

EXHIBIT AZ

10/28/2021 9:17:45 AM

https://help.fitbit.com/articles/en_US/Help_article/1133.htm

The screenshot shows a web browser window with the Fitbit Help page. The address bar shows the URL https://help.fitbit.com/articles/en_US/Help_article/1133.htm. The page header includes the Fitbit logo and the word 'HELP'. Below the header is a dark blue navigation bar with the word 'MANUALS' and a globe icon. A search bar is located below the navigation bar, with the placeholder text 'Search' and a magnifying glass icon. The main content area has a light gray background and features the article title 'How do I export my Fitbit account data?' in a large, bold font. Below the title is a paragraph of text, followed by a section titled 'How do I export my Fitbit account data?' with a chevron icon. This section contains two paragraphs of text and a list of steps for exporting data.

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 .

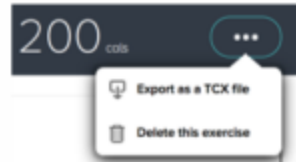
2 Tap the activity with GPS data that you want to export.

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

[f](#)
[t](#)
[i](#)
[p](#)
[v](#)
[BLOG](#)

[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](#)