

How to get Fitbit API Access Token

1. Method one : Official way

1. Visit [this page](#) and follow tutorial to create your own application
2. Open [this page](#) and continue the process
3. After you authorize your own application, you will get a ACCESS TOKEN and REFRESH TOKEN after following the whole process

2. Method two : Quick way

4. Open a tab in the browser and visit <https://dev.fitbit.com/login>
5. Login if you are not logged in the current browser session
6. Open [this page](#) and click on the green Authorize button, select all and hit “Authorize” button below the dialog box, then hit close

Schemes
HTTPS

Authorize

Active Zone Minutes Intraday Time Series

The Active Zone Minutes (AZM) Intraday Time Series endpoints retrieve the user's heart-pumping activity for a specific date or 24 hour period. Intraday support can extend the detail-level response to include 1min, 5min and 15min for Active Zone Minutes.

Full documentation: <https://dev.fitbit.com/build/reference/web-api/intraday/>

GET

/1/user/-/activities/active-zone-minutes/date/{date}/id/{detail-level}.json

Get AZM Intraday by Date

GET

/1/user/-/activities/active-zone-minutes/date/{date}/id/{detail-level}/time/{start-time}/{end-time}.json

Get AZM Intraday by Date

GET

/1/user/-/activities/active-zone-minutes/date/{start-date}/{end-date}/{detail-level}.json

Get AZM Intraday by Interval

7. Scroll down to the Devices section.

Devices

The Devices endpoints displays information about the devices paired to a user's account.

Full documentation: <https://dev.fitbit.com/build/reference/web-api/devices/>

GET

/1/user/-/devices.json

Get Devices

GET

/1/user/-/devices/tracker/{tracker-id}/alarms.json

Get Alarms

POST

/1/user/-/devices/tracker/{tracker-id}/alarms.json

Add Alarm

POST

/1/user/-/devices/tracker/{tracker-id}/alarms/{alarm-id}.json

Update Alarm

DELETE

/1/user/-/devices/tracker/{tracker-id}/alarms/{alarm-id}.json

Delete Alarm

Electrocardiogram

The Electrocardiogram (also known as ECG) endpoint is used for querying the user's on-device ECG readings.

Full documentation: <https://dev.fitbit.com/build/reference/web-api/electrocardiogram/>

GET

/1/user/-/ecg/list.json

Get ECG Log List

8. Click on “Try it out” and then click on “Execute” button

Returns a list of the Fitbit devices connected to a user's account.

Parameters Cancel

No parameters

Execute Clear

Responses Response content type application/json

Curl

```
curl -X GET "https://api.fitbit.com/1/user/-/devices.json" -H "accept: application/json" -H "authorization: Bearer [blurred API key]"
```

Request URL

```
https://api.fitbit.com/1/user/-/devices.json
```

Server response

Code	Details
200	Response body

9. You will see the API key in the curl command section. Carefully copy only the part **after the first line (ending in Bearer)**

The “curl -X GET

"https://api.fitbit.com/1/user/-/devices.json" -H "accept: application/json" -H "authorization: Bearer" line is NOT a part of your API key.

Also, avoid the quotation mark (“) at the end of the API key when you copy

I have blurred the API key part here in the above image. It looks like a long continuous alphanumeric blob of characters without any space or meaningful word. Just copy the API key part.

REMEMBER : Each API key has an hourly call limit and expires forever after 8 hours. One key will not work forever. If you use the same key in quick succession, you may hit the hourly rate limit.