

MapMyFitness

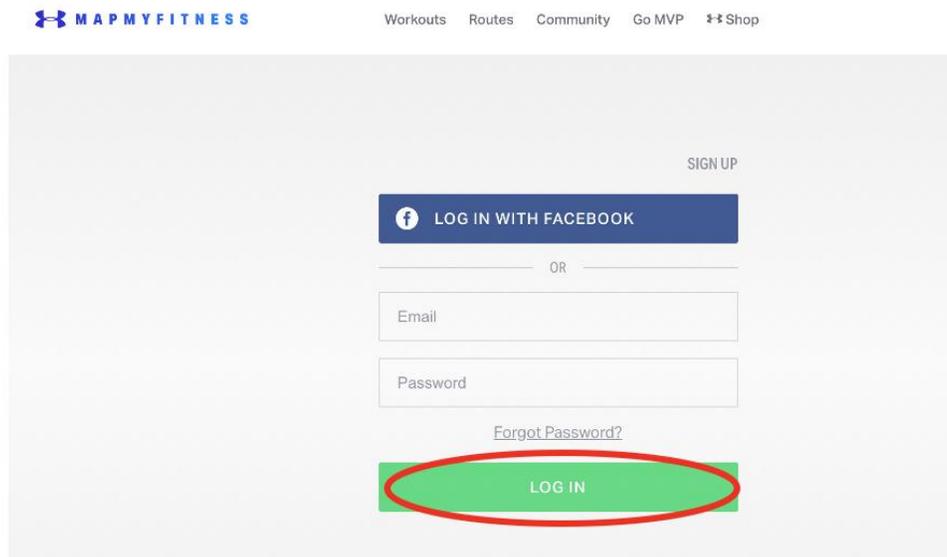
Data included:

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*

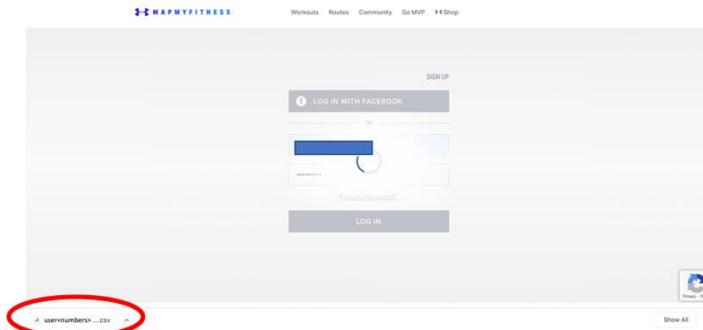
Export process:

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**.

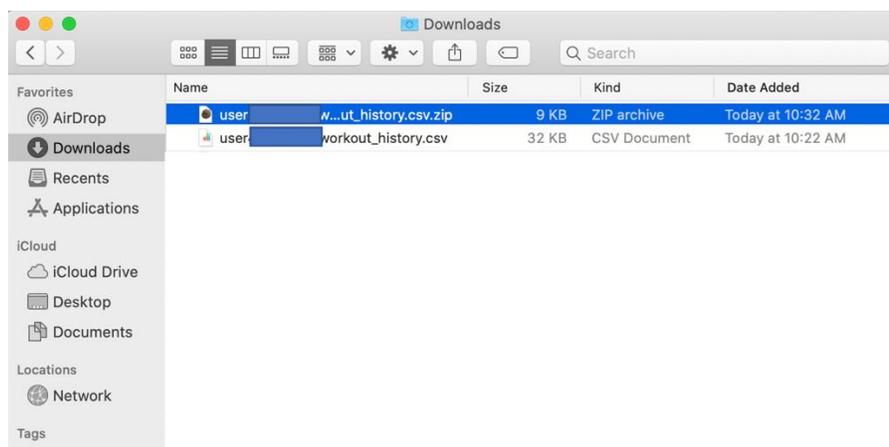
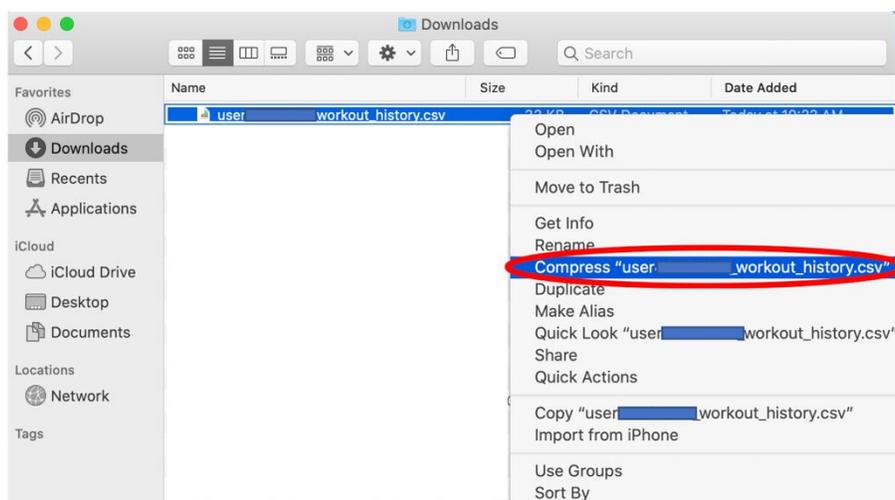


