

LINKING YOUR ACTIVITY TRACKER

Step 1: (If you haven't already) Create an Account for Your Activity Tracker.

Fitbit Users:

- Go to www.fitbit.com/setup. Scroll to the bottom of the page and select your activity tracker type in the scroll box next to, "Need help setting up your device? Get Help Information for:"
- Click "GO," then click "How do I set up my tracker?" Follow the instructions to complete activity tracker account setup.

Garmin Users:

- Go to connect.garmin.com/start
- Select your device and follow the directions provided to create your Garmin account and register your device.

Step 2: Link Your Two Accounts Together

- Choose "Activity Device" from the left side bar menu and click the gray "Link to Garmin" or "Link to Fitbit" button. (see below for reference)
- Input your **Garmin or Fitbit** account email address & password
- Success! Your data will now automatically post in your account when you sync with Garmin or Fitbit.

Link to Garmin

When you click the button above, you will be sent to the Garmin site where you'll authorize the link.

Link to FitBit

When you click the button above, you will be sent to the Fitbit site where you'll authorize the link.