Using a Fitbit in CVA Personal Fitness

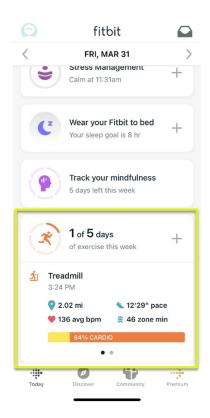
Hardware Requirements	Software Requirements
Fitbit with latest updatePhone with latest updates	Fitbit Phone: Fitbit App (free)



1. Download the Fitbit app on a Phone, search for "Fitbit" in the app store.

2. Before your workout, put on your tracker and scroll to the workout tab. Choose the most appropriate workout and complete it. After you complete your workout and return to your Phone, the workout will automatically transfer to the Fitbit app.

 Open the Fitbit app on your phone. Scroll down until you see your exercise for the week. Click on the workout that you would like to use for your CVA Personal Fitness workout submission.



4. Take a screenshot of the workout information. During Summer Term, you are required to have 5 workouts per week, so you should take 5 different screenshots. Insert these screenshots into your weekly workout chart that you submit

<	Treadmill 3/31/23, 3:24 PM	Û	•••	for a grade. The	
2.02 mi	25:07 min	12'27	7" pace	screenshot	
0 min peak				should contain	
21 min cardio			the following		
4 min fat burn				information:	
Omin below zones Your heart zones are now personalized to your cardiovascular fitness and age. Learn More				1. Workout Date and Time	
ACTIVE ZONE MINUTES 46 Zone Min			2. Workout Time		
• 42 Zone Min cardio & peak			3. Average Heart		
4 Zone Min fat burn				Rate	
V HEART RATE				4. Heart Rate	
136 avg bpm				Graph	
130		145	\sim	·	
130					
Start			25:07		
·:	0 ij) •	- ; .		
Today D	scover Commun	nity Pro	emium		

Make sure to view the video on page 4 of Lesson 3.01 on

"How to submit a weekly workout chart"