The screenshot shows the MapMyFitness login interface. At the top left is the MapMyFitness logo. To its right are navigation links: Workouts, Routes, Community, Go MVP, and Shop. The main content area is a light gray box containing a login form. In the top right corner of this box is a 'SIGN UP' link. Below it is a dark blue button with a Facebook 'f' icon and the text 'LOG IN WITH FACEBOOK'. Underneath this is a horizontal line with 'OR' in the center. Below the line are two input fields: 'Email' and 'Password'. Below the password field is a link that says 'Forgot Password?'. At the bottom of the form is a green button with the text 'LOG IN', which is circled in red.

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.

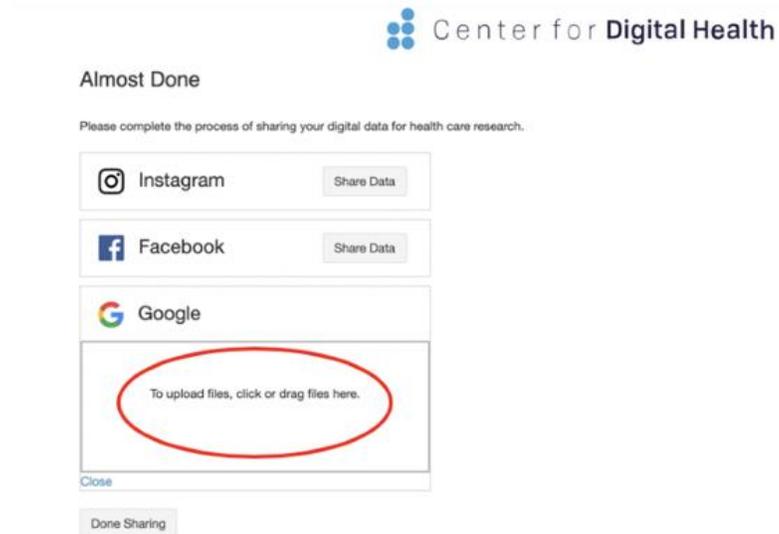


5. Return to the Center for Digital Health Donate Your Data webpage (the link in the email that you received from our research team; it should look similar to: <https://donate.centerfordigitalhealth.upenn.edu/socialshare?activity=<number>&survey=<number>>)

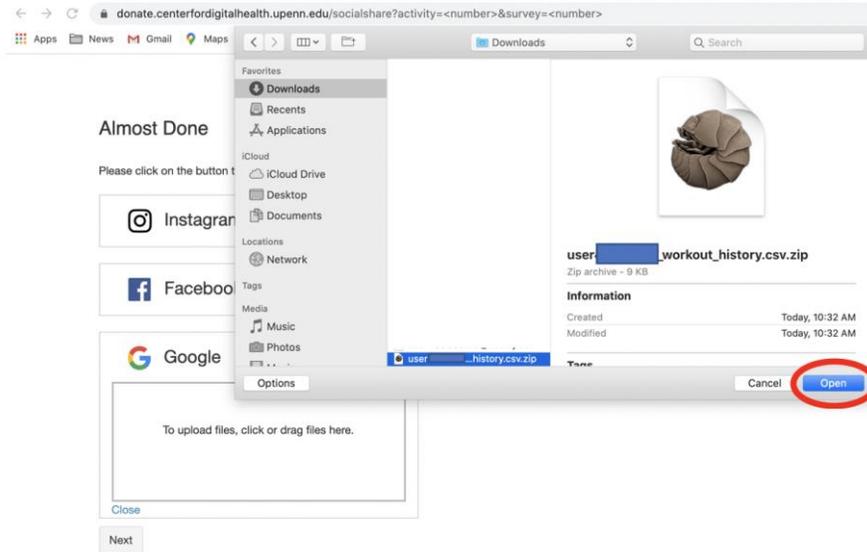
6. Click **Upload Data** next to the Google icon.



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.