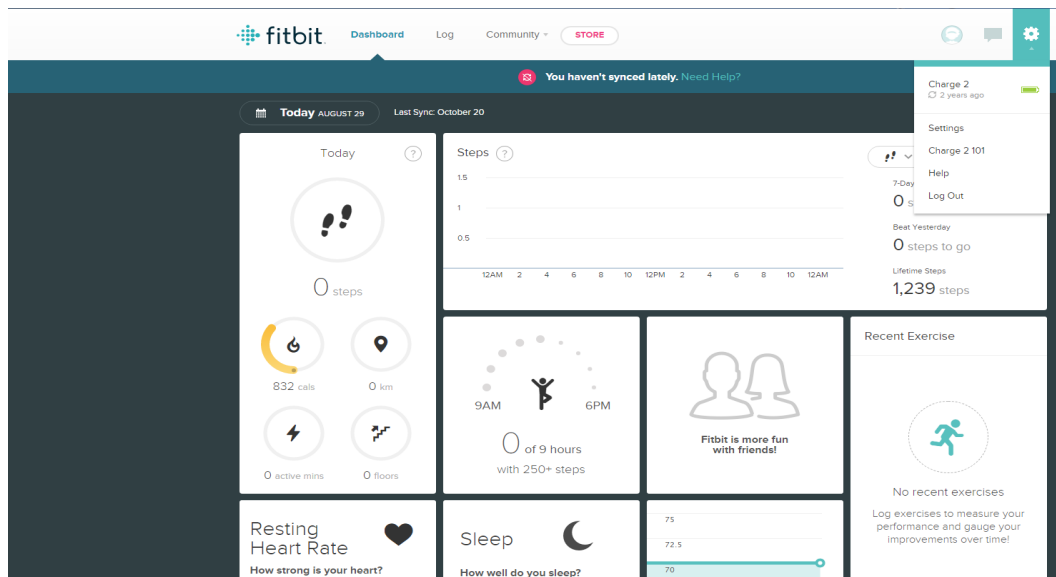


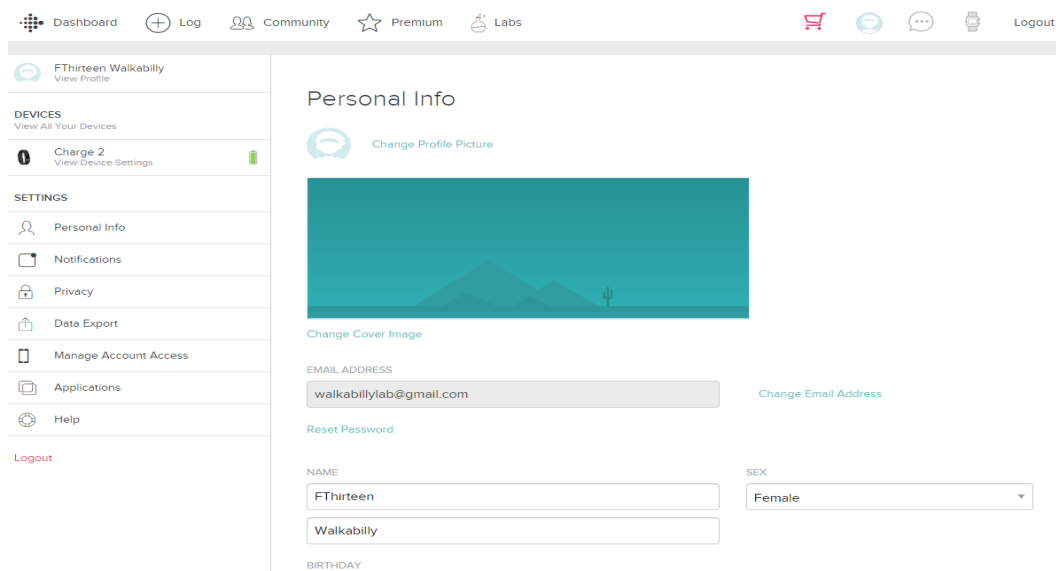
Fitbit Extraction Protocol

Walkabilly Lab
2019.08.29 v.01

1. Sign into Fitbit.com and login with your account. Then select “View Setting” in the top right corner.



2. On the left screen under Settings. Select “Data Export”



3. Choose select "Export Data". Then "Select "Request Data"

Dashboard

Log

Community

Premium

Labs

Logout

FThirteen Walkability

View Profile

VICES

View All Your Devices

Charge 2

View Device Settings

SETTINGS

Personal Info

Notifications

Privacy

Data Export

Manage Account Access

Applications

Help

Logout

Your Fitbit Data

Export your Fitbit data in Microsoft Excel or CSV format, which can be opened in any spreadsheet application.

