

How to Sync a Fitbit Device

Log into your Live Healthy Iowa dashboard by going to www.livehealthyiowa.org and clicking on the orange 'Login' button, located in the upper right-hand corner. Enter your assigned username and password.

On your personal dashboard, click the '+' in the right hand corner of the **My Devices** box.

The screenshot shows the Live Healthy Iowa dashboard. At the top is a blue navigation bar with links: HOME, ABOUT US +, CHALLENGES & EVENTS +, RESOURCES, and CONTACT US +. Below the navigation bar, the user is greeted with "Good afternoon, Tina". The dashboard is divided into several sections:

- My Devices:** Located in the bottom left, it contains the text "You haven't connected any devices yet. Click the '+' above to get started!". A red circle highlights the '+' icon in the top right corner of this section.
- My Current Challenge:** A central section featuring a banner for the "10 Week Wellness Challenge" (January 13 - March 20, 2020) with the text "Let's get Moving!". Below the banner is a "My 2020 10 Week Wellness Challenge Snapshot" showing a progress indicator for "Week 1 of 10" and a table of "TOTAL WEEKS RECORDED" for weeks 1 through 9.
- My Goals:** Located in the top right, it says "You haven't created any Goals yet. Click the '+' above to get started!".
- My Fitness Plans:** Located in the middle right, it lists two plans: "5K Training Plan - Beginners" and "5K Walking Program", each with a circular icon and a "View All My Plans" link.
- My Health Journal:** Located at the bottom right, it has a "+" icon.

The screenshot shows a modal window titled "Connect With Other Devices" with a close button (X) in the top right corner. The main text reads: "Click on any of the Devices below to start syncing your device data!". Below this text are two device options:

- UNDER ARMOUR:** A button with the Under Armour logo and the text "LOG IN WITH UNDER ARMOUR".
- FITBIT:** A button with the Fitbit logo.

You will be re-directed to Fitbit's website. Log into your Fitbit account. (Note: this will not be the same username and password used to access your LHI dashboard)

Log in

 Remember Me [Forgot password?](#)

Click **'Allow'** to sync your device.



Live Healthy Iowa by [Iowa Sports Foundation](#) would like the ability to access the following data in your Fitbit account

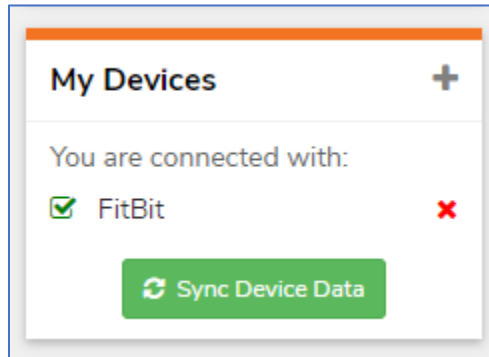
- activity and exercise

Data shared with Live Healthy Iowa will be governed by Iowa Sports Foundation's privacy policy and terms of service. You can revoke this consent at any time in your Fitbit [account settings](#). More information about these permissions can be found [here](#).

 [Not you?](#)

