MapMyFitness

Data included:

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

Export process:

- 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.

S MAPMYFITNESS	Workouts Routes Community Go MVP 1-t 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.

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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**.

O Instagram	Share Data	
Facebook	Share Data	
G Google		

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

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G Google	Options	userhistory.csv.zip	Modified	Cancel Open
To upload files,	click or drag files here.			
Close				

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

O Instagram	Share Data	To share Instagram, sign into your account, you will need your username and password.
Facebook	Share Data	To share Facebook, sign into your account, you will need your username and password.
G Google		To share Google, sign into your Google Account email (Gmail) or phone number and password. You upload z' files bere
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