click **Log In**.



MAPMYFITNESS

Workouts Routes Community Go MVP Shop

SIGN UP

LOG IN WITH FACEBOOK

OR

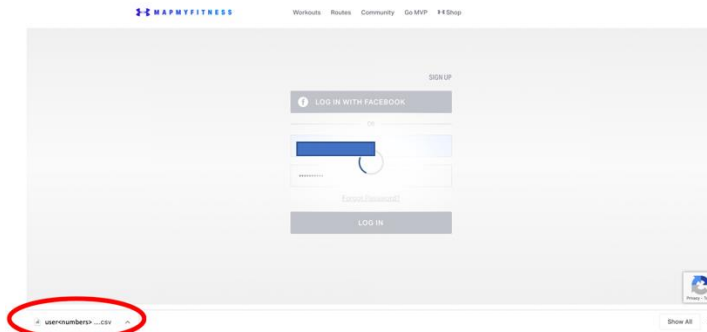
Email

Password

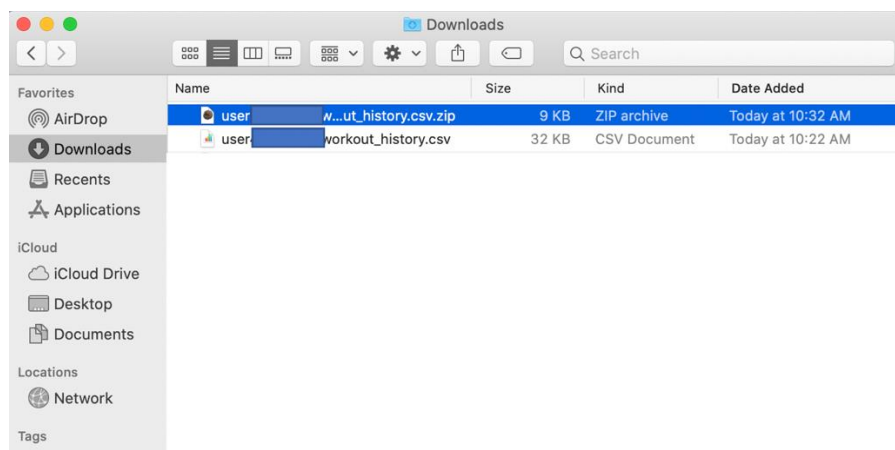
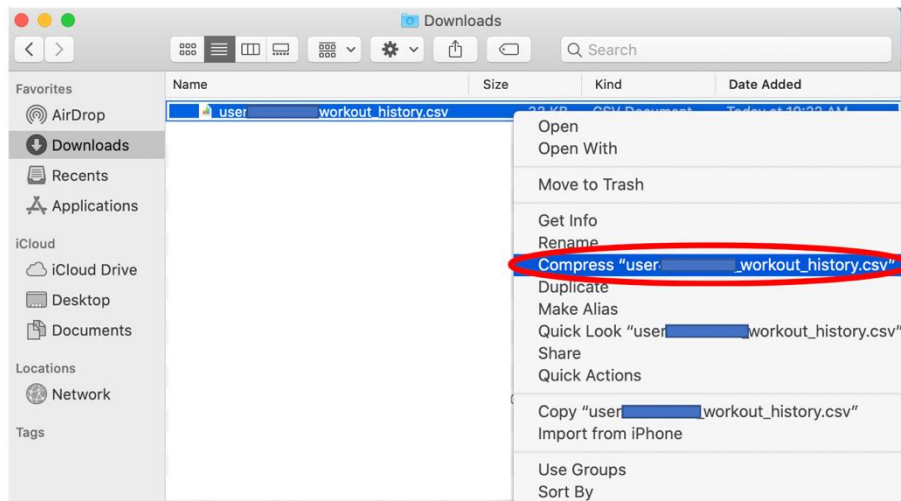
[Forgot Password?](#)

