

EXHIBIT AZ

10/28/2021 9:17:45 AM

https://help.fitbit.com/articles/en_US/Help_article/1133.htm[Expand all](#)

How do I export my Fitbit account data?


Export your GPS data, community data, or an archive of your account data. Note that data isn't available for deleted accounts.

If you received a data export email from Fitbit and didn't make the request, change your password. For more information, see [How do I change or reset my Fitbit password?](#)


How do I export my Fitbit account data?

Export up to 31 days of your recent Fitbit data, or an archive of your Fitbit data for the lifetime of your account.

To export your recent Fitbit account data:

- 1 From the fitbit.com dashboard, click the gear icon .
- 2 Click **Settings** > **Data Export**.
- 3 Choose the time period and data you want to include, and the file format.
- 4 Click **Download**.

To export a complete archive of your Fitbit account data:

- 1 From the fitbit.com dashboard, click the gear icon .
- 2 Click **Settings** > **Data Export**.
- 3 Under **Export Your Account Archive**, click **Request Data**.
- 4 You'll receive an email at the address associated with your Fitbit account. Open the email and confirm your data archive request.
- 5 You'll receive another email with a link to download your Fitbit account data.
- 6 Download and save the data file to your computer. If you have a Fitbit family account, you'll see separate folders for each child account.

your account data archive. Check the status of your request in your Data Export account settings.

^ What Fitbit data can I export?

| Data type | Description |
|------------------|---|
| Activity | Steps, distance, active minutes, calories, floors, heart rate, stationary time, cardio fitness score, and more. For more information, see How do I export my Fitbit GPS data? |
| Exercise | Exercise history, exercise logs |
| Social | Fitbit community groups you're a member of, challenges, badges, community group posts, and comments. For more information, see How do I export my Fitbit community data? |
| Sleep | Your sleep schedule, minutes asleep and awake, number of times you woke up, amount of time spent in bed, time spent in each sleep stage |
| Corporate | Wellness program information, including challenges |
| Logs | Food, water, exercise, weight logs |
| Profile | Profile picture, child accounts, display name, sex, date of birth, age, height, weight, and other account settings |
| Direct messages | Your conversations in the Fitbit app |
| Menstrual health | Information you added to the menstrual health tracking feature in the Fitbit app, including your settings, symptoms, cycle information, and birth control information |
| Sleep score | Your sleep scores, including the individual score breakdowns |
| Friends | A list of your Fitbit friends |
| Subscriptions | Fitbit Premium subscription information |

^ How do I export my Fitbit community data?

Export your community forum data, like posts and comments, or the personal information you used to make your profile.

- 1 Go to your [community settings](#).
- 2 Under the Personal Information tab, click on the type of data you want to export.
- 3 Save the downloaded file to your computer.

^ How do I export my Fitbit GPS data?

Export data for GPS exercises to a Training Center XML (TCX) file, which displays GPS data as activities. Note that TCX files only show data for exercises that use GPS.

^ iPhones, iPads, and Android phones

- 1 Tap the Today tab  and tap the Exercise tile .

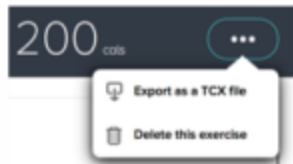
2 Tap the settings with GPS data that you want to export.

Download TCX file).

- 4 Share or save the file.

fitbit.com dashboard

- 1 Click Log > Activities.
- 2 Find the activity with GPS data that you want to export, and click View Details.
- 3 Click the 3 dots > Export as TCX file.
- 4 Save the downloaded file to your computer.



Was this information helpful?

- Yes
 No

Comment

Submit

Can't find what you are looking for?

CONTACT SUPPORT



[About us](#) [Careers](#) [Retailers](#) [Affiliates](#) [Corporate Wellness](#) [API](#) [Help](#)

© 2021 Fitbit LLC. All rights reserved. [Privacy Policy](#) [Terms of Use](#) [Returns & Warranty](#) [Product Care](#) [Recall & Safety Info](#)