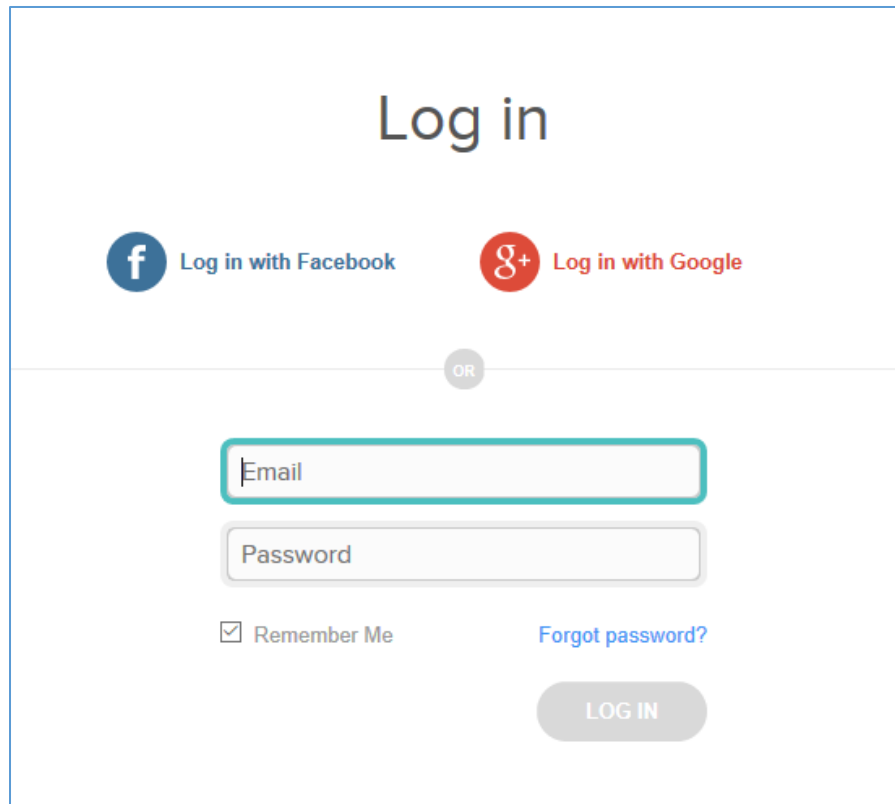
*If you are kicked out of the dashboard after this step, log back into your LHI Dashboard and report the first steps.

Once successfully synced, your app will appear below “My Devices”



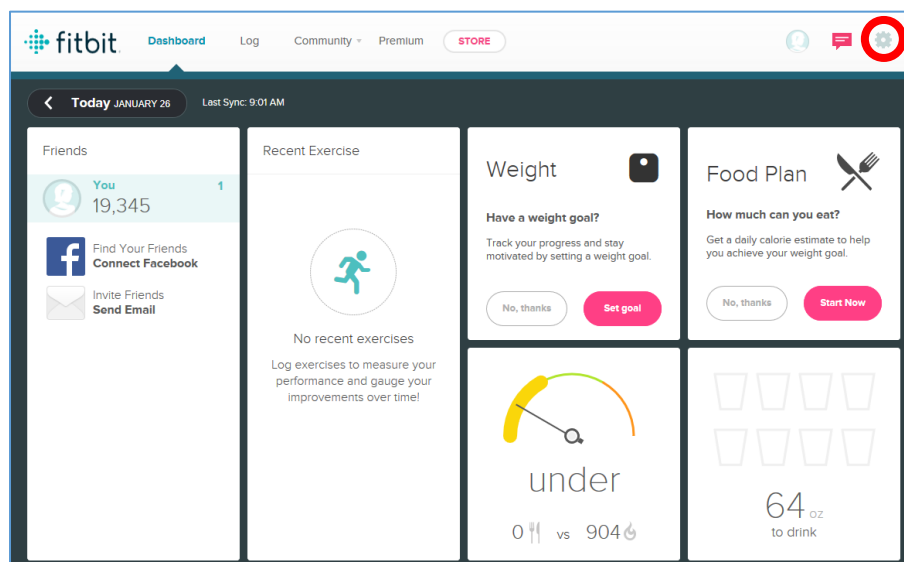
How to Unsync a Fitbit Device

To unsync your device, please go to www.fitbit.com/login and log in to your account.



