

How To Export Data from Fitbit Dashboard

12- Week Exercise Tracking Log

Log in to www.fitbit.com on computer

Looking at your dashboard, go to Settings:

- Click on the Data Export
- Choose custom time period and put in appropriate dates
 - The time period must be 4 week in length
- Choose Data to be exported: In the case of the exercise log you will choose “Activities”.
- Chose XLS file format
- Hit “Download”
- Open file and check to make sure all necessary information is on file
- Complete the same instructions 2 more times for a total of 12 weeks and all data from 3 excel files onto 1 big file
- To count as an Exercise Tracking Log, over the 12 weeks, you must show at least 36 sessions of: **(highlight in yellow)**
 - A duration of at least 30 very active minutes in a day
 - 10,000 steps or more in a day (days where you do not have 30 minutes or more)

- Notifications
- Devices
- Silent Alarms
- Privacy
- Data Export
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- Sharing

Export your data

Your data belongs to you!
 Download your Fitbit data as an [XLS](#) file (Microsoft Excel) or [CSV](#), which can be opened by many paid, free or shareware applications.

Time period

This week
 This month
 Last week
 Last month
 Custom:

from
YYYY-MM-DD
 to
YYYY-MM-DD

Data

Body
 Foods
 Activities
 Sleep

File format

XLS

[Download](#)

	A	B	C	D	E	F
1	Date	Calories Burned	Steps	Distance	Minutes Fairly Active	Minutes Very Active
2	2015-03-01	1,540	308	0.13	0	0
3	2015-03-02	2,611	11,441	4.9	10	79
4	2015-03-03	2,108	7,444	3.24	2	14
5	2015-03-04	1,939	5,172	2.19	0	0
6	2015-03-05	1,982	5,924	2.51	0	0
7	2015-03-06	2,432	12,283	5.22	17	34
8	2015-03-07	2,211	7,051	2.99	84	4
9	2015-03-08	2,323	10,563	4.48	0	0
10	2015-03-09	2,591	14,435	6.48	1	59
11	2015-03-10	2,051	5,950	2.55	0	0
12	2015-03-11	2,307	8,767	3.72	0	0
13	2015-03-12	2,588	15,215	6.8	7	60
14	2015-03-13	2,368	8,824	3.74	0	0
15	2015-03-14	1,491	35	0.01	0	0
16	2015-03-15	2,416	12,487	5.29	8	4
17	2015-03-16	2,863	15,711	6.66	9	64