**How does Fitbit track floor climbed?**

There is an altimeter integrated. The altimeter can detect height change by sensing the change in air pressure. So it actually tracks the change of your altitude. That explains why you gain floors even when you didn’t really climb stairs; your altitude changes also when you use elevator. LOL. Moreover, it can only detect the increase in altitude and not vice versa. So if you walk downstairs it will not be counted.

**There is a very important rule for Fitbit to track “MinutesSedentary” “MinutesLightlyActive” and so on: all time is counted as “MinutesSedentary” until proven it is not.**

20150803 I woke up around 7 and went to audit Andy’s tutorial. At 12 I had about 5-hour of “MinutesSedentary”. But in fact I had walked to school and walked around the building a couple of times. Why the 5-hour has been counted as sedentary? Because I didn’t sync my data. So after syncing my data, I had about 3-hour sedentary, 1.5-hour lightly active (probably when I moved around the building), and about 15 minutes very active (when I rushed to school). Pretty accurate! Good!

# “Active minutes” on the dashboard refers to “MinutesVeryActive”.

**How does Fitbit track you “MinutesLightActive”, “MinutesActive” and so on?**

Your Fitbit tracker recognizes and awards active mi*nutes* when the activity you are doing is more strenuous than regular walking, which includes everything from a brisk walk to a cardio workout or run.

HOW DO I EARN ACTIVE MINUTES?

All Fitbit trackers active minutes using metabolic equivalents (METs). METs help measure the energy expenditure of various activities. Because they do so in a comparable way among persons of different weights, METs are widely used as indicators for exercise intensity. For example, a MET of 1 indicates a body at rest. Fitbit trackers estimate your MET value in any given minute by calculating the intensity of your activity.

You earn active minutes for activities at or above about 3 METs.  To stay in line with the Center for Disease Control's (CDC’s) “10 minutes at a time is fine” concept, minutes are only awarded after 10 minutes of continuous moderate-to-intense activity. You can view the CDC’s recommendations on the[CDC website](http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html).

If an activity gives you active minutes one day and fewer active minutes the next day, remember that the intensity of exercise is key. Often what seems like the exact same amount of effort over the same distance in fact differs slightly enough to change your active minutes total.

HOW DO I ACHIEVE MY ACTIVE MINUTE GOAL?

By default, you are given a starting goal of 30 active minutes a day based on the CDC recommendation of 20-30 minutes of daily moderate-to-intense activity. You can always change your activity minutes goal to meet your personal needs.

Trackers with heart-rate sensing do a better job of recognizing active minutes for non-step-based activities, such as weight lifting, strenuous yoga, and rowing. If your tracker doesn't have heart-rate sensing, your active minutes will be lower for non-step based activities.

The more calories you burn the higher your MET value, so therefore the more calories you burn the higher your total active minutes. Assuming you're active for at least 10 minute at a time, green spikes on your calorie graph typically indicate that you’re earning active minutes.