

My Dashboard and My Dashboard 2 are now designed to interact with FITBIT® data. You can sync your information even if you don't have a Fitbit device. Syncing your Fitbit is optional and is not required to participate.

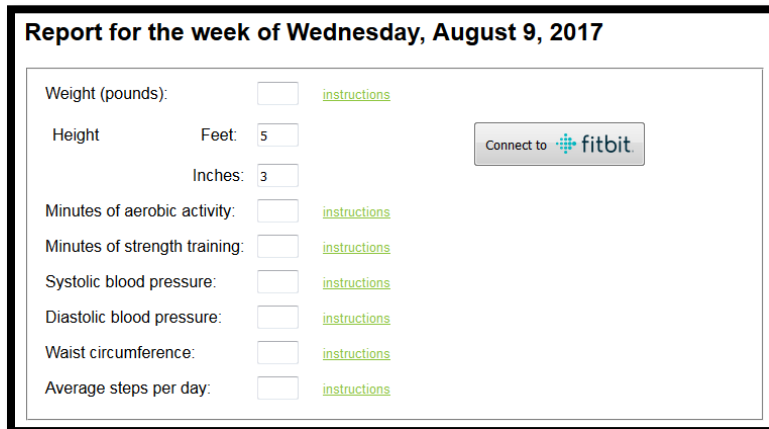
1. If you do not have a Fitbit device or account, Go to the [Fitbit Website](#) and click on the “Sign up for a free account” link to create a Fitbit account. (<https://www.fitbit.com/login>)



Want to try out Fitbit before getting a device? Sign up for a [free account](#)

2. Login to your class dashboard:
 - [My Dashboard](#) (Eat Smart, Move More, Weigh Less)
 - [My Dashboard 2](#) (Eat Smart, Move More, Weigh Less 2)

3. Click on the “Connect to Fitbit” button.



Report for the week of Wednesday, August 9, 2017

Weight (pounds): [instructions](#)

Height Feet:

 Inches:

Minutes of aerobic activity: [instructions](#)

Minutes of strength training: [instructions](#)

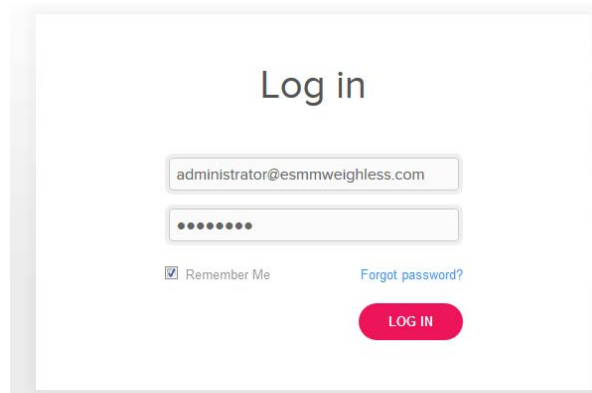
Systolic blood pressure: [instructions](#)

Diastolic blood pressure: [instructions](#)

Waist circumference: [instructions](#)

Average steps per day: [instructions](#)

4. This will prompt the Fitbit Log In screen to appear. Sign in with your Fitbit login.

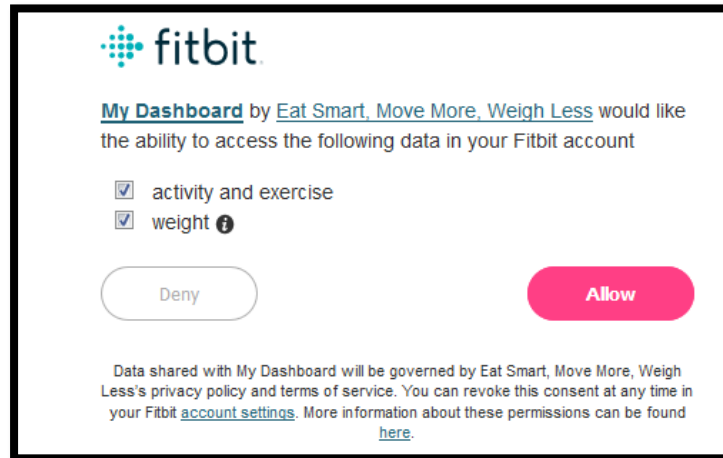


Log in

Remember Me [Forgot password?](#)

Please contact administrator@esmmweighless.com or read our FAQ page If have questions or need assistance.

- Chose to allow activity and exercise and/or weight information to be synced from Fitbit to My Progress Portal.
- Click allow.



- Your information will automatically sync to My Progress Portal when you enter information into the Fitbit App or through your device. You will see the Fitbit logo appear in the weekly report of My Progress Portal when your information is synced.

Report for the week of Wednesday, August 9, 2017

Weight (pounds):	<input type="text"/>	instructions
Height	Feet: <input type="text" value="5"/>	Connected to fitbit.
	Inches: <input type="text" value="3"/>	
Minutes of aerobic activity:	<input type="text"/>	instructions
Minutes of strength training:	<input type="text"/>	instructions
Systolic blood pressure:	<input type="text"/>	instructions
Diastolic blood pressure:	<input type="text"/>	instructions
Waist circumference:	<input type="text"/>	instructions
Average steps per day:	<input type="text"/>	instructions

- Weight is measured in pounds and minutes of aerobic activity are calculated by adding the moderately active and active minutes together.