

Setting Up Fitbit MobileTrack

What is MobileTrack?


MobileTrack lets you use the Fitbit app without a Fitbit device by using your phone's sensors to track basic activity data including steps, distance, and calories burned. MobileTrack does not track floors, sleep, or active minutes. In addition to activity tracking, you also have access to other app features such as:

- Food tracking
- Weight tracking
- Setting fitness goals
- Adding friends
- Friends leaderboard
- Cheering, taunting, and messaging friends

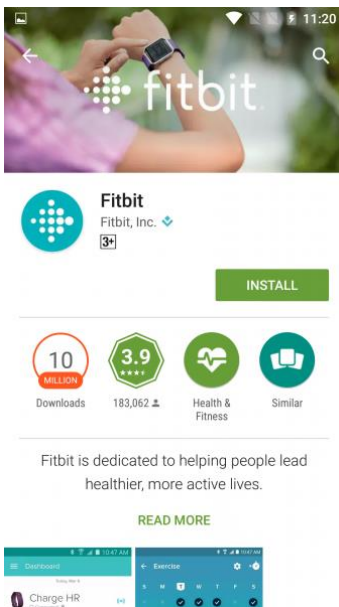
Which mobile devices support MobileTrack?

For the latest list of devices that support the MobileTrack feature, visit <http://www.fitbit.com/devices>. Fitbit frequently adds support for new devices, so if yours isn't listed check back soon.

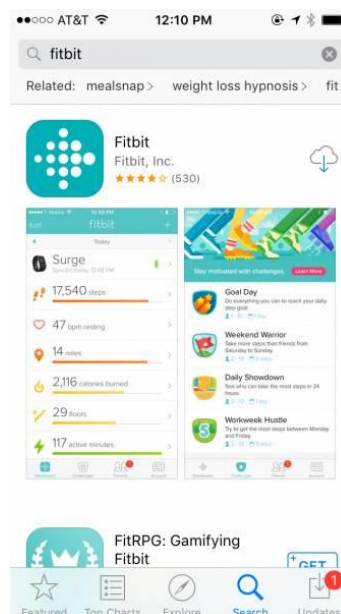
How do I get set up?

- 1.) Download the Fitbit app from the Apple App Store, Google Play Store, or Microsoft Store, and tap **Join Fitbit**. If you already have a Fitbit account, log into the app and tap or click the Account icon ().

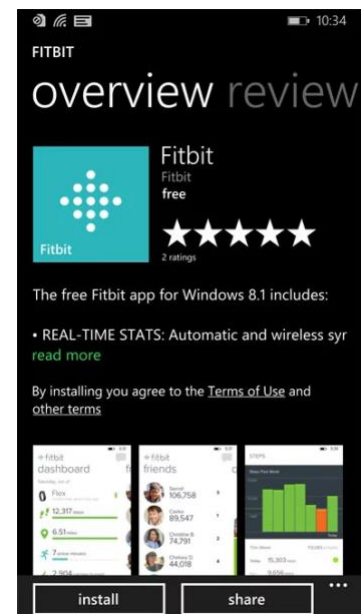
Google Play Store



Apple App Store



Microsoft Store



2.) When asked which tracker you're setting up, choose "No Fitbit Yet?"



3.) Follow the MobileTrack instructions.

That's it! You're ready to get stepping!

MobileTrack Frequently Asked Questions

How does MobileTrack track steps?

Low-power step sensors inside your phone track your steps and send the data to the Fitbit app.

How does MobileTrack track distance?

Your distance is estimated by your stride length. By default, stride length is calculated using your height and gender. If you feel that your distance estimate isn't accurate, you can adjust your stride length by following the instructions in [How do I measure and adjust my stride length?](#)

How does MobileTrack estimate how many calories I've burned?

MobileTrack estimates your number of calories burned based on your BMR (Basal Metabolic Rate), which is calculated using the height, weight, age, and gender information you provided when setting up your Fitbit account. For more information, see [How does Fitbit estimate how many calories I've burned?](#)

Does MobileTrack work if I'm not logged in to the Fitbit app?

Yes. Once you set up MobileTrack, your phone tracks your steps regardless of whether you're logged into the app. Log in to the app when you want to see your progress.

How long does my phone store Data?

Assuming your phone is frequently connected to the internet, your phone always stores data for the last seven days (including today). If you do not have an internet connection for weeks or even months, your phone will store your data until you connect to the internet and sync your data.

How does my step information get from my phone to my dashboard?

Assuming you have an internet connection, when you open the Fitbit app, your phone's data automatically syncs with the app.

Does it make a difference where I wear my phone?

No. Phone manufacturers haven't suggested that the location of the phone affects step count.