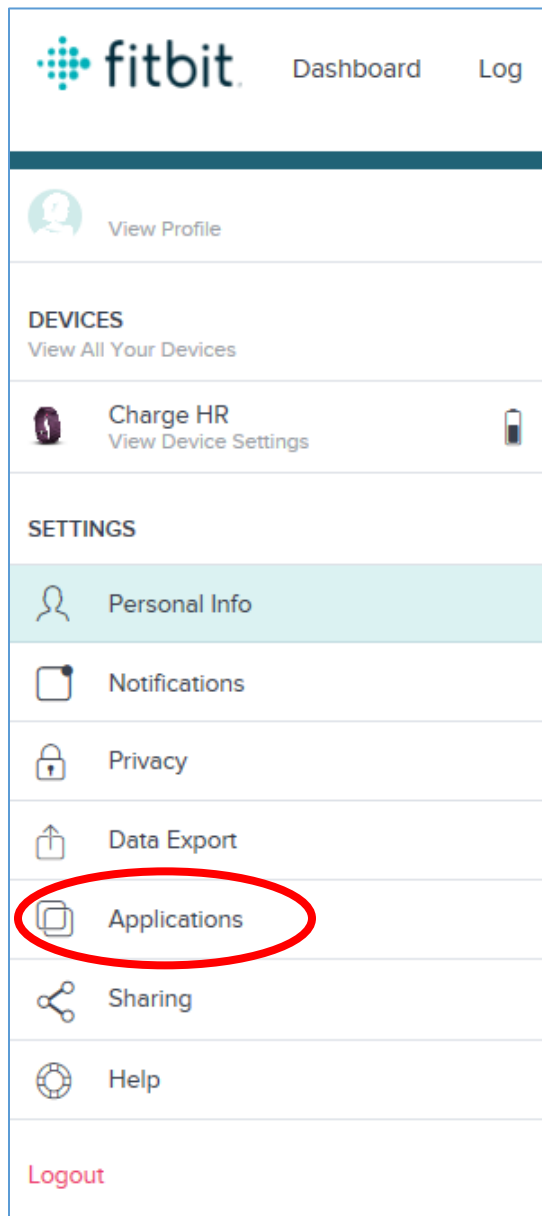
The image shows the Fitbit login page. At the top, it says "Log in". Below this, there are two options: "Log in with Facebook" (with a Facebook 'f' icon) and "Log in with Google" (with a Google 'g+' icon). In the center, there is a small "OR" button. Below the social login options, there are two input fields: "Email" and "Password". Under the "Email" field, there is a checkbox labeled "Remember Me" and a link labeled "Forgot password?". At the bottom, there is a "LOG IN" button.

From your Dashboard, click 'View Settings'. From the dropdown menu, select 'Settings'.



The image shows a screenshot of the Fitbit dashboard. The top navigation bar includes the Fitbit logo, "Dashboard", "Log", "Community", "Premium", and "STORE". The main content area is divided into several sections: "Friends" (showing "You" with 19,345 friends), "Recent Exercise" (showing "No recent exercises"), "Weight" (with a "Set goal" button), "Food Plan" (with a "Start Now" button), and a water intake section showing "0" glasses vs "904" glasses, with a goal of "64 oz to drink".

Click 'Applications' from your Settings menu.



Under Live Healthy Iowa by Iowa Sports Foundation, click 'Revoke Access' to unsync your device.

The screenshot shows the Fitbit account settings page. The top navigation bar includes the Fitbit logo, 'Dashboard', 'Log', 'Community', 'Premium', and a 'STORE' button. The user's profile icon and a 'View profile' link are also visible. The left sidebar contains menu items: 'Devices', 'Charge HR', 'Personal Info', 'Notifications', 'Privacy', 'Data Export', 'Applications' (highlighted), and 'Sharing'. The main content area is titled 'My Applications' and lists authorized apps. The 'Live Healthy Iowa by Iowa Sports Foundation' app is highlighted with a red circle around its 'Revoke Access' button. The other apps listed are 'Fitbit Connect by Fitbit, Inc.', 'Fitbit Web Application by Fitbit, Inc.', and 'Fitbit for iPhone by Fitbit, Inc.', each with its own 'Revoke Access' button.

fitbit Dashboard Log Community Premium STORE

Settings View profile

My Applications
You have authorized these apps to interact with your Fitbit account

Fitbit Connect by Fitbit, Inc.
Approved on 2017/01/10 09:41:03
Client app to support api calls
Access & Write friends, heart rate, food and water logs, profile, weight, activity and exercise, Fitbit devices and settings, sleep, location and GPS [Revoke Access](#)

Fitbit Web Application by Fitbit, Inc.
Approved on 2017/01/10 09:43:16
Fitbit Web Application
Access & Write friends, heart rate, food and water logs, profile, weight, activity and exercise, Fitbit devices and settings, sleep, location and GPS [Revoke Access](#)

Live Healthy Iowa by Iowa Sports Foundation
Approved on 2017/01/20 12:51:31
Live Healthy Iowa brings together friends, families, businesses and communities in team-based wellness challenges designed to promote positive lifestyle change.
Access activity and exercise [Revoke Access](#)

Fitbit for iPhone by Fitbit, Inc.
Approved on 2017/01/10 09:58:29
The official Fitbit application for iOS.
Access & Write [Revoke Access](#)