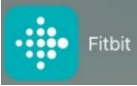


Using a Fitbit in CVA Personal Fitness

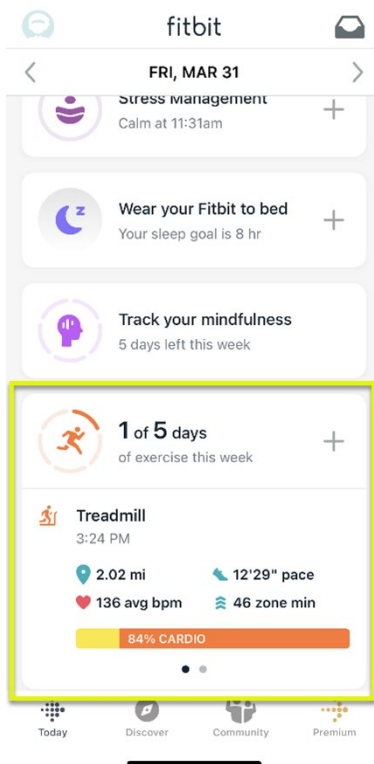
Hardware Requirements	Software Requirements
<ul style="list-style-type: none"> Fitbit with latest update Phone with latest updates 	 Phone: Fitbit App (free)



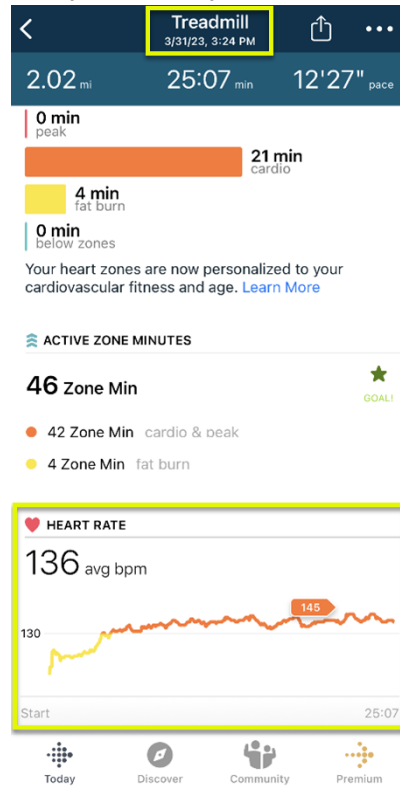
1. Download the Fitbit app on a Phone, search for "Fitbit" in the app store.

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.

3. 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



for a grade. The screenshot should contain the following information:

1. Workout Date and Time
2. Workout Time
3. Average Heart Rate
4. Heart Rate Graph

Make sure to view the video on page 4 of Lesson 3.01 on "How to submit a weekly workout chart"