LOG IN

3. A .csv download should appear at the bottom of your browser.

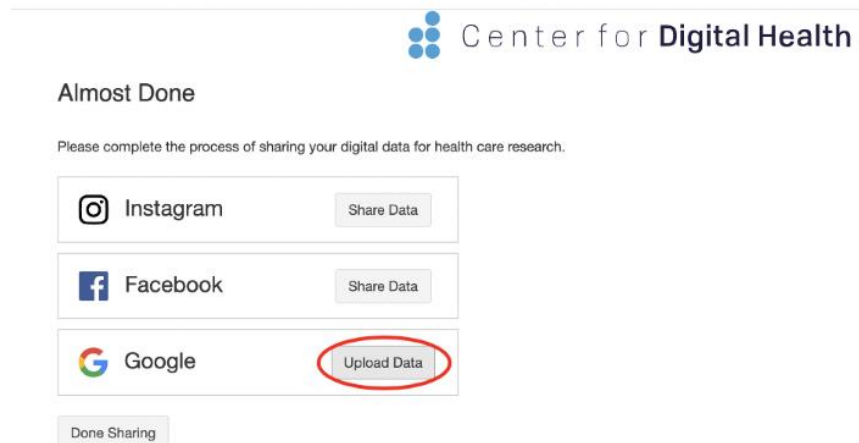


4. Navigate to your downloads folder and locate the file titled **user<numbers>\_workout\_history.csv**. Right click on the file and select **Compress** to create a .zip version of the file.

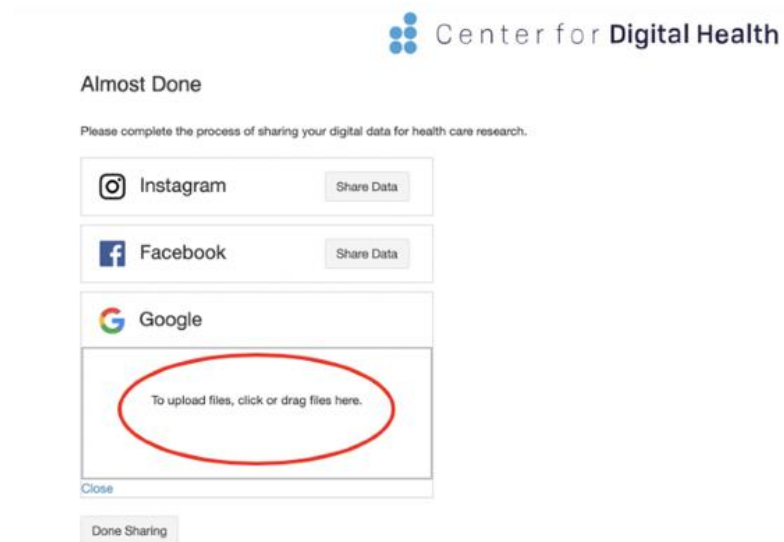


5. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to: <https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>&survey=<number>>)

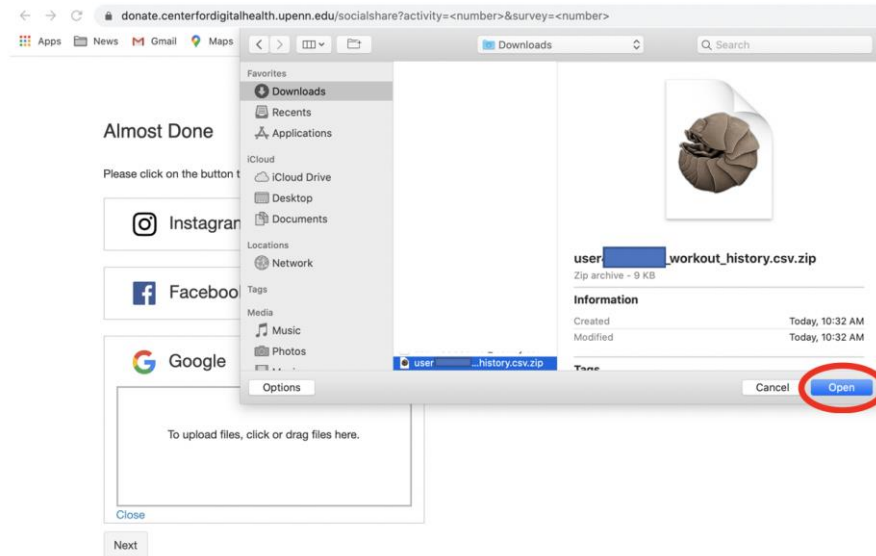
6. Click **Upload Data** next to the Google icon.



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



8. Please navigate to the **Downloads** folder and select the **user<numbers>\_workout\_history.zip** file.




9. You should then see the **user<numbers>\_workout\_history.zip** file uploaded in the box below the Google icon.




### Almost Done


Please click on the button to share your social media and digital data for health care research. Click 'Next' when you're done sharing.

 Instagram

To share Instagram, sign into your account, you will need your username and password.

 Facebook

To share Facebook, sign into your account, you will need your username and password.

 Google

9.3 KB  
user[redacted]...

Uploaded.

[Close](#)

To share Google, sign into your Google Account email (Gmail) or phone number and password. You upload zip files here.