

How to Sync or Unsync 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 morning, Tina". The main content area is divided into several sections. On the left, there is a "My Devices" box with a red circle around the "+" icon. The central part of the dashboard features a "RECORD MY PROGRESS" button and a "My Current Challenge" section titled "BURST YOUR THIRST" with a date range of "June 10 - July 19, 2019". On the right, there are sections for "My Goals" and "My Fitness Plans", each with a "+" icon. The "My Fitness Plans" section includes a "NOVICE 1 HIGDON HALF MARATHON" training guide and a "5K Training Plan - Beginners".

The screenshot shows a dialog box titled "Connect With Other Devices" with a close button (X) in the top right corner. The text inside the dialog box reads: "Click on any of the Devices below to start syncing your device data!". Below this text, there are two options: "UNDER ARMOUR" with a red button labeled "LOG IN WITH UNDER ARMOUR" and "FITBIT" 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

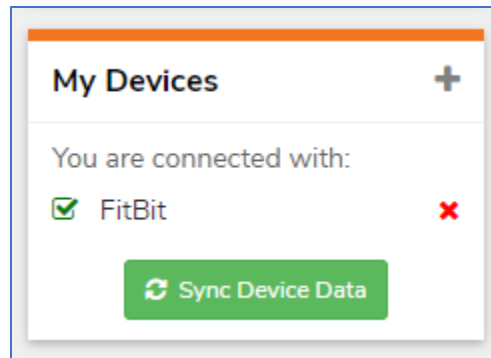
activity and exercise

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?](#)

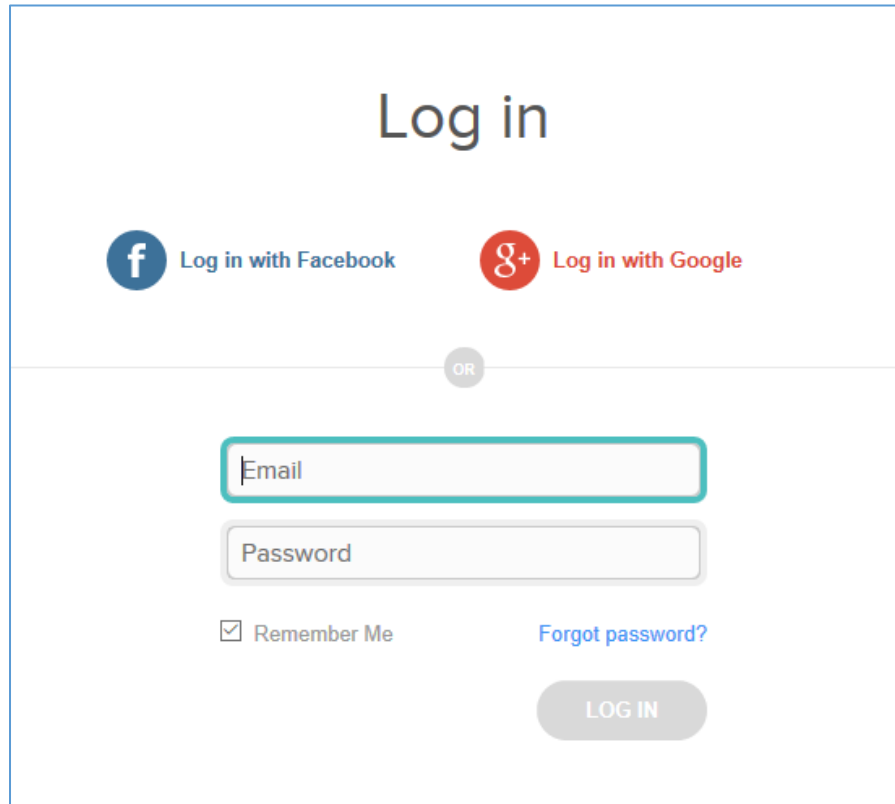
*If you are kicked out of the dashboard after this step, log back into your LHI Dashboard and report the first steps.

