

How to record Fitbit steps in the steps log (7 steps)

1. Log into the **Step to it website**
2. Navigate to the **Log your steps** page
3. Click the **Import fitbit steps** tab

Log steps **Import fitbit steps**

Log your steps

Your steps

or, log by activity:

Select activity ▾

Hours: Minutes:

Submit

Logged today:

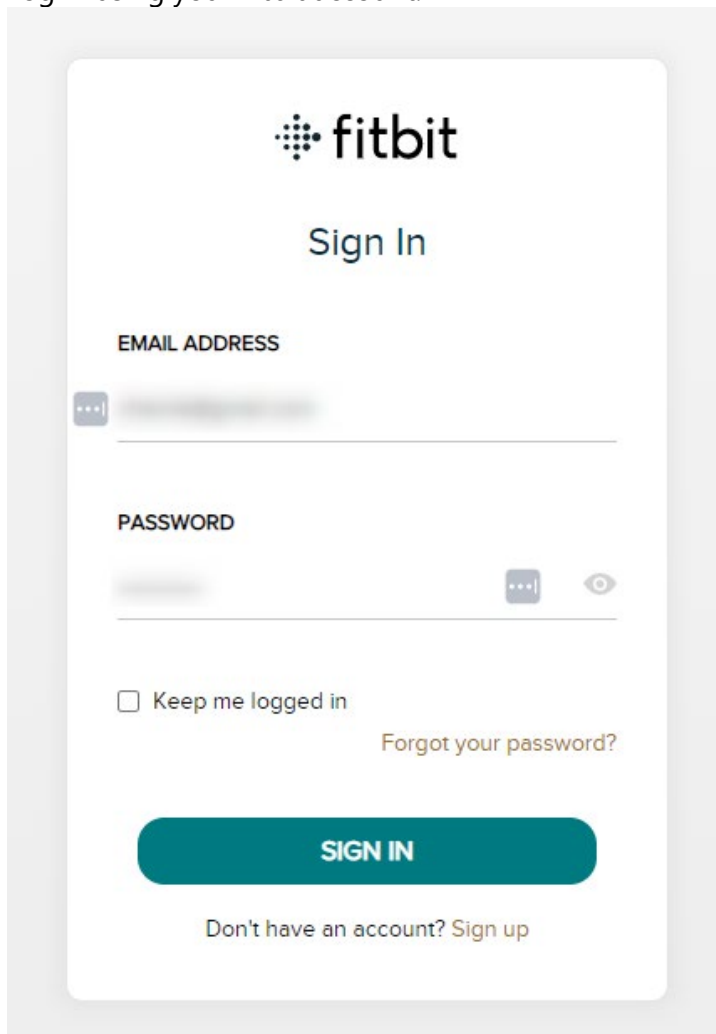
4. Click the **Connect your Fitbit account** button — you will be redirected to the Fitbit website.

Import Fitbit steps

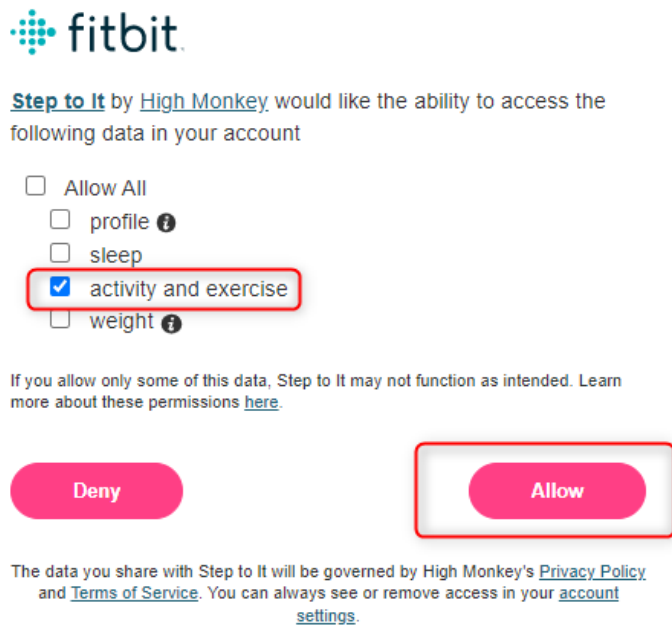
Authorize Fitbit to import steps to this site.

Connect your FitBit account

5. Log in using your Fitbit account.



6. Allow the Step to it website access to grab the activity and exercise information from your profile.



7. You will be redirected back to the Step to it website where you can now see your Fitbit steps listed by day on the **Log your steps** page. Under the **Import fitbit steps** tab, click **Log this entry** next to the corresponding date you want to import. You will be able to view your logged Fitbit steps by clicking on the **Log your steps tab** and selecting the date from the day selector at the top of the page.

The screenshot shows a web interface for logging steps. At the top, there is a day selector with buttons for Mon 08, Tue 09, Wed 10, Thu 11, Fri 12, Sat 13, and Sun 14. The Mon 08 button is highlighted in blue and shows 4489 steps. Below the selector, it says 'Total for today: 4489 steps'. There are two tabs: 'Log steps' (active) and 'Import fitbit steps'. The main heading is 'Log your steps'. Below it, there is a 'Your steps' section with an empty input box. Below that, it says 'or, log by activity:' followed by a dropdown menu labeled 'Select activity'. There are also input fields for 'Hours:' and 'Minutes:'. A 'Submit' button is located below these fields. At the bottom, there is a section titled 'Logged today:' with a table of logged steps.

Date	Amount	Type	
05-08-2023	4489	Steps (Fitbit import)	Delete