

FITNESS APPS

Creating a Fitbit Account

As you create your Fitbit account, be sure to provide the minimum amount of personal information possible. It is recommended that you not link any other social media account to your fitness apps. Instead, use an email and password unique to this account. When setting up the account it is not recommended that Location data be accessible to the app, be sure to turn that function “off.”

From your “Home” screen select your “Profile Picture” icon in the top left corner. Then select your “Account,” noted by your name, and your “Profile Page,” select “Personal” and ensure that “Location” is not turned on. The “About Me” section is always set to “Public” so you may want to review what other information is in this section.

Social & Sharing

In the “Account” section, select “Social & Sharing” then select the “Privacy” section. Select the icon to the right of the category for each section. Select the icon and make the change, then select “Save” in the upper right corner of the screen. It is recommended that “Private” or “Friends” be selected here, not “Public.”

