

What is the best way to measure and set a step goal for individuals and teams?

What is Fitbit Access Token?

Access tokens are used in token-based authentication to allow the FitEx system to access Fitbit API. The Fitbit API will enable developers to interact with Fitbit data in their applications, products, and services. We use Fitbit API to retrieve Fitbit user data collected by the Fitbit trackers & smartwatches, Aria & Aria 2 scales, and manually entered log data.

How to get my Fitbit Access Token?

1. Register or log into your Fitbit account on <https://dev.fitbit.com/apps> and click “Manage My Apps”
2. Click “**Register a new app**” next to the page title
- 3.

My Fitbit Sync Page shows 401 Error, what should I do?

The most reason for this case is that your Fitbit Access Token has expired. To update your Fitbit Access Token, you have to follow the instruction below:

1. Login to <https://dev.fitbit.com/apps> and click “Manage My Apps”
2. Open your registered applications
3. Click “**OAuth 2.0 tutorial page**”

Applications I registered

[+ Register a new app](#)

Application FitEx

FitEx New generation design

[Edit Application Settings](#)[Delete Application](#)

[Reset Client Secret](#)[Revoke Client Access Tokens](#)

OAuth 2.0 Client ID
238K3X

Client Secret
b69277e3c7296838913c9df76dcfa0b1

Redirect URL
http://localhost

OAuth 2.0: Authorization URI
https://www.fitbit.com/oauth2/authorize

OAuth 2.0: Access/Refresh Token Request URI
https://api.fitbit.com/oauth2/token

OAuth 2.0 tutorial page

Subscribers endpoint stats.

Subscriber ID	Verified at / Verification code	Stats
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[View all applications](#)

- Click the generated authorization URL

OAuth 2.0 tutorial page

For a detailed explanation of OAuth 2.0, see the [Fitbit API documentation](#).

1: Authorize

- First, choose the type of flow your application will use. Implicit grant flow is for use in client-side applications that cannot keep a secret because they distribute their source code to the client (web apps, mobile apps). The authorization code flow is for server-side applications that can keep a secret. If possible, use the authorization code flow, because while both flows are secure, it provides additional security.

Flow type: ☒ Implicit Grant Flow ☐ Authorization Code Flow

- Enter all of your application's relevant data below. You can find this data at [dev.fitbit.com](#).

Fitbit URL:
Fitbit API URL:
OAuth 2.0 Client ID:
Client Secret:
Redirect URI:

- Choose below what user data you'd like to have access to.

Select Scopes

☒ activity ☒ heartrate ☒ location ☒ nutrition
☒ profile ☒ settings ☒ sleep ☒ social
☒ weight ☒ spo2 ☒ breathingrate ☒ temperature

- The default expiration times are 1 hour for the authorization code flow, and 1 day for the implicit grant flow. The expiration time for the implicit grant flow can be set to certain values; see [the docs](#) for details.

Expires In(ms):

- We've generated the authorization URL for you, all you need to do is just click on link below:

https://www.fitbit.com/oauth2/authorize?response_type=token&client_id=238K3X&redirect_uri=http%3A%2F%2Flocalhost&scope=activity%20heartrate%20location%20nutrition%20profile%20settings%20sleep%20social%20weight%20oxygen_saturation%20respiratory_rate%20temperature&expires_in=604800

5. On the permission page, please choose 1 year for a lasting time and allow all data to be retrieved.

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URL:  
http://localhost/#access_token=eyJhbGciOiJIUzI1NiJ9.eyJhdWQiOiIyMzhLM1giLCJzdWIiOiJCNFRaSfciLCJpc3MiOiJGaXRiaXQlICJ0eXAiOiJhY2Nlc3NfdG9rZW4iLCJzY29wZXMiOiJ3aHIgd251dCB3cHJvIHdzbgUGd3NvYyB3YWNOIHdveHkgd3RlbSB3d2VpIHdzZXQgd3JlcjB3BG9jiwiZXBhIjoxNjYzMDA4MzI4LCJpYXQiojE2NjI0MDM1Mjh9.myxbeu5v3nJK7PXuCpCRwf94ilhVMRG4clVyxCaxkYE&user_id=B4TZHW&scope=oxygen_saturation+respiratory_rate+activity+social+weight+settings+location+sleep+nutrition+heartrate+profile+temperature&token_type=Bearer&expires_in=604800  
  
Access Token:  
eyJhbGciOiJIUzI1NiJ9.eyJhdWQiOiIyMzhLM1giLCJzdWIiOiJCNFRaSfciLCJpc3MiOiJGaXRiaXQlICJ0eXAiOiJhY2Nlc3NfdG9rZW4iLCJzY29wZXMiOiJ3aHIgd251dCB3cHJvIHdzbgUGd3NvYyB3YWNOIHdveHkgd3RlbSB3d2VpIHdzZXQgd3JlcjB3BG9jiwiZXBhIjoxNjYzMDA4MzI4LCJpYXQiojE2NjI0MDM1Mjh9.myxbeu5v3nJK7PXuCpCRwf94ilhVMRG4clVyxCaxkYE
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