



Sync Steps to Fitbit - even without a Fitbit device!

So you can Get Your Daily Steps counted for your Challenge at GYDS!



Here at GYDS, but not yet ready to invest in a step tracking device?

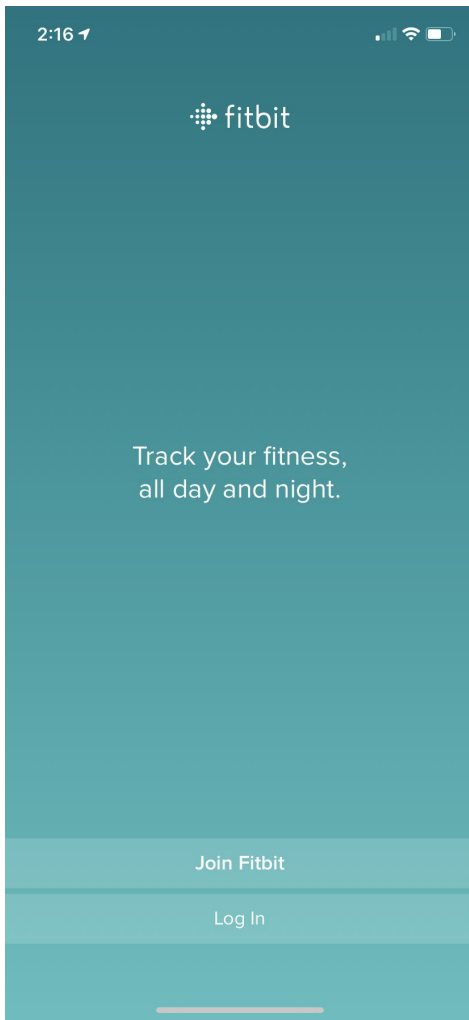
1. A Fitbit account is Free
2. Fitbit has an API that lets us connect and automatically retrieve your Steps
3. Fitbit can track steps from your mobile phone, **even if you don't own a Fitbit device**

Let's get Started!



Sign into the Fitbit app on your phone

If you haven't already done this, create your Fitbit account first.





**Click on your
profile icon in the
upper left corner**

This is where we can add your
mobile phone as a tracking device.

11:24 ↗



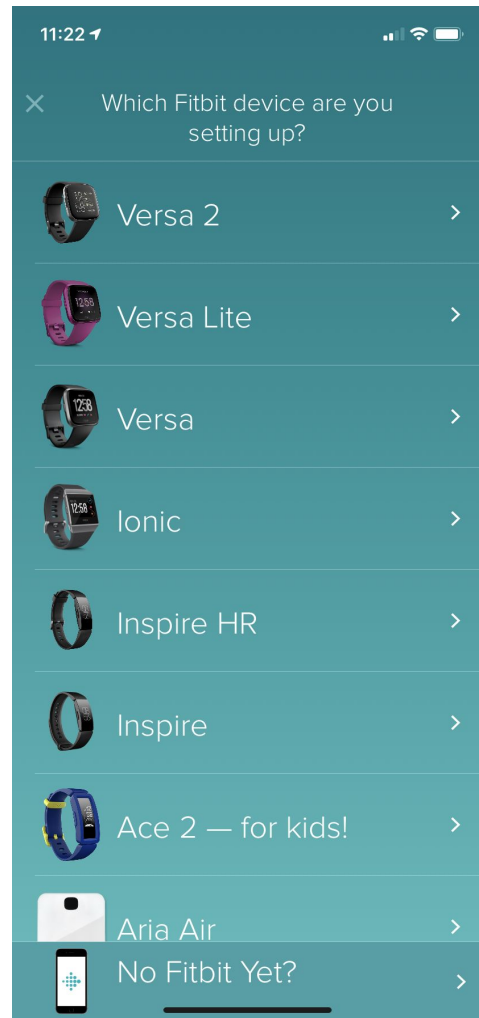
fitbit



TODAY

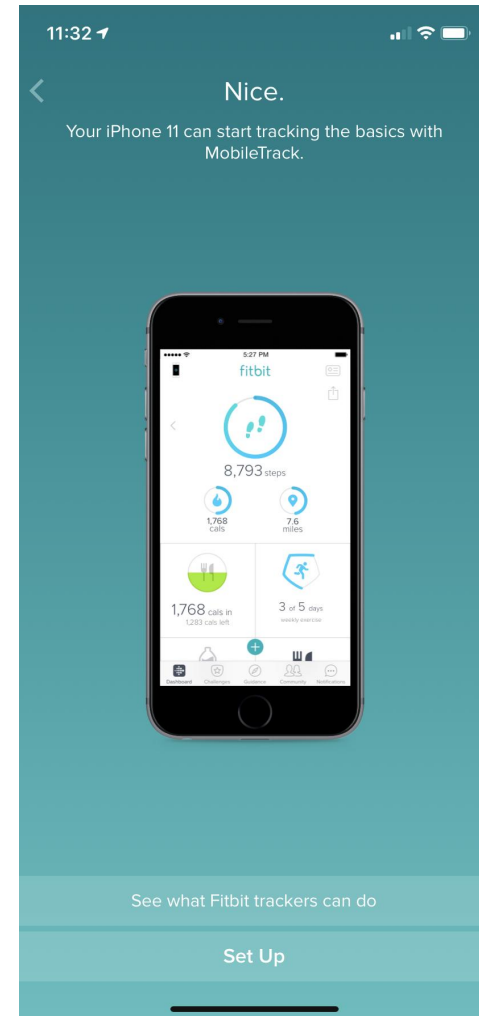
Choose: No Fitbit Yet?

Or, if you already visited this page,
choose Set Up a Device, then No
Fitbit Yet.



Click: Set Up

Fitbit support most modern phones
- iPhone, Android, etc. Your
experience here may vary.





Click: Agree

You won't be able to participate in some Fitbit activities and challenges when using your mobile phone as a tracker. You will get your steps counted at GYDS!

11:33



Read our terms & policies.

Please read our [Privacy Policy](#) for how we use and protect personal information that we receive from your phone through MobileTrack. Here are some key points:

- MobileTrack lets you use the Fitbit app without a Fitbit device by using your phone's sensors to track basic activity data including steps, distance, and calories burned. You can learn more [here](#).
- We use the information we receive to deliver our services, improve them, and research and develop new ones. In particular, we use the information to personalize our services, make inferences, and show you more relevant content. For example, we can use your step data, along with your height and gender information, to calculate the distance you traveled.
- You can deactivate MobileTrack through your app's account settings. You can always delete your account at any time.

I agree to Fitbit using my information, including the information collected via MobileTrack, in the ways described in the [Privacy Policy](#) and summarized above. I understand that I can later withdraw this consent using my account settings or other tools for deleting my account.

You must read this before you can confirm.

I Agree



Success!

You can now track your Daily Steps
when you carry your phone.

11:36



[Back](#)

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Bob T.

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Create Family Account

[Set up Ace for Kids](#)



MobileTrack

[Synced today, 11:36 AM](#)



Visit the Fitbit app once a day or so - sync your steps!

You will need to sync your steps to Fitbit every now and then. Just visit the Today view, then pull down and release to sync.

Questions: Contact GYDS Support

