

Instructions to download the heart rate data from Fitbit

Using Squash Leagues website:

- Use [squashleagues website](#) for fitbit data extraction.
- For a squash leagues account, [Register here](#) if you are not already a registered user before you proceed.
- In order to access your Fitbit data, you have to be logged in to your Fitbit account and you must also grant permission for this application to access your data from Fitbit. So make sure that you are logged into your fitbit account.
- Now, select the '*Type of data*' and '*Detail Level*'. For extracting the detailed heart rate data, I set the values as '*Heart Rate Data*' and '*Detailed (Intraday)*' respectively. Set the Start Date and End Date fields based on the date range for which the data needs to be extracted.

Using Fitbit Dashboard

- Go to fitbit.com. Login to your account.
- Navigate to Settings -> Data Export. Request the data. Alternatively, use the [link](#).