Time Period

You can export up to 31 days of data.

This Week

This Month

Last Week

Last Month

Custom

Include Data

Body

Foods

Activities

Sleep

File Format

CSV

Download

Export Your Account Archive

Export your Fitbit data for the lifetime of your account. This data includes your account profile, social posts, wellness programs, body and activity records, nutrition, and sleep. [Learn More](#)

Request Data

You will receive a verification email to confirm export of your account data. After verification, most archives are available for download within 30 minutes. Please note that it could take several days to generate an archive if you have a large amount of data.

4. Select "Resent email"

Notifications

Privacy

Data Export

Manage Account Access

Applications

Help

Logout

Last Week

Last Month

Custom

Sleep

File Format

CSV

Download

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You will receive a verification email to confirm export of your account data. After verification, most archives are available for download within 30 minutes. Please note that it could take several days to generate an archive if you have a large amount of data on Fitbit.

Available Archives

initiated on September 3, 2019 11:55 AM

Archives are available for 7 days after they're generated.

Download

Cancel Request

Resend Email

Check your email for confirmation

August 29, 2019 11:39 AM

[Download](#)

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BLOG

5. Then go to Account Email on the Apple Desktop and Verify email

DEVICES

View All Your Devices

Charge 2
View Device Settings

SETTINGS

Personal Info

Notifications

Privacy

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Manage Account Access

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Resend Email

Check your email for confirmation

August 29, 2019 11:39 AM

[Download](#)

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BLOG

6. After you verifying the email Refresh Page and you will see percentage of download in process

DEVICES

View All Your Devices

Charge 2
View Device Settings

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Export your Fitbit data for the lifetime of your account. This data includes your account profile, social posts, wellness programs, body and activity records, nutrition, and sleep. [Learn More](#)

You will receive a verification email to confirm export of your account data. After verification, most archives are available for download within 30 minutes. Please note that it could take several days to generate an archive if you have a large amount of data on Fitbit.

Available Archives

initiated on September 5, 2019 11:13 AM

Archives are available for 7 days after they're generated.

Download

Cancel Request

81%

7. Keep selecting the refresh symbols behind the 81% to ensure download in complete.

8. Download will be sent to “Available Archives”, selected download,

The screenshot shows the Fitbit website's 'Data Export' section. On the left is a sidebar with 'DEVICES' (Charge 2) and 'SETTINGS' (Personal Info, Notifications, Privacy, Data Export, Manage Account Access, Applications, Help). The main content area is titled 'Export your Fitbit data in Microsoft Excel or CSV format, which can be opened in any spreadsheet application.' It includes a 'Time Period' section with radio buttons for 'This Week', 'This Month', 'Last Week', 'Last Month', and 'Custom'. An 'Include Data' section has checkboxes for 'Body', 'Foods', 'Activities', and 'Sleep'. A 'File Format' dropdown is set to 'CSV'. A green 'Download' button is present. Below this is the 'Export Your Account Archive' section, which states that the archive includes account profile, social posts, wellness programs, body and activity records, nutrition, and sleep. It includes a warning: 'You may only do 1 export per 24 hours. Please try again later.' and explains that a verification email will be sent. The 'Available Archives' section shows two archives: one from September 12, 2019 10:35 AM and another from September 5, 2019 12:07 PM, each with a green 'Download' button.

9. Open File

The screenshot shows a Windows File Explorer window titled 'MyFitbitData (4).zip'. The address bar shows the path: 'Packages > Microsoft.MicrosoftEdge_8wekyb3d8bbwe > TempState > Downloads > MyFitbitData (4).zip'. The left sidebar shows 'Quick access' with links to 'hkr-storage (\\hl)', 'Walkabillly', 'Desktop', and 'Wei Liu'. The main pane shows a single file named 'TestTwoTestTwo' of type 'File folder'.