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



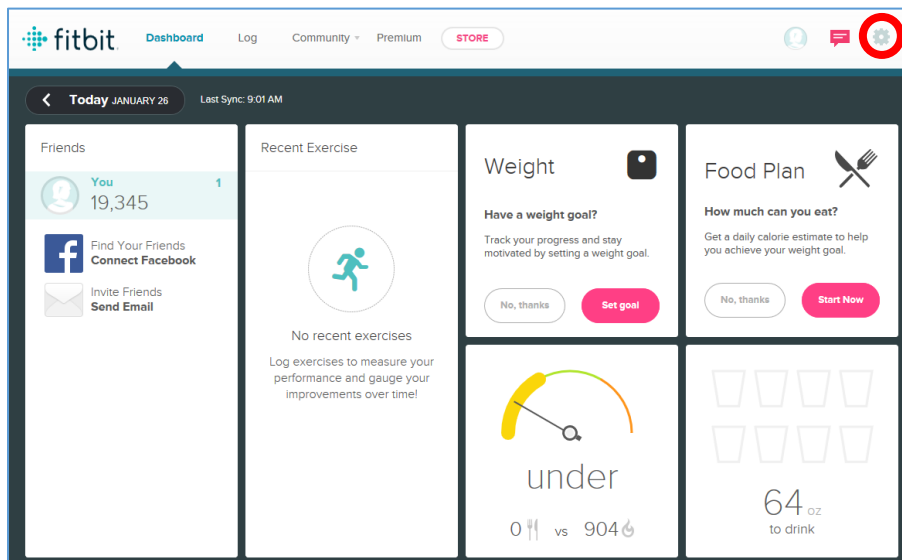
How to Unsync Fitbit Device

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



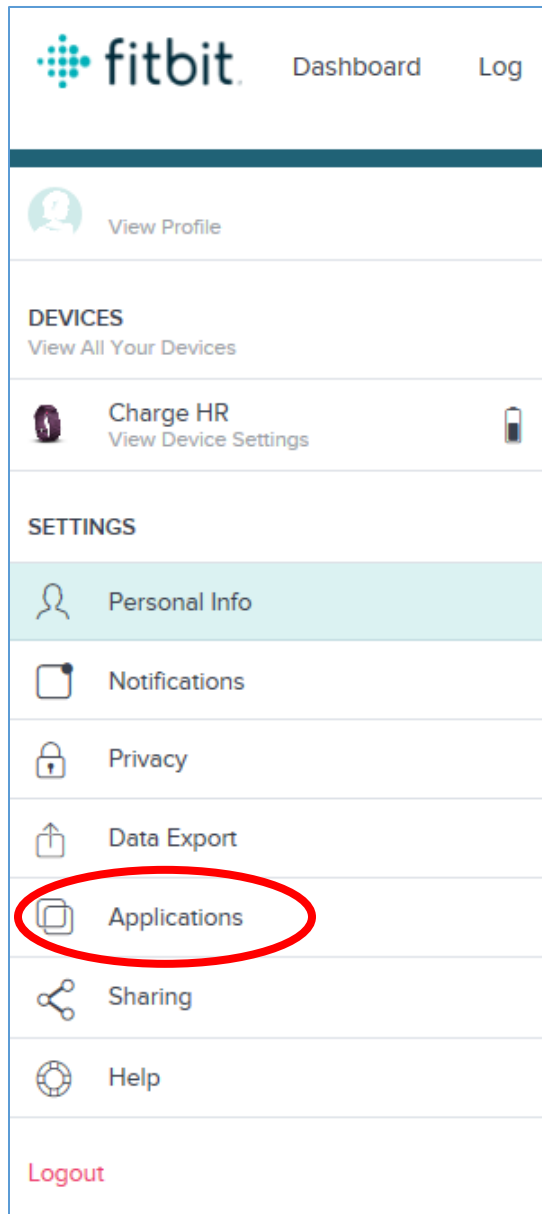
The image shows the Fitbit login page. At the top, it says "Log in". Below this, there are two options: "Log in with Facebook" (with a Facebook icon) and "Log in with Google" (with a Google+ icon). A horizontal line with "OR" in the center separates these from the standard login form. The form consists of an "Email" input field, a "Password" input field, a "Remember Me" checkbox, and a "Forgot password?" link. At the bottom of the form 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". On the right side of the navigation bar, there are icons for a user profile, a message, and a settings gear (highlighted with a red circle). The main dashboard area is divided into several sections: "Friends" (showing 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 "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, a message icon, and a settings gear icon are on the right. The main content area is titled 'Settings' and includes a 'View profile' link. A sidebar on the left lists navigation options: 'Devices', 'Personal Info', 'Notifications', 'Privacy', 'Data Export', 'Applications' (highlighted), and 'Sharing'. The 'My Applications' section lists authorized apps with their approval dates and permissions. The 'Live Healthy Iowa by Iowa Sports Foundation' app is highlighted with a red circle around its '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]