10. Select “User-site-Export”, Then Copy and Paste ALL content to “Raw Data” in Fitbit Folder on Server.

The screenshot shows a Windows File Explorer window titled 'TestTwoTestTwo'. The address bar shows the path: 'TempState > Downloads > MyFitbitData (4).zip > TestTwoTestTwo'. The left sidebar shows 'Quick access' with links to 'hkr-storage (\\hl)', 'Walkabillly', 'Desktop', 'Wei Liu', and 'Documents'. The main pane shows three folders: 'sleep-score', 'user-profile', and 'user-site-export'. The 'user-site-export' folder is selected.

Windows Explorer window showing the contents of a ZIP file named "user-site-export" located in the path: Daniel Fuller > Downloads > MyFitbitData.zip > TestingOneTestingOne > user-site-export.

The left sidebar shows the "Favorites" section with links to Desktop, Downloads, Recent Places, Walkability, Walkability (2), transit, and Wei Liu. The "Libraries" section includes Documents, Music, Pictures, and Videos. The "Computer" section shows OSDisk (C:), KINGSTON (E:), and hkr-storage (\\hkrfs.wds.mun.ca) (Z:). The "Network" section shows SHKR-D515.

The main pane displays a list of files extracted from the ZIP file. The columns are: Name, Type, Compressed size, Password ..., Size, and Ratio. The files are all JSON files, mostly related to heart rate and activity data from 2019.

Name	Type	Compressed size	Password ...	Size	Ratio
altitude-2019-08-28.json	JSON File	1 KB	No	8 KB	92%
badge.json	JSON File	1 KB	No	4 KB	80%
calories-2019-08-28.json	JSON File	67 KB	No	1,281 KB	95%
demographic_vo2_max-2019-08-28...	JSON File	1 KB	No	3 KB	86%
distance-2019-08-28.json	JSON File	30 KB	No	439 KB	94%
exercise-0.json	JSON File	1 KB	No	7 KB	88%
heart_rate-2019-08-29.json	JSON File	18 KB	No	322 KB	95%
heart_rate-2019-08-30.json	JSON File	46 KB	No	888 KB	95%
heart_rate-2019-08-31.json	JSON File	33 KB	No	602 KB	95%
heart_rate-2019-09-01.json	JSON File	44 KB	No	832 KB	95%
heart_rate-2019-09-02.json	JSON File	36 KB	No	682 KB	95%
heart_rate-2019-09-03.json	JSON File	26 KB	No	487 KB	95%
heart_rate-2019-09-04.json	JSON File	35 KB	No	664 KB	95%
heart_rate-2019-09-05.json	JSON File	4 KB	No	64 KB	95%
height-2019-08-28.json	JSON File	1 KB	No	1 KB	15%
lightly_active_minutes-2019-08-28...	JSON File	1 KB	No	2 KB	90%
moderately_active_minutes-2019-0...	JSON File	1 KB	No	2 KB	90%
resting_heart_rate-2019-08-28.json	JSON File	2 KB	No	41 KB	97%
sedentary_minutes-2019-08-28.json	JSON File	1 KB	No	2 KB	90%
sleep-2019-08-28.json	JSON File	3 KB	No	28 KB	92%
steps-2019-08-28.json	JSON File	29 KB	No	435 KB	94%
time_in_heart_rate_zones-2019-08-...	JSON File	1 KB	No	1 KB	48%
time_in_heart_rate_zones-2019-08-...	JSON File	1 KB	No	1 KB	49%
time_in_heart_rate_zones-2019-08-...	JSON File	1 KB	No	1 KB	48%
time_in_heart_rate_zones-2019-09-...	JSON File	1 KB	No	1 KB	48%
time_in_heart_rate_zones-2019-09-...	JSON File	1 KB	No	1 KB	47%
time_in_heart_rate_zones-2019-09-...	JSON File	1 KB	No	1 KB	46%
time_in_heart_rate_zones-2019-09-...	JSON File	1 KB	No	1 KB	47%
time_in_heart_rate_zones-2019-09-...	JSON File	1 KB	No	1 KB	48%
very_active_minutes-2019-08-28.json	JSON File	1 KB	No	2 KB	90%
weight-2019-08-28.json	JSON File	1 KB	No	1